Our Philanthropy Magazine Giftof Coltantion of the Coltant

Inside

1 Michelle's Message

2 Save the Dates— Storytelling Impact Events

3 Wolverine Building Group Hosts Beard Battle

6 Celebrating a Healthy Heart—Paul Peña

7 Leaders, Teachers, Healers

8 Celebrating Gratitude

9 Plan Your Charitable Giving

10 Grand Groups Announces Grants

15 Platinum Transparency— Getting Candid's Top Honor



A Member of Trinity Health

In this issue of Gift of Health, we celebrate the many ways Saint Mary's Foundation is making a difference at Trinity Health Grand Rapids.

For Donors of Saint Mary's Foundation



Brian Novosad – **Iron Worker Wins Battle of the Beards** for Men's Health

Page 3







Throughout the pages of this issue of *Gift of Health*, I hope you'll see how your gifts to Saint Mary's Foundation are impacting the health of our community in many meaningful and positive ways.

I am pleased to share, that thanks to support from our community, Saint Mary's Foundation invested more than \$1.2 million to Trinity Health Grand Rapids in just the past year. These funds have been used to support and sustain innovative, comprehensive programs and provide resources for compassionate patient care.

When you make a gift to Saint Mary's Foundation, we are dedicated to building a relationship with you, one that fosters a sense of loyalty to our organization, as well as a sense of joy. In other words, we want you to feel great and appreciated for making a gift to Saint Mary's Foundation.

As a donor, you are an important part of our Trinity Health Grand Rapids family.

In fact, that's why many of our donors and volunteers continue to give over time. We believe that if you are willing to make an investment in our Foundation, we will invest our time to make sure that you feel as close to us as possible.

With sincere appreciation,



Michelle Rabidean

Michelle Rabideau, MPA, CFRE President, Saint Mary's Foundation

You Make the Difference

With your help, we can further enhance the remarkable care at Trinity Health Grand Rapids. Together, we can improve the health of our community. Every gift, no matter how large or small, makes a difference in the lives of the patients and families we serve. Most importantly, your gifts (100%) will always stay local to support the programs or projects you intend.



If you'd like to speak to someone about making a gift, please call us at 616-685-1892.



In Memoriam

Our special friend, Tom Fox, died in September 2022, and his spirit of giving lives on at Trinity Health Grand Rapids. Tom, and his wife Mickie, established themselves as founders of surgical robotics in the Grand Rapids region with their landmark contributions to all three major hospitals bringing the da Vinci[®] Surgical System, an innovative surgical device, to our community. The advanced robotic surgical system is minimally invasive and has revolutionized surgical practice by improving the way physicians approach common and complex procedures and has saved and improved the lives of many patients.

Coming Together

Join us for Vine & Vinyl

- April 18, 2023: Kidney Transplant 50th Anniversary
- October 2023: A Story of a Miracle



Vine & Vinyl is back and in person! Vine & Vinyl is a storytelling experience with a curated meal paired with wine (and other specialty beverages) and a unique soundtrack—all to enhance the story. Each event delivers a different experience and story.

Save the Date UP on the ROOF

Thursday, September 14, 2023

This highly anticipated event is back with a different look and purpose. Now, Up on the Roof will highlight the impact and stories of a featured service area. The 2023 event will feature our new Mobile Mammography unit. Join us in celebrating the first year of the Mobile Mammography unit and participate in an evening filled with delicious food, cocktails, and live entertainment—all taking place on a unique rooftop setting overlooking the city skyline.



To attend or become a sponsor of **Vine & Vinyl** or **UP on the ROOF**, contact Angela Paasche, corporate relations and community engagement officer, at angela.paasche@trinity-health.org or 616.685.1426.

GivingTuesday & Year-End Success!

Our GivingTuesday and year-end appeals raised nearly \$250,000 in support of our three, special primary care offices—Browning Claytor, Sparta and Clinica Santa Maria. These community-based offices serve the most vulnerable, those who may be unemployed, uninsured, homeless or in poverty. **Thank you to all who contributed**!



Kim McLaughlin, Vice President Organizational Development & Engagement, Wolverine Building Group; Curt Mulder, President, Wolverine Building Group; Angela Paasche, Saint Mary's Foundation; and Michelle Rabideau, Saint Mary's Foundation.

Wolverine Building Group Hosts Fund-Razor and Awareness for Men's Health

Wolverine Building Group partnered with Saint Mary's Foundation to bring awareness and raise funds to benefit men's health. During "No Shave November," 22 members of the Wolverine team neglected their razors to encourage friends and family to donate to support the Trinity Health Lacks Cancer Center.

