THE GIFT

Minnesota woman reflects on days following transplant

FALL 2018
Pursuing Excellence in...

On the Cover: Yasmin Mullings, 53, reflects on her life following a heart transplant. “The courage, the humanity, the grace — it just amazes me. It was because someone has died and was willing to give that I would be able to live.”

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Mayo Clinic does not pause in its pursuit of excellence. It is this high standard that guides the work we do. Our founders, Drs. Will and Charlie Mayo, envisioned an organization based on patient-focused values and unparalleled service.

The most recent U.S. News & World Report’s Best Hospitals list ranked Mayo Clinic No. 1 in the nation, as well as No. 1 in Arizona, Florida and Minnesota. We know this is an important ranking that people use to decide where to receive complex care. It is a reflection of our quest to be a beacon of excellence in medical research, education and patient care that our founders sought.

While we are proud of this and other rankings like it, our excellence is truly personified in the profiles in this issue.

We meet 3-year-old Reese Buntenbach, who is going to preschool this fall despite an aggressive form of brain cancer; transplant recipient Yasmin Mullings, who has lived her last two years to the fullest since receiving an unexpected gift; and cancer survivor John McKee, who was so moved by the interactions of a volunteer that he and his wife moved to Rochester in retirement to volunteer themselves.

As we look to the future, Mayo Clinic plans to expand our ability to deliver high-quality, lifesaving care. We’ll do this by adding to the ranks of our world-class staff, expanding our facilities and increasing innovative research, education and care to provide for patients with complex health problems.

Finally, it is my great privilege to introduce Mayo Clinic’s president and CEO-elect, Gianrico Farrugia, M.D. Dr. Farrugia continues Mayo Clinic’s tradition of physician-led, team-oriented leadership. This philosophy, instilled by the Mayo family in the formative years of the clinic, continues to be a guiding force for us today.

In the pages ahead we invite you to learn about the people of Mayo Clinic and the excellence we strive for each day. Thank you for your support of truly transformative research, education and patient care.

Cheryl J. Hadaway
Chief Development Officer
Chair, Department of Development
At Mayo Clinic, we believe there is a better path to healing that humanizes the practice of health care and inspires optimism in those who need it most.

**Emoji Prove Effective for Monitoring Cancer Patients’ Health**

Life is complicated; a cancer diagnosis compounds that complication. When physicians find ways to help ease the complexities of a patient’s treatment, it’s a win.

Mayo Clinic researchers recently used emoji to help patients measure their overall well-being during treatment. The study used two scales — a mood scale and an ordinal scale — featuring a total of 10 different emoji. The emoji expressions, ranging from smiling faces to large frowns, help patients express their current mood.

“Medicine has gotten so complicated,” says Carrie A. Thompson, M.D., a hematologist and the study’s lead author. “So to have something simple that breaks down the barriers of communication, health literacy, language — we all know emoji. We all know what emotions various faces reflect.”

The research to determine how a patient was managing treatment through the use of emoji included ways doctors could track patients’ progress using apps on phones or watches. While further research is needed to validate these findings, the possibility of using this technology to improve future patient care is promising.

“If we can demonstrate that simple emoji are valid and reliable measurements of patient well-being, it could transform the way patient well-being assessments are accomplished,” Dr. Thompson says.

**Mayo Clinic Honors Friendship of George H.W. and Barbara Bush**

President George H.W. Bush and his wife, Barbara, had a long, close relationship with Mayo Clinic as loyal patients, generous friends and advocates for excellence. Former First Lady Barbara Bush was also an emeritus member of the Mayo Clinic Board of Trustees. Four education funds honor their legacy.

- The Barbara Bush Fellowship Award at Mayo Clinic School of Graduate Medical Education is based on outstanding clinical performance, scholarly activity and humanitarianism.
- The Pauline Robinson “Robin” Bush Honorary Fellowship in pediatric hematology/oncology at Mayo Clinic School of Graduate Medical Education is named in honor of George H.W. and Barbara Bush’s second child who had childhood leukemia and died just shy of her fourth birthday.
- The endowed George H.W. and Barbara P. Bush Strategic Initiative Fund in Education advances the standard of education for generations to come.
- The George H.W. Bush and Barbara Bush Scholarship is awarded to a Mayo Clinic School of Medicine student each year.
Nancy’s Promise to Smile

It was 1959. Nancy Carroll, then 2 years old, posed for the camera. Smiles were few. The photo shoot had commenced because her parents feared she was going to die.

A specialist in Des Moines, Iowa, had examined a lump on her left jaw and diagnosed it as cancerous. Before they opted for surgery, Nancy’s parents requested a second opinion from Mayo Clinic. The doctors in Rochester, Minnesota, approached things differently and more conservatively when they determined the lump was not cancerous. After examination, they decided to monitor the lump rather than operate.

By the time Nancy turned 3, the noncancerous tumor — a fluid-filled sac that results from the blockage of the lymphatic system — dissolved on its own, without surgery.

In 1969, just before Nancy started junior high school, the lump on her left jaw returned and began affecting the way she opened her mouth.

“My parents immediately took me back to Mayo Clinic,” Nancy says.

At first, physicians again tried a conservative approach to see if the tumor would disappear on its own, but this time, there was no change.

Because of the tumor’s effect on Nancy’s ability to open her mouth, Hugh B. Lynn, M.D., a Mayo Clinic pediatric surgeon, recommended removal of the tumor. He also told Nancy there were risks involved with the surgery. The tumor was dangerously close to a facial nerve that, if damaged, would take away Nancy’s ability to smile.

Nancy prayed in bed the night before her surgery. “I remember telling God that if he allowed the surgery to go well, I’d smile every day for the rest of my life,” she says.

When Nancy woke up post-surgery, she immediately tried to smile — and was successful. Dr. Lynn’s skillful hands had removed the tumor without permanently damaging her facial nerve.

During the years that followed, several new tumors grew on the left side of her jaw, one of which required a second surgery. Throughout each encounter, Mayo Clinic physicians worked together to help Nancy navigate a path forward.

By 2015 one growth had reached the size of a pingpong ball, and continued to grow. “It was very cosmetically distracting,” Nancy says.

She heard about a nonsurgical removal procedure that vascular and interventional radiologist David A. Woodrum, M.D., Ph.D., was offering and decided to inquire. After a quick meeting, they decided to try the procedure, called magnetic resonance image-guided percutaneous laser ablation, on Nancy’s tumor.

The procedure began with Nancy being placed in an MRI machine. Dr. Woodrum used the imaging to pinpoint exactly where he needed to insert a thin laser fiber into the growth to destroy it. The procedure was a success.

“The whole thing was painless,” Nancy says.

Nancy credits Mayo Clinic’s dedication to their core values with her successful, patient-focused care during the past 60 years.

“Thanks to Mayo Clinic, I’m no longer self-conscious,” Nancy says. “And I’m still smiling at 60.”
Researchers Pinpoint Toxic Protein Caused by ALS Gene

Neuroscientists on Mayo Clinic’s campus in Florida have found that an aberrant protein is a key toxic culprit in the most prevalent form of familial amyotrophic lateral sclerosis (ALS). Publishing in Nature Medicine, the research team found the protein, known as poly(GR), accumulates in neurons and interferes with the creation of normal cellular proteins, causing the neurons to die.

Anti-Aging Research Advances With Key Finding

Recent findings from Mayo Clinic researchers and their collaborators show that certain dysfunctional cells — known as senescent cells — make the body age faster, enabling frailty, including conditions from muscle weakness to osteoporosis. Drugs targeting senescent cells in elderly mice can remove the cells, improving the animals’ health and extending their lifespan. These recent findings, published in the journal Nature Medicine, provide a firm foundation on which to advance this area of aging research.

“We can say with certainty that senescent cells can cause health problems in young mice,” says James L. Kirkland, M.D., Ph.D., a Mayo Clinic geriatrics researcher and the Noaber Foundation Professor of Aging Research, who heads Mayo Clinic’s Robert and Arlene Kogod Center on Aging. “The use of senolytics can significantly improve both health span and life span in much older, naturally aged animals.”

Improving Access to Deep-Seated Brain Tumors

When it comes to treating tumors deep in the brain, surgery has long presented a significant challenge. Now, however, neurosurgeon Kaisorn L. Chaichana, M.D., has found that deep-seated gliomas can be removed in the operating room using a new type of surgical tool. Instead of a standard retractor that holds the tissue of the healthy brain safely out of the way, Dr. Chaichana used a flexible plastic retractor. The tool is already used for other brain surgeries, but it had never been tested for treatment of brain tumors.

Prostate Cancer Cell Research Suggests Possible Therapy

Mayo Clinic discovery researchers are using lab findings to identify options for treating cancers. In a recent paper, molecular biologist Haojie Huang, Ph.D., and his team report that a drug used for breast cancer may be helpful in some types of prostate cancers.

The Collective Wisdom of Biobanks

Since antiquity, physicians have analyzed patient specimens to diagnose illness. Now, our samples can do far more than diagnose. They can help researchers understand disease mechanisms and find treatments for the unmet needs of patients. The Biorepositories Program at the Mayo Clinic Center for Individualized Medicine maintains more than 100 disease-specific libraries as well as a general repository of specimens collected from more than 60,000 participants. From rare diseases to ones that just don’t have good treatment options yet, the samples are stored in biorepositories so as research capabilities progress or new research questions arise, investigators have sufficient data to advance medical care.
Volunteer Gives Gift of Time Following Compassionate Cancer Treatment

John McKee felt blessed. As he embarked on retirement, he wanted to give back and realized there was no better way than to move closer to the organization that’s helped him navigate several health challenges.

