



# Menorah Legacy Foundation

## *Healthy for Life*

*newsletter for the friends of Menorah Legacy Foundation*

**December 2004**

This newsletter marks the completion of our first full year in operation as an independent foundation. It is a pleasure to bring you up to date on some of the Foundation's accomplishments and progress over this milestone year.



*James M. Klein*

After months of planning and organizing, the Menorah Legacy Foundation made its inaugural grants in February of this year, followed by three additional grant cycles. For the full year, grants in the amount of \$933,342 were awarded to 29 different agencies in our community. A brief description of each of these grants is shown on the pages inside. It has been a gratifying experience for all those involved with the Foundation to begin the process of giving back to the community on behalf of our donors.

As we have previously communicated, our mission to impact health care in our community is addressed at two levels. As a result of specific-purpose gifts that were made to the Menorah Medical Center Foundation over many years, grants are funded in "donor-directed" areas, such as indigent care, medical education, oncology and health care needs of the Jewish community. For those discretionary funds with no specific purpose attached, the Foundation Board has adopted a signature focus built around the theme "Healthy for Life."

There were numerous grants made this year to agencies who foster healthy living ideals and whose efforts are focused on prevention. After a legacy of helping provide the best care for hospital patients, it is the aim of our Foundation to now support initiatives that keep people healthier, before treatment becomes necessary. Our Grants Committee, ably chaired by Bob Hunter, will be working to define more clearly those initiatives that can truly affect change in people's behavior and lead to healthier lifestyles.

This first year of grant making has been enlightening. Through the leadership of our Executive Director, Gayla Brockman, and Office Manager, Rosemary Gudelj, we have had rich interaction with the many agencies who submitted grant requests. While being a relative newcomer to community grant making, we feel we have made great progress getting to know local agencies and building our identity. My gratitude to Gayla and Rosemary for the professional and compassionate way they have represented our Foundation.

Other highlights in this first year included honoring two individuals who have been an important part of our heritage. A Resolution of Appreciation was presented to Robert Hirsch, the grandson of Jewish Memorial Hospital Founder, Henry Auerbach. Robert, who now resides in Connecticut, was recognized for their family gift made in 1949 that helped establish the Menorah Hospital Foundation. The Foundation also presented the first Menorah Legacy Award to Dr. Gustave Eisemann in honor of his retirement from medical practice after 50 years. Gus, who currently serves as an Honorary Director of the Board, was instrumental in directing the philanthropy of grateful patients to the Foundation.

On a sad note, the Menorah Family lost two long-time friends and community giants. Joseph McGee and John Mier both provided leadership and stature to the Foundation Board for many years. We highlight their service on the following page.

Lastly, I want to acknowledge the extraordinary effort put forth by Foundation Board members this past year. Considerable time has been spent on typical first-year activities dealing with grant guidelines and policies, investments, accounting, audit, legal and other logistical matters. It has been a pleasure to serve with a Board so dedicated to our new purpose and committed to preserving the spirit of Menorah's past.

We look forward to sharing our continued progress with you over the coming year.

James M. Klein  
President of the Board

### Special Points of Interest

- Letter from the President
- A word from the Executive Director
- Community Programs
- Legacy Award
- Tributes and Memorials
- Spotlight on the Foundation Board



**The Menorah Legacy Foundation** is seeking proposals that foster healthy living rather than treat illness and disease. In my review of 2004, I will share three, wonderful examples of Healthy For Life programs and services that were supported by the Menorah Legacy Foundation in 2004.

**Harvesters' Project STRENGTH** is an eight-week course in nutrition, food dollar management and a hands-on cooking class. We attended a class of 24 participants of all ages and ethnicities. An interpreter assisted with all lessons and demonstrations. The class focused on salt, caffeine and alcohol with substitution

recipes and instruction on the physiological changes, maximum amounts for health, how to read labels and anecdotal sharing. Instructors present ordinary, low cost foods to demonstrate how participants may make healthier choices. A can of soup was used to show the total amount of salt an adult should have in one day. It was suggested that if water and fresh vegetables were added, the can of soup could be stretched to feed 4 people with a lot less sodium. The instructor then presented a tray with a can of cola, a ¼ cup of straight sugar and 8 cups of coffee to demonstrate that the cola contained both equal amounts of caffeine for a 30 pound child as what an adult male gets from drinking 8 cups of coffee and a ¼ cup of straight sugar. Participants then make and eat a meal and then receive a bag of groceries.