It was a fight to the finish. The Wolverine Team, alongside their friends and families raised over \$10,300. With the Wolverine Impact Fund matching these donations, \$20,522 was raised to support the Lacks Cancer Center!

We caught up with contest coordinator, Kim McLaughlin, and Battle of the Beards participant and top fundraiser, Brian Novosad.

What inspired Wolverine to get involved in the Community Partner Program?

KIM: After 2 years of COVID, Saint Mary's Foundation was exploring how they could continue to create partnerships and raise funds in

ways other than traditional sponsorships through events. In spring of 2022, I met with the Saint Mary's Foundation team to brainstorm what this could look like for Wolverine Building Group.

We are a construction company, and 90% of the Wolverine team is male. Trinity Health is a trusted health care provider in the area, so it only made sense for us to go down the path of how this could be a wellness initiative for our team, align it with men's health and have Trinity Health Grand Rapids help us with education and awareness.

How does the Battle of the Beards align with Wolverine's mission?

KIM: Our purpose is to "Positively Impact People and Communities." We approach this in many ways, including not only supporting non-profits and institutions with our treasure, but also through volunteering our time and talents.

The Battle of the Beards was a win-win-win situation. We were able to positively impact our team through education and awareness related to men's health and prostate cancer. We also positively impacted Saint Mary's Foundation by financially supporting a great organization, and we were able to witness our team experience the joy of giving, while having some camaraderie and friendly competition along the way.

What was the response like from employees?

KIM: Our team loved it! We heard from several team members how cancer and specifically prostate cancer has affected them or their families. Our team shared stories in our weekly newsletter about the importance of regular checkups and early detection, which we learned motivated some team members to visit their doctors and get screened for the very first time.

We also learned that our team is very competitive! Throughout the month of November, they brought a lot of humor to the workplace as they creatively worked to generate votes and donations. There were some hilarious side bets, and it was fun to see our team rally behind some underdogs. Ask any Wolverine employee, and they will tell you that because of the passion and generosity of our team, Battle of the Beards exceeded everyone's expectations.



Brian Novosad, Iron Worker at Wolverine Building Group and top fund-raiser for Battle of the Beards

Tell us a little about you, what you do, family, hobbies/interests.

BRIAN: I am an Iron Worker with Wolverine Building Group, a commercial construction company headquartered in Grand Rapids, but we work all over. I mainly work on large industrial buildings for manufacturing, warehouses, distribution, but there's lots of other things we work on too.

It's just me and my wife, Mary and our two dogs, Garbanzo and Iva. We love camping, kayaking and being outside. This fall, we went on a 35-mile paddle with the dogs while we were camping in the Upper Peninsula. It was a bit of a mess, but worth it.



Brian Novosad—Iron worker and Battle of the Beards top fund-raiser.

What or who inspired you to get involved in the Battle of the Beards?

BRIAN: I had two of my closest friends battle cancer. Spending time with them during their treatment and recovery put a fire in me to help anyone that I can. When Wolverine started talking about prostate cancer in September and mentioned that we could join the Battle of the Beards to support Saint Mary's Foundation in November, I was all in!

I say to my wife, that I hope to make the world a better place, just a little, every day.

What did you do to raise support?

BRIAN: I think I talked to almost everyone about the Battle of the Beards. Mary and I are in a bowling league, and we started there. Just walking around and talking with people about what I was up to, raising support for Saint Mary's Foundation to help people fight prostate cancer. At Thanksgiving, I asked my whole family. I was even printing out fliers and handing them out! Yes, it was smaller donations here and there, but all of us working together made a big impact. Plus, Wolverine Building Group's Impact Fund matched all the donations.

I wasn't shy about it, either. It's important to give people a chance to be good to each other. The answer is always going to be "no," if you don't ask.

What was the response like from friends and family?

BRIAN: I was surprised at how many people had their own story. Almost everyone I talked to had been affected by cancer. At bowling, as I was walking around and talking with people about Battle of the Beards, one guy stopped and thanked me because he had just been diagnosed with prostate cancer. Having these conversations gave me better insight into my community, my friends, and how we can all get better at supporting each other.

It changed how people perceived me; you know? I'm an Iron Worker. People have this idea that we're all coarse and tough but getting involved in the Battle of the Beards gave me a chance to show people a softer side.

