





Gifts to Alton Memorial Health Services
Foundation support our mission to improve
the health of the people and the communities
we serve. To join us, contact Foundation and
Development Manager Shannon Fraley at
618-463-7701 or shannon.fraley@bjc.org



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# **Connecting With Our Community**

A hospital is a busy place. Our hallways are filled with purposeful people engaged in their mission of caring. Doctors, nurses, pharmacists, technicians, dieticians, volunteers, accounting, business and maintenance professionals — it takes a lot of dedicated people to keep a great hospital and our physician practices running. Every one of us is here to connect with you, our patients, our community, our future.

As we look back at our accomplishments in 2024, we know that we could not have achieved such milestones without the partnerships we have formed with so many of you. We are grateful for everyone in our Alton Memorial Health Services Foundation community. The time, energy and effort given by our staff, volunteers, board, generous sponsors and committees allow us to connect to our greater community, the community who has come to rely on us to help them in their time of need.

Your gifts are kept right here in our community. They help your family, your friends, your neighbors and of course, those you may not even know by name. In this issue of our annual report, we hope you'll see the heartfelt drive and determination we have come to expect of ourselves as we continually grow and expand our programs to fulfill our mission of providing extraordinary health care close to home.

Thank you to everyone who supports Alton Memorial Health Services Foundation — because of you the content of this annual report is about more than just numbers. It's about continuing a long-standing effort to ensure that your gifts are used in the most effective way. Your support helps make possibilities realities each and every day. Thank you for putting your trust in us. Together we can make a difference.

Sincerely,



Lerge S. Milvon

Alton Memorial Health Services Foundation Board Chair



Warrank

**David A. Braasch, RPh., FACHE**Alton Memorial Health Services Foundation
Board Member and
Alton Memorial Hospital President

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# Financial Highlights Fiscal Year: Oct. 1, 2023- Sept. 30, 2024



Donations and gifts come in many different forms and sizes, and every single one of them counts. We appreciate every gift and every donor. Many gifts are made in memory of a loved one and others are given in honor of a milestone. Some are a sponsorship to one of our fundraisers and others come to us from quests who buy auction items or raffle tickets at our events. We are grateful for every donor and every gift, they all matter and make a difference.

### YOUR SUPPORT AT WORK

In fiscal year October 2023-September 2024, your donations to Alton Memorial Health Services Foundation funded these eight areas.



\$465.891

Educator/Navigators



\$100,000

Athletic Trainer Program for Local



\$91.051

Mary Alice McCarthy Fund



\$26,182

Extra Mile and You've Got



\$83.735

Templin Education Fund



\$60,000

Health Equity Sponsorship



\$93.000

Palliative/Hospice Care



\$203.000

**Duck Plucker** Ambulance



# "I had fun every day of my life." - Randall J. Rogalsky, MD

When we lose someone we care about, we want everything to go smoothly when it comes to honoring their memory. Choosing a memorial can be overwhelming. We want it to coincide with our loved one's beliefs and passions.

Randall John Rogalsky, MD, passed away on Nov. 25, 2023, leaving behind a legacy as one of our area's premier medical professionals. The Rogalsky family had no trouble choosing their father's memorial.

"Choosing Alton Memorial Health Services Foundation as the memorial for our dad was an easy choice, as its mission aligns perfectly with the guiding principle of his career: providing our community with excellent medical care close to home, regardless of anyone's ability to pay," said Jeannie Rogalsky, Dr. Rogalsky's daughter.

Dr. Rogalsky was the epitome of positivity, even when faced with adversity. He thrived during long days at the office and even longer hours in the surgery suite. But he always enjoyed what he chose to do as an orthopedic surgeon. He was a loving husband, father, grandfather, and friend to many who knew him.

"We were all moved and honored when Jeannie called the office to tell us the family wanted to name our Foundation as his memorial," said George Milnor, longtime friend and Board Chair of Alton Memorial Health Services Foundation. "Losing someone like Dr. Rogalsky was tough on so many here in our community, especially those at Alton Memorial who had worked so closely with him over the nearly 40 years he practiced medicine here. It truly was like losing a family member of our own." said, Shannon Fraley, AMHSF manager.

Not long after Rogalsky passed away, memorials started pouring in from not only the Riverbend area but from as far away as Canada, where Rogalsky was born. The gifts received in his memory will be used to help programs like the athletic trainer program funded by the Foundation. The program helps area school districts pay the salaries for their trainers, which allows them to help ensure the safety and well-being of their student-athletes. Rogalsky was an avid hockey player, so the family felt this program was a perfect fit.