“My life has been extended three times because of Mayo Clinic,” John says.

First, John was undergoing a routine procedure when it was determined he needed an emergency bypass because of a blocked coronary artery. Then, surgeons repaired an aortic aneurysm they’d found during the emergency bypass. Finally, John came for cancer treatment after doctors discovered a tumor on his saliva glands.

John needed surgery and 30 radiation treatments. It was during the course of those treatments that a Mayo Clinic volunteer had a profound impact on John’s life.

The experience moved John and inspired him to try to make a similar difference in someone else’s life. In 2017, he and his wife, Rosemary, moved from Waverly, Iowa, to Rochester, Minnesota, so he could do just that.

“It’s beyond description how I feel being with those patients,” says John, who volunteers in the same radiation area where he was treated. “When you ring that bell to signal the end of your radiation treatments, it’s a feeling like no other. I was one of the lucky ones.”

Rosemary also is now volunteering with Mayo Clinic. Over 5,000 volunteers work at Mayo Clinic’s locations in Arizona, Florida and Minnesota and across Mayo Clinic Health System.

Throughout Mayo Clinic, volunteers play a critical role in ensuring the needs of the patients come first. Volunteers help in more than 40 areas, including assisting patients and their families, offering information, and providing a source of encouragement at any point of care for those who need it.

“I am trying to give something back,” John says. “It’s incredible.”
Many Choices, Many Opportunities in Mayo Clinic Graduate School of Biomedical Sciences

What do you want to be when you grow up? It is one of the biggest questions in life. And, after 20 years of schooling, students pursuing a biomedical doctorate definitely want to get it right. Most students report their school career resources are lacking. However, at Mayo Clinic Graduate School of Biomedical Sciences a chance to receive more than just advice through a Career Development Internship is a deciding factor for many when choosing a graduate school.

The program is designed to get Ph.D. students out of the labs. These experiences provide an opportunity to explore interests, network with professionals and sample specific careers. For fifth-year student William Matchett, that meant testing out his love of teaching. While in his third year of the Virology and Gene Therapy program, William balanced his classes and research lab time with teaching at Carleton College in Northfield, Minnesota, for a full semester.

“I shadowed an amazing educator who taught using active learning,” William says. When it was William’s turn to teach, he was prepared. “The experience made me re-evaluate and think about how intentional you need to be in order to get students to learn the curriculum for each session and how to build from there.”

The internship was the second career confirmation William received from Mayo Clinic. As an undergraduate, William participated in a 10-week preview of a biomedical research career through Mayo Clinic Graduate School of Biomedical Sciences’ Summer Undergraduate Research Fellowship. It was a determining factor in his choice to attend school at Mayo Clinic. Today, William’s research is focused on the development of a vaccine for bacteria called Clostridium difficile, the top hospital-acquired infection in the United States. The internship helped William confirm his career ambitions, and now he plans to pursue a career as a professor at an undergraduate college and continue his important work in research.
Meet Mayo Clinic's New Leader

Gianrico Farrugia, M.D., has had many roles in nearly 30 years at Mayo Clinic. He’s treated patients as a clinician, conducted leading-edge research in gastrointestinal tract disorders and taught the next generation of physician-scientists.

Next, he’ll lead Mayo Clinic as the president and CEO of the organization beginning in 2019, following the retirement of John H. Noseworthy, M.D.

“I love Mayo Clinic,” Dr. Farrugia says. “Every day I see what our people do for our patients. Thousands of patients walk into Mayo Clinic or interact with Mayo Clinic daily, and for many their lives are changed.”

Dr. Farrugia was elected to the role during the August 2018 Mayo Clinic Board of Trustees meeting. He has served as a Mayo Clinic vice president and CEO of Mayo Clinic in Florida since January 2015.

“I’ve interacted with remarkable leaders, mentors and staff at every level of the organization,” he says. “I’ve learned many things, but the most important thing I’ve learned from them is whenever you make a decision, make sure you do it with Mayo Clinic’s mission, principles and values always in mind. Always.”

Under Dr. Farrugia’s leadership, Mayo Clinic’s campus in Florida has established itself as the destination medical center for the Southeast, with significant investments in people, technology and expansion, including the opening of the new 190,000-square-foot Dorothy J. and Harry T. Mangurian, Jr., Building for patients seeking cancer, neurology and neurosurgical care.

Dr. Noseworthy and Dr. Farrugia are working closely together through this period to ensure a smooth transition.

“Dr. Farrugia is a visionary and servant leader who brings with him a wealth of experience and knowledge, both as an innovator and an executive,” Dr. Noseworthy says. “In partnership with our staff across Mayo Clinic, and with a deep commitment to our values and mission, he will affirm Mayo Clinic’s position as the global health care leader for generations to come.”

The Board of Trustees noted Dr. Noseworthy’s outstanding patient-centered leadership and inspiration during his nine years as president and CEO.

“Mayo Clinic has had a tremendous track record under his leadership amidst unprecedented change in health care and is well-positioned for continued success as we make this transition,” says Samuel Di Piazza, chair of the Mayo Clinic Board of Trustees.

Prior to his leadership role in Florida, Dr. Farrugia was director of the Mayo Clinic Center for Individualized Medicine, which is responsible for bringing genomics into clinical care. Additionally, he co-founded the Center for Innovation at Mayo Clinic.

A native of Malta, Dr. Farrugia is jointly appointed in the Division of Gastroenterology and Hepatology, Department of Internal Medicine, and the Department of Physiology and Biomedical Engineering. He is a member of the Mayo Clinic Board of Trustees and Mayo Clinic Board of Governors. Dr. Farrugia is also a professor of medicine and physiology and a faculty member in biomedical engineering at Mayo Clinic Graduate School of Biomedical Sciences.

Dr. Farrugia completed his undergraduate training at St. Aloysius College in Birkirkara, Malta, and earned his medical degree from the University of Malta Medical School.
The GIFT
Yasmin Mullings sat alone in her hospital room completing her advance directive. At 51, she had end-stage heart failure. “I knew there was a very real possibility that I would die,” Yasmin says. “One night, I called one of the nurses to get me the paperwork. It took me four hours. “I wrote out every step in great detail because I didn’t want my family to have to make those tough decisions. I remember thinking the very least I could do was to take that burden away from them.” The document remains filed away, unused.

A Life Altered

Months earlier, Yasmin had been in the courtroom fighting for justice as a county prosecutor. After long days at the office, she dedicated herself to physical fitness and was an avid marathoner. But when an infection seized her heart, Yasmin went from long-distance training runs to fighting for her life. Yasmin turned to local doctors for an answer, but after several appointments, testing, a failed procedure and medications that made her feel worse, Yasmin decided enough was enough.

Upon recommendations of her close friend and her sister, Yasmin made the drive from St. Paul, Minnesota, to Mayo Clinic where she met with John A. Schirger, M.D., a cardiologist.

“He talked to me, and for the first time I understood what was happening.” Yasmin recalls. “I was getting complete answers and felt like there was a plan in place. He was hearing me and was adjusting the plan based on me, not based on what it should be or could be, and I thought, ‘This is the guy I want in my corner.’ At that point, I knew I was exactly where I needed to be.”

After talking with Yasmin, running another battery of tests and consulting with colleagues, Dr. Schirger confirmed that she would need a heart transplant.

“There was nothing I could do to make myself better,” Yasmin says. “I couldn’t run myself better. I couldn’t work myself better. I just had to have complete trust in them telling me what needed to happen. But it wasn’t a feeling of being helpless. “My physicians gave me a feeling of coming alongside me, and for every question and every concern they came along and walked the journey with me. At Mayo you have doctors who have the ability to consult with professionals of the highest caliber in every single area.”

Yasmin’s health was worsening by the day, and her care team in Rochester knew she might not make the six- to 12-month wait in Minnesota. Yasmin agreed to transfer to Mayo Clinic’s Arizona campus, where her wait for a transplant could be shorter.
Hope and Healing Every Step of the Way

Part of Yasmin’s transplant journey at Mayo Clinic was cardiac rehabilitation, where she met Alfredo L. Clavell, M.D., a consultant in Cardiovascular Diseases.

“We are simpatico,” Yasmin says of Dr. Clavell, who shares Yasmin’s passion for running.

Before her transplant, Yasmin was a competitive runner, completing eight marathons and 16 half-marathons. Following her heart transplant at Mayo Clinic, Dr. Clavell has helped advise her on how to safely incorporate her passion for running.

Yasmin and Dr. Clavell both participated in a 10-mile race in October 2017.

“He waited for me at the end to make sure I was OK. He went in to work afterward and told everyone that I did it. They are good to me. They are super good to me,” says Yasmin.

While Yasmin has recently paused from races, she’s finding a way to keep running in her life with shorter efforts on a treadmill.

“I’m two years post-transplant, and every bit of this journey is not easy,” she says. “Actually, a lot of it is downright difficult. Life is a huge adjustment, but the bottom line is, it is life.”

Yasmin’s Gift Heart

On July 20, 2016, Yasmin received what she calls her gift heart.

“It’s someone else’s tragedy that creates an opportunity for us, and that’s why we call it a gift,” says Yasmin. “It’s someone giving you something that you have no way of repaying. It’s unexpected and unearned. The courage, the humanity, the grace — it just amazes me. It was because someone has died and was willing to give that I would be able to live.”