**Southwest Family Care-Fit for Life:** On a shoe-string budget, Dr. Sharon Lee is able to provide one-stop services to her primary care patients at risk for obesity and other co-morbidities. Her facility provides literature, teaching tools, carpet space for aerobic workouts, exercise equipment, strength and balance classes at all levels. The enthusiastic instructor lost 75 pounds recently and she proudly displays 'before' and 'after' pictures as an inspiration to all participants. Participants in a sedentary lifestyle or who work physically hard at their jobs are provided with exercises done while watching TV, walking to and from different rooms or using the steps to enter or leave the home. Additionally, Dr. Lee's facility contains rooms with donated computer terminals, volunteer lawyers and/or law students to teach about contract law, tenant/landlord rights and relations, volunteer instructors that teach and test for GEDs, staff to assist with social services on behalf of HIV and Hepatitis C patients and a staff counselor to intervene in crisis situations and provide short term services. Dr. Lee has proven that healing and health are possible with very little money.

**Jewish Community Center Senior Heritage Center** offers social, educational, spiritual and physical nourishment, cognitive function and physical exercise that connect Jewish seniors with the Jewish community. Programs are designed to increase self-esteem, sense of independence, physical well being and functional skills including decision making and communication so seniors may remain active, vital and productive members of the Kansas City Jewish community. I joined a group of engaging seniors while they ate a nutritious, kosher lunch and was amazed at how excited they were to share their experiences. Each had some health issue but almost all participated in regular physical activities, with swimming as the first choice. One wanted to try yoga but was having trouble fitting it into her busy schedule. Another told me that now that she has completed painting pictures of her family, she was going to learn tiling. A quiet gentleman who used a walker spoke shyly about his weekly card game. During the course of our lunch, no less than 10 people stopped at our table to say hello, some in wheelchairs, some with walkers and some independently ambulant. As I said goodbye to my new friends, it was clear through the people I met that the Heritage program fostered healthy living.

In the tradition of the Arthur Mag award presented by the Menorah Medical Center Board, it is the Foundation's intention to present the **Menorah Legacy Award**, from time to time, to a recipient who has made a significant contribution in advancing both the delivery of healthcare and the mission of our Foundation.

The inaugural Menorah Legacy Award recipient is **Dr. Gustave Eisemann** in recognition of his extraordinary career and his guiding role to our Foundation as a Board member and Honorary Board member.



Courtesy of Sosland Photography

**Dr. Gustave Eisemann**

**John Mier** served the Menorah Medical Center for 35 years and was Vice President of the Board for 16 years. John worked with other community leaders to transform Menorah from a community hospital to a full-service medical center. John had the unique ability to simultaneously raise funds, build lifelong friendships and make family his top priority.

**Joseph McGee** served on the Menorah Medical Center Foundation for nearly 30 years. He was a skillful investor, generous with his money and time and had a gift for communication which he used to bring people together for the greater good. He was a true leader to both his family and his community and as a result, his children continue to give generously to others in the same way as did their father.

**\$100,000 to the Jewish Community Center Heritage Program for Seniors** to help support the expansion of the Heritage Program space to allow more Kansas City seniors the opportunity to connect with the Jewish community through social, educational and physical activities Monday through Friday.

**\$110,000 to Village Shalom** to provide 1,000 days of skilled nursing services to indigent residents in the Weinberg Health Center and/or Shalom Suites.

**\$50,000 to Head Start of Shawnee Mission** in support of the provision of mental health services.

**\$28,000 to Children's Mercy Hospital** to fund the ECP unit which will allow CMH ophthalmologists to provide a continuum of care to children with glaucoma at Children's Mercy rather than referring them out of state.

**\$27,000 to Turning Point** to offer a comprehensive cancer support program for families of cancer patients, teaching them about complementary therapies and support networks.

**\$25,000 to KCPT** for production costs associated with a 30-minute weekly primetime health show called "Second Opinion".