Additional funds will be utilized by the Extra Mile and You've Got a Friend funds that help area cancer patients with expenses they might struggle with while undergoing cancer treatments. Not only did Rogalsky battle cancer, but his late wife, Anne, did as well. Again, the Foundation was able to help the family fulfill their father's wishes by helping others in need.

"Working with the Foundation team was easy," Jeannie Rogalsky says. "They took care of updating their web page, sharing our father's obituary, and handling the donations during a time that we needed to focus on being together as a family. We really appreciate everything they did to help us."

For more information about legacy giving or memorials to Alton Memorial Health Services Foundation, reach out to our development team at 618-463-7701.



The children of Dr. Randall Rogalsky pictured with the plaque dedicated to his memory. The plague was placed over the OR suite where he did most of his surgeries at Alton Memorial Hospital.

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# Ribbon of Strength 2024 Helps Those Affected by Cancer

The words golf and cancer might not seem to go together, but this year they did. For the past five years, Alton Memorial Health Services Foundation has raised funds to help those affected by cancer through their Ribbon of Strength campaign. The Foundation Development team brought a new element to their event, and they may have had to play a mulligan because of inclement weather, but at the end of the event they felt as if they shot under par with a win!

The event was held at Grip & Sip, a new venue located in Cottage Hills, Illinois. Guests competed in the longest drive, closest to the pin and even a putting contest to raise funds to help area cancer patients. The community was invited to purchase segments of vinyl banners with personalized messages. Some were words of encouragement for someone fighting the battle against cancer. For others, their banner was a memorial to a loved one who may have lost their battle with this devastating disease. Banners with the names of loved ones, inspiring quotes of strength and even businesses names and logos were draped up and down the fencing outside of Grip & Sip.

In years past, the vinyl banners have been displayed in the grass end to end to form a giant purple Ribbon of Strength, as a looped purple ribbon is a symbol of hope for those with cancer. This year, due to a muddy field because of a torrential down pour the night before, the team had to act quickly with plan B. The fences that

"Ribbon of Strength is such a moving event." surrounded the venue suddenly became what they referred to as a wall of honor.

"It all actually worked really well," said Shannon Fraley, Manager of Alton Memorial Health Services Foundation. "Our guests were able to find their banner on the fence, some chose to take photos with the banner and send them via text messaging or posts on social media to share with their loved ones if they couldn't physically be at the event."

With a record setting year, the campaign brought in over \$15,000 for the You've Got a Friend and Extra Mile funds that benefit from the fundraiser.

The funds assist cancer patients experiencing financial hardships because of their diagnosis or treatment, and help pay for the essentials — gas, car repairs, rent, mortgage, and utility bills — so they can focus on treatment, healing and recovery.

"Ribbon of Strength is such a moving event," said Fraley. "While our goal is to raise money to help those in need, sometimes those same people have a greater need just to know that someone is thinking of them and sending them encouraging words as they fight their battle. For others who have lost a loved one, just seeing the name of that person is very special. It tells them that they haven't been forgotten. It tells them that someone has gone that EXTRA MILE or reminds them that YOU'VE GOT A FRIEND."

To get involved in the 2025 Ribbon of Strength event, contact the Alton Memorial Development Office at 618-463-7701.











- Guest Elizabeth Neidrauer finds her ribbon in memory of her grandmother.
- 2 Ribbons of Strength filled the fences at Grip and Sip, creating a "Wall of Honor"
- Fred Lammers takes a shot at "Putting for Purple"
- 4 Christy Meisner with the ribbon dedicated to the memory of her father, Ronnie, who lost his battle with esophogeal cancer when Christy was only 12 years old.
- 5 Sharon Lumma, Carolyn Sarginson, Melissa Freand and Amy Phipps with their ribbons dedicated to their friends.

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# **Ribbon of Strength Donors 2024**

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Winner's Circle Automotive Danny and Sandy Michel

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Amy Wylie

# Palliative Care Program Eases the Burden of Serious Illness with Compassion and Support

At Alton Memorial Hospital, a palliative care program is easing the burden of serious illness for patients and their families. Palliative care is a specialty that was developed to help care for patients with chronic diseases—such as chronic obstructive lung disease (COPD), congestive heart failure, kidney failure and different types of cancer—that have symptoms that are difficult to control, and which often result in frequent hospitalizations.