At work, it helped connect me and my crew. It was fun to see the standings every week! People started recognizing me at all-company events. It's been very positive to connect with people at Wolverine through this.

New Technology for Prostate Health

Thanks to the support from Wolverine Building Group, and a grant from Saint Mary's Foundation, the hospital now has the latest prostate health technology the PROCEPT® AQUABEAM® Robotic System. This technology is the first in West Michigan, and offers much improved outcomes to a wider range of men dealing with benign prostatic hyperplasia (BPH) or an enlarged prostate.

Celebrating Healthy Hearts – Paul Peña

In March 2020, Paul Peña, suffered a severe heart attack at home at age 51.

About Paul Peña

Paul retired from law enforcement after 27 years and now works as a private investigator. He likes to go boating, kayaking, fishing, ride trails in his ORV. Paul and Michelle Peña enjoy their up-north cottage and Roxy, their 11½ year-old boxer.

Paul's Heart Attack

Paul describes his symptoms that March night as an uncomfortable, dull chest pain with sweating and nausea. His wife, Michelle, chief nursing officer for Trinity Health Grand Rapids, recognized symptoms right away and called for an ambulance. Paul was taken to the Emergency Department and then the cardiac catheterization laboratory for three coronary blockages. Two procedures were performed immediately, and the third took place two days later. Paul credits his recovery to the care he received from his cardiologists–Gregory Pellizzon, MD, and Abdel Omer, MD.

Paul's Heart Health Journey

Paul has made significant progress toward living a healthier life. Today, he reports his health is good. He has no limitations and no adverse effects from his heart attack. He's made dietary changes; limits the amount of red meat and fried foods he eats, quit smoking (the one bad habit he says he misses), stays active outdoors and takes his prescribed medications faithfully.

Paul's Advice for a Healthier Life

"Stay active, eat better, be more aware of your health, see your primary care provider and, if needed, your cardiologist regularly. Get a yearly physical with blood work and be aware of your family history. I tried to lower my overall



Grand Rapids residents Michelle and Paul Peña are living a healthier lifestyle three years after Paul's heart attack.

cholesterol levels though diet alone, but some hereditary factors cannot be changed with diet alone," said Paul.

Paul and Family are now Heart-Health Focused

"Helping Paul make changes has helped me too," said Michelle. 'We are both conscious of fat, red meat and salt intake. We also compete against one another on the healthy living app called Live Your Whole Life.

"We recognize what this means for our kids. They have kept up on their annual visits and have talked to their primary care provider about their dad's history. They know it is an important piece to their long-term health.

"This has been a personal experience that provided me with a comprehensive understanding of what our patients experience," said Michelle. "I have greater understanding and believe it helps me when making important business decisions for Trinity Health Grand Rapids."

Leaders, Teachers, Healers

The Patient Family Advisory Council (PFAC) is an advisory board made up of patients and family within Trinity Health Grand Rapids and Trinity Health Medical Group. The council also has representatives from our Experience of Care, Nursing, Medical, and Volunteer Services teams. The council discusses and shares ideas, then creates goals focused on improving colleague and patient experiences.

One of our PFAC Advisors, Cassonya Carter, has served as an advisor on our council for over two years. She has also sung the National Anthem at our Memorial Day and Veterans Day events. We asked her why she chooses to volunteer with Trinity Health.

Why do you volunteer on the PFAC?

After experiencing a few traumatic hospital encounters, I wanted to see what I could contribute to finding a solution for others who may not feel they have a voice. Regardless of the bias/stereotypes, intentional or unintentional, the impact to the patient can leave them in a state of not trusting the institution that was created to provide health care service.

What attracted you to the PFAC?

I learned that being on a council such as Patient Family Advisory Council has an impact and provides insight into making change for all involved. It also helps when an institution like Trinity Health Grand Rapids is taking the initiative to move the health care system more to a partnership with the patients and the provider (hospital/medical personnel) by listening to the needs of both sides to provide quality services and experiences.

What has impacted you most being a patient advisor on PFAC?

I enjoy being a change agent with the council by working together to provide care packages for patients that provides them with toiletries and basic necessities during their unexpected stay. The awesome and unique thing about these care packages is that they are culturally designed. For example, providing a comb that works on all types of hair.



Cassonya Carter, Patient & Family Advisory Council volunteer

Are you a patient of Trinity Health Grand Rapids and want to help improve the experience of our patients and guests? PFAC is always looking to recruit members who are representatives of the community, to give feedback that improves the patient experience. To apply, contact Laura Conners at 616-685-6084 or connerla@trinity-health.org.

