

In Touch

TEXAS HEALTH RESOURCES FOUNDATION

SUMMER 2023



North Texas Healthy Communities Tackling hunger from all sides

▶ **Circle of Giving Spotlight:**
Meet a few of our
generous donors

▶ **Puttin' on the Pink 2023:**
Celebrating 30 years of
giving back

▶ **Texas Health Allen:** Stroke center
certification achieved

Dear Friends

“I just wanted to offer a heartfelt thank you to the professionals who performed and assisted with my care at Texas Health Presbyterian Hospital Plano, particularly the nursing staff who were especially thoughtful and kind. I deeply appreciate you noble souls who focus your time and energy on the helping professions. Thank you!”

– Grateful patient at Texas Health Plano

Healthcare is certainly an industry filled with noble souls. They are most often seen in the patient care areas, but they also can be found beyond the patient rooms and walls of Texas Health hospitals.

Take for instance, the programs that extend into our communities to help the less fortunate. The noble souls that run, volunteer, and donate to these programs make a difference in the world we all share.

North Texas Healthy Communities, an arm of Texas Health, is filled with those noble souls. Founded in 2019, the team has made excellent progress in helping feed our families, especially with fresh produce, along with improving literacy among our youth. You can read more about North Texas Healthy Communities, the long-term impact it makes on the health of the people in our neighborhoods, and its vision for expansion on Page 4.

Of course, our noble souls take the time to have fun for a good cause too. That was evident at this year’s 30th Pearl Anniversary of the Puttin’ on the Pink Fashion Show and Luncheon. There we celebrated 30 years of giving back to the community through the Wellness for Life® Mobile Health program. In those three decades, more than 111,000 mammograms, in addition to thousands of other screenings, were provided to women who couldn’t afford them on their own. See photos from our celebration on Page 12.

As we roll through another Texas summer, Texas Health will continue to advance our mission to improve the health of the people in the communities that we are so privileged to serve because of the noble souls, like you, that generously give for the benefit of others.

Gratefully,



Laura McWhorter
President, Texas Health Resources Foundation



Foundation staff recently volunteered at LVT Rise in Fort Worth to help provide healthy food and fresh produce to the community.

4 Healthy Food Is Good Medicine

North Texas Healthy Communities is working to expand important services to feed the hungry in North Texas.



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Celebrating 30 years of raising funds for the Texas Health Wellness for Life® Mobile Health program!