Yasmin says she’ll always be grateful to her donor for choosing to give lifesaving organs and to her care team for going the extra mile.

“From the person helping me out of my car, to the person helping me find my way to the next appointment, to the doctors and nurses — everyone at Mayo Clinic is there to make my care better,” she says. “I don’t know any place, from a five-star hotel to a restaurant I’ve experienced, that’s so dedicated to the same mission. It’s individualized care.”

A New Outlook

Although she doesn’t know who her donor was, Yasmin says she has a soul connection that gives her a sense of responsibility “to live in a way that brings honor to this amazing person who has shared their heart with me.”

Today, just a few months after the second anniversary of her heart transplant, Yasmin says life is about recognizing and accepting limitations, not pushing past them.

“As a marathoner, I prided myself on physical fitness. You think that pushing past the limits is what you’re supposed to do. You force yourself past the challenges — you run a little longer, you run a little faster and you train a little harder to achieve...
“The kindness and compassion from the nurses and doctors and all the people who helped me made the journey so much more humane, and that’s something that changes you from the inside out and you have to pass that on.” — Yasmin Mullings

Although she’s completed a couple of races since her transplant, Yasmin has found they leave her feeling physically exhausted. So she’s discovered a way to continue doing what she loves by running shorter distances on a treadmill. She’s also made some modifications to her work. No longer able to be back in the courtroom as a trial attorney, Yasmin enjoys a full workload reviewing and evaluating felony cases. But even with all of these adjustments, she says the biggest change has been her outlook on life.

“When something picks you up and shakes your whole life, it makes you see your place in the world in a whole different way because all of it is a gift,” says Yasmin. “The kindness and compassion from the nurses and doctors and all the people who helped me made the journey so much more humane, and that’s something that changes you from the inside out and you have to pass that on.”

**Continued Care**

Yasmin continues regular checkups with her care team at Mayo. After surgery, transplant patients need to take medications to prevent their body's immune system from rejecting the new organ. Unlike many individuals who receive transplants, Yasmin was considered very healthy up until a few months before receiving her new heart, so she still has a robust immune system. This means that her body needs more immunosuppressive drugs because she metabolizes them faster. Yasmin’s care team monitors her medications closely to help keep her out of rejection.

And while she says she doesn’t know exactly what the future has in store, she’s come a long way since that night sitting alone filling out her advance directive.

“Two more Thanksgivings, Christmases, birthdays, dancing at my sister’s wedding — these are all things those two years have given me,” says Yasmin, who released balloons with friends and family to celebrate the anniversary of her transplant. “It’s the date that I got a new life.”
Yasmin says the compassion from the nurses and doctors at Mayo Clinic made a difference in her care. “That’s something that changes you from the inside out,” she says.
PEOPLE. SPACE. INNOVATION. Mayo Clinic is growing. Patients throughout the United States and the world seek out Mayo Clinic for the answers our physicians provide to people with complex health conditions. Being in demand because patients trust our care reflects Mayo Clinic's responsibility to provide a seamless, integrated experience.

We are rising to meet our patients' needs by designing leading-edge, research-based clinical spaces that will transform health care delivery. These expanded facilities and enhanced capabilities pave the way for future growth in areas that are reaching critical capacity, such as surgery, cancer, cardiovascular disorders, neuroscience and organ transplantation.

BUILDING THE FUTURE
The framed handwritten recipe for pickles adorns a wall of Warren and Marilyn Bateman’s home in the hills of Maggie Valley, North Carolina. It was part of a birthday card for Marilyn and includes a scrawled signature below the pickling process. The recipe has become one of the Batemans’ most treasured gifts.

The Batemans say they’re blessed by the values and memory of Sister Generose Gervais, the longtime administrator of Mayo Clinic Hospital, Rochester — Saint Marys Campus. The iconic pickle recipe from Sister Generose is a reminder of her compassion, respect and excellence.

“She was a delight,” Marilyn says with a smile as she recalls Sister Generose, who passed away in 2016. “Always wanting you to stop to chat and have a candy from her candy dish or help her make pickles.”

**A Special Visit to a Special Place**

Warren and Marilyn grew up in small Minnesota towns. Warren lived in Plainview, Minnesota, about 19 miles away from the world-renowned medical institution in Rochester, where he made one of his most cherished childhood memories in 1934 — before Marilyn was born.

In that humid August, Warren — then 11 — joined his father to travel in their Studebaker from Plainview to Rochester to see President Franklin D. Roosevelt honor Drs. Will and Charlie Mayo.
“I was very small, so I was able to wriggle into the front row,” Warren says. “To see the president — that was a big deal. And for the president to come here, it was special.”

Over the years, Warren came to view Mayo Clinic as a special place. He fondly remembers many automobiles around Central Park in downtown Rochester on his irregular visits to sell cabbage or other farm-fresh goods.

“When I was a kid, they didn’t allow local residents to park there, so I’d walk by and see the license plates from all different places,” Warren says. “It was incredible. You could take a trip around the United States just by walking the block.”

Warren served in the U.S. Navy in World War II, eventually becoming a commissioned officer and drawing an assignment on the fleet admiral’s staff near the end of the fighting. Following the war, he served more than 20 years as a reservist while becoming a successful lawyer.

**Patience and Understanding**

Marilyn grew up nearby in Austin, Minnesota. In 1954, she came to Mayo Clinic for three years of nurses training because of the reputation of the Methodist-Kahler School of Nursing.

After graduating in 1957, she worked with some of Mayo Clinic’s most well-known general and thoracic surgeons at the time — O.T. “Jim” Clagett, M.D.; William Charles “Chuck” Mayo, M.D., the grandson of Dr. William Worrall Mayo and son of Dr. Charlie Mayo; and Philip Bernatz, M.D.

“They were not only fine surgeons, but fine gentlemen,” Marilyn says. “I loved working with them.”

Later, she worked for a Mayo Clinic-backed research project and then as the first nurse certified in pre- and postoperative waiting areas as well as recovery areas for same-day procedures.

“I felt that if a patient came to the preop waiting area before surgery, they needed somebody with compassion, somebody with understanding,” Marilyn says. “I’ve cried with my patients, I’ve laughed with my patients and I’ve given hugs to patients that needed it.”

She retired in 1997, the same year she and Warren wed — on Valentine’s Day no less.

**Encounters of Excellence**

Warren didn’t return to Mayo Clinic until long after he had retired when a rash developed while they were living in Miami.

Dissatisfied with his care locally, Warren returned to Rochester, Minnesota, for a second opinion. The initial diagnosis was overturned, and he and the staff at Mayo Clinic drew up an individualized care plan for his needs.

“That was when I started coming to Mayo,” Warren says. “I was always pleased that they told me the truth, and that’s why I kept coming back.”
Warren’s proud military service began in World War II and spanned decades as a reservist. He’s equally proud of his affiliation with Mayo Clinic. “I was always pleased that they told me the truth, and that’s why I kept coming back,” he says.
Giving Back
At Christmastime, the Batemans give to the Poverello Fund, an endowment that helps offset a portion of medical expenses for patients receiving care at Mayo Clinic Hospital, Saint Marys Campus. Since its founding in 1983, the fund has helped more than 13,000 patients.

Marilyn began giving to the fund when she contributed a percentage of the sale of her house. That drew a visit from Sister Generose, who wanted to learn more about Marilyn’s intent.

The Batemans worked with the Department of Development to recognize their gifts to capital projects, research and the Mayo Clinic Model of Care in a unique way.

“I was over in Saint Marys and saw all those statues for the sisters, and there was nothing visible in the Gonda Building for the nurses,” Warren says. “I wanted a person, when they came here, to think of a nurse or the nurses that treated them.”

The Batemans respectfully declined to have the atrium named in their honor. Rather, they advocated for naming the space for Mayo nurses — known as the Mayo Nurses Atrium in the Gonda Building. The Mayo Nurses Atrium is the largest-known physical space named in honor of the nursing profession at any medical center.

Two inspirational pieces come into view in the atrium.

First is Forever Caring by Gloria Tew, dedicated in 2003 to honor Mayo Clinic nursing professionals of the past, present and future through the schools at Mayo Clinic’s two affiliated hospitals. The bronze sculpture portrays nurses in practice, education and research through a nurse anesthetist, a graduate nurse and a nurse with a patient’s chart.

Second, Dale Chihuly’s untitled glass sculpture hangs in full view one level above. The 6,000-pound piece spans 45 feet and comprises 1,375 pieces of glass among the 13 chandeliers.

“At Mayo Clinic, you feel welcome,” Warren says. “Everyone treats you with a smile. The doctors, the nurses, they all say, ‘Is there anything else bothering you?’ They want to treat you. They’re interested in you.”

Warren and Marilyn believe Mayo Clinic’s reputation comes from the people who work there. Their recent gift ensures that Mayo Clinic can continue to innovate and conduct some of the world’s most complex surgeries.
Capital Needs

Most recently, the Batemans, who are recognized by Mayo Clinic as Philanthropic Partners, recognized the need to continue advancing surgical projects at Mayo Clinic Hospital, Saint Marys Campus and supported new hybrid operating rooms.

The rooms are of vital importance because of the increase in patients who need complex surgery. Across Mayo Clinic’s three campuses and health system, Mayo Clinic performs about 130,000 surgeries each year, with many of the most challenging cases handled at the Saint Marys Campus.

