UnityPoint Health
St. Luke's Health Care Foundation

# FALL 2026

# IMPACT REPORT

*The mission of UnityPoint Health® – St. Luke's Health Care Foundation is to support UnityPoint Health – Cedar Rapids in giving the health care we'd like our loved ones to receive.*



*Dr. Jean Todd Duncan*

## News and Information

- On August 6, a ribbon-cutting celebrated the completed expansion of St. Luke's nationally recognized Nassif Heart & Vascular Center. One man's story demonstrates the importance of having advanced, life-saving heart care close to home. See page 4.
- Iowa is one of only two states in the nation where the rate of new cancers is going up, not down. Fortunately, advances in early detection and treatment mean more people are surviving cancer than ever before. More survivors mean a growing demand for cancer support services. Find out more on page 7.
- An estate gift from Dr. Jean Todd Duncan, a longtime Cedar Rapids area physician, is helping today's health care providers create the future of health care with their own hands. See page 9.
- See page 11 to learn how a hospital makerspace is turning ideas for better health care into a reality.

## *Meet* Melissa Winter

St. Luke's Health Care Foundation is proud to welcome Melissa Winter as our new president. Melissa brings more than two decades of leadership experience in wealth management, client service and organizational leadership to her role. A proud graduate of the University of Northern Iowa, she is actively engaged in the Cedar Rapids community, currently serving as past board chair for both Junior Achievement of Eastern Iowa and United Way of East Central Iowa.

> I'm excited to be a part of the St. Luke's Health Care Foundation team," says Melissa. "I look forward to meeting with our friends and supporters as we continue to shape the future of health care in our community."



## Giving Back to Our Community

Thanks to our outstanding team and with support from generous donors to St. Luke's Health Care Foundation, UnityPoint Health – St. Luke's has delivered more than $40 million in benefits to our community.

In addition, we completed our $25 million heart and vascular expansion to meet our region's surging demand for advanced cardiovascular care. To celebrate this achievement, St. Luke's Health Care Foundation recently gifted life-saving AEDs to 50 local schools, volunteer fire departments and other non-profits.

Meanwhile, the St. Luke's Health Care Foundation's Rural Healthcare Grant Program continues to improve care for rural residents in Linn and surrounding counties, awarding more than $587,000 in grants since its inception in 1980. In addition, the Foundation's iGrant program has given out over $435,000 this year alone to team member initiatives that directly support patient care at St. Luke's Hospital. That totals more than $3.5 million for 490 projects since the iGrant program began in 2013.

For the second year in a row, St. Luke's was named #1 in Iowa for the value of care. The hospital also ranked in the Top 5 for social responsibility, patient outcomes and patient satisfaction.*

Above all, we are thankful for you—our friends and supporters—who help make all this and more possible.

With gratitude for all you do,

*Casey Greene*
*President, UnityPoint Health – Cedar Rapids*

*Melissa Winter*
*President, UnityPoint Health – St. Luke's Health Care Foundation*

** The Lown Institute*

# Year-End Giving is a Win-Win

For many of us, now is an excellent time to plan our year-end donations to nonprofits. In fact, there are multiple ways to support your favorite charities while making the most of the current year's tax benefits. Common year-end strategies include*:

- Direct, one-time gifts made with a check, or online using a credit card, before midnight December 31.
- Qualified Charitable Deductions (QCDs) from donors age 70 ½ and up. Direct transfer of up to $111,000 a year from an IRA to a qualified charity does not count as taxable income.
- Assets like long-term stocks or mutual funds. By donating these to a nonprofit, you can avoid capital gains tax on the appreciation.
- Donor-Advised Funds (DAFs). Set up a DAF with your cash or assets and you can direct grants from that fund to your favorite nonprofits on your own timeline.
- Matching Gifts. Take advantage of your employer's matching gift program to double the financial impact of your contributions.

"I use a QCD because it's a smart way to give," says Peg Bradke, retired St. Luke's team member and long-time donor to St. Luke's Health Care Foundation. "Once I hit 70 ½, I had to start taking money out of my IRA anyway. By sending it directly to a favorite charity like St. Luke's instead of taking it as income, I don't pay taxes on the withdrawal. That keeps my income lower, which saves me money on my Medicare premiums and Social Security taxes, and St. Luke's gets the full impact of my donation. It's really a win-win."

Want to know more about how you can reduce your tax burden while improving life for patients and families in our community? Call St. Luke's Health Care Foundation at (319) 369-7716.