**\$25,000 to the UMKC-School of Dentistry Partnership for Smiles program** to increase access to dental services for indigent patients.

**\$20,000 to the STAR Foundation** for costs associated with the provision of genetic testing and counseling services.

**\$27,000 to Southwest Boulevard Family Health Care program "Fit For Life"** - in support of a six-week, on-site, weight control educational program to target indigent obese or at-risk adults and children. Participants develop individualized exercise and diet plans and meet regularly with support groups.



James Klein, Scott Olitsky, MD—Children's Mercy Hospital Grant Presentation

**\$26,550 Friendship House's Family Recovery Coalition project** - in support of the creation of a centralized database and intake tool to be used by seven agencies serving women and children who are homeless, in recovery, victims of domestic violence and/or living in poverty. The Robert Wood Johnson Foundation has selected this project among 320 submissions to become a prototype for a national model.

**\$25,000 to the Research Foundation** for nursing scholarships.

**\$25,000 for Harvesters Project Strength** in support of costs associated with educating clients about making healthy food selections from their food bank, at the grocery and in their own homes.

**\$25,000 to Cancer Action** to support Johnson County residents who have been touched by cancer.

**\$10,000 to the Jewish Community Archives** to support the collection and maintenance of historical data relating to the rich history of the Jewish Community in Kansas City.

**\$50,000 to the American Stroke Foundation** for expenses relating to the opening of the inner city location.

**\$25,000 to the Health Partnership Clinic** to support their community outreach efforts in an effort to enhance the primary and secondary services provided to indigent patients living in the Johnson county area.

**\$42,223 to Jewish Family & Children Services** to support a full time Jewish community social worker.



Courtesy of the Jewish Chronicle

Gayla Brockman, Eileen Bettinger, MD, James Klein, Willaim Caspar, Ronnie Baker, Stan Bushman—Village Shalom Grant Presentation



Fred Hall, D.O., Gayla Brockman and Brenda Loscher-Hudson—Shawnee Mission Head Start Grant Presentation

## OUR MISSION

TO MAKE AN IMPACT ON HEALTHCARE AND HEALTHCARE RELATED SERVICES PROVIDED WITHIN OUR COMMUNITY.

\$100,000 over four years to support the Hyman Brand Hebrew Academy Herbert M.

Krigel After School Wellness Program. Funds will support the implementation of an after-school program geared to the health and well-being of HBHA, JCC and Jewish community children.

**Grants Awarded ~ 2004**

\$20,000 to the Jewish Senior Network to cover pharmacy subsidies for indigent Jewish seniors.

\$19,819 to the Rehabilitation Institute to support the operation of the Memory Clinic.

\$15,000 to the Truman Heartland Community Foundation to support Jackson County Free Health Clinic's general operating expenses relating to the care of indigent, chronically ill patients.

\$10,000 to the University of Missouri at Kansas City School of Nursing, the 2004 recipient of the Phillip S. Astrowe Grant for the research project entitled "High-Risk Adolescents' Attitudes about Parenthood."

\$60,000 to Avila University for their Nursing Expansion for purchasing new and updated lab equipment, employing a part time recruiter, renovating existing space to increase lab size and increasing faculty size.

\$35,000 to the Kansas City Free Health Clinic to fund medications and patient education for uninsured patients suffering from chronic diseases.

\$50,000 to Truman Medical Center's Start Right/Teen Moms to support the mentor program for young, first time mothers which is designed to both encourage education and career development and discourage second pregnancies before the age of twenty-one.

\$25,000 to Catholic Charities Pediatric Home Health to support 20% of the costs associated with 1,500 home healthcare visits within the first 36 hours of delivery to medically indigent mothers. Visits include an assessment of mother/child health, bonding, basic supplies and equipment.

\$15,000 to the Foundation on Aging in support of door-to-door, transport services for physically challenged older adults with income <150% of the poverty level. 1,255 rides for seniors to medical appointments, social activities and shopping allowing seniors to remain vital and productive community members.

\$7,200 to Triality Tots Early Intervention to fund one-week nutrition educational units twice during the year, linking nutrition with healthy brain development.

\$9,600 to Pets for Life to support staffing needs, equipment and supplies needed to expand the provision of alternative therapy services to nearly 100 health care facilities.