The surgical suites are nearly 1,000 square feet each to accommodate new technology and robotics that will not fit into existing operating rooms. They also let more specialists work simultaneously. This allows Mayo Clinic surgeons to help patients who need more-complex surgeries or are at higher risk for complications. Additionally, the rooms allow surgeons to pursue the best practices in robotic, hybrid and surgical innovations.

True to the Batemans’ philosophy of declining recognition, their support for these rooms is given in honor of Sister Generose.

“She had such a presence,” Marilyn says. “She worked so hard for each and every patient and staff member.”

And for the Batemans, Mayo Clinic’s reputation comes from the people who work there. “Mayo Clinic is truly a part of our lives, and it always feels like family,” Marilyn says. “We are treated by staff like family. It’s like coming home.” ■

“"At Mayo Clinic, you feel welcome. Everyone treats you with a smile. They’re interested in you.”” — Warren Bateman
Dorothy and Harry T. Mangurian, Jr.
Values Over Visibility

Steve Mehallis and Gordon Latz have always honored a defining paradox about their beloved friends Dorothy and Harry Mangurian.

The Mangurians lived a public life because of their business pursuits, which included owning professional sports franchises and a renowned farm for thoroughbred race horses. But they cared very little for publicity, Steve says.

“Harry’s primary concern was the quality of his work and that of those who worked for him,” Steve says. “A reporter once started an interview with Harry by asking him about that aspect of their lives and whether it was a contradiction,” Steve says. “Harry said, ‘Yes, well, this interview is over.’ It was probably the shortest interview in the history of newspaper reporting.”

A Statement of Confidence

Those moments as friends and decades spent as business associates of the Mangurians have served Steve and Gordon well as directors of the Harry T. Mangurian, Jr. Foundation, which the Mangurians created in 1999. For the past 19 years, the foundation, based in Fort Lauderdale, Florida, has made numerous leadership gifts to Mayo Clinic, other health care organizations, educational institutions, and arts and cultural programs.

But, in keeping with Harry’s and Dorothy’s aversion to publicity, the directors typically decline opportunities to put the Mangurian name on buildings or other types of prominent recognition.

But they do make exceptions.

That comes when they see a chance to make an important statement. Steve told the crowd gathered in July 2018 for the dedication of the Dorothy J. and Harry T. Mangurian, Jr., Building at Mayo Clinic’s Florida campus, “We feel so comfortable with this dedication, knowing that great things are and will continue to be accomplished here, and with our belief that Harry and Dottie are smiling and joining in today’s celebration.”

The spirit of Dorothy and Harry T. Mangurian, Jr. is alive through their family foundation. The Mangurian Building on the Florida campus will help present and future generations survive cancer and neurologic diseases.
A bittersweet symmetry buttressed those comments. Harry died from leukemia in 2008, and Dottie suffered for many years with Lewy body dementia before her death in 2015.

Patients with these illnesses and many similar diseases will receive care in the Mangurian Building, which is the new home for Mayo Clinic’s cancer and neurologic care programs in Florida. Its five floors will double the space that each of these programs has — to serve more patients, hire more staff and broaden the expertise Mayo can offer to patients. The building opened to patients in August, and it is just one part of the new future that Mayo Clinic is planning in Florida.

The building is also a model example of Mayo Clinic’s integrated mission in action. Several amenities comfort patients and their family members and create a nearly one-stop environment for cancer and neurological care. A clinical studies unit and laboratory space on the fifth floor put research side by side with patient care. And conference rooms and other group spaces on each floor support the education of residents and fellows.

Flourishing in Florida

Mayo Clinic’s Florida campus continues to grow to meet patients’ needs. A cyclotron and radiochemistry lab is complete and will join with an expansion to the south side of the Mayo Building to bring molecular imaging to patients in 2019. This type of medical imaging can diagnose diseases earlier at the cellular level and with much greater precision.

Across the street from the Mangurian Building, the Discovery and Innovation Building is also on pace for a 2019 arrival. It will include a lung restoration center, to help solve the waiting list for lung transplantation, and a biotechnology business incubator. The final piece, an expansion to the north side of the Mayo Building for new operating rooms, is also in the works.

“When we formed this vision, our benefactors supported it, and I can’t thank them enough,” says Gianrico Farrugia, M.D., vice president and CEO of Mayo Clinic in Florida and president and CEO-elect of Mayo Clinic. “Now, we can see it coming to life and know that we have much to accomplish together as Mayo Clinic lives up to its promise to become the destination medical center for the Southeast.”
Susan and Tom Gus
Their Fathers’ Foundations

Long before they met, Susan and Tom Gus listened — and were shaped — by their fathers’ advice.

For Susan, it was the importance of education. For Tom, it was the value of work. The lessons played key roles for both while their mothers dealt with chronic illnesses.

A Dairy Dream
Susan grew up in rural Wisconsin on a dairy farm and attended a one-room schoolhouse.

Understanding the value of education, Susan’s dad insisted that she go to college to receive the education neither he nor Susan’s mom had.

“Back then there weren’t a lot of options, so he asked, ‘Do you want to be a nurse, a secretary or a teacher?’” she says. After one year of classes in high school to prepare for a nursing career, Susan determined nursing wasn’t for her.

Susan’s family moved to Arizona in hopes that a drier climate would help alleviate her mom’s arthritis symptoms. While there, she discovered a love of working with children, enrolled in college and became an elementary school teacher. “We were poor growing up, but I had everything I needed,” Susan says. “In fact, I didn’t know until I applied for college that we were in the poverty level.”

A Simple Life
Tom was raised on a farm about 25 miles east of Los Angeles.

“It was a little unique to have this type of land so close to Los Angeles. We had horses, goats, chickens, and ducks and stuff,” Tom says. “But I considered myself a big-city boy.”

Raised primarily by his father due to his mother’s multiple sclerosis, Tom relished his bond with his father.
“Capital provides the necessary tools to develop the next generation of caregivers. You have to have capital investment to have an environment that’s conducive to training,” Tom says. “I couldn’t have been a great veterinarian without having a great veterinary building to work within.”

Uncle Sam’s Call
Tom always knew he wanted to be a veterinarian. Because of this, he thought time was on his side. After high school he and a friend traveled around the country before starting junior college and eventually university. But Tom also had a birth date that was high in the draft order, and the Army selected it.

“The Army was a life-changing event for me. I spent most of my time in Vietnam,” he says. “Before I was in the service, I was going to school, but I wasn’t really setting any records.

“After being in the service and kind of experiencing life and the rawness of it all, I came out with a new quest and a new sincerity in my efforts to go to school and achieve.”

When Tom returned, he excelled and was accepted into veterinary school, earning a doctorate in veterinary medicine. He used his GI benefits and his savings from working to graduate nearly debt-free. He moved to Arizona in 1980 for work as a veterinarian, and in 1986, following his dad’s wisdom to take risks, he bought the veterinary practice.

An Arizona Match
Susan and Tom met, married and adopted three children. Now retired, the couple has decided they want to give back to organizations they feel can do the most good.

Honored by Mayo Clinic as Principal Benefactors, the Guses’ belief in Mayo led them to support priorities such as Mayo Clinic School of Medicine and capital expansion.

The Guses point back to their fathers’ guiding voices as lessons they now hand down to their children.

Rising in Arizona
To meet the increasing demand to treat patients with serious and complex health conditions in the growing Southwest, Mayo Clinic is embarking on a capital expansion that will nearly double the size of its Phoenix campus over the next five years.

The highlights of the expansion include an additional 94 inpatient beds; a new six-story patient tower; a three-floor addition to the existing four-story Mayo Clinic Building; and a new three-story building to house expanded emergency and laboratory departments, as well as two new parking structures. This capital expansion project will bring the Arizona campus forward by investing in people, space and innovation, while setting Mayo Clinic on a trajectory as the premier destination medical center in the Southwest.
A complex problem sometimes needs a simple solution. Mental health care in the United States is a complex issue, but with a small change to the way adults with mental illnesses are treated, Sylvan C. Herman is showing change for the better is possible.

A Home to Heal

The Sylvan C. Herman Foundation and Mayo Clinic have worked together to establish the John E. Herman Home and Treatment Facility in Rochester, Minnesota, named for one of Sylvan’s sons. This adult residential treatment facility houses people with serious mental illnesses who are attempting to move back into their communities after more-intensive care.

Most importantly, the John E. Herman Home follows a unique approach to residential treatment that Sylvan has shown to be successful in residential treatment facilities he established in Maryland, called ClearView Communities. The focus of ClearView Communities is to connect patients with competitive employment, education and volunteer opportunities as they return to health. The facility pairs the strengths of each organization to build something truly unique — with ClearView’s concept for job-oriented care and Mayo Clinic’s world-class health resources and academic research experience, there truly is no place like it anywhere else.
After going through challenging experiences with his son’s care, Sylvan Herman teamed up with Mayo Clinic to provide a different approach to residential treatment facilities for those battling mental illness.
Belief in a Different Approach

“A job-oriented program creates confidence and self-esteem and puts the patient in a position where he is finally doing something on his own and making a difference in his life,” Sylvan says.

Sylvan’s belief in this approach is so strong that he made a visionary philanthropic gift through the Sylvan C. Herman Foundation to establish the new residential treatment facility in Rochester. Mayo Clinic recognizes the Sylvan C. Herman Foundation as a Philanthropic Partner.

Sylvan’s involvement in mental health care was inspired by one of his sons, John, who lived with a serious mental illness. Sylvan was desperate to help his son, but he felt powerless as he saw John go down a path that many people with mental illnesses have followed. John experienced a mental health crisis; he was treated in an intensive setting; he moved to a residential care setting for rehabilitation; and finally, he returned to his parents’ home.

