



In Touch

TEXAS HEALTH RESOURCES FOUNDATION

SUMMER 2019

**Texas Health Launches New
Community Impact Initiative**

**Clinical Pastoral
Education Expansion**

► The N.E.A.T. Program® Supports
Breast Cancer Patients

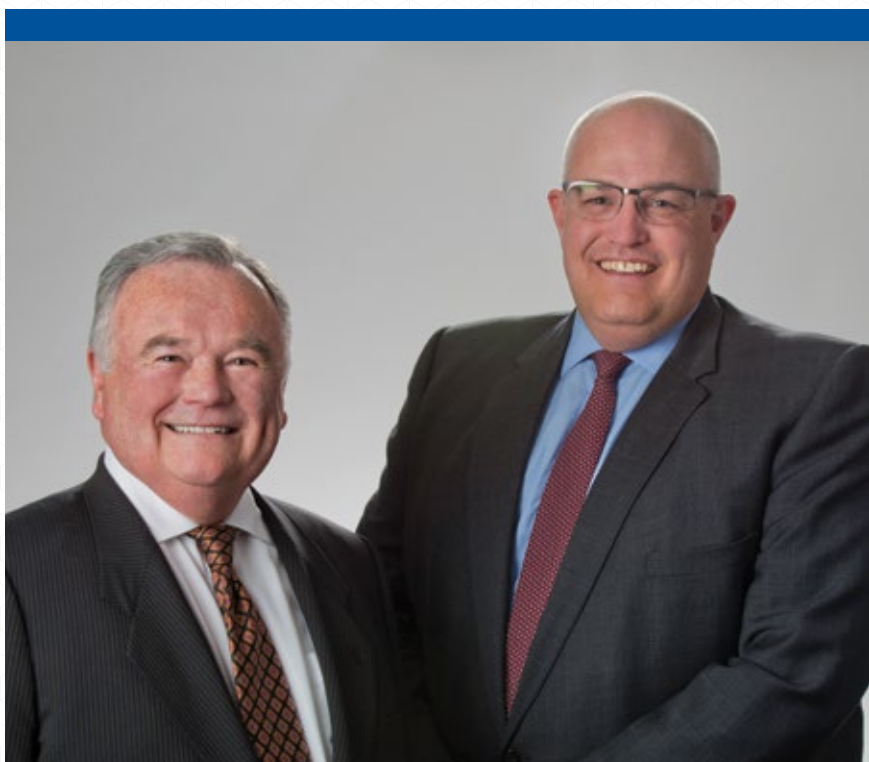
► Health Shots: Puttin' on the Pink,
Little Black Dress

Dear Friends

Happy summer! At Texas Health Resources, we've been busy rolling out a major new initiative to transform the health and well-being of our communities by going beyond the walls of our hospitals through Texas Health Community Impact. Our approach is a simple one – we believe your ZIP code shouldn't be more important than your genetic code when it comes to your health.

After only a few months, we have already made transformational differences in these communities by bringing together first-time partnerships and unprecedented collaborations through grants. You can read more about this in our feature story on page 4.

We are committed to investing in our communities and you, our generous donors, are helping us achieve this. Through your partnerships, we have been able to continually fund The N.E.A.T. Program® at Texas Health HEB to help breast cancer patients recover from treatment through a multi-focused wellness program. This amazing group of women is highlighted in our Your Gift at Work section. And partnerships with grateful families, like the Sibley's story on page 8, show how the care received in our hospitals inspire patient families to give back to help other families we serve.



As we continue to fulfill our mission, it is through the great work of many that we do this. We have a new section in our magazine called Mission Moment, which features an employee or volunteer living our Texas Health mission through the work they do. Vanessa's story gives a wonderful example of our mission in action as she utilized the resources made available to her by generous supporters to earn her nursing degree and use her passion and talent to help her patients. We hope you will be inspired by her story as we were.

Collaboration can achieve so much for our communities. We thank you for your support and ask that you join us, once again, on September 19 for North Texas Giving Day! Your gift matters and truly makes the difference for those we serve.

Sincerely,

James K. (Jay) McAuley
President
Texas Health Resources Foundation

Bill M. Lamkin
Chair, Board of Trustees
Texas Health Resources Foundation

4 Texas Health Launches New Community Impact Initiative

The program awards \$5.2 million in grants to North Texas communities to address mental health and food insecurities in vulnerable populations



13 Clinical Pastoral Education Expansion

Texas Health Dallas to add CPE residency program on campus



Regular Features

3 Heard Around the System

7 Trustee Spotlight

Chris Skaggs

8 Healing Hands

Part of the Family

9 Your Gift at Work

The N.E.A.T. Program®

10 Health Shots

12 Mission Moment

Texas Health Plano Nurse
Says She's Living the
American Dream

14 News Around the System

16 Charitable Gift Planning

3 Easy Ways to Leave a Legacy

17 Save the Date



“I give because I want our communities to have access to the services we need most to improve health.”