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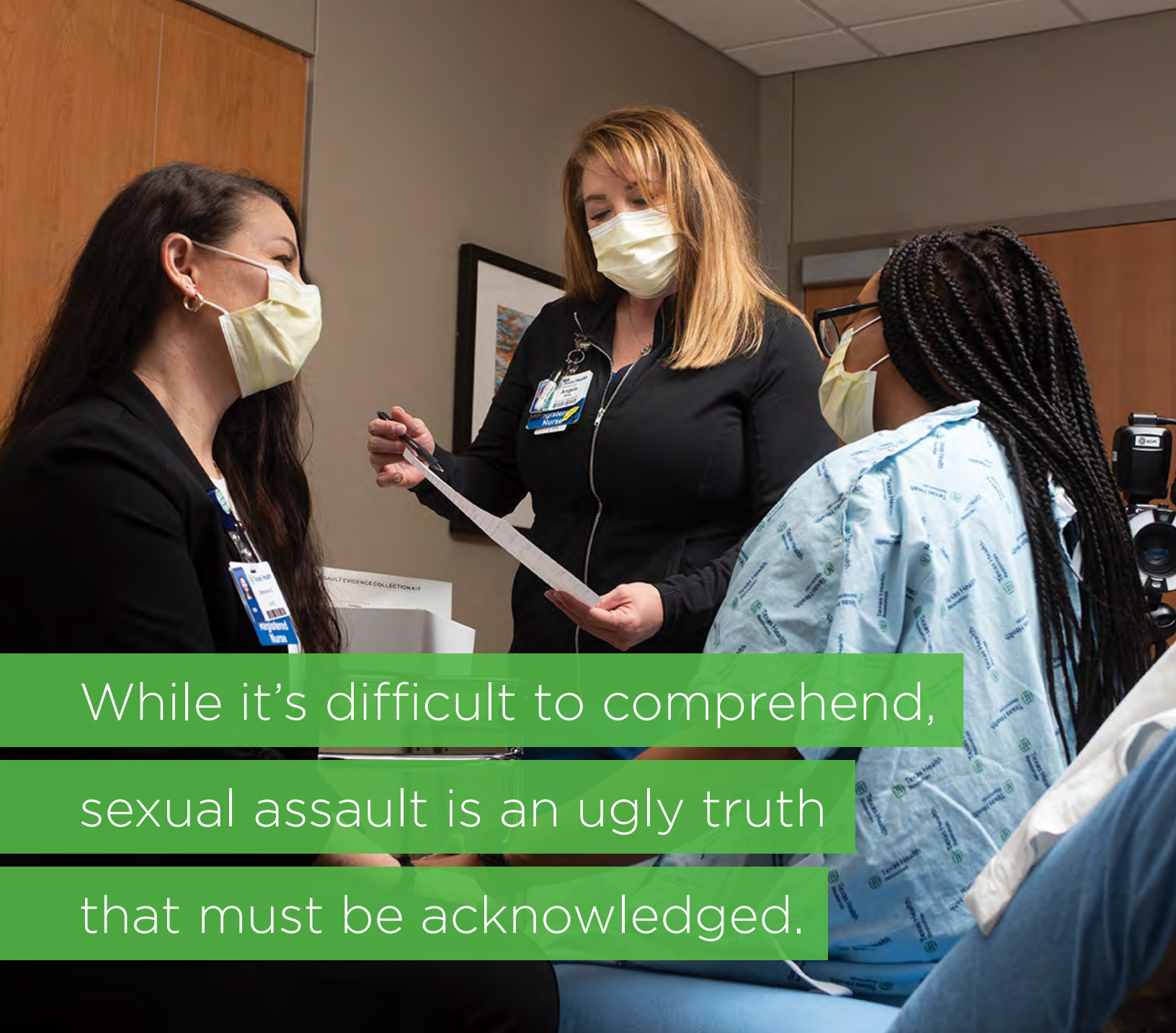
A family gives back, providing the same comfort to others that they received after loss.

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On the cover: Learning gardens in high-need areas of North Texas can help students achieve higher test scores.

Cover photo: *Truitt Rogers*





While it's difficult to comprehend,
sexual assault is an ugly truth
that must be acknowledged.

In 2010, the Sexual Assault Nurse Examiner (SANE) program opened at Texas Health Presbyterian Hospital Dallas to help those who are victims of this terrible crime. As the first SANE program in Dallas County, the Texas Health SANE program has grown to cover almost all of North Texas with more than 13 programs across the Dallas-Fort Worth Metroplex.

Since the implementation of SANE programs throughout the U.S., a Department of Justice report showed a 95% increase in successful prosecution of cases where evidence was collected by a SANE-certified nurse. The Department of Justice calls the SANE program “the best development in victim services in the last 20 years.”

Help grow the SANE program today by donating at <https://www.texashealth.org/DonateSANE> or use this QR code:



Heard Around the System

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We work hard to keep our mailing list correct. We regret that occasional errors or duplications may occur. If that happens, please contact the Foundation at 682-236-5200.

“I wanted to praise the lady who cleaned my room. I was suffering from the baby blues, crying a lot and having a hard time. When she came in she completely lifted the whole spirit of the room. She was so kind and caring! I needed that so badly. I will never forget her and how wonderful she made me feel.”

— Texas Health Southwest

“I went to Texas Health Allen hospital for a double mastectomy. From the moment I walked in until I left, I was met with kind and compassionate people who took the best care of me. To have to go through this procedure and to deal with breast cancer, has been an emotional, exhausting, and frightening experience. However, the professionals at Texas Health Allen made it much more bearable than I thought it could be.”

— Texas Health Allen

“I had a recent stay on your hospital in Arlington. I have to admit that I was totally blown away by the care that I was given. Your nursing staff is among the kindest and most caring group of people that I have encountered since my move to Texas. Simply put: BEAUTIFUL PEOPLE.”