Then, the cycle would repeat. The transition from intensive and residential services back to a home environment never seemed to prepare John to reintegrate into a healthy daily routine, Sylvan says. He would struggle with his medications, and sometimes with substance abuse. Before long, he would experience another crisis.

Sylvan dedicated himself to making a lasting change that would prevent other families from going through the same experience.

“At that point I decided I was going to do something about mental illness,” Sylvan says.
“At that point I decided I was going to do something about mental illness.”

— Sylvan C. Herman

‘We Make a Difference, No Question’
Drawing on his professional experience as a real estate developer, Sylvan founded ClearView Communities and began developing a new type of residential treatment facility. Its directive for treatment was simple: The facilities would make a priority of connecting residents with employment, education and volunteering opportunities in addition to their mental health and substance abuse treatment.

The concept has been a success. ClearView Communities has shown an impressive rate of patients successfully reintegrating to their communities.

“We make a difference. There’s no question about it,” Sylvan says.

Others have taken notice of ClearView’s success, though from an academic medical perspective, ClearView’s facilities offer a small sample size. To add scientific rigor to ClearView’s concept, a robust research protocol would be needed.

Sylvan and Mayo Clinic have worked over a number of years to adapt the concept to the Mayo Clinic Model of Care.

Research-Based, Compassionate Care
The work culminated in June 2018, when Sylvan and Mayo leaders celebrated the dedication of the John E. Herman Home and Treatment Facility.

Residents at the John E. Herman Home live in two residential houses, with a mental health services treatment center located in a third building in the middle. Mayo Clinic recruited clinical psychiatrist Ajeng J. Puspitasari, Ph.D., to lead the program and its associated research.

“We’re excited to have this at Mayo Clinic,” Dr. Puspitasari says. “We will implement evidence-based treatments as we’re building the clinical program simultaneously with the research program. That’s unique in the clinical setting.”

For Sylvan, seeing the success of his program in his ClearView Communities, and now in a collaborative approach with Mayo Clinic, he knows he is doing what he set out to do. He is helping young people and their families in a way no one could help his son.

Sylvan is proud of this success, but perhaps most gratifying for him have been the responses from family members of patients.

“We get letters from parents all the time telling us what a fantastic job we’re doing, what we’re doing for their son or daughter. We’re very pleased with it,” Sylvan says. “I understand what they went through, because I went through the same thing.”
Reese Buntenbach is like every other 3-year-old in many ways. She snuggles close and sucks her thumb as her mom, Brandi, holds Reese on her hip. She snacks on mini marshmallows and eats an ice cream treat that leaves a chocolate mustache. She can’t wait to ride the carousel at Mall of America again, which she calls “Up-Down.” She claps her hands and gleefully cries, “That’s my baby, that’s my baby,” as her dad, Eric, unboxes a new baby doll for her. Then she cradles it gently and quietly beams for several minutes. She plays and laughs together with her older sister, Kinlee, 5, as they make up games while waiting for the adults to finish their business. Her favorite color is purple. That’s why the brace she wears on her leg has purple straps and kittens.

“Most people that see Reese say they wouldn’t even know she was ever sick with how she looks today,” Brandi says.

Together, Eric, Brandi, Kinlee and Reese will always be a happy family. Nothing can take that away in this journey. They are grateful for their blessings granted by God and have been able to find joy in each other even when a huge chasm opened up in their lives, threatening to swallow their happiness.

Missed Milestone
While Kinlee had started to walk at 12 months, Reese was still unable to stand without assistance. When Reese had not yet taken her first steps at 16 months old, her parents took her to see their pediatrician. Missing this important developmental milestone worried Reese’s parents. Brandi remembers that something also seemed off with how Reese awkwardly positioned her right foot as she pulled herself up to stand or crawled up the stairs. “But everyone always told me it was nothing,” she says.

An MRI scan revealed troubling news: There was a large mass covering the left side of Reese’s brain. After emergency surgery at their local hospital in Des Moines, Iowa, the Buntenbachs learned that Reese had a fast-growing ependymoma, a rare and cancerous tumor.
The surgery didn’t remove the entire tumor, leaving nearly a third of it behind. Doctors worried that removing more of it would cause major cognitive deficits in Reese, the Buntenbachs say. Brandi and Eric then turned to Mayo Clinic to help their youngest daughter.

“We decided to leave the hospital that did not have much experience with this type of cancer and seek out the best care possible for Reese,” Brandi says.

**Targeted Treatment**
The family arrived in a February 2017 blizzard for their first appointment at Mayo Clinic in Rochester, Minnesota. They met pediatric neuro-oncologist Amulya A. Nageswara Rao, M.B.B.S., who brought together a team of specialists to provide individualized treatment for Reese.

Eric remembers when he was introduced to pediatric neurosurgeon David J. Daniels, M.D., Ph.D. “I’m a father,” Dr. Daniels told him. “I will take care of your daughter as if she were my child.” Dr. Daniels would go on to perform a second surgery that successfully removed all visible signs of the tumor. At the end of it, he came out to see Eric and Brandi.

“She’s asking for mama,” he told them.

“We do think the better the surgery, the better the outcome,” Dr. Rao says. “To be able to achieve a gross total resection was something that was very important.”

Because of the aggressive nature of the tumor, Reese was next treated over six weeks in 30 sessions of proton beam therapy under the care of radiation oncologist Nadia N. Laack, M.D.

Reese and her big sister, Kinlee, love to play and draw together. Reese is in preschool after surgeries and proton beam therapy to treat an aggressive brain tumor.
Proton beam therapy delivers precise radiation that spares healthy tissue. This is especially important in children, who are still developing.

At each of Reese’s proton beam therapy treatments, Eric, Brandi, Kinlee and everyone else in the room sang Reese’s favorite toddler tunes to comfort her such as “Twinkle, Twinkle Little Star” and “Wheels on the Bus.”

**Giving Back**
Reese’s last proton beam therapy treatment was a year and a half ago. All scans since continue to show no evidence of disease.

“We thank God every day for her healing,” Brandi exclaims, adding, “as well as her incredible team at Mayo who gave us back our baby girl.”

Eric and Brandi know that the tumor may come back. The reason ependymomas arise in the first place and why they recur is unknown. When they do recur, they can be even more difficult to treat than the original tumor. Reese will continue to be watched by Mayo doctors.

The family chooses to be hopeful and give back, raising funds in support of research. As a special fundraiser for Reese’s birthday that followed her diagnosis, Eric and Brandi asked friends and family to support Mayo Clinic in lieu of gifts.

“We were touched by how many donated on her behalf, and we look forward to doing more fundraising in the future,” Brandi says.

Dr. Rao credits new advances in understanding and treatments in part to the investment that people make in research.

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**Research Plays Vital Role in Cancer Care**

As researchers at Mayo Clinic investigate the group of tumors that include the type 3-year-old Reese Buntenbach was diagnosed with, their new insights are improving patient care.

The ependymoma that Reese had is a type of glioma tumor. Over the past decade new information about differences at the molecular level of gliomas has emerged, leading to targeted therapies and highlighting differences between pediatric and adult brain tumors.

According to pediatric neuro-oncologist Amulya A. Nageswara Rao, M.B.B.S., this research arms physicians with the information to make individualized treatment plans for patients.

“We are talking about not just helping to cure these tumors for kids but also how to minimize the long-term effects,” she says.

This research is a product of Mayo Clinic’s Neuro-Oncology Program, one of the 10 major research programs of the Mayo Clinic Cancer Center, a National Cancer Institute-designated comprehensive cancer center.

“Cutting-edge clinical research is really important,” says Jann N. Sarkaria, M.D., a program leader. “Mayo Clinic is one of the premier places to bring ideas from the lab into the clinic.”

Researchers aim to understand the biology of brain tumors and how they develop, find ways to predict how patients will respond to treatment, develop therapies that help patients improve the quality of their lives, and increase survivorship rates.

Mayo Clinic’s Neuro-Oncology Program contributes innovations that impact patient care faster because of the large number of patients who seek treatment at Mayo Clinic for brain tumors — more than 3,000 adults and children; the vast biobank of brain tumor samples; the teams of Mayo physicians and researchers collaborating across disciplines; and the extensive infrastructure required to conduct large-scale clinical trials.

“I think that’s the reason people come to Mayo Clinic,” Dr. Sarkaria says. “There’s a high motivation for our patients to seek cutting-edge care.”
“I think it’s really important for us to come together as a community — the scientist in the lab, the clinician in the clinic and the families — in whatever way we can to understand these tumors better,” she says. “More than anything, I really am grateful to families like the Buntenbachs.”

New Milestones
With continuing physical therapy and occupational therapy, Reese walks and runs on her own. She strings new words together and talks in long sentences.

“She picks words up fast,” Eric says.

“Dr. Rao wasn’t sure what skills Reese would have,” Brandi adds. “So it has been a miracle to watch her walk and talk.”

Also new this year: Reese has started preschool and is playing in small groups.

“That’s huge for her — she loves other kids,” Brandi says. It’s the first time Reese has returned to being in a learning and play environment with other children since having to leave day care nearly two years ago for treatment.

“I hope that Reese’s story can provide hope to people that are just starting to go through this journey of … brain cancer,” Eric says, pausing to collect his emotions. “There are survivors out there. Why not Reese?”