- Sue Rebstock, Circle of Giving Society Donor

By making a cumulative gift of \$1,000 or more during a calendar year, or by making gifts for 10 consecutive years, you become a valued donor of our Circle of Giving Society.

Your gift supports strategic initiatives designed to ensure that women, children and families across our community receive the care they need – regardless of their economic means or insurance status.

Your Circle of Giving Society membership also enables you to enjoy exclusive benefits and invitations to VIP events throughout the year.

To join the Circle of Giving Society, please visit TexasHealth365Fund.com or call Charlyn Webb at 682-236-5249.

 **Texas Health Resources**
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Heard Around the System

"My brother passed away at Texas Health Dallas last weekend, and the last day was brutal. He was on the Oncology floor in Jackson, and our family wanted to reach out and send special thanks to his nurse, Maria. She administered his pain meds with tears streaming down her face and as a family, it was so touching to know she cared so much and was hurting with us. We all hugged her goodbye as we walked behind his stretcher up to the hospice floor and will never forget her kindness. Please let her know how much her sweet care meant to our grieving family."

— Texas Health Presbyterian Hospital Dallas

"My father was recently brought to the ICU, and we received amazing care. Everyone from the doctors to the housekeeping staff were professional, kind, and willing to go above and beyond to make my family as comfortable as possible. I would like to single out three nurses in particular. Damon was honest with Dad's condition, but had a demeanor that showed me that he truly cares for his patients. Sarah was very professional, took time to give us detailed updates, and kept us smiling the entire day she was with us. Stephanie kept watch overnight for us. She was kind, sweet, and always had a smile on her face for us. All of our experiences with Texas Health Southwest have been amazing. This is one of the best hospitals in DFW."

— Texas Health Harris Methodist Hospital Southwest Fort Worth

"Just wanted to give a shout out to some amazing people from our visit yesterday. From the front desk as soon as we entered, we were greeted by Helen. From there, we went to registration and met Lauren. Upon entering the pre-op area, we met Catrina who attended to my husband who was having his very first ever surgery. She assured him this was going to be okay. While in the pre-op area we also met Allison and Ro. All three of these ladies are just funny and very good at what they do. From there we met the anesthesiologists Denise Kelly and Dr. Clark. Both went over the procedures with my husband and made sure he was not anxious. Nurse Alda went over things with him again on what would be happening and that she would be in the OR with him the whole time. After surgery in recovery, we met Cathy. She took very good care of him and made sure he was comfortable. The team at the hospital took wonderful care of my husband, and I wanted to make sure that they were given a kudos and job well done. Dr. Shabout was his surgeon, and he is just awesome. Thank you and have a blessed day."

— Texas Health Harris Methodist Hospital Alliance



Let's Get Social!

Follow Texas Health Resources Foundation on Facebook and Instagram for exclusive access to event photos, contests and behind-the-scenes content that provides a glimpse into how your support of the Foundation makes an impact on our community.





Texas Health Launches New Community Impact Initiative

The program awards \$5.2 million in grants to North Texas communities to address mental health and food insecurities in vulnerable populations

In April, Texas Health Resources announced that it awarded \$5.2 million in grants across 12 programs covering five different regions across North Texas. The initiative, called Texas Health Community Impact (THCI), launched in 2018. THCI is a new approach to investing in community health improvement projects by pinpointing specific “vulnerable” ZIP codes to address social determinants of health before they result in chronic disease and premature death.

“Texas Health Community Impact is one of Texas Health’s commitments to live our nonprofit, faith-based health system’s mission: To improve the health of the people in the communities we serve,” said Texas Health CEO Barclay Berdan. “It’s said that a person’s ZIP code has a greater impact on their health than their genetic code. That’s why we’re reaching out into the communities we serve and hoping to make a real difference in the health and well-being of people in these areas of North Texas.”

Each grant was awarded to programs that are both innovative and prioritize collaborative partnerships among multiple, community-led organizations for maximum impact on a local level. The initiative calls on agencies from different sectors — education, health care, government, grassroots organizations and others — to unite against identified issues.