Unlike treatments aimed at curing disease or illness, palliative care provides patients with an additional layer of support. It focuses on improving quality of life, helping manage the symptoms of disease or illness and reducing visits to the emergency room. Furthermore, palliative care can be provided alongside treatments like chemotherapy or surgery, making it different from hospice care, which is generally offered to those expected to live six months or less.

Knowing the importance of the support that palliative care offers, Washington University chief of palliative medicine and chief medical officer of BJC Home Care, Patrick White, MD, PhD, helped establish the palliative care program at Alton Memorial Hospital. Today, the hospital is a leader in palliative medicine within BJC

HealthCare with the third inpatient palliative care program, the second outpatient palliative care clinic and the first community-based palliative care program, where caregivers visit patients in their homes.

Dr. White explains that the growth of the program has been made possible by the support of the Alton Memorial Health Services Foundation. Their financial support, provided through donations, enabled the hiring of David Harmon, MD, an experienced primary care and emergency room physician and specialist in palliative care and hospice. Today, Dr. Harmon leads the hospital's program and works closely with Dr. White, who describes him as a compassionate doctor and patient advocate.



# PALLIATIVE CARE/ HOSPICE

Palliative Care/Hospice Nurses pictured left to right; Leonoa Moran, RN: Julie Jackson, FNP, ACHNP and Beth Machens. RN

Beth and Leona serve as the program referral coordinators. For more information, please contact them at 618-219-6774.

Dr. Harmon's journey into palliative care was inspired by his mother's battle with breast cancer, and he emphasizes the importance of the program's community-centric approach, especially in rural settings that surround Alton. "We want to make sure patients and families can receive the holistic support they need wherever they are, whether it's at home, in the outpatient clinic or in the hospital," says Dr. Harmon.

The Foundation's initial support also made it possible to hire nurse practitioner Julie Jackson, FNP-BC, ACHPN, who has experience in oncology and palliative and hospice care. Working alongside Dr. Harmon in caring for patients, Julie makes sure patients' needs are met with compassion and respect. "Being there to support them starts with listening and making certain they feel heard and cared for," said Julie.

Shannon Fraley, manager of Alton Memorial Health Services Foundation, explains the Foundation's commitment to supporting the palliative care program. "It's important to provide health care for all aspects of life, and the palliative care program at Alton Memorial not only makes a difference in the lives of patients and their families, but it also reflects our commitment to high-quality care for everyone in our community. The gratitude our patients and their families express to us for these programs is immeasurable."

### The Growth and Future of the Palliative **Care Program**

Since its start in 2019, the palliative care program at Alton Memorial has grown and now supports over 150 patients. Its multidisciplinary team includes doctors, nurses, social workers and chaplains.

The Alton Memorial Health Services Foundation's ongoing support has strengthened the program's success, recently providing funding for hiring a second nurse and nurse practitioner. "With inpatient, outpatient and community-based visits in the home, there is a growing demand for this program," Dr. Harmon says. "The Foundation's support has been instrumental in helping us expand."

And the program's success is evident. The percentage of patients seen at outpatient clinics and in the hospital with a palliative care consult has increased. Additionally, the Vizient Mortality Index, which measures patient survival rates against national averages, improved and recently scored better than 90% of other similar hospitals nationally.

To access services, patients can enter the palliative care program with a referral from their primary care physician or specialist.

# SUCCESS caring

# **Athletic Trainer Program benefits** local schools

Meredith Brueckner says she has always thought about going into the medical field in some role, but after a recent injury sustained in a basketball game and a couple of months in physical rehab, she's pretty sure a career in physical therapy or athletic training will be in her plans.

Meredith's uncle, Aaron Suessen is the athletic trainer at Civic Memorial High School in Bethalto, where Meredith is a senior this year. Her mom, Leah is the athletic trainer at Roxana High School. The brother and sister pair are just two of the nine athletic trainers who are part of a program partially funded by Alton Memorial Health Services Foundation.

In the last two minutes of a basketball game, Brueckner recalls coming down on one leg from a jump when she heard a loud pop! "Growing up in the family I have, I knew immediately what that sound meant!" said Meredith. She didn't immediately feel the pain associated with an ACL tear, but she just knew from listening to years of "shop talk" with her mom and uncle that the pop she heard could most likely be a serious injury.