The Buntenbach family is working to drive more awareness of this type of aggressive brain cancer. They recently held a fundraiser in Reese’s honor.
Following treatment, Reese is working to meet other milestones she had lagged behind on due to the brain tumor. She’s proven to be a quick learner and is in preschool. “It’s been a miracle to watch her walk and talk,” Reese’s mom, Brandi, says.
There is no good time for a medical emergency to strike, but as Brian Kanable, of La Crosse, Wisconsin, found out, there are particularly bad times. It’s at those times people rely on the care of their communities.

In August 2017, Brian was water-skiing on the Black River north of La Crosse. Water-skiing is a passion for Brian and a group of friends. They had been meeting two or three times a week to water-ski early in the mornings, before work.

This day was different. Brian was first up on the calm morning water while two friends were in the boat, one driving and one spotting the skier. Brian was just getting started, cutting wide turns across the wake on his slalom ski, when the expression on his face changed.

Without warning, Brian dropped the rope and plunged into the water. Thankfully, he was wearing a life vest. But, as the boat circled back, his friends watched as Brian pitched forward and his face went under the water. Quick thinking and quick action from his friends were the first steps to saving Brian’s life.

The next was getting Brian medical help. The skiers were able to get Brian back into the boat and call for an ambulance. Fortunately for Brian, expert care was not far away.
After a heart attack while water-skiing, Brian Kanable needed four rounds of defibrillation before his heart stabilized. Brian says that in the process of recovery, Mayo Clinic care providers became like family.
First responders revived Brian at the marina — more than once. He needed four rounds of defibrillation before his heart stabilized.

When he arrived at Mayo Clinic Health System — Franciscan Healthcare, emergency medicine staff determined Brian had experienced multisystem organ failure as a result of the heart attack and near-drowning. His experience was far from over. Brian would need weeks of intensive care to restore him to good health.

It was in those weeks that Brian and his wife, Julie, saw firsthand the expertise and compassion of the staff at Mayo Clinic Health System.

“I felt like there was nobody there that didn't do a good job and wasn’t pleasant,” Brian says. “I felt like they were there because they love their jobs. I don’t know if you get that in every hospital. The care is just awesome.”

Brian's care required a coordinated, multidisciplinary team. His treatment included two surgeries to install stents in his heart, continuous renal replacement therapy, physical therapy and cognitive speech therapy.

The care team also helped Julie as her husband worked his way back to health.

“No matter where we went, every day they were supportive of Julie and making sure she was taken care of,” Brian says. “My wife would say, too, the bottom line is Mayo really does care.”

Megan Brooks was having lunch with her husband after a doctor’s appointment when she received a call from her gynecologist, Suzette Peltier, M.D., at Mayo Clinic Health System in Eau Claire, Wisconsin.

A biopsy had revealed cervical cancer. “I was in disbelief,” says the 32-year-old business owner and mother of two. “I couldn’t talk.”

“She told me to come back,” Megan continues. “She said, ‘We need to deal with this right now. We need a game plan.’”

Megan was just 29 at the time. The cancer was moving to her lymph nodes, and time was of the essence. Less than three weeks after diagnosis, Megan underwent a robot-assisted hysterectomy as well as removal of her lymph nodes at Mayo Clinic in Rochester, Minnesota. Megan’s follow-up scans looked good, and she felt she was in the clear.

But a few months later, Megan was having pelvic pain and went to the Emergency Department. An MRI showed a mass, and a biopsy revealed that Megan’s cancer had returned. She says getting the news again was overwhelming, but she was optimistic.

“Everyone had done a good job the first time identifying and taking care of it,” Megan says. “But I’ll admit I was scared when I learned I needed to have chemotherapy and radiation therapy.”

The fact that Megan’s cancer had returned quickly called for aggressive treatment, says
Larry R. Past, M.D., Megan’s radiation oncologist at the Albert J. and Judith A. Dunlap Cancer Center at Mayo Clinic Health System in Eau Claire.

Megan received radiation and chemotherapy in Eau Claire and a specialized radiation treatment called brachytherapy in Rochester. That seamless coordination of care is an advantage for cancer patients, Dr. Past says.

In addition to Drs. Past and Peltier, Megan is thankful for the care she received from oncologist Eyad Sufian Al-Hattab, M.D., in Eau Claire, and radiation oncologist Ivy A. Petersen, M.D., and gynecological oncologist Jamie N. Bakkum-Gamez, M.D., in Rochester.

“I couldn’t ask for better doctors,” Megan says.

After a scan showed she was again cancer-free, Megan says her family and friends helped push her to rejoin life. Megan bought a new business, and in June 2018, she and her care team were honored with a special tribute called Home Run for Life at an Eau Claire Express baseball game, sponsored by Mayo Clinic Health System. Megan ran the bases with her two sons while her husband awaited her at home plate with a big hug and a bouquet of flowers.

“They were always there for me,” Megan says. “I was surrounded by the love of my family. The Cancer Center nurses are some of my friends now.”
The Mighty Docs never expected to spring into their real-world roles until faced with a medical emergency in the midst of a game.
It had been a good night of hockey in Altoona, Wisconsin, with the rink filled with the sounds of steel blades on ice, stick taps and the crack of the puck off the boards. But in the second intermission of this recreation league game, everything changed.

One of the players collapsed as he rested on the bench between periods. He was having a heart attack.

This was not just any hockey community, though. Altoona happens to be home to a hockey club called the Mighty Docs. The charitable organization was formed by Mayo Clinic Health System doctors in Eau Claire, the northwest Wisconsin hub of the system.

When the player collapsed, emergency medical care was not far away. Two of his teammates jumped into action.

Donn D. Dexter, M.D., a neurologist, and Patrick L. Roberts, D.P.M., chair of the Division of Podiatry, both of whom practice at Mayo Clinic Health System in Eau Claire, began CPR and defibrillation using the rink’s automated external defibrillator. Police arriving on scene brought a second AED.

“When the first shock didn’t do anything, that took wind out of our sails, but we weren’t ready to give up,” Dr. Dexter says. They set up a second AED. “The second shock is what worked, so then it went from being very gloomy and worried that he wasn’t going to make it to being incredibly optimistic.”

An ambulance and first responders arrived at the scene and transported the patient. He was in stable condition at Mayo Clinic Health System — Eau Claire a short time later.

“The experience as a whole showed how working together can have a positive outcome,” Dr. Roberts says. “Teamwork, from all the Mighty Docs players to the EMTs from Altoona to the physicians at Mayo Clinic Health System — our teammate is still around to skate another day.”

The motto of the Mighty Docs has always been “It’s more than just the game.” The organization in its two-decade existence has raised more than $120,000 for charities and for cancer research.

Drs. Roberts and Dexter hope this experience, too, can provide some greater benefit to the community. They’re encouraging others to learn CPR and emergency response techniques — the team even hosted a CPR training at the ice rink.

“I’m very proud of what Mayo does in our community, and proud of this group of guys and gals that play hockey with us,” Dr. Dexter says.

“The experience as a whole showed how working together can have a positive outcome.”

— Patrick L. Roberts, D.P.M.
As the door opens into Lou and Laurie Appignani’s home, Miami seems a world away. Most striking is a precisely arranged collection of ceremonial masks from their visits to Papua New Guinea in the southwestern Pacific Ocean. Each mask has its own story — stories that Lou happily shares.

By stepping into the unfamiliar, the Appignanis have come to appreciate the best elements of humanity. With nostalgic undertones, Laurie says, “We feel like vagabonds of the planet. There is so much to explore, so little time.”

Lou and Laurie have spent a lifetime following their compass across the map. Laurie continues, “It’s those moments in faraway places — a small gesture from a stranger who offers to share the little they have — it speaks volumes to me.”

“We’ve been fortunate to have the opportunity to travel.” She looks at Lou with a warm smile. “By immersing ourselves in different cultures, embracing a world of unique identities, we’ve learned how each of us can take steps to make this a better place, before we depart it.”

The couple’s favorite thumbtacks on the map are pressed on paths less traveled — Outer Mongolia, the Great Rift Valley of Ethiopia, Namibia, Libya and Antarctica, to name a few. But these destinations represent more than just another pinhole. The couple’s global experiences drive their humanitarian efforts.

“A life of travel helps you see things in new ways. It’s given us a sense of belonging. When it comes down to it, we’re all members of the same tribe,” Lou says.

**Their Next Destination**

Along with their appreciation for culture and history, the Appignanis are science-minded individuals with a penchant for discovery and critical thinking. In the city they call home, Lou and Laurie established a University of Miami endowment for the study of atheism, humanism and secular ethics — the first of its kind in the country. The philosophy is considered contrarian by many, but that’s how Lou likes it.
As the couple recalls fond memories, Lou says, “You could drop me off anywhere in the world. Just give me a few dollars in my pocket, and I’ll follow my compass back home as a better man.”
“With travel and in life, I stay open-minded to new things and then navigate my own way through it all,” he says. “Even from the time when I was very young, I never felt like I was in my own skin by simply doing whatever was expected of me. I was compelled to do more.”

Laurie cracks a smile, “Because you’re always trying to prove something to yourself.”

As the couple recalls some fond memories, Lou says, “You could drop me off anywhere in the world. Just give me a few dollars in my pocket, and I’ll follow my compass back home as a better man.”

So, when Lou had serious health concerns, he trusted his compass and followed it to Mayo Clinic. Mayo Clinic confirmed Lou’s diagnosis. It was an inflammatory and immune-mediated skin disease called lichen planus. In diseases like this, the immune system is triggered to attack parts of the body that otherwise it should defend.

