



POWER OF ONE

PLANTING SEEDS OF EXCELLENCE

Alton Memorial Health Services Foundation | ANNUAL REPORT 2015-2016

It starts with one person, one idea, one gift. And from there it spreads, sowing seeds of excellence.

One woman exemplifying leadership harnesses the powers of many. One man asking one question means hundreds of children will have better opportunities.

One life is saved because many cared. A child can communicate and a young man discovers his calling because gifts made long ago continue to impact lives.

Stories like these are unfolding around us every day. Please take a few moments to learn more about the **Power of One**.

With gratitude for your continued support,



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Alton Memorial Health Services Foundation



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table of contents

one man 4
one woman..... 6
one child 8
one life 10
one future..... 12

one day 16
one gift 17
one lesson..... 18
one team..... 19

donors..... 22
financials..... 26



Community Health Educator Derek Hashimoto teaches a class of 7th grade students skills to develop their emotional intelligence.

“As we go through our day, we experience highs and lows. When circumstances are in our favor, we refer to it as being ‘above the line.’ When things are annoying or unpleasant, we fall below the line. We try to live our lives above the line; when we’re below the line, we’re “just visiting.”

ONE LESSON



Students at Zion Lutheran School in Bethalto are taught to think, learn and communicate more effectively, skills which will benefit them throughout their lifetime. During this session they focus on strategies to maximize learning experiences and re-frame negative thoughts.

Alton Memorial Health Services Foundation provides funding for the BJC School Outreach and Youth Development Program. The program serves 6 area school districts, touching more than 2600 young lives. ■

Amid rain, threats of lightning and the confusion of changing game times, athletic trainer Leah Brueckner was composed and focused as the Roxana Shells prepared for their fourth game of the season.

The team took the field only to be called back in when lightning was spotted just 13 miles away. Still she remained calm.

“I’ve been an athletic trainer for 16 years and I have five kids,” Leah offered, as if that explained it all.

Leah Brueckner is one of nine athletic trainers whose positions are funded by Alton Memorial Health Services Foundation. The trainers provide practice and game coverage at area high schools, including: Alton, Bunker Hill, Civic Memorial, East-Alton Wood River, Jersey Community, Marquette Catholic, Metro East Lutheran, Roxana and Southwestern. Athletic trainers assess and treat injuries and emphasize injury prevention through proper warm-up and stretching. ■



“Athletic training was a perfect career choice for me because I have always had an interest in medicine and I love sports. Athletes are a unique group to work with. They want to get better! They don’t want to miss a practice or a game! I enjoy helping them achieve this goal.” - Leah Brueckner

ONE TEAM