Photo by Cruzn

Suessen was at Meredith's side immediately to assess the injury and start the ball rolling to get her the care she needed. Suessen said, "After the initial evaluation in the athletic training room, we had a pretty good idea of what had happened." The partnership with Alton Memorial has helped many of the trainers develop good working relationships with many of the orthopedists and their staff which helps speed the delivery of care. Suessen said, "I was able to make a quick call to Casey Newgent, one of Dr. Omatola's physicians assistants that I work closely with, and we got her in for confirmation of the injury. The open line of communication we have really benefits all our athletes at Civic Memorial."

Suessen's assessment was spot on and a visit to Sports and Orthopedic Surgeon Dr. Aaron Omotola, confirmed, Meredith had indeed torn her ACL and would undergo surgery to repair it. Having an athletic trainer like Suessen on the court was certainly advantageous.

With surgery behind her, Meredith embarked on a different kind of training than she was accustomed to. Twice a week, Brueckner worked hard towards her recovery at Alton Memorial's therapy center in Bethalto. The young, three-sport athlete said, "Therapy is challenging work, but if you want to get back to doing what you love, you need people to push you. My therapists, Todd and Taylor did just that."

There was a mutual admiration between Meredith and her therapists. Todd Meiser, physical therapy manager of Bethalto Human Motion Institute says, "It was a pleasure to work with Meredith. She was always striving to do better after each visit and is an extremely hard worker. She was dedicated and motivated to return to her sport." On the importance of having athletic trainers within the local school districts, Todd said, "As a physical therapist that works with these athletes. I witness firsthand the vital role that athletic trainers play in our schools. Their expertise not only helps in injury prevention but also ensures that our studentathletes receive the immediate care they need to recover and thrive." Investing in athletic trainer programs in our schools is essential; it cultivates a safer environment for our youth to pursue their passions while fostering resilience, teamwork, and a lifelong commitment to health.

Gifts provided by donors to Alton Memorial Health Services Foundation help keep this important program going strong keeping us connected to our community.

"Gifts provided by donors keep this important program going strong."

> "Fostering resilience and teamwork."

# First Class of SIU Family Medicine **Resident's Graduate**

In July of 2021, a partnership between Southern Illinois University School of Medicine, Alton Memorial Hospital, St. Louis Children's Hospital, and Southern Illinois Healthcare Foundation began a family medicine residency program that has exceeded expectations. Each year since its inception, six new residents have joined the ranks bringing the total number to 24 since the program at Alton Memorial began.

In a ceremony held on June 21, the original six residents graduated from the program and of those six residents, two have chosen to make Alton their home and are staying here in the Riverbend. The residency program is led by Becky Hoffman, MD, who is the program director of SIU School of Medicine Alton Family Medicine Residency Program. "Dr. Hoffman leads with integrity and passion while bringing a sense of purpose, making a positive difference every day to the people and communities we serve," says AMH president Dave Braasch. Alton Memorial Health Services Foundation is thrilled to be a part of the partnership with Alton Memorial Hospital by supporting this program that helps keep quality health care close

to home.

Nazanin Kheirkhahan, MD, is working as a hospitalist at AMH. She began her position with BJC Medical Group on Sept. 1, 2024. She was raised in Toronto and earned her medical degree from the Windsor University School of Medicine.

Tyler Wright, MD, started a private practice at BJC Outpatient Center in Godfrey on Sept. 1, 2024. He provides a full spectrum of family medicine, including obstetrics care. Additionally, he will be joining the SIU Family Medicine Residency team as adjunct faculty. Dr. Wright was raised in Northern California, majored in Biology/Pre-Med at California State Monterey Bay, and went to the University of Medicine and Health Sciences for medical school.



# The 15th Annual Duck Pluckers Ball brings in more than \$200,000

Funds will go toward the purchase of another Alton Memorial Hospital ambulance with signature camo doors equipped with life-saving equipment.

"The support we receive at this event from our community each year has been spectacular," says AMH president Dave Braasch. "This year was no exception. The unwavering support from our community allows us to keep our hospital-based ambulance fleet equipped with the latest technology and road-ready. I'd like to shout out a big 'Thank You' to the people who sponsored the event, worked at the event, and came and donated at the event. Your contributions in maintaining and enhancing Emergency Medical Services in our region are commendable."

AMH operates the largest hospital-based ambulance service in the area, covering nearly 400 square miles in Madison, Jersey and Macoupin counties.