Gratitude Gathering! Celebrating our Supporters

On Giving Tuesday, Saint Mary's Foundation held our first Gratitude Celebration. This was a special night and an opportunity to come together and celebrate our supporters by showcasing the impact their giving has had on the lives of those we serve. We celebrated stories of our patients and the extraordinary care they've received. **We celebrated gratitude**!

"Trinity Health Lacks Cancer Center made an investment in saving my life... I'm going to invest in helping them stay alive, too."



– Roger Betten, Sr.



Planning Your 2023 Charitable Giving

It's that time of year again when we're all reflecting on last year and looking forward to a bright 2023. With tax season well underway, we know many people are looking a little closer at their plans for the upcoming year and finding ways to maximize any potential tax savings. As you make your plans, keep in mind there are a variety of ways to support our mission that could fit in your plans.

GIFT OF STOCK: Donating shares of stock is one way to make an impact and potentially provide substantial tax savings. It is simple and can be done through wire transfers from a donor's brokerage account to Saint Mary's Foundation brokerage account.

DONOR ADVISED FUNDS: We are pleased to accept and acknowledge gifts through Donor Advised Funds. You can make a recommendation for an annual distribution to Saint Mary's Foundation or for a specific area of interest.

IRA ROLLOVER: Keeping in mind that for those who qualify (ex. Age 70 1/2) you can gift your Required Minimum Distribution (RMD) to Saint Mary's Foundation without adding the contribution amount to your taxable income.

There are also ways that you can ensure support to patients, families, providers and caregivers that lasts beyond your lifetime.

Saint Mary's Foundation can be included in your **estate plans** to benefit the hospital and our future community health. A simple bequest in a will or living trust allows you to make a meaningful gift of any size without impacting your assets during your lifetime.



Special Gift from Former Colleague

A former colleague who worked as a nurse for more than ten years at Trinity Health Grand Rapids has made an estate gift. The gift has been earmarked specifically for Nursing Education and was made in recognition of time spent with fellow colleagues at Trinity Health Grand Rapids.

We would be happy to help you explore ways that your generosity can have an impact now and for generations to come! For more information and to find ways that you can have an impact on the future of Trinity Health Grand Rapids, contact Cathy Skene at 616-685-1484 or cathy.skene@trinity-health.org.

Grand Groups Announces 2022 Grant Awards



Grand Girlfriends awarded **Women & Children Services \$21,150** to purchase a GE Shuttle, which will expedite at-risk babies within the hospital. This equipment saves valuable minutes in the care and resuscitation of these vulnerable babies.



Grand Guys awarded **Infectious Disease \$10,500** to purchase 2 Butterfly Ultrasound probes to bring an ultrasound into patients' rooms to augment the physical exam. The Butterfly Ultrasound probe is a small ultrasound that plugs into a smart phone and allows physicians to perform ultrasound real time with the patient engaged in their care in real time.



Grand Guys awarded **Kidney Transplant Center \$2,500** to purchase 250 Bluetooth speakers to facilitate non-pharmaceutical pain management and control of anxiety surrounding kidney transplant surgery.

Saint Mary's Foundation Awarded the Following Small Grants in 2022

- \$4,960 for an AcuVein system to visualize veins of patients getting contrast medium for CT scans
- \$3,248 for an AMSCO blanket warmer for patients receiving CT scans
- \$4,596 for Virtual Care Kits for Telehealth Visits for use at Innovative Primary Care
- \$4,596 for Coping in the Digital Age to provide iPads and headphones for patients in the Psychiatric Medical Unit
- \$1,500 for oral products and ointments for head and neck cancer patients undergoing radiation therapy
- \$5,150 for a 3-day multidisciplinary course for providers, social workers and security officers who were trained to conduct individual and group debriefings with employees who experienced a workplace violence incident
- \$5,000 for patient care supplies for kits specifically for men, women, bedtime, or comfort care
- \$5,000 for blood pressure cuffs and scales for patients with hypertension at Browning Claytor
- \$5,000 for blood pressure cuffs and scales for patients with hypertension at Sparta
- \$4,900 for breast pumps to loan to mothers at the Neonatal Intensive Care Unit until they receive coverage through their insurance company
- \$3,395 for a specialty chair for long-term patients on 8 Main who are at risk of falling out of a standard bedside recliner
- \$4,806 to purchase suicide prevention magnets for suicidal patients upon discharge to prevent further attempts
- \$5,000 for carbohydrate-rich drinks for surgical patients to enhance post-surgical recovery
- \$3,065 for continuing education for Pharmacy colleagues
- \$900 for reverence badges for staff to use upon the death of a patient—a guide for honoring the patient's life with those present
- \$2,000 to enhance the patient experience in the Infusion Center by providing meal tickets, essential oil patches, and headphones