## OUR PURPOSE

TO FOCUS FOUNDATION RESOURCES IN AREAS THAT PROMOTE AND FOSTER HEALTHY LIVING THROUGHOUT ALL STAGES OF LIFE.

TO PRESERVE DONOR INTENT BY SUPPORTING HEALTHCARE SERVICES AND EDUCATION IN DONOR SPECIFIED AREAS.

TO ACTIVELY SEEK PHILANTHROPY TO SUPPORT THE FOUNDATION'S MISSION.

## OUR GUIDING PRINCIPLES

TO PERPETUATE THE PHILANTHROPIC SPIRIT OF THE MENORAH MEDICAL CENTER FOUNDATION.

TO BE MINDFUL OF AND ACT IN ACCORDANCE WITH THE JEWISH HERITAGE OF OUR FOUNDATION'S HISTORY.

TO MAINTAIN FLEXIBILITY IN OUR PURPOSE IN RESPONSE TO CHANGES IN HEALTHCARE NEEDS AND NEW WAYS TO SERVE THOSE NEEDS.

## Tributes and Memorial Gifts January through October 2004

In honor of *Skipper Feingold's* birthday, a gift from the Johls for the Johl Family Fund \* In memory of *Raymond Schankman*, a gift from the Johls for the Johl Family Fund \* In honor of *Tara Goldsmith and Cory's* wedding, a gift from the Johls for the Johl Family Fund \* In memory of *Harold Sight*, a gift from the Johls for the Johl Family Fund \* In honor of *Michelle Goldstein's* confirmation, a gift from Linda Sims for the Tradition Keeper's Fund \* In memory of *Yetta Kaplan Gicinto*, many gifts from beloved friends and family for the Yetta Gicinto Fund \* In memory of *Joseph McGee Jr.*, a gift from his beloved family for the Healthy For Life Fund \* In memory

of *Harold*, a gift from the Johls for the Johl Family Fund \* In honor of *Helmut Vogel's* birthday, a gift from the Johls for the Johl Family Fund \* In memory of *Ralph Irving Passman*, a gift from Helen Margolis Cohen for the Meyer A. Kaplan Congestive Heart Failure Clinic Fund \* In honor of *Jeannette Hirsch's* birthday, a gift from Ria Wolf . for the Dr. I. J. Wolf Memorial Fund \* In memory of *Dr. Lester Saferstein* a gift from the Suters for the Dr. Lester Saferstein Medical Ethics Library Fund \* In honor of *Dorothy Schnurman's* birthday, a gift from the Johls for the Johl Family Fund \* In memory of *George*, a gift from the Johls for the Johl Family Fund \* In memory of *Beverly*, a gift from the Johls for the Johl Family Fund \* In memory of *Gam Lem Lee*, a gift from the Johls for the Johl Family Fund \* In honor of *Adam Baer's* Bar Mitzvah, a gift from his loving family for the Healthy For Life Fund \* In memory of *Brent Walter*, a gift from the Johls for the Johl Family Fund \* In memory of *Mike Mohs*, a gift from the Johls for the Johl Family Fund \* In memory of *Thelma Silverman*, a gift from the Johls for the Johl Family Fund \* In memory of *Glenn Wilson*, a gift from Joel & Joanne Rose for the Breast Center Fund \* In honor of *Megan Elizabeth*, a gift from Mr. and Mrs. Grossman for the Meyer A. Kaplan Congestive Heart Failure Clinic Fund \* In memory of *Saul*, a gift from the Harmelins for the Johl Family Fund \* In memory of *James Evans*, a gift from the Johls for the Johl Family Fund \* In memory of *Cecille Silverman's mother*, a gift from Susie and Paul Gershon for the Theodore Silverman

