

**THIS
IS US
TOGETHER**

GVH GRAND VIEW HEALTH FOUNDATION

October 2022



Dear Friend,

Even when we are trying to do all the “right things” by living a healthy lifestyle, cancer can suddenly pop up changing our lives in a minute. How it’s treated makes all the difference in how much it affects everyday life – for you, your family, and your coworkers. For me, this became a reality, as *I am a cancer survivor.*

In February 2020, I went for my annual mammogram. It had been two years since my last mammogram. The technician saw something concerning, and I needed an ultrasound. The radiologist confirmed...it was breast cancer. Honestly, I was in shock and did not know what to do next. Grand View’s breast cancer navigator helped to arrange all my appointments. The next day, I met with Dr. Monique Gary who was amazing in her approach and communication with me. I fully trusted Grand View for my care. Our alliance with Penn Medicine brought great comfort as well, knowing that there would be a seamless transition to Penn if needed.

March 27th was the date of my surgery. For Grand View, that date was also significant. It was the day the hospital first admitted a COVID-19 positive inpatient. A week later, the hospital was up to 17 COVID-19 positive patients and I was back to work. Fortunately, all my appointments took place at the hospital. My radiation therapy was here. My care could not have been more patient centered and professional. With respect to all of Grand View’s service lines — trauma, cancer, and orthopaedics — being able to stay local while meeting your medical needs is *huge.*

In so many ways, I was grateful and felt blessed to be at Grand View during both of these crises, my personal crisis and the pandemic. In healthcare, we are privileged to serve others every day. It was a blessing to focus on the care of others during my own time of need.

Although cancer was no stranger to my family, I didn’t imagine ever needing this level of care. Now, having been a patient, I am looking forward even more to the new pavilion because I know it will be an environment where our caregivers will have a state-of-the-art facility to match their exceptional level of care. The new procedural platform will ensure that we continue with what’s best about Grand View – care, comfort, compassion, and professionalism.

(over, please)

The future of Grand View Health is taking shape. Last year, I was part of the crew that “helped land the chopper” and helped name the new rooftop helipad in honor of all Grand View Health employees. My family and I are grateful supporters of the **This Is Us Together** employee giving campaign. I hope that you feel inspired to join me by making a gift to the employee campaign this year.



Donating to the employee giving campaign helps people; it helped me! I was a beneficiary of the SAVI SCOUT® technology, a medical device used for wireless, minimally invasive, navigation to optimize accurate breast cancer surgery. In FY19, Grand View Health employee donations supported the purchase of this device. I had minimally invasive surgery and minimal scarring thanks to the employees who donated and our highly skilled breast surgeon, Dr. Gary, and her team.

I am grateful for the care that I received here at Grand View. Honestly, two and half years later, it still feels surreal to say that I am a cancer survivor. I am diligent about going to my cancer screenings. Please be sure you stay on schedule with your own cancer screenings. After this experience, I feel more educated and am making healthy choices. I am drinking green tea, getting a daily dose of antioxidants from berries, eating a plant-based diet, practicing yoga again, and I won't be skipping any more cancer screenings. One of those choices is to continue to contribute to the **This Is Us Together** employee giving campaign.

Thank you for your role here at Grand View. Together, we make life-changing differences in thousands of lives. Every one of us counts. I hope you will join me in making a gift to the **This Is Us Together** employee giving campaign to help others like me.

Warm regards and gratitude always,

A handwritten signature in blue ink that reads "Cindy". The signature is fluid and cursive, with a large initial "C".

Cindy Westphal, MSN, RN
VP, Chief Nursing Officer

P.S. Take care of yourself, and don't miss your cancer screenings!