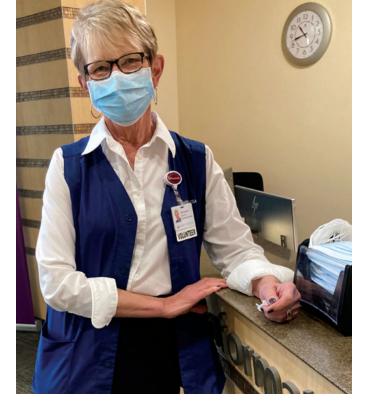
In all, **\$63,116** was awarded during 2022 to fund Small Grant Requests that contribute greatly to health and wellness of our patients and colleagues.

Volunteer Spotlight

Hospitality Greeter Jane Folkert has been volunteering with Trinity Health Grand Rapids for over a year.

When asked what it means to be a volunteer with Trinity Health Grand Rapids, Jane said, "There are so many reasons why I enjoy volunteering at Trinity Health. The staff is caring, friendly and helpful, so that makes this a fun atmosphere every time I come. But the main reason I volunteer is because I really enjoy helping people. The guests who visit us come in with varied emotions happiness, sadness, anticipation, fear, or the feeling of being lost, just to name a few. If I can greet each guest with a smile, address their individual need or concern, and provide a friendly atmosphere, I feel this is a way I can be of service. Volunteering here is amazing!"

Hospitality greeter volunteers are the face of the hospital for patients and visitors as they enter our main lobbies. Their role is to welcome our guests, assist with directions, escort patients to their destination, and transport patients upon discharge.



"Our Hospitality Greeters are quite often the first and last person a patient or visitor sees, and the warmth and care they provide means everything," said Laura Conners, Interim Supervisor, Volunteer Services.

If you are interested in becoming a volunteer with Trinity Health, please reach out to Laura Conners at 616-685-6084 or connerla@trinity-health.org. As Jane says, "If you are looking for a rewarding new adventure, come join us!"

Thank you to our Community Partners!

During the last year, thanks to our incredible community partners, we are able to transform the health of our community—helping sustain essential programs that meet our neighbors' needs. Your partnership equips our teams to work toward community health and well-being, clinical excellence and an exceptional patient experience.

Advent Physical Therapy Applied Innovation Aquinas College AutoCam Medical The Brooks Family Community Fund Buist Electronics CareLinc Medical Equipment Custer Inc. Daniel & Pamella DeVos Foundation David & Carol Van Andel Foundation Dalton and Kelly DeVos Dr. John's Healthy Sweets Enviah Gold Coast Doulas LLC Grand Rapids Symphony Grand Valley State University The Jandernoa Foundation Lake Michigan Credit Union Mary Free Bed Rehabilitation Michigan State University National Beverage Corp NN Inc. Autocam Perrigo RDV River City Mechanical Select Specialty Hospital Sigma Gamma Rho Sorority Inc SpartanNash Steve & Amy Van Andel Foundation Varnum, LLP Williams Distributing Wolverine Building Group

Did you Know?

The Shoppe at Trinity Health Grand Rapids is a program of Saint Mary's Foundation

In the last decade, more than half a million dollars has been invested back to Trinity Health Grand Rapids to support the most critical needs and to fulfill our mission of caring thanks to proceeds from The Shoppe.

Stocked with gifts, clothes, flowers, candy and more, the shop is a financial engine that helps fund much-needed projects at the hospital. Some of the top-selling items are flower arrangements, adult clothing and newborn items.

"We are extremely proud of the volunteers and colleagues who help staff The Shoppe. We are especially grateful to everyone who comes to purchase items at The Shoppe."

- Ashley Fredricks, The Shoppe supervisor

The K-9s and their Handlers are Boosting Safety and Patient Comfort

This program was funded by Saint Mary's Foundation in Spring 2022 to increase campus security. Conflict de-escalation is one of the primary purposes of the four K9s and their handlers. The K9s have been deployed over 200 times for various tasks. Although the K9s were not specifically trained for therapy work, they provide comfort to a great number of people—and even have their own trading cards!