*Call St. Luke's Health Care Foundation at **(319) 369-7716,** to make an online donation visit **uph.link/CRGive** or mail to 810 1st Avenue NE, 2nd floor, Cedar Rapids, IA 52402.*

**The information provided here is for informational purposes only. It does not constitute legal or tax advice. Consult a qualified tax professional or legal counsel for guidance specific to your personal situation.*

# How To Make a QCD



The QCD must come from a Traditional or Inherited IRA



An individual is eligible to make a QCD if they are 70 1/2 years or older



The distribution must go directly to a qualified 501(c)(3) charity



You must receive a confirmation letter from the charity that states, no goods or services were received in exchange for the contribution.



## NASSIF HEART & VASCULAR CENTER

# Leading the Way with Life-Saving Heart Care

It took a team effort to save Don Triggs's life.

Don's wife, Rochelle, and daughter Kaelyn were driving him from their home in North Liberty to UnityPoint Health – St. Luke's Hospital in July 2024, when Don suddenly lost consciousness. Fortunately, Kaelyn knows CPR and Rochelle had worked as an EMT 30 years ago and still knew what to do. They called 911, then pulled over and took turns performing CPR on him.

When first responders arrived, they used an automated external defibrillator (AED) and continued CPR on the way to St. Luke's. Once he arrived, Don received expert care, from the ER to the catheterization lab and the ICU. During recovery, Don suffered a stroke, but fast action again saved his life.

Now after additional support from St. Luke's Cardiac Rehab, Don is back living his life. He says, "It took a team effort from everybody involved. It's a huge team and they all work together seamlessly to provide the best care."

St. Luke's nationally recognized Nassif Heart & Vascular Center is the area's largest, longest-running and most comprehensive cardiovascular program. In 2026, the hospital completed a three-phase, multi-year, $25 million Heart & Vascular Center expansion with an eye on the future.





*Don Triggs and family.*

"This expansion project was a necessary element to enable us to meet the surging demand for advanced cardiovascular care in our community," explains Casey Greene, president UnityPoint Health – Cedar Rapids. "Because St. Luke's is the acknowledged leader in heart and vascular care, it was critical that we invest in both space and technology."

St. Luke's Nassif Heart & Vascular Center offers a full range of services including preventive treatment, state-of-the-art diagnostics, open heart surgery, expanded vascular and electrophysiology capabilities, and the most advanced, minimally invasive heart procedures available.

As the forerunner in heart care, St. Luke's also initiated the Heart Saver AED Grant program, which began in 2022 to help kick off the expansion. This year, in celebration of the completed Heart & Vascular Center, the Foundation awarded another round of AEDs. Through the generosity of donors to St. Luke's Health Care Foundation, this program has awarded AEDs and training to more than 100 local organizations, including 50 this year, extending the project's impact far beyond the hospital's walls.

"Roughly 70 percent of cardiac arrests happen outside of a hospital and unfortunately the majority of those individuals do not survive," says St. Luke's Health Care Foundation president Melissa Winter. "Having an AED onsite and someone trained in its use can literally mean the difference between life and death."

Heart Saver Grant recipients included school districts, churches, volunteer fire departments, parks and recreation departments and others. Recipients were announced at a recent ribbon-cutting celebrating the completed expansion of the Nassif Heart & Vascular Center.

Don was on hand for the event and spoke about the importance of life-saving heart care close at hand. After all, says Don, "The reason I'm alive is because of this place."



*When a cardiac emergency happens, seconds count. Your gift to support the Nassif Heart & Vascular Center ensures life-saving care is available when and where it's needed. Give at* ***uph.link/CRGive*** *or call St. Luke's Health Care Foundation at* ***(319) 369-7716****.*

*Nassif Heart & Vascular Center Ribbon Cutting*



*Barb Schemmel*

## HELEN G. NASSIF COMMUNITY CANCER CENTER

# A Growing Need for More Cancer Services

Iowa continues to have the nation's second-highest age-adjusted rate of new cancers. We're also one of only two states where the rate of new cancers is going up, not down.

The good news is, advances in early detection and treatment mean more people are surviving cancer than ever before. But the growing number of cancer survivors also means an increased demand for support services to help individuals navigate life beyond a cancer diagnosis.

The Helen G. Nassif Community Cancer Center has been supporting patients from diagnosis through survivorship for more than 15 years. Nassif Community Cancer Center surrounds each and every patient with quality services focused on caring for the whole person and the whole family—mind, body and spirit.

Barb Schemmel was referred to the Community Cancer Center last fall when stage 1A breast cancer was discovered after a routine mammogram. Her new care team stepped in immediately to form a care plan customized to Barb's needs.

"I was so impressed with the coordination of care," shares Barb. "They were very thoughtful and made things as simple as they could for me. It was just so seamless."

During and after her treatment, Barb has taken advantage of support services at the Community Cancer Center. These services are available to anyone with cancer, regardless of where they were originally diagnosed and treated. Patients, survivors and caregivers come to the Community Cancer Center for genetic and risk assessment clinics, cancer screenings, clinical trials, exercise programs, nutrition counseling, support groups, integrative wellness services and more.