— Texas Health Arlington Memorial

Let's Get Social!

Follow Texas Health Resources Foundation on Facebook and Instagram for a glimpse into how your support of the Foundation makes an impact on our community.



Healthy Food is Good Medicine

Each year, the United States produces enough food to feed every person in our country. Yet one in eight people in the U.S. today suffers from food insecurity. Closer to home, it is estimated that 800,000 people in the Dallas/Fort Worth area do not have a consistent supply of food, especially nutritious food, for themselves and their families.

The consequences of hunger cause much bigger issues in society than just empty stomachs. A diet without balanced, nutritious food can compromise immune systems and lead to chronic diseases such as diabetes, high blood pressure, obesity, and heart disease. Those diseases lead to a decrease in physical and mental health, and an increase in hospitalizations.

That's why North Texas Healthy Communities, a division of Texas Health Resources, has been tackling the issue of hunger from all sides since 2019. The goal is to improve the well-being of the people living in underserved North Texas neighborhoods and improve their chances of staying out of the hospital and living a healthier life.

The Problem

"Affordability and lack of access to fresh fruits and vegetables are two factors that impact poor nutrition and food instability," said Matt Dufrene, Vice President of North Texas Healthy Communities, "but the problem goes much deeper than that. At Texas Health, we assess what the community needs and challenges are, and where the need is greatest. Research shows that the environment where you live, the cultural forces and the social norms around you all lead to good or bad health outcomes. For many people, especially those in underserved areas, these are the barriers for consuming a consistent, nutritious diet which creates a barrier to living a long and healthy life.

"Our job is to determine the best ways we can advocate for general health in the community and remove the barriers so people can achieve better overall health. You have to look at the entire system and determine how we can change it to really address the problems of food insecurity."

To meet the challenges, Dufrene and his team use their expert collaboration skills to form a network of food vendors and distributors, financial supporters, and trusted community organizations such as schools, faith communities, and community centers, to implement their food-focused programs in the neighborhoods that need it most. Corporate sponsors and individual donors provide the financial support needed to provide the healthy food and necessary infrastructure, such as refrigeration and shelving for local pantries. In addition, North Texas Health Communities connects with local food banks, local growers, and farmers markets to deliver fresh, accessible food options at a free or reduced price to those living in underserved neighborhoods.


How You Can Help Feed the Need

Although Fort Worth and Tarrant County have been the areas of focus up to this point, the goal is to expand current programs to other areas, as well as create new programs suited for the unique needs and opportunities of a community. "The work began in Fort Worth and has begun to expand broadly into the entire Texas Health service area, using the Texas Health Community Health Needs Assessment (CHNA) to identify high-need areas," said Dufrene.

To expand these important services, the Texas Health Resources Foundation is seeking financial support at all levels to help sustain the current pantries and programs, and to help them expand into several new zip codes that have been identified as high-need across North Texas.

"We're looking to bring all the resources that we have to offer into new schools, neighborhoods and community centers where people are underserved and in need," said Dufrene.



A woman with shoulder-length brown hair, wearing a bright yellow halter-neck top, is standing in a grocery store's produce section. She is looking down at a clear plastic bag she is filling with white onions. The produce display in front of her includes a large pile of green avocados on the left, a large pile of white onions in the center, and a large pile of red tomatoes on the right. In the background, there are various price tags and promotional signs. One sign prominently displays 'T-P-R YOU SAVE 70%' and another says 'Use DOUBLE 50% de descuento'. The overall scene is brightly lit, typical of a grocery store.

"I have been coming to the Good for You Pantry for two years. I have a family of eight. With the help of the pantry, I am able to cook more, my family can eat more, and it's healthier because of the availability of fresh fruits and vegetables. Thank you for your help."

A member of the
Good for You Pantry family

Join us in making a difference with these community health programs

Good for You Pantry

The Good for You Pantry program helps ensure everyone has access to fresh, affordable produce. Each pantry serves 50 to 75 families on average twice a month. **Start-up costs range from \$10,000-\$25,000 per pantry including infrastructure and food.**



Double Up Food Bucks (DUFBS)

Through the Double Up Food Bucks program, those who qualify for the SNAP food program receive 50 percent off all fresh produce purchases at participating markets. To date, 92 percent of participants in the program increased the amount of fresh fruits and vegetables they consume.