“This is our opportunity to play a role in upstream issues that impact health and



well-being,” said Catherine Oliveros, DrPH, Texas Health’s vice president of Community Health Improvement. “Siloed efforts have limited success. If we are really going to transform health and health care, we must transform systems and communities.”

The success of each program will be measured regularly based on data-driven outcomes. The grants are considered “seed money” with plans for further financial support to be gathered in the communities to meet long-term goals.

In assessments leading up to awarding these grants, THCI found that mental health needs came up repeatedly. Areas where seniors and youth lacked access to food and were socially isolated led to depression and physical problems. Living in food deserts (areas that lack healthy food options) can result in chronic ailments, such as diabetes and heart

disease, that damage the well-being of individuals and entire neighborhoods. The first grants largely target seniors living in isolation and youth in traumatic situations—both populations often with food insecurity issues—that leave these groups vulnerable to behavioral health issues.

The nonprofit organizations involved in the success of these grant projects will work alongside Texas Health staff from across the region as well as Texas Health Community Impact’s Leadership Councils. These councils are made up of community leaders in five geographic regions of North Texas comprising 401 ZIP codes. The Parkland Center for Clinical Innovation, based in Dallas, was awarded the evaluation contract for the initial 18-month grant cycle.

Continued next page

Unprecedented Collaborations

After only a few months, these grants have already made transformative differences in the communities they are designed to serve by bringing together first-time partnerships and unprecedented collaborations. In some cases, these collaborations may even have been made with competitors.

Susan Modisette, assistant superintendent for campus services in the Plano school district said of the PlanoUp! grant that it helped them better view their plan through the eyes of the student or student's family and create simpler access to a broader range of services.

"The very parameters of this grant proposal, which encouraged close collaboration among independent community entities was an innovative approach to serving students' needs," she explained. "While it seems a simple concept, gathering six organizations to brainstorm solutions around a common



issue was not something any of us had previously done to this degree."

Pat Driscoll, chair of the Texas Health Community Impact Dallas/Rockwall Leadership Council agrees. "Effectiveness is limited when we work individually, but together we can maximize our impact."

As another example, the Connections Project, a collaboration led by Senior Connect in Kaufman, brings together more than a dozen organizations and service providers to develop community gardens, senior pen pal programs with

local junior high students, meal services, medical screenings, mental health resources and more.

And perhaps one of the best illustrations of how collaboration is transforming communities in North Texas can be seen with the first-time partnership between the cities of Cleburne and Keene.

"We are having to rethink our city boundaries and agency boundaries," said Aly Engstrom, CEO and President of United Way of Johnson County. "For the first time in decades, we have churches, universities and colleges, agencies (local and state) and volunteers from throughout the county who are committing to addressing the issue and uniting resources to accomplish a goal that has never been even contemplated until now."

For more information on how you can support the work of Texas Health Community Impact, please contact Shannon Fisher at 682-236-5965 or ShannonFisher@TexasHealth.org.

Below are some highlights of how grant money will be allocated by region:

Collin

Beyond Blue is a collaboration of six different nonprofit organizations that was awarded \$450,000 to improve behavioral health services for seniors diagnosed with, or at risk for, depression in McKinney's 75069 ZIP code. By identifying risk factors like isolation and lack of resources early, the project hopes to intervene proactively to improve mental well-being before a depression diagnosis manifests.

PlanoUp! was also awarded \$450,000 to bring mental health and social services to children at risk for depression in Plano's 75074 ZIP code. Six organizations are working with Plano Independent School District to bring these services to campus, where students spend more than 180 days a year.

Dallas/Rockwall

More than \$1.1 million dollars was awarded to Well Together, a behavioral health initiative targeting three different ZIP codes in Dallas (75212 and 75217) and Rockwall (75032). Five different agencies are collaborating on this project to improve mental health awareness, reduce the stigma of mental illness, and improve pathways to care to overcome barriers. Well Together partners include Avance North Texas, The Center for Integrative Counseling and Psychology, Dallas Leadership Foundation, Lake Pointe Church, and University of North Texas at Dallas.

Denton/Wise

Sanger Independent School District was awarded a \$300,000 grant to address resiliency, food insecurity and lack of transportation for youth ages 12 to 18 in ZIP code 76266. The program, Together Harnessing our Resources to give Individuals Voice and Empowerment (THRIVE),

brings assistance directly to students in need, through a collaboration between Sanger ISD and five partners.