Lichen planus uproots the quality of life of many, but is rarely discussed. The disease can affect the skin, hair, nails and mucous membranes. On the skin, lichen planus usually appears as purplish, often itchy, flat-topped bumps. In the mouth and other areas covered by a mucous membrane, it forms lacy white patches with painful sores.

There’s also a secondary risk of squamous cell carcinoma, but little is known about how that might be linked to cancer malignancy in the long term. Lou’s care team of specialists agreed that a conventional, cautious strategy was the best path to take.

Like many others, Lou struggles with his symptoms. He says it’s almost a perpetual feeling of discomfort, which even interrupts his only sanctuary away from it — sleep. But Lou pushes on because he doesn’t want to be limited by a life with borders.

“I don’t want this disease to define me, and I don’t want it to rob anyone else of the life they choose to pursue,” Lou says. “Maybe if we can make a difference in one person, we can use that knowledge to help many.”

Quickening the Pace

Although lichen planus is common, there’s no cure and relatively little active research being done on it anywhere in the world, which is exactly the kind of mountain Lou likes to climb.

When Lou and Laurie decided to make a gift to medical research at Mayo Clinic, they wove together the things most important to them. With empathy, and some adventurous spirit mixed in for good measure, they set out to relieve suffering in others. That’s part of what makes their gift to Mayo so special. It wasn’t to quicken the pace toward a cure for Lou but to help draw the map to a cure for others.

When benefactors express interest in making a gift with personal significance, the Department of Development works to find opportunities that are most exciting to them. Lou says, “In its own small way, we hope this gift will train tomorrow’s leaders. Maybe it will even help a promising dermatologist with long-range research ambitions.”
The Appignanis’ endowment will certainly improve Mayo’s ability to study this enigmatic disorder. Mayo Clinic’s Department of Dermatology and Center for Individualized Medicine will collaborate to advance a creative dermatologic research approach. Mayo Clinic honors the Appignanis as Principle Benefactors.

Guided by Lou and Laurie’s generosity, Mayo experts will use sophisticated genomic technologies to define relationships between an individual’s lichen planus and their unique genome — then use what they learn to find the right treatment for each individual. Researchers hope to make discoveries beyond lichen planus alone and unravel the mysteries behind other skin conditions.

Perhaps Lou’s mark on humanity will stem from adversity.

“I hope this gift helps others see things in new ways, tap into a pool of knowledge not widely known. These are things I also hope personify who I am.”

When asked to share more about the legacy they’ll leave behind, Lou says with a smile, “We are all equal members of planet Earth. I simply want to be known as someone who followed a moral compass across it.”

“We are all equal members of planet Earth. I simply want to be known as someone who followed a moral compass across it.”

— Lou Appignani
Taking Her Advice

When care became personal, Rozalina McCoy, M.D., understood lingering fears despite excellence in evidence-based treatment

For years, Rozalina G. McCoy, M.D., has counseled patients and colleagues in Mayo Clinic’s Division of Community Internal Medicine about avoiding low-value tests and treatments — those that add costs, potential harm and burden for patients, yet have little proven benefit. It’s an easy thing to preach, but as Dr. McCoy learned through her own health scare, not so easy to practice.

In 2017, Dr. McCoy was treated for advanced Hodgkin lymphoma. Now in remission, the young mother of two preschool-age children should be reveling in her victory. But instead, as she writes in an essay to her peers published in the *Journal of Clinical Oncology*, Dr. McCoy finds herself anxious about no longer being continually monitored by her care team, who recommend not performing routine surveillance scans.

“I was surprised, confused, fearful and even defiant,” she writes. “Could I really forgo these tests?”

Dr. McCoy’s hematologist “argued that routine imaging tests generate false-positive findings, anxiety and high costs without definitive or meaningful survival benefit.” It was information Dr. McCoy knew well. She’d presented the same evidence to her own patients, albeit about different diseases and interventions. But now that she’d become a patient herself, Dr. McCoy “could not shake the fear that this reprieve was an illusion.”

That, Dr. McCoy writes, gave her a better understanding of the fears and worries her patients have shared with her, both about cancer and other diseases. “Living through these experiences led me to question and appreciate the basic tenets of shared decision-making,” she says in her essay. “As a physician in clinical practice, I no longer have the same naïve confidence in my ability to counsel patients about the waste of low-value tests, procedures and treatments. Instead, I can now empathize in a new and real way with their worries, hopes and internal conflicts about treatment decisions.”

Empowering Patients Through Shared Decision-Making

Sometimes patient-centered care means doing less, not more. A litany of tests, treatments and procedures may be available for a condition, but they might not all be proven to add value to the patient’s care over time.

Overtreatment can even be harmful.

That can be difficult to communicate to patients who are vulnerable and scared. Through shared decision-making, physicians and patients discuss the evidence-based pros and cons of certain treatment strategies. The goal of research into shared decision-making by Rozalina G. McCoy, M.D., is to empathize with patients while also helping them make informed decisions about their own health.

It all adds up to higher-value care, according to researchers in the Mayo Clinic Robert D. and Patricia E. Kern Center for the Science of Health Care Delivery. The center’s experts develop best practices such as shared decision-making that unplug the health care system of unnecessary costs and remain true to the Mayo Clinic Model of Care. By empowering the patient, the center upholds Mayo Clinic’s core value — the needs of the patient come first — amid an ever-evolving health care landscape.
Why We Give

Mayo Clinic’s pillars of patient care, education and research reflect and inculcate core values requisite in health care sciences and humanity. Mayo Clinic’s philosophy of practice mirrors the Sanskrit term for the Buddhist concept of mudita (contentment from selfless and compassionate action to bring happiness to or relieve suffering of others). These principles and our personal experiences over the last 37 years at Mayo Clinic motivate our continuing support of Mayo Foundation.

— B. Vittal Shenoy, M.D., and Maya B. Shenoy
Paradise Valley, Arizona
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The Power of Philanthropy

The support of friends like you helps Mayo Clinic bring unparalleled expertise to each patient, accelerate the work of researchers in virtually every field, and train the next generation of world-class medical professionals. Your gift to Mayo Clinic has the power to strengthen and accelerate our efforts to solve the world’s most serious and complex medical challenges — one patient at a time.

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<td>Philanthropic Partners $10 million or more</td>
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Planned Giving
Create a lasting legacy that helps Mayo Clinic advance its mission in service to humanity through your will or other type of estate plan. Mayo Clinic recognizes these and other planned gift commitments in The Mayo Legacy, our honorary society of benefactors who invest in Mayo Clinic. The Mayo Legacy connects Mayo Clinic’s current activities with the institution’s vision for the future.

RECOGNITION LEVELS
- Mayo Alumni Laureates $100,000 or more
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Alumni Philanthropy
Having seen and felt the direct impact of philanthropy, Mayo Clinic alumni know the difference it makes better than anyone. Many become benefactors of Mayo to help maintain the highest quality of patient care, research and education.

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<th>RECOGNITION LEVELS</th>
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For more information about philanthropy at Mayo Clinic, please call 1-800-297-1185 (toll-free) or visit mayoclinic.org/development.
The greatest triumphs of Mayo Clinic trustee Mary Sue Coleman, Ph.D., come not from her personal resume — but from the influence she’s earned through her “relentlessly pleasant” approach.

Dr. Coleman’s quiet, consistent style as president of the University of Iowa for seven years and the University of Michigan for 12 more was successful because of her philosophy of positivity. It has guided her professional activities through decades of turmoil and triumph.

“I always set a high bar for myself, and wherever I am, I want to make sure that I achieve what I set out to achieve,” Dr. Coleman says. “And, I think I have.”

Successes have certainly piled up, and Dr. Coleman’s philosophy struck a chord with none other than the chief operating officer of Facebook, Sheryl Sandberg, who, in her 2013 bestseller *Lean In*, complimented Dr. Coleman for her approach of being relentlessly pleasant.

In pursuing — and achieving — excellence, it is little wonder that Dr. Coleman is highly respected and she fits seamlessly into Mayo Clinic’s Board of Trustees, serving since 2014. Starting her career as a biochemist, Dr. Coleman’s background in the collaborative fields of education and science provides unique insight to the trustees on servant leadership. Whenever she receives accolades, Dr. Coleman credits the teams of people she worked with, recognizing that diversity in thoughts and experiences has shaped who she is and the world around her.

**Learning Young**

Dr. Coleman was born in Kentucky and as a young child lived in Georgia. Her father was a chemistry professor in the 1950s, and her mother was a grade school teacher. At the time, the Georgia state legislature considered closing public schools instead of integrating them.

“My father and mother were so horrified at the notion lawmakers would do that, that they moved the family,” Dr. Coleman says. Her family moved to Iowa. The population wasn’t very diverse in terms of racial makeup, and there were few concerns about blocking children from educational pursuits based on the color of their skin. Her family’s relocation
The Mayo Clinic Board of Trustees welcomed Mary Sue Coleman, Ph.D., in 2014. Dr. Coleman is president emerita of the University of Michigan. *Time* named her one of the nation’s “10 Best College Presidents,” and the American Council on Education honored her with its Lifetime Achievement Award.
became the basis of Dr. Coleman’s efforts to champion diversity throughout the rest of her career in higher education and beyond.

“From when I was a young girl, the importance of diversity was seared into my brain. We cannot exist as a society unless we are willing to find a place for people from different backgrounds,” Dr. Coleman says. “It’s extraordinarily important, and I’ve tried to live that all of my life.”

