

The *spirit* of Giving

SPRING NEWSLETTER 2026

BECOMING HER BRIGHTER SELF: DREW'S TMS STORY

Drew loves art. She loves making jewelry and gifting things to her family and friends. She loves her French Bulldog, and has a pet cat near and dear to her heart.

Drew is bright, positive and happy.

She didn't always feel that way, though, and wasn't sure if she ever would.

"I've struggled with my mental health since middle school, maybe even elementary school. It's been part of my life for quite a while," she shared. "I kind of lost hope for a while. I would feel a really dark depression, and it never seemed to go away."

Drew tried numerous medications and treatments, but nothing seemed to help. That changed when a physician told her about transcranial magnetic stimulation (TMS) therapy during an inpatient stay at Ascension Mercy.

TMS is a non-invasive outpatient treatment that is used to help alleviate depression when other methods of treatment have not been successful. After creating a map of the brain and determining where the treatment is needed, individuals receive magnetic pulses to stimulate the area.

Drew's sessions last around 20 minutes, and she's accompanied by Autumn Bednarek, the TMS coordinator at Ascension Mercy.



Autumn Bednarek, left and Dr. Stephen Shopbell, right, with the new TMS Chair

"We first launched TMS at the hospital early in 2025, became operational in November 2025, and so far we've been able to help multiple patients," Autumn said. "TMS is truly a difference maker for so many individuals. When other avenues have been exhausted, there is still hope for those going through difficult times."

Drew first started noticing positive changes after the first few sessions. She felt brighter and happier, which was quickly evident to her mom.

TMS, she says, changed her life.

"I've been continuously feeling better throughout the treatment. As time goes on, I've noticed myself feeling brighter and my mom says the same," Drew shared. "She's noticed me having more motivation, getting things done and just feeling happier than I ever have."

Currently a junior in college at UW-Oshkosh, Drew is working to obtain an art degree before going on to pursue a graduate degree in therapy. She hopes, one day, to help others through art therapy.

"TMS has changed my life for the better," she shared. "I couldn't be happier."

INSIDE THE LATEST UPDATES AT THE MICHAEL D. WACHTEL CANCER CENTER

At the Michael D. Wachtel Cancer Center at Ascension Mercy Hospital, caring for patients goes beyond providing expert treatment. It's about creating an environment where patients feel supported, comforted and celebrated throughout their cancer journey.

Recently, donor generosity helped bring several thoughtful enhancements to the cancer center, helping make the experience a little brighter for patients and families.

Tranquility ceiling tile

Having to undergo a breast ultrasound or biopsy is something oftentimes filled with nerves and anxiety. To help make the experience more pleasant, Barbie Khron, a breast imaging navigator at Ascension Mercy and St. Elizabeth, recognized that the addition of a tranquility ceiling tile could make a meaningful difference.