Tarrant/Parker

United Way of Tarrant County is leading the Community Health Opportunities Impact Collaborative for Equity in Tarrant and Parker Counties (CHOICE-TPC) to address depression and social isolation, as well as social determinants of health that result in health inequities in three ZIP codes in this area. The \$1.15 million grant brings together several organizations including some that have never worked together to offer a multi-sector, multi-system, multi-agency partnership to serve vulnerable adult and senior populations in these targeted areas.

Southern

A grant of \$300,000 was awarded to Senior Connect to lead a collaborative called Connections Project to address depression and social isolation and increase access to healthy food for low-income adults age 55 and up in Kaufman County (75161 and 76143).

Tarleton State University was awarded \$300,000 to lead a collaborative called Texans Reducing Food Insecurity and Depression by addressing depression, social isolation and food insecurity for low-income adults age 55 and up in Stephenville (76401 and 76402).

United Way of Johnson County was awarded \$300,000 to address social isolation and depression and increase access to healthy food in a new partnership between Cleburne and Keene called Johnson County Supporting Our Seniors.

Trustee Spotlight

Chris Skaggs

Turning a tragedy into something positive, Chris Skaggs comes full circle from patient family to volunteer, donor and champion for Texas Health

For Chris Skaggs, the delivery of his twins on May 26, 2011, sent him on an unexpected trajectory that would create a ripple effect for years to come of helping other families.

Born at Texas Health Presbyterian Hospital Plano at only 28 weeks and six days gestation, Leighton Sophie Taylor and Jaxon Cohen were tiny fighters who were amazing their parents and hospital staff with their progress. But on June 26, 2011, Chris and his wife Amy received a call in the middle of the night that Leighton had an unusually high fever and was diagnosed with Late Onset Group B Strep, which took over her little body and within 48 hours she passed away.

"On our journey we experienced joy, heartache, excitement and anticipation, and through it all, Texas Health has been there for us."

Determined to create a legacy for Leighton with a mission and purpose to turn what was a tragedy into something positive, the Skaggs founded Leighton's Gift in 2013 to help other Neonatal Intensive Care Unit (NICU) families.

"When we were in our final hours with Leighton, we were fortunate enough to be in a private room outside the NICU to

say our final goodbyes," said Chris. "That room, Camp Christopher, was provided by a family we would later find out had been in our exact same situation. We were inspired by that family's generosity to give back."

Their first project involved successfully raising funds to purchase and install 45 webcams for every NICU bed at Texas Health Plano – the only home Leighton ever knew. This technology has since expanded to all Texas Health NICUs, providing families the ability to see their baby on any web-enabled device when they are not able to be there in person.

Throughout these last eight years, the Skaggs have been advocates for the Texas Health system, supporting philanthropic needs and giving of their time, with Chris joining the Texas Health Resources Foundation board in 2017. He will step into the role of board chair next year.

With the completion of the NICU webcams project, Leighton's Gift is partnering again with Texas Health Plano to help support a \$2.4 million expansion and renovation of the hospital's NICU to meet the demand for services and improve the patient experience. The primary focus is to add a family center with eight sleep rooms to the existing facilities. Currently, the NICU has two rooms, originally designed almost a decade ago as bereavement rooms and do not provide the level of space and comfort required by families who need overnight stays.

Through Leighton's Gift, the Skaggs have pledged to raise \$200,000 towards the project.

"Back in 2011, we had no idea the path our family story would take," shared Chris. "On our journey we experienced joy, heartache, excitement and anticipation, and through it all, Texas Health has been there for us. Our commitment to the NICU Family Center once again gives us the opportunity to be involved with giving back to an organization that has so richly blessed us."



Healing Hands

Part of the Family

One family's gratitude for care inspires them to pay it forward to Texas Health Dallas

When Dusty Sibley was admitted to the Gastrointestinal Unit at Texas Health Presbyterian Hospital Dallas in January 2018, he and his wife Andrea had no idea what was in store over the next several months. Dusty was diagnosed with ulcerative colitis, and his condition was problematic enough that he needed to have his colon removed.

"During our long stay at Texas Health Dallas the staff was completely amazing, and we built relationships with several of the nurses. They got to know us and our kids, and they became a little family."

"During our long stay at Texas Health Dallas," explained Andrea, "the staff was completely amazing, and we built relationships with several of the nurses. They got to know us and our kids, and they became a little family."