Literacy Partnerships

North Texas Healthy Communities has teamed up with Scholastic Book Fairs to provide free books to children in economically disadvantaged schools. To date, more than 20,000 books have been distributed through the program. **An investment of \$9,000 can support a book fair for 500 students in one school.**

Fresh Access Program

Fresh produce is offered to youth, families, and seniors through community centers that distribute fruits and vegetables once or twice a month during center activities. More than 37,000 people have benefitted from the Fresh Access program and nearly 250,000 pounds of fresh fruits and vegetables were provided in 2022. **An investment of \$20,000 can support the Fresh Access Program at one community center for a full year.**

“The children’s eyes light up as they scanned the hundreds of books they would get to choose from, and they were so proud to walk out with their very own book.”

Keyan Brady
from Como Elementary



“Students are getting tangible lessons in science, nutrition, and healthy eating, while also learning the value of patience and hard work.”

Vanessa Cuarenta,
Morningside Elementary



School Learning Gardens

More than 35 Fort Worth ISD campuses have built learning gardens, which are associated with higher test scores among fifth graders as well as increased science knowledge. **Cost for materials, equipment, and resources for development of a learning garden is \$10,000 per school.**

Every donated dollar makes a direct impact on the current and future health of the children, families, and neighborhoods in North Texas. For more information on how to become a corporate sponsor or to make an individual contribution, please email Shannon Fisher at ShannonFisher@TexasHealth.org.

Texas Health Grants Help Support Community Health



From its inception, Texas Health Resources has been committed to its Mission to improve the health of the people in the communities we serve. To fulfill the Mission, we not only care for people when they are ill or injured, but also work to keep them healthy and out of the hospital.

In 2018 Texas Health launched Texas Health Community Impact, a bold vision to help provide programs and services that address local social needs before they turn into serious health issues. Many organizations in North Texas are still reeling from the physical, mental, and economic impact of the pandemic. Bolstered by a \$1.5 million grant from the Communities Foundation of Texas' W.W. Caruth, Jr. Fund, the 2023 Texas Health Community Impact awarded **\$8 million in grants** to organizations with innovative solutions as well as to expand programs that have proven to make a difference.

Out of the 463 ZIP codes across 20 counties that are served by Texas Health, 56 ZIP codes were identified as communities that need the most help, and 11 organizations were awarded grants, including Parker County Center of Hope, Eastside Ministries, Taste Project, Health Services of North Texas, Bridgeport Police Department, American Heart Association of Collin County, Plano Independent School District, Wilkinson Center, Concilio, University of North Texas at Dallas, and Center for Nonprofit Management.

"Community Impact is designed to address health challenges before residents have to come to us for care at the hospital," explains Kim Pack Wilson, Chair of the Texas Health Community Impact Board. "What sets our initiatives apart from other healthcare systems is the emphasis on using data to drive decisions about community issues with potential solutions driven by the local community."

"Early on," Kim continued, "the Community Impact Board recognized the Texas Health Foundation needed to know where our work is coming from and why it is having such a positive impact on communities and resident."

While Community Impact strives to fund these potentially life-saving programs, the Texas Health Resources Foundation supports those goals and helps bring together like-minded donors in the community to projects that speak to their hearts. Because of the similarity of the goals of both boards, earlier this year the two boards met to determine how to deepen the partnership and multiply the positive results of each group.

"Knowing that both boards have a shared interest in improving community health, a meeting was convened where board members exchanged ideas and shared successes," said Lynne Moffatt, Texas Health Foundation Board Chair.

Kim added, "With the Foundation as the facilitator, we're able to bring all of the parties and components together to make the greatest impact possible."

"Our boards identified a promising practice from the first grant cycle, THRIVE., and then created an implementation and philanthropic plan. Now we are collaborating with philanthropic donors to scale THRIVE in several communities across North Texas," said Lynne. (Please see Page 17 for information about the THRIVE expansion!)

"We know there will be more opportunities in the future to align philanthropy around emerging promising practices from our latest grant cycles. The two boards will continue to work together to identify projects that are of interest to our donors, and that can be scaled to benefit the most vulnerable communities across North Texas."