Best of all, many of these services are provided at minimal or no cost thanks to the generosity of our donors.

The GreatAmerica Employee Advised Fund recently awarded $10,000 to the Nassif Community Cancer Center's Spirit Fund. The Spirit Fund provides direct financial relief for patients with a cancer diagnosis. Qualifying individuals can receive up to $500 in gift cards for essentials such as food, fuel or medical supplies that aren't covered by insurance.

"We are so grateful for the support we receive from our friends and neighbors," says Andrea Watkinson, executive director of Nassif Community Cancer Center. "With this grant, the team members at GreatAmerica are helping us make it easier for our patients to focus on their health and healing."

In addition, the local baseball community came together in August to support cancer patients and their families. The 2026 Fighting Cancer Together Banana Bash raised $21,615 for the Community Cancer Center while spectators and participants enjoyed a fun day of baseball.

The Iowa Cancer Registry estimates there are more than 12,000 cancer survivors in Linn County alone, and that number will continue to rise. Cancer survivors have unique needs, from screening for a recurrence of disease to quality of life, mental health and social support services.

Fortunately for our community, the Nassif Community Cancer Center is here with the resources individuals need to face cancer with confidence as they go from diagnosis to survivorship.

*Your gift makes a difference in the lives of cancer patients, survivors and their loved ones by ensuring they have the support and services they need, close to home. For more information, call St. Luke's Health Care Foundation at* ***(319) 369-7716*** *or visit* ***uph.link/CRGive*** *to make a gift.*



*Sally Gray*

## ST. LUKE'S HEALTH CARE FOUNDATION FOUNDER'S AWARD

# Sally Gray, RN: A Legacy of Giving

St. Luke's Hospital was founded when friends and neighbors donated to create the first hospital in the Cedar Rapids area. Today, St. Luke's Health Care Foundation Founder's Award honors that spirit of giving by recognizing an individual, organization or group that has made a significant impact on health care in Eastern Iowa. Recipients are chosen for philanthropy to St. Luke's, a history of leadership with the organization, and devotion to the missions of St. Luke's Hospital and Foundation.

Sally Gray's contributions to St. Luke's Health Care Foundation have played a key role in improving vital health services in our community. Over the years, Sally and her husband, Steve, have made significant contributions in support of the heart and vascular expansion, Abbe Center for Community Mental Health, inpatient unit modernization, the Ronald McDonald Family Room, inpatient hospice unit, Nassif Community Cancer Center and much more. Sally has also taken on leadership roles as both a member and chair for the boards of UnityPoint Health System, St. Luke's Hospital and St. Luke's Health Care Foundation.

"Throughout her years of service to UnityPoint Health, Sally has had a profound and lasting impact on our health system and the communities we serve," says Casey Greene, president of UnityPoint Health – Cedar Rapids.

Casey will present the 2026 Founder's Award to Sally Gray on October 22 at the Foundation's Celebration of Generosity event honoring loyal supporters of UnityPoint Health – Cedar Rapids, including members of the Carl & Mary Koehler Legacy Society.

## DR. JEAN TODD DUNCAN ENDOWMENT

# A Legacy of Caring for Women and Children

Dr. Jean Todd Duncan touched the lives of countless women, babies and children in the Cedar Rapids area.

As an ob-gyn for many years, she delivered hundreds of babies at UnityPoint Health – St. Luke's Hospital. Those who worked with her recall a physician who was passionate about her patients and dedicated to providing the highest level of care. Over the years she also donated to St. Luke's BirthCare Center and supported nursing education.

It's not surprising that when Dr. Todd passed away in February at the age of 81, her estate plans included a generous gift to St. Luke's Health Care Foundation for the benefit of St. Luke's Helen G. Nassif Center for Women's and Children's Health.

"Jean had a very clear plan for her estate," says Dr. Todd's stepdaughter Stacey Sharpe. "She wanted her gift to support health care for women and children."

On behalf of Dr. Todd's estate, Stacey worked with St. Luke's Health Care Foundation to make the best use of the funds. A portion of the gift went to support the Nutrition Room in St. Luke's Level III Neonatal Intensive Care Unit. The Nutrition Room is a centralized, sterile environment for storing and preparing formula and pumped breast milk.

Dr. Todd's generous gift will also be used to update training rooms for nursing education. The remaining gift will establish the Dr. Jean Todd Duncan Endowment to provide a permanent source of income to support health care for women and children. "I knew Jean and loved when she visited our department over the years," recalls Kathie Manderscheid, director of the Nassif Center for Women's and Children's Health. "She was always interested in continuing education for our nursing staff, so using her gift to support that is very fitting."