"It was another resounding success for our unique event," says Steve Thompson, AMHSF board treasurer. "Thanks to all our sponsors, donors, all returning and new supporters, the committee and our staff who provide the best care close to home. What a great time."

Nearly 400 attendees flocked to Nilo Farms in Brighton for the popular event. Guests observed the ever-popular Homer Clark Quail Flush championship, put their bids on over fifty silent auction items, nearly 20 live auction items and enjoyed an outstanding steak dinner served up by the Morrison Food and Nutrition staff from AMH. Mark Harman served as auctioneer, and the evening concluded with live music and dancing.

"This was the third Duck Pluckers event that I have been a part of, with this being my first year as manager of the Foundation," says Shannon Fraley, manager of AMHSF and AMH Development. "I couldn't be happier with the success of this year's event. It's a huge undertaking, but it is truly a fun event to plan. There are so many people to thank. Our amazing Duck Pluckers committee members, the Foundation board, the team at NILO, Morrison's

catering, St. Peter's Hardware, our volunteers and our staff who graciously volunteered are key to our success. Of course, we couldn't do any of this without the generosity of our sponsors and guests."

"The EMS team would like to thank the Alton Memorial Health Services Foundation, the AMH leadership team, and the Duck Pluckers committee," said Jason Bowman, Manager of Alton Memorial Hospital Emergency Medical Services. "Your continued support allows the AMH EMS team to provide the highest level of pre-hospital care to the communities we serve with the most updated equipment."

Fraley said. "While Duck Pluckers has been around for fifteen years, each year we try to add new elements to our event." This year the community was invited to be involved in the fundraising efforts by participating in several online raffles. They teamed up with Midwest Motor Sports and offered 500 tickets for a chance to win an ATV, which proved to be a popular item. Among the raffle winners was Brad & Cindy Coffman who won the 4 Wheeler, Phil & Jen Halliday won a 1/4 beef and freezer donated by B&M Livestock, Dennis & Ronna Haas won a bourbon collection donated by Barry & Gaye Julian, and Brian Campbell of Colman's Country Campers. "I love that even though this event has been going on for 15 years, it is still one of the most sought-after tickets to get and we see new faces every year. I truly believe it shows that our community is still engaged in keeping quality health care close to home by supporting our event."

The planning committee is always looking for new sponsors. Contact the Foundation Development team at 618-463-7701 for more information.







- Best Dressed
  Contestants receive their
  awards at Duck Pluckers.
  - 2 One of the most popular auction items of the night, an adorable lab puppy meets his new owner, Jay Wright.
- 3 Duck Pluckers was a family affair for the Haine family this year.

# SAVE THE DATE FOR NEXT YEAR



The 2025 Duck Pluckers, Deer Skinners and Fish Hookers Ball is scheduled for Sept. 13 at Nilo Farms in Brighton. If you would like to be a sponsor of the event or receive an invitation, contact the Development Office team:

- Shannon Fraley; 618-463-7701, Shannon.Fraley@bjc.org
- Diane Rogers; 618-433-6047, Diane.Rogers@bjc.org







- MaryJo Kirchner, daughter of Homer Clark with the winners of this years Quail Flush, Tyler Schaper and Allan Morse.
- 2 Erica Bash and Kathie Opel of The Opel Bash Group, decked out in camo for Duck Pluckers!
- 3 Event emcee, Steven Taylor and Alton Memorial Hospital President, Dave Braasch kicking off the nights events.
- Longtime Bulls-Eye Sponsors, Barry and Gaye Julian have been attending the event since it started 15 years ago.
- 5 New foundation board member, Jack Hoelscher with family and friends at Duck Pluckers.

Photos by John Goldacker and Abbie Hernandez





# DUCK PLUCKIN' COMMITTEE

Joanne Adams
April Becker
Jason Bowman
Brian Campbell
Cory and Kate
Clendenen
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Thank you to these first time **Duck Plucker sponsors!** 

- Fred & Rose Lammers
- The Lawrence Group
- **Opel Bash Group**
- **Piston Aviation**
- Jay R. Tomerlin



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Gifts from our generous donors will go on to support the following: the Fund, the Ancillary Services Education Fund, and the Templin Fund.

Ambulance Fund, Vera Bock Fund, Mary Alice McCarthy Fund, Extra Mile

# Alton Memorial Health Services Foundation

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