After the Sibleys returned home, they realized that despite the great advice they received on how to properly prepare for living with an ostomy, there were still so many odds and ends they didn't realize they needed. The family decided that they would form a nonprofit called No Guts All Glory to pay it forward to others undergoing similar health issues. Their goal is to increase awareness about ulcerative colitis, Crohn's disease and



The Sibley family with Julie Balluck, Texas Health Dallas CNO, Nina Castillo, Texas Health Dallas GI Unit Nurse Manager, and Vanida Vongdara, Texas Health Resources Foundation Gift Officer.

colon cancer, and offer support to those living with these conditions.

The Sibleys put together care packages for patients in the GI unit with necessary supplies, and when relevant, can offer a children's book and ostomy bear to help explain the condition to children. They also recently raised \$5,000 at a Top Golf Fundraiser to help purchase a Sara Stedy, which assists patients to safely get into a standing position.

"We are grateful to the Sibleys for their generous gift, which will allow us to better prepare our patients for discharge after colon surgery," said Julie Balluck, interim chief nursing officer at Texas Health

Dallas. "We share in their vision to support patients with the adjustment of living with a colostomy, and our teams are thrilled to have the Sibley family as tremendous partners in this work."

The Sibley family looks forward to continuing to support Texas Health Dallas, and also offer patient support closer to home in Frisco.

"We leave a calling card with every care package, and a few people have reached out afterward to say thank you," said Andrea. "They say what a blessing it is to know they aren't alone."

Your Gift at Work

The N.E.A.T. Program®

Philanthropic support provides women undergoing breast cancer treatment with nutrition, exercise and attitudes for tomorrow



For anyone undergoing breast cancer treatment, the physical symptoms, as well as the emotional stress, can feel all-encompassing.

With this in mind, The N.E.A.T. Program® (Nutrition, Exercise, Attitude for Tomorrow) was started in May 2000 by Drs. Mary Brian, Lea Krekow and Janice Tomberlin to help patients recover from cancer treatment by reducing nausea and fatigue through proper nutrition and exercise. As a multi-focused wellness program, it is designed to help breast cancer patients cope with the effects of breast cancer treatment by regaining strength, maintaining and improving energy levels, and increasing tolerance to the cancer treatments.

Supported fully through philanthropic donations, N.E.A.T. provides patients free recovery exercise including stretching, abdominal, cardiovascular and strength

training based on the patient's ability, through classes at the Texas Health HEB Fitness Center. Other offerings include a Zumba class as well as yoga. Many N.E.A.T. participants have paid it forward by also becoming donors to the program so that others may attend without financial worry.

"It doesn't matter where we are from, what our age is or what we have been through – N.E.A.T. is our common ground," shared Patti Markos, N.E.A.T. participant. "We exercise while having fun and making lasting friendships. Through N.E.A.T., we are improving our bodies, our outlook and our attitude, moving toward tomorrow and the blessings to come."

Since the program began, it has served more than 300 women with 50 breast cancer survivors currently participating regularly in the fitness classes. Among those 50 are some original members of

N.E.A.T. still active in the program after 19 years. While it has been instrumental in helping them physically, it has also helped them develop relationships with each other, serving as a support group with a special solidarity of having traveled a similar journey. Beyond their fitness classes, many in the group enjoy luncheons, picnics, Christmas parties and other fun events together.

"They welcome new women into this sisterhood with a sensitive heart," said Sandy Angell, program coordinator. "Their fellowship and camaraderie are amazing to watch. They are my heroes in health and fitness, determined to continue in the fight."

For more information on how you can help support The N.E.A.T. Program®, contact Lisa Brown at 682-236-5233 or LisaBrown@TexasHealth.org.

Health Shots

Puttin' on the Pink March 27, 2019

More than 1,000 guests came out to support Puttin' on the Pink's 26th anniversary fashion luncheon at the Fort Worth Convention Center. Attendees gave generously through sponsorships, ticket and raffle sales, as well as three-minute challenge donations, raising more than \$326,500 in net proceeds for mobile health outreach at Texas Health Harris Methodist Hospital Fort Worth. Hosted by the Kupferle Health Board and co-chaired this year by Sona Dave and Courtney Mitchell, the event provides critical mobile health services to underserved women in Fort Worth and surrounding communities. Guests also enjoyed a fashion show featuring Betty Reiter, Hadleigh's, Nardos Design, Q Clothier, Tootsies, and You Are Here.