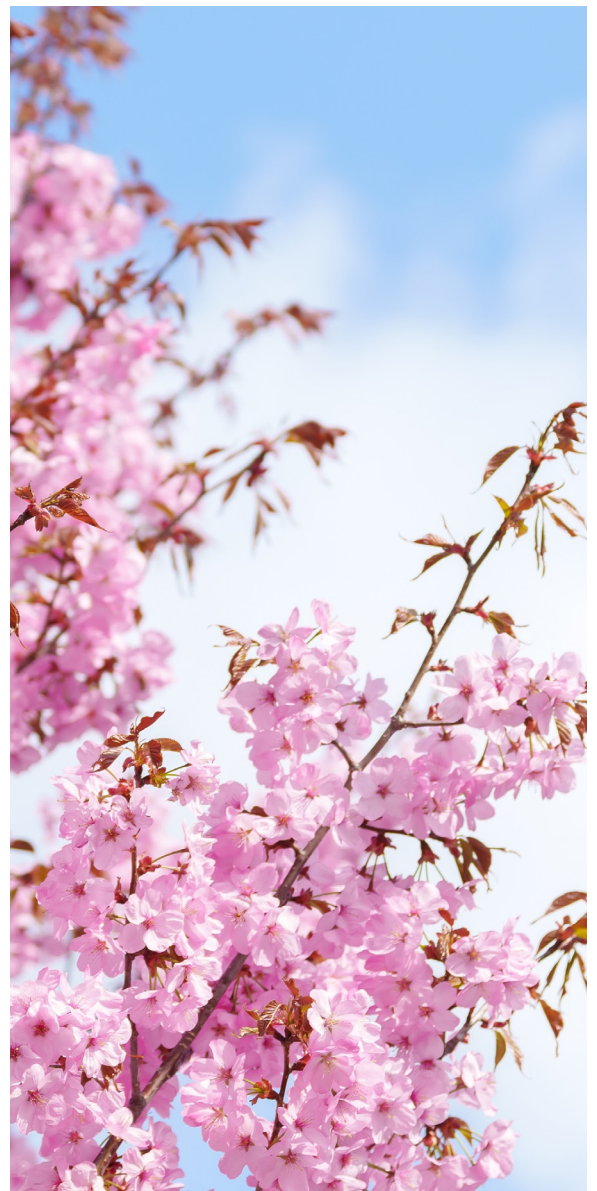
"I've heard so many positive things about the new skylight at Mercy," she shared. "The tile has spring flowers, and many patients have shared how much they love seeing the bright imagery and that it makes them feel much more relaxed."

Bell of hope

Completing cancer treatment is no easy feat. It's a long, trying journey filled with challenges, resilience and hope – and reaching the end deserves to be recognized and celebrated.

That's why Morgan Adams, a registered nurse, saw a need for a celebratory bell in the cancer center.

Today, when patients complete treatment, they are invited to ring the bell of hope – a moment that marks the end of one chapter and the beginning of another. For patients, families and care teams alike, its sound represents a celebration of strength, perseverance and the promise of brighter days ahead.



Tranquility ceiling tile

GUARDIAN ANGEL

RECOGNIZING OUR GUARDIAN ANGELS

Guardian Angel, a program of Ascension Wisconsin Foundation, invites patients to recognize any associate that made a lasting impact in their care. Please join us in celebrating recent Guardian Angels at Ascension Mercy!



Cancer Care Team



Luke Coopman, Registered Nurse



Dr. Robert Weber, General Surgeon

Visit giveAWF.org/guardian-angel to recognize your Guardian Angel(s) today!

LETTER FROM YOUR FOUNDATION PRESIDENT



Racheal Faulks



I hope you've enjoyed reading our latest edition of *The Spirit of Giving*, which highlights the impact you're making right here at Ascension Mercy. Your generous support has made these stories, and so many more, possible at your local hospital.

Thank you.

Looking ahead, Ascension Wisconsin Foundation has committed to investing \$20 million over the next three fiscal years, including projects right here at Ascension Mercy. We look forward to sharing more about these important investments in the months ahead.

Every time you make a gift in support of a specific area of care or program at Ascension Mercy, you help ensure patients receive the compassionate, high-quality care they deserve. Because of you, all patients — regardless of background or ability to pay — are supported by our care teams in moments of need.

Thank you for making it possible to achieve the Mission of Ascension at Ascension Mercy.



Racheal Faulks

President, Ascension Wisconsin Foundation

A legacy gift doesn't have to be complicated. For most people, it starts with one sentence, in a will, a trust or beneficiary form, that names Ascension Wisconsin Foundation alongside the people and causes they value most. Some choose to give a percentage of their estate. Others designate a retirement account or life insurance policy. The form matters far less than the intention behind it.

Your gift can support whatever matters most to you, at whichever Ascension Wisconsin hospital that matters most to you. We will always honor your intentions exactly as you express them.

Learn more at giveAWFlegacy.org