Nuclear Medicine Laboratory Fund \* In memory of *Dr. Harry Statland*, a gift from Abraham Margolin for the Healthy For Life Fund \* In honor of *Bob Regnier*, a gift from Marian Shultz for the Healthy For Life Fund \* In honor of *Bernard Brown*, a gift from Marian Shultz for the Healthy For Life Fund \* In honor of *Mr. & Mrs. William Nowick's* anniversary, a gift from Alice Koffman for the Joseph and Alice Koffman Award for Excellence in Cardiac Nursing \* In honor of *Bernard Brown*, a gift from Beverly and Harvey Bodker for the Brown/Strauss Family Fund \* In memory of *Laverne*, a gift from the Johls for the Johl Family Fund \* In honor of *Dorothy Dorfman's* healing, a gift from the Johls for the Johl Family Fund \* In memory of *John R. Mier*, many gifts from friends and family for the Healthy For Life Fund \* In memory of *Jack Sletten*, a gift from the Johls for the Johl Family Fund \* In honor of *Ruth Cohen's* birthday, a gift from Rose Levine for the Marilyn Jacobs Memorial Nursing Award \* In memory of *Joseph Maslan*, a gift from the Johls for the Johl Family Fund \* In memory of *Carl Remley*, a gift from the Johls for the Johl Family Fund \* In memory of *Max*, a gift from the Johls for the Johl Family Fund \* In memory of *Carl Strauss*, a gift from the Cutler family for the Healthy For Life Fund \* In honor of *Mr. and Mrs. Brown*, a gift from Alice Koffman for the Joseph and Alice Koffman Award for Excellence in Cardiac Nursing \* In honor of *Mrs. Mittelman's* birthday, a gift from Alice Koffman for the Joseph and Alice Koffman Award for Excellence in Cardiac Nursing.



Stanley Weiner, Karen Haren, Gayla Brockman and Rosemary Gudelj—Harvester's STRENGTH Program Grant Presentation



James Klein, David Seldner, Ellen Kort, Scott Slabotsky, Alan Bram, Gayla Brockman and Robert Hunter—Senior Heritage Program Grant Presentation

Courtesy of the Jewish Chronicle

*With steadfast commitment  
these individuals and  
organizations gave to the  
continuing health of  
our community*

- \* Margaret & Clarence Kivett Fund
- \* Arvin Gottlieb Charitable Trust
- \* Feld-Stern Charitable Trust
- \* Polsky Family Fund
- \* Harvey & Beverly Bodker Philanthropic Fund
- \* 1215 Fund
- \* Allen & Gloria Block Charitable Fund
- \* Donald Block & Ginger Karren
- \* Martin & Helen Brown Charitable Fund



Supporting Healthcare In Our Community

- \* Dr. Philip S. Astrowe Trust
- \* Harry Portman Charitable Trust
- \* O. Jack Printz Charitable Foundation
- \* Barton J. Cohen
- \* Frank Oddo
- \* Mr. & Mrs. Larry McLenon
- \* Ken Hollander
- \* Bill Schifman
- \* Robert Unell
- \* Marietta Harris



## BOARD OF DIRECTORS 2004

### *First row from left to right:*

Barbara Unell, *Secretary*  
 Simon P. McGee, *Vice President Investments*  
 James M. Klein, *President*  
 Beverly R. Bodker, *Executive Vice President*  
 Robert T. Hunter, *Vice President Grants*

### *Second row from left to right:*

Donald Tranin  
 Elaine Polsky  
 Floriene Lieberman  
 Marian Shultz  
 Sherman Dreiseszun, *Chairman Emeritus*  
 Robert D. Regnier

### *Third row from left to right:*

Rosemary Gudelj, *Office Manager*  
 Deborah Sosland-Edelman, PhD  
 Walter Harvey Jacobs, M.D.  
 Gustave Eisemann, M.D.  
 Mark D. Eisemann  
 Ira G. Stolzer  
 John Goldberg, M.D.

### *Back row from left to right:*

Amie C. Jew, M.D.  
 Bernard P. Erdman  
 Joseph Hiersteiner  
 Eugene Agee  
 Fred K. Hall, D.O.  
 Rodney T. Minkin  
 Gayla Brockman, *Executive Director*

### *Not pictured:*

Bernard H. Brown, *Chairman Emeritus*  
 Linda Sims, *Treasurer*  
 Jeff Alpert  
 Howard Rosenthal, M.D.  
 Jerry White  
 Morris Statland, M.D., *Honorary Director*  
 Leonard Strauss, *Honorary Director*

A special note to pass along our best wishes and speedy recovery to longtime board member **Bernard Brown**. You are the heart and soul of our Foundation and we eagerly await your return to active duty.