To learn more about investing in Texas Health Community Impact, please contact Shannon Fisher at ShannonFisher@TexasHealth.org.

Donor Spotlight

Making a Difference

Shining a Spotlight on our Circle of Giving Donors

With an annual cumulative gift of \$1,000 or more, our Circle of Giving donors change lives and make a difference in the communities we are privileged to serve. Take a look at these stories highlighting just a few of our wonderful donors!



Rosa Navejar

A Family Affair

To Rosa Navejar, family means everything. The youngest of 10, she grew up in Fort Worth surrounded by her siblings, parents, cousins, aunts, uncles, and grandparents. The tight-knit clan has shared most of life's milestones together, many of them inside the halls of Texas Health Resources Fort Worth.

"Texas Health has been a part of my family for more than 30 years. Whether we

were celebrating a birth or spending the last few days with a family member, the hospital has been a constant source of care and compassion for us." Rosa fondly recalls the time when a medical staff said only "immediate" family members could go into the patient's room. "I said, 'this is the immediate family!'" referring to the 12 of them who were gathered in the waiting room.

"My father and uncles were always giving of themselves, no matter if it was time, money or energy. They taught us the important lesson of giving people a step up, and not just a handout."

Recently, Rosa was appointed to the national board of directors of the United States Hispanic Chamber of Commerce. She serves on the board of several organizations and is very active in the Fort Worth community. As a Circle of Giving donor, she and her daughter Rachel are contributors to the new Jane and John Justin Tower on the campus of Texas Health Fort Worth.

"It's so amazing to be able to give back in honor of my loved ones and the care they received from the hospital."

Rosa's inspiration for giving to the hospital and to the Fort Worth community stems from her father who taught his children the importance of giving back. "My father and uncles were always giving of themselves, no matter if it was time, money or energy. They taught us the important lesson of giving people a step up, and not just a handout."

Location, Location, Location



Meredith and Rod Shreiber with daughter, Annaleen, and son, Cole

Like many Texas transplants, Meredith and Rod Shreiber moved to Plano 10 years ago. Little did they know that the home they purchased was just down the street from Texas Health Presbyterian Hospital Plano, a quality hospital with a Level 4 NICU available. They discovered it when Meredith became pregnant with their second child. While on bed rest, Meredith was rushed to the hospital for an emergency C-section. After Meredith gave birth to their son, Cole, at just 28 weeks, the NICU at Texas Health Plano would become their home away from home for 89 difficult days.

"Cole was born on Halloween, October 31. He weighed 1031 grams (2.2 pounds). We spent Thanksgiving, Christmas, and New Year's that year at the hospital, and the NICU put amazing things in place for us. We think of the NICU team as an extension of our family," said Rod, who speaks with gratitude about the care his wife and son received at the hospital.

Thankfully, the Shreibers lived close enough that they could go home at night between shifts, instead of staying in the family suites provided at the hospital. They were able to take care of their three-year old daughter and monitor Cole on the TV at home, thanks to the cameras installed in the NICU. The kindness and care they received impressed them so much, they awarded a generous gift to the NICU to honor the employees and medical staff who took care of their family.

"We were very lucky to have this hospital at our service and we felt it was right to give back," says Meredith. "We believe in taking care of people who take care of us and we will continue to donate in the future. We want the NICU to continually improve for the next child in that room."

After 89 long days, Cole came home as a big, healthy boy and remains so today. He and his family celebrate his birthday each year with a visit to the hospital to thank the team that nursed him to health for the first three months of his life.

Couple Doubles Down on Cancer Prevention

For career professionals Jennifer and Ryan Palmer, philanthropy is part of their partnership. Jennifer, a dentist, and Ryan, a professional golfer, combined their passions to form the Ryan Palmer Foundation that has awarded scholarships to high school golfers, works with the NTPGA junior golf program, and provides free braces to underserved youth.

When Jennifer was diagnosed with breast cancer in 2016, the couple added a third pillar to their foundation. They have become annual sponsors for the Puttin' on the Pink fashion luncheon, which allows them to donate free cancer screenings through the Wellness for Life Mobile Health program.