*NICU caregivers*

*You can create a lasting legacy with your gift to St. Luke's Helen G. Nassif Center for Women's and Children's Health. Donate at* ***plannedgiving.unitypoint.org/cedarrapids*** *or call St. Luke's Health Care Foundation at* ***(319) 369-7716****.*



*Dr. Keith and Cheryl Krewer*

## ABBE CENTER FOR COMMUNITY MENTAL HEALTH CLUB 520

# Supporting Mental Health Care Today and in the Future

Dr. Keith Krewer says, "If you look closely at any family, you'll see individuals struggling with substance abuse or mental health issues. It's so common, yet it often gets swept under the rug."

Because Dr. Krewer and his wife, Cheryl, believe in supporting mental health services, he recently worked with UnityPoint Health – St. Luke's Health Care Foundation to establish an endowment to support Club 520.

Club 520 is a drop-in recovery center at Abbe Center for Community Mental Health. It helps adults with a mental health diagnosis or substance abuse issue.

"Club 520 is run by people who have dealt with mental illness themselves and recovered to the extent they can help others," Dr. Krewer explains. "It's become so popular people are literally lining up at the door when it opens at noon. Creating an endowment to keep the club going forward seemed like a terrific idea."

Dr. Krewer's donation was made using funds from a Qualified Charitable Distribution (QCD). With a QCD, donors age 70 ½ or older can make a direct transfer using the required minimum distribution from their IRA.

"Because my gift is credited against the required minimum distribution I have to take anyway, I don't pay taxes on the dollars I donated," says Dr. Krewer. "Best of all, Club 520 benefits from the full amount. I would donate regardless, but it doesn't hurt that it reduces my tax burden."

He adds, "Cheryl and I feel strongly if you've been fortunate enough to have some success in life and put money aside, you have an obligation to give back to your community. Mental health care is an area of particular importance to both of us. We have great admiration for the work they do at Abbe Center and specifically Club 520. We're proud to support them."

*Do you have an area of special interest you want to support? To find out more about Qualified Charitable Distributions, IRA rollovers and other forms of giving, call St. Luke's Health Care Foundation at* ***(319) 369-7716.***

## ST. LUKE'S GENERATE LAB

# Creating Better Health Care One Idea at a Time

When Viola Reth was born on a family farm near Delhi in 1925, medical advances most people take for granted today, from antibiotics to laser surgery, were the stuff of science fiction. A century later, Viola's vision and generosity are helping team members at UnityPoint Health – Cedar Rapids build the future with their own hands.

In 2019, St. Luke's generate lab was created in partnership with MakerHealth and a gift from Viola Reth's estate. It is a physical space inside St. Luke's Hospital, where Program Manager Rose Hedges, RN, says UnityPoint Health team members and patients can turn ideas into functional devices.

"Individuals come to us with ideas to solve problems and improve healthcare," says Rose. "That can mean making life easier for a patient, or saving the hospital money by creating a replacement part instead of buying a whole new piece of equipment."

The generate lab is one of just three hospital makerspaces of its kind in the U.S. and the first in the Midwest. Rose explains, "What sets us apart is that we don't build your prototype. You bring the idea and the generate team (a clinician and an engineer) teaches you to use the tools, such as a 3D printer or the laser cutter, so you can you build it yourself."

The generate lab has facilitated the creation of more than 1,600 projects since it opened. Nurses are driving much of the innovation, but project ideas come from every department. The team has even worked directly with patients to make their ideas a reality. A safety council reviews products to ensure they are safe. There's no charge for patients or team members to use the lab.

"We're a pretty special place," admits Rose. "One of our users said the generate lab makes it feel like nothing is impossible for our patients. That's a great feeling!"

She adds, "Viola Reth was a St. Luke's nurse herself. I think she'd be proud to know her gift is continuing to make health care better every day."




*Generate Program Manager Rose Hedges and Engineer and Program Coordinator DJ Dillon.*

*You can leave a legacy of better health for patients and families when you give to St. Luke's Health Care Foundation. For more information on building a brighter future for all through planned giving, contact us at* ***(319) 369-7716****.*

# Hope Blooms Daffodil Event

Join us in bringing a sense of hope and resilience to local cancer patients and their loved ones when you support Hope Blooms.

- Purchase cheerful daffodils for yourself or as bouquets of hope for patients undergoing cancer treatment
- Stuffed animals, blankets, and Hope Blooms gardening gloves are also available
- Event goal is to raise over $65,000
- All proceeds directly benefit patients, survivors and families served by the Helen G. Nassif Community Cancer Center

## Order your flowers and gifts now,

**bit.ly/ HopeBlooms2027** to learn more!
**Call (319) 369-7716** or email
**stlukes.foundation@unitypoint.org**

All items are delivered in mid-March.



Hope BLOOMS

Helen G. Nassif Community Cancer Center

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