Puttin' on the Pink: Clockwise from top: (From left) Puttin' on the Pink 2019 Co-Chair Courtney Mitchell, Kupferle Health Board 2019 Chair Dana Quisenberry, Puttin' on the Pink 2019 Co-Chair Sona Dave • 2019 Survivor Models • Survivor Model Krishna Broker • Survivor Model ShelVonna Jerry • Runway Models

Little Black Dress Girls Night Out April 5, 2019

The ladies of Allen joined us at the sixth annual Little Black Dress Girls Night Out at Delta Marriott Dallas Watters Creek to support Texas Health Presbyterian Hospital Allen. The event raised almost \$97,500 in net proceeds to bring mobile health outreach services to the community and surrounding area. Chaired by Kelly Strander, the event included table games, dinner, and live entertainment and dancing, as well as a wine and Kendra Scott jewelry pull. Guests were welcomed by hospital President Jared Shelton and comedian Kristin Wagner was emcee for the evening.



Little Black Dress: Clockwise from top: 2019 Little Black Dress Committee (From left) Devika Dandona, Audra Belger, Amber Nolan, Brandi Early, Kelly Strander, Jacquie Stevens, Mary Stiles, Mary Pervis, Dr. Chanda Reddy, Dr. Radha Iyengar • (From left) Christen Morton, Monica Schoenemann, Kimberly Brown, Bonnie Chau, Mary Holland, Lauren Uriegas, Audrey Burns, Tabitha Garcia, Jadi Pylant, Ashley Smith, Jennifer Parlett, Jackie Hill, Beth Carroll, Elizabeth Lyle, Lorien Breckenridge, Sindhu Gundimeda, Susan Hewitt, Emily Yackey • (From left) Urvi Doshi, Suma Putcha, Sweta Hari, Sireesha Yang, Dr. Chanda Reddy • (From left) Courtney Zorn, Mary Stiles, Rhiannon Evans • (From left) Jenny Lee, Amber Nolan, Audra Parker, Shannon Gold, Erica White Colmenero

Mission Moment

Vanessa Lozada

Texas Health Plano nurse says she's living the American dream

Vanessa Lozada's journey began in Colombia, where she lived until she was 15. When she arrived in New Jersey, she didn't speak English and more challenges were ahead when she moved to Texas.

But always, she knew she wanted to be a nurse.

"When I was little I loved taking care of wounds. I even enjoyed taking care of animals that were sick or hurt," Vanessa said.

With nursing in mind, she applied for a unit secretary job in the Emergency Department at Texas Health Presbyterian Hospital Plano shortly after she arrived in Texas in 2007.

"I had never been a secretary before. I had just had a baby. I just wanted to be a nurse and I knew if I got into a hospital it would help me," she said.

Today, Vanessa has worked every nursing job in the department, all the way to supervisor, her current position. Along the way, she earned both an associate's and a bachelor's degree in nursing, all through the Texas Health tuition reimbursement program. And this year, Vanessa is utilizing the Nursing Excellence Fund to attend the Emergency Nurses Association Conference to further her education. Supported through fundraising efforts, the Nursing Excellence Fund provides continuing education and conference scholarships for nurses throughout the Texas Health system.

"I'm just very grateful for Texas Health," she said. "Texas Health really has paved the way for my success. If you want it, there's always a way, because we have so many resources."



Vanessa Lozada utilized the system's tuition reimbursement program to get her associate's and bachelor's degrees.

Vanessa had always wanted to be a labor and delivery nurse, but she fell in love with the Emergency Department.

"Every day is something different," she said. "And you get to take care of people from the moment they're born until they're older. Zero to 105 – that was the oldest person I've taken care of. We know a little bit of everything. You feel like you really can function anywhere, no matter where you go."

She earns high praise from her supervisor and was among 39 Texas Health Resources nurses named to the *DFW Great 100 Nurses* list this year.

"She's a natural leader, well-respected by her colleagues," said her supervisor, Scott Flockhart, clinical manager of the Emergency Department. "She's fantastic clinically. The patients love her; physicians love working with her. She's a great mentor to the staff and has a huge heart for everyone she comes in contact with."

Added Vanessa, "This is the American dream. I'm proof that someone who comes from a Third World country and has the drive and does the right things — good things happen to them."

Contributing writer: Judy Wiley

Clinical Pastoral Education Expansion

Texas Health Dallas to add CPE residency program on campus

Clinical Pastoral Education (CPE) began in 1925 at Worcester State Hospital in Massachusetts, as an interfaith education program for specialized ministry in clinical settings. CPE is an intensive training that joins chaplains with theological students where they practice giving spiritual service to individuals in hospitals and other medical settings.

In 1984, Texas Health Harris Methodist Hospital Fort Worth started its first accredited CPE residency program. The focus of the program is on how to integrate faith and spirituality into patient care, and the unique resource chaplains can be as part of a clinical care team.