One of her biggest challenges came not on a university campus but through the ballot box. In the aftermath to winning at the U.S. Supreme Court on the constitutionality of affirmative action, Michigan voters decided to ban affirmative action admission policies in the state’s public universities, causing enrollment of black and Hispanic students to drop.

Dr. Coleman calls the decision a disappointment because the University of Michigan had championed diversity in the years leading up to the vote and decision.

“The university believed it was deeply important to create a diverse learning environment that was good for all students, not just for students who had been underrepresented in the past,” Dr. Coleman says. “We felt like it was critical for universities to be able to craft their admissions policies that took into account race and ethnic background as well as a number of other attributes, using a holistic approach in evaluating students for admission.”

Excellence in Education
Recognizing the importance of diversity is not the only principle Dr. Coleman carries with her. Trace Dr. Coleman’s lineage and the value of education emerges. Her paternal grandfather left his livelihood as a farmer to become the first in their family to go to college, paving the way for succeeding generations to build a better life. It was one of Dr. Coleman’s great privileges to provide similar opportunities to the next generation of students.

“The societal benefit that flows from educating a student who is the first in the family to go to college is magnified in future generations,” Dr. Coleman says. “It is enormously powerful and brings that knowledge beyond the campus and out into the world.”

Having retired as president of the University of Michigan, Dr. Coleman now serves as president of the Association of American Universities during a time when funding is threatened and disruption is common within higher education. The association comprises 62 institutions that are distinguished by their research excellence — one of the many commonalities she sees between her professional work and her role as a member of Mayo Clinic’s Board of Trustees.

“In my higher education career, both as a faculty member and scientist, and then moving into administration, I felt like my greatest...
accomplishment was that I focused on the experience students were having. We remained student-centered for the same reasons Mayo Clinic is patient-centered. Their needs should come first."

**Importance of a Team**

Dr. Coleman’s mantra that positive change can be made when you bring the best and brightest together has further solidified her belief in Mayo Clinic’s value of excellence.

“The best outcomes and highest-quality service can be achieved through the dedicated effort of every team member,” Dr. Coleman says. Dr. Coleman sees the fingerprints of this strategy across Mayo Clinic. “When you encounter a challenge, get the team around you,” Dr. Coleman says. “It’s very similar to how Mayo Clinic surrounds the patient with the world’s best experts to treat their complex condition. That’s what we tried to do for higher education at both the universities of Iowa and Michigan.”

When the Great Recession hit in 2007, that philosophy protected the University of Michigan during challenging times. Dr. Coleman brought together a team with a bold vision to inspire generosity from the university’s philanthropic friends to tackle decreasing state support. The plan would allow students to return to campus with only a minimal tuition increase despite traditional funding streams all but drying up. Its success was remarkable.

Just as the recession was winding down in 2009, *Time* magazine recognized Dr. Coleman as one of the nation’s “10 Best College Presidents.” Despite an immense financial challenge, the university had completed a historic fundraising campaign while raising its profile as one of the nation’s top research institutions.

“Philanthropy made it possible for students to keep coming to the University of Michigan,” Dr. Coleman says. “The same principle exists at Mayo as we pursue excellence in health care. All of the incredible diagnostic work and treatments provided can’t be done without the generosity of benefactors who help take Mayo’s medical marvels and make them available for the world.”

Dr. Coleman’s relentlessly pleasant attitude and purposeful optimism push Mayo Clinic toward the future — embracing the challenges that come with a complex health care environment.

“I want to be associated with organizations that are recognized for their ability to change, to be dynamic, to be at the forefront,” Dr. Coleman says. “All of those are characteristics I saw at Iowa, at Michigan and I see at Mayo Clinic.”

“All of the incredible diagnostic work and treatments provided can’t be done without the generosity of benefactors who help take Mayo’s medical marvels and make them available for the world.” — Mary Sue Coleman, Ph.D.
A complex set of circumstances did not deter John Wanderer from making a meaningful gift to Mayo Clinic.
A Flexible Future

John Wanderer teams up with Mayo Clinic’s Office of Gift Planning on a unique, thoughtful gift

John Wanderer makes things work. The Nevada resident and Mayo Clinic benefactor has a history of finding creative solutions, from his time as a mechanic and self-taught engineer to his four-decade career as an attorney. While his endeavors have ranged from greasing bearings to inking legal documents, his penchant for problem-solving has been constant.

This quality also gave John the confidence to work through complicating factors and make a unique philanthropic gift to Mayo Clinic. Working closely with Mayo Clinic’s Department of Development and the Office of Gift Planning, John and a family member were ultimately successful in making a significant gift using jointly owned real estate.

At Mayo Clinic, John found the organization staff eager to pore through the details of an unconventional gift. Together, they would make it work.

Starting in the 1950s, John worked for Holman & Moody, a company that built and raced cars for Ford Motor Company, where he began as a race car mechanic and later became a project engineer and team leader. His projects included preparing Mustangs to race in the European Monte Carlo Rally car races and building Mustangs for drag car racing in the U.S. In 1966 and 1967, John was team manager for the Ford/Holman & Moody GT40 MARK IIIs and MARK IVs racing in the famed 24 hours of Le Mans.
“To me, going to Mayo is relaxing. Mayo represents aspects of the health care business rarely found at other medical facilities in our nation. There is peace of mind when you go to Mayo Clinic.” — John Wanderer

Finding Peace of Mind
John later left the racing business and pursued a law degree. He began his practice as an attorney in partnership with his mother, Emilie Wanderer, who in 1947 was the first woman to practice law in Las Vegas and was a well-known and well-respected member of the Nevada Bar Association.

During this time, John and his extended family began a lifelong relationship with Mayo Clinic, first in Rochester, Minnesota, and more recently in Arizona. Mayo Clinic had always provided excellent care to members of his family, and when John needed care, he, too, turned to the physicians at Mayo. When his care team discovered a heart murmur and recommended regular visits to monitor the condition, John carefully followed their advice, but by 2000, his heart condition had progressed, necessitating surgery. John elected to have the surgery at the Mayo Clinic campus in Minnesota.

“To me, going to Mayo is relaxing. Mayo represents aspects of the health care business rarely found at other medical facilities in our nation,” John says. “There is peace of mind when you go to Mayo Clinic.”

Over the span of his 40-year practice of law, John and another family member became successful in their respective businesses. Together, they owned a number of commercial properties and apartment complexes in southern Nevada.

In recent years, John and his family member have consolidated their holdings and sold off many parcels of their real estate. Given the age of some of the properties, market conditions and current tax law, it did not make sense for them to sell some of the properties. A decision was made to use these properties to support charitable interests.

“We had a great deal of appreciation for Mayo Clinic, and the best way to express our highest regard was with a sizeable charitable bequest,” John says.

Combining John’s legal experience and Mayo Clinic’s Office of Gift Planning’s flexibility, John, his family member and Mayo Clinic came together to find a creative solution: a charitable remainder unitrust, also known as a CRUT. John and his family member each transferred their partnership interest in the properties to two charitable remainder unitrusts.
Working as a Team
Through the CRUT arrangement, the properties in the trust could be sold without incurring unwanted costs and tax penalties. The proceeds are now invested in a portfolio of securities that will pay each unitrust beneficiary an annual income for their lifetimes, and their children for some years after that. The remainder will become a philanthropic gift to Mayo Clinic that will support research in cancer, neurological conditions and cardiovascular conditions.

Working as a team, John, his family member and Mayo Clinic were able to make the gift in a manner that was in the best interest of all parties. In recognition of their generosity, Mayo Clinic recognizes John Wanderer and his family member as Principal Benefactors.

John’s long relationship with Mayo Clinic, his career as an attorney and his desire to make a unique gift all came together to create a lasting, meaningful contribution.

Uniquely Qualified
Mayo Clinic counts on the support of benefactors to advance our mission of patient care, research and education. Mayo Clinic’s community of supporters makes gifts from the assets that work best for them — cash, appreciated securities, real estate, tangible personal property and other means.
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Mayo is a not-for-profit 501(c)(3) charitable organization, and contributions are tax-deductible to the extent allowed by law.
Leslie Gonda, a longtime Mayo Clinic patient who with his wife, Susan, supported the construction of the Gonda Building in Rochester, Minnesota, passed away on March 18, 2018. “Leslie Gonda was a visionary businessman and philanthropist,” says Mayo Clinic President and CEO John H. Noseworthy, M.D. “We are deeply grateful for his transformative generosity, and it is hard to overstate the impact he and his family have had on Mayo Clinic.”

In 1997, the Gondas supported the first phase of the Gonda Building, a transformative project that accelerated practice integration and became known as the “front door” of Mayo Clinic.

“Susan and I are pleased to extend our support for this important project that will take the core values of Mayo Clinic and project them into the next century and beyond,” Leslie said at the time of the gift.

A native of Hungary, Leslie Gonda moved to Venezuela after World War II. He and Susan had a relationship with Mayo Clinic that spanned nearly 60 years, starting with visits to Mayo while they lived in Venezuela. The Gondas later moved to the U.S., where Leslie co-founded International Lease Finance Corporation, which later became one of the largest airliner leasing companies in the world.

In addition to continued support for the Gonda Building, the Gondas’ philanthropy included gifts for the Gonda Vascular Center and the Gonda Hyperbaric and Altitude Medicine Facility.

Beyond their extraordinary generosity, Leslie and Susan Gonda were true friends of Mayo Clinic, referring many of their friends, relatives and business associates to Mayo for care. The Gondas’ son, Lou, is an emeritus member of the Mayo Clinic Board of Trustees.