THE SHOPPE

A Program of the Saint Mary's Foundation

Community Efforts Benefit Trinity Health Grand Rapids



The Neighborhood by Custer Inc.

The Neighborhood by Custer is a new, exceptionally designed workspace for our colleagues on 2 Main in the hospital. With a variety of workspace configurations, it is ideal for group collaboration and brainstorming, as well as for colleagues needing a touch-down space for a few hours. Features include media equipment, new office furniture, artwork, and live plants. The Neighborhood by Custer was made possible thanks to a generous gift of design service, furniture and media from Custer Inc.

Band Together from Lake Michigan Credit Union

Every year, Lake Michigan Credit Union members and employees raise funds through the Band Together Campaign to benefit pediatric programs serving children in Michigan and Florida hospitals. This year, their fundraising efforts raised \$7,500 for the Trinity Health Grand Rapids Neonatal Intensive Care Unit (NICU), which will help to provide new weight scales for our hospital's smallest patients.



Ryan White Grant Award

Trinity Health Grand Rapids was awarded a partial grant for the 2023 Ryan White HIV/AIDS Program Part C Early Intervention Services. The \$230,850 grant will provide support to those with HIV/AIDS seeking outpatient, early intervention services.

Gold Coast Doulas Award Birthing Stool

Thank you to our friends at Gold Coast Doulas LLC who donated a CUB Comfortable Upright Birth stool to the Trinity Health Grand Rapids Birthing Center. In addition, Gold Coast Doulas LLC made a generous gift to support women's health at our mission clinics.

Grapids Home Services, Inc. Helps fight Breast Cancer

Grapids Home Services, Inc. joined the fight against Breast Cancer and helped support the Trinity Health Lacks Cancer Center. We are grateful for community partners who share our vision and believe in the work we do.

Pillows & Prayers for Breast Cancer Patients

We are grateful for our friends at Pillows & Prayers! They donated 50 bags, filled with comfort items, to Breast Cancer patients at Trinity Health Lacks Cancer Center. The team at Pillows & Prayers fill each bag with helpful information, thoughtfully curated tools to make the journey easier, and encouraging notes to those going through Breast Cancer.

Trinity Health Grand Rapids Colleagues Give Back

Last holiday season, in the spirit of giving, we invited our Trinity Health Grand Rapids colleagues to make a difference in the lives of our patients and families. Everyone came together and donated warm clothes, toys, nonperishable food items and personal hygiene items that were distributed to our communitybased clinics and Sophia's House.

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SAINT MARY'S FOUNDATION

A Member of Trinity Health

Saint Mary's Foundation is dedicated to building relationships that inspire financial support from the community to advance the mission of Trinity Health Grand Rapids. Saint Mary's Foundation 200 Jefferson Ave. SE Grand Rapids, MI 49503 Non-profit Organization U.S. Postage PAID Grand Rapids, MI Permit #657

Saint Mary's Foundation Earns Candid's Top Honor

Platinum Transparency **2023**

Candid.

Our mission is to build relationships that inspire financial support from the community to advance the mission of Trinity Health Grand Rapids.

That's a big responsibility! And one we don't take lightly. That's why we're ecstatic to announce that we've earned the Candid (previously GuideStar) Platinum Seal of Transparency!

Why is this big news? The Platinum Seal indicates that Saint Mary's Foundation shared clear and transparent information about the foundation with the public. This rating puts us in the top 15% of all Candid seal holders nationally in terms of transparency!



Check out our #NonprofitProfile to see the great work we do for our community. We want to make sure you have the progress updates you need to confidently support our work with trust and confidence.

Interested in becoming a volunteer? Contact Laura Conners at 616-685-6084 or connerla@trinity-health.org

Interested in planned gift opportunities?

Contact Cathy Skene at 616-685-1484 or cathy.skene@trinity-health.org

Interested in becoming a member of our Grand Groups program?

Contact Alica Woodrick at 616-685-1427 or alica.woodrick@trinity-health.org

Interested in your company becoming more involved?

Contact Angela Paasche at 616-685-1426 or angela.paasche@trinity-health.org

For more information, contact:

Saint Mary's Foundation 200 Jefferson Ave. SE Grand Rapids, MI 49503 Phone: 616-685-1892 SaintMarysFoundationGR.com

If you do not wish to receive information from Saint Mary's Foundation in the future, please call 616-685-1892.