"Our chaplains work with the patient and clinical team to come up with a care plan that aligns with the patient's values," said Elizabeth Watson-Martin, vice president of Faith and Spirituality Integration at Texas Health. "What distinguishes us as a faith-based institution is that we're able to serve the spiritual needs of our patients in an integrated, authentic way. We care for mind, body, *and spirit* in the way we live the mission of Texas Health."

For Nicholas Hamilton, a 2019 graduate of CPE's five-month internship, military chaplain and pastor of a congregation in Alvarado, the program offered him a type of authentic ministry experience he couldn't get elsewhere.

"When I was able to visit my congregants in the hospital as a chaplain, I was able to offer a whole new level of care," said Hamilton. "Not just spiritual care, but confidence that they were in good hands with the clinical staff."

Historically, CPE has been a well-supported program at Texas Health Fort Worth, but as Texas Health has grown, it has presented new challenges to meet the pastoral needs of all communities it serves.



(From left) Spring/Summer 2019 CPE Graduates Carl G. Lorey, Nicholas Paul Hamilton, Sam Varghese, and Maxwell Levi Urbina Jarquin with Texas Health CPE Director Lerrill White (center).

"The director at that time, John Schaub, saw the wisdom of getting an endowment to meet the changing needs of pastoral care, so that its legacy could continue," explained Watson-Martin. Now, the CPE program is expanding to Texas Health Dallas, and the hope is to have centers in additional Texas Health hospitals in the future. The endowment, in its current state, is no longer big enough to support this growth.

"We need each community to create an endowment to support pastoral care at their hospitals, with the aim toward being self-sustaining," explained Lerrill White, director of Clinical Pastoral Education at Texas Health. "Each CPE graduate is an investment in the community and an ambassador of faith in promoting

community health strategies. The positive collateral effects of receiving this world-class training is that each graduate takes a deeper, more authentic pastoral care practice back to their congregations and communities."

"Ensuring a strong future for pastoral care at Texas Health," he said, "is not just a commitment to quality patient care, it's a commitment to protecting the long-term health of our communities."

For more information on how you can support pastoral care and education, please contact J.R. Holland at 817-250-1627 or JamesHolland@TexasHealth.org.

News Around the System



Cobb Hill Pocket Park Dedication

In May, leaders of Texas Health Resources, UT Southwestern Medical Center and community members joined for a dedication of the new Cobb Hill Pocket Park located at Texas Health Hospital Frisco.

Thanks to the generous contributions from their employees, Austin Commercial provided the funding for Pocket Park. Invited attendees heard from Texas Health

CEO Barclay Berdan and UT Southwestern Executive Vice President for Health System Affairs Dr. John Warner as well as newly appointed President of Texas Health Frisco, Brett Lee – all who spoke on the importance of coming together to create an outdoor space for the health and well-being of the community.

Pocket Park will bring healing to patients by offering a space to get fresh air and

sunshine outside the walls of the hospital and will provide a space for exercise and play for families in the local area. During the dedication, The Frisco Heritage Association unveiled a marker with the rich history of the community and the W.C. Cobb family who owned the land that the new park and health campus reside on.

Texas Health Employees Donate Nearly \$1 Million in April

For the past 18 years, Texas Health Resources employees have participated in the Associates campaign, an annual employee giving campaign that raises money for hospital programs, projects and services, including nursing scholarships, mobile health outreach, cancer support, capital construction projects and patient assistance programs.

In April, more than 4,300 employees generously pledged more than \$980,000 in financial support to Texas Health. Since the campaign's inception, approximately \$15 million has been raised by employees for new facilities, technology, community outreach and continuing education at Texas Health – providing visitors to our hospitals with quality health care and our own employees with career opportunities through scholarship grants.

Texas Health Denton's \$128 Million Expansion

A \$128 million labor and delivery center is scheduled at Texas Health Presbyterian Hospital Denton. The 160,000 square-foot building will serve as an expansion for the growing Denton County area.

The hospital expansion will include 12 labor and delivery rooms, 30 postpartum and antepartum beds, and two dedicated surgical suites for C-sections. It will also have a breast center and areas for physical therapy, cardiac rehab, sleep center, and support services. Construction, which is expected to be complete in 2022, will also include 10 emergency department beds.

Population growth in the area means the hospital expects deliveries to increase by 40 percent over the next 10 years.

"As the sole provider of OB and NICU services in Denton, we are especially excited to build a new facility for our patients," said Jeff Reecer, president of Texas Health Denton.



Texas Health, DispatchHealth Collaborate to Deliver Mobile Medical Care at the Doorstep



In May, Texas Health Resources Foundation Board Trustees participated in a demonstration with the DispatchHealth technology at Texas Health Resources. Pictured from left, Board Trustees Steve Steed, Chris Skaggs and Ken Jarvis with DispatchHealth team members.

DispatchHealth, a national provider of on-demand mobile care, is collaborating with Texas Health Resources to provide modern-day house calls to Dallas-area residents. Patients can now receive urgent care in the comfort of their own homes and potentially avoid emergency room visits.

"This new offering is an important step in delivering care that meets the needs and lifestyle of each individual," said Winjie Tang Miao, Texas Health's chief experience

officer. "This is about offering convenient and affordable care, when and where people need it most."

DispatchHealth medical teams treat clinical problems such as pneumonia, respiratory infections, skin infections and minor trauma for residents in select Dallas ZIP codes. The DispatchHealth medical teams, which commute to the location of patients via an SUV outfitted with various medical supplies, arrive with the ability

to treat clinical problems. Services are conveniently requested via phone, web or mobile app, and the medical team is dispatched to the patient's location in less than two hours.

This collaboration also enables Texas Health Physicians Group providers to facilitate home-based care for patients with chronic conditions. A visit from DispatchHealth could provide an early intervention that would keep a patient from needing to be admitted to the hospital, for conditions such as complications related to congestive heart failure or a minor post-operative issue that doesn't need to be treated in an emergency room.

"This is a game changer for us as it meets the growing demand to bring more complex care to individuals where it's convenient for them," Miao said. "The medical cost for a visit by one of these mobile units is nearly a tenth of the cost of the average ER visit and is covered by most insurers. It's what our community wants."

DispatchHealth is available in the Dallas area seven days a week, 365 days a year from 8 a.m. to 10 p.m. local time. Patients can request care by calling 214-377-1791, using the free DispatchHealth mobile app or visiting DispatchHealth.com.

Charitable Gift Planning

3 Easy Ways to Leave a Legacy



If you think that the only way you can leave a legacy at Texas Health Resources is by creating a sizeable estate gift that involves extensive professional advice, think again.

Sometimes there is a misunderstanding when people hear about estate gifts. Headlines that declare “biggest ever” might come to mind. What people don’t realize is that those headline-making estate gifts are anomalies. Most estate gifts are modest in size and often consist of resources many of us have.

One of the easiest ways to make an impact on our mission is to designate us as a beneficiary of one of your assets, such as a retirement plan account, life insurance policy or bank account. These gifts cost nothing now. Plus, you retain

complete control over the assets during your lifetime and can spend the money as you wish. By naming us as the beneficiary, you simply allow for any leftover funds, or a portion of those funds, to transfer to us after your lifetime.

These are gifts you can easily set up yourself. Here are the three things you need:

1. **A phone.** Call the administrator of your retirement plan, bank account or insurance policy.
2. **A form.** Request a change-of-beneficiary form.
3. **A pen.** Fill out the form and return it to the administrator.

Then call us to let us know about your generosity! It would be our honor to thank you for your gift.

Bring in the Professionals

If you have a will and previously worked with an estate planning attorney, it’s a good idea to include that person in your planning process when designating or updating your beneficiaries. Your attorney can make sure that as you add or adjust pieces to your estate plan, it remains cohesive and logical for your current circumstances.

For more information on how you can make an impact, please contact Lesley Atkinson at 682-236-5238 or LesleyAtkinson@TexasHealth.org.

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Save the Date

Mark your calendars for the remainder of the Texas Health Resources Foundation's 2019 events, raising funds for Texas Health's family of hospitals.

Oct. 5 Levis and Lace



Oct. 14 28th Annual Golf Tournament



Nov. 9 Black Tie Ball



Dec. 7 Breakfast with St. NICUlas



For more information on these events or to purchase tickets, visit TexasHealth.org/Foundation-Events

612 East Lamar Blvd., Suite 300
Arlington, Texas 76011

682-236-5200
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out more about the Foundation or
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Your Gift Matters!

Our impact is greater when we give together. Plan to donate to Texas Health Resources Foundation on September 19, 2019 from 6 a.m. to midnight and help make the difference for your North Texas neighbors.

Be a Super fan and Help Us FUNdraise!

Join us as a champion for Texas Health by creating your own FUNdraising page to help us reach our goal. For more details and tips, check out the FUNdraising pages toolkit on NorthTexasGivingDay.org.

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