"After my treatment, I was approached by Texas Health Resources to see if I would be a survivor model in the fashion show. Once I attended the luncheon, I saw how we could help people in a tangible way to gain access to mammograms and colon cancer screenings. Early detection is the key to survival," says Jennifer.

Going through breast cancer treatment, Jennifer realized she was fortunate to have access to some of the best doctors and healthcare in Texas. "You want everyone to have access to the best services out there but there are so many barriers, such as a lack of transportation, insurance coverage, or childcare. Had I not gone to that event, I never would have known about the mobile health program."

The Palmers especially appreciate that all the money from the luncheon goes into the community to treat people where they live. "I feel we're called to serve others and we want to create a legacy of generosity to inspire our children. I want them to see how important it is to help the people who need it most."



Jennifer and Ryan Palmer

Making a Difference

The Patterson Family Gift Helps the Denton Community

Bill Patterson is a “Dentonite” through and through. Born and raised in Denton, his grandfather and father owned and published the *Denton Record Chronicle*. The newspaper business was his life from an early age. He delivered papers on a route he had as a young boy and continued his career in journalism, assuming various jobs at the *Record Chronicle*, culminating in his role today as President/Publisher of Denton Media Company/*Denton Record Chronicle*. Throughout his life, Bill has been motivated by a sense of service and giving back to the community through volunteering and philanthropy.

His latest donation to Texas Health Presbyterian Hospital Denton in honor of his parents and family, may be one of his most consequential for the current and future health of Denton and surrounding communities. The Patterson Family Simulation Lab, located in the hospital’s new Center for Women, features life-like mannequins that can be programmed to simulate a variety of chronic and emergency medical situations. Nurses, residents, physicians, ambulance personnel, and firefighters use the mannequins to learn how to respond to and care for patients exhibiting specific symptoms.

“The simulation lab is fantastic,” Bill says. “Walking through the lab and seeing what they can do to reenact certain situations is fascinating. I discovered there aren’t many simulation labs in the DFW area. What attracted me to this project was the hospital-community relationship where the lab provides clinicians at the hospital and community groups, like school nurses, with the opportunity to come in for training. It’s a great opportunity to support something that’s going to benefit the hospital and the community of Denton.”

Those learning at the Simulation Lab can administer IVs, deliver a complicated birth, care for a stroke victim, or respond to dozens of other scenarios, depending on how the mannequins are programmed by the manager of the Simulation Lab. The mannequins can also respond to commands given by the caregivers. Thanks to the generosity of the Patterson family, the residents of the communities the hospital serves benefit from the caregiver education that takes place in this state-of-the-art facility.

Bill says he hopes the simulation lab expands its ability for physicians, nurses, and rescue personnel to learn and grow new processes, learn new ways to do things, and provide training in the community so they can save lives when and where needed. “I think it’s going to be an incredible resource for the entire region,” Bill says. “It may bring in healthcare professionals from surrounding towns and it will forge an ongoing relationship with Texas Health Presbyterian Hospital Denton.”

A graduate of Denton High School and of Oklahoma State University (OSU), Bill and his wife Beth have five children. He enjoys playing golf, traveling, and spending time with his family, especially his two



Bill Patterson

grandchildren. Bill serves on the Texas Health Foundation Board and is a past board member of Texas Health Denton. He also serves on the boards of the Texas Press Association and the Children’s Advocacy Center for North Texas.

“It’s important for the community to financially support healthcare-related programs that are available in the community so we can continue to make Denton a better place,” Bill says.



Helping Hands

Couple Donates Cuddle Cot to Honor Their Daughter

For most expectant parents, the time leading up to the birth of a child is filled with hope and anticipation. When all signs point to a healthy baby, there's little cause for concern. But that excitement makes stillbirth all the more heartbreaking for the thousands of families who experience it each year. In 2018, Emily and Joel Long experienced the stillbirth of their first daughter, Helen James Long, at 38 weeks. But a caring nurse brought a supportive medical device called a Cuddle Cot into their recovery room to help them process the pain and shock of losing their precious Helen.

"The nurse offered to bring Helen to us in a Cuddle Cot shortly after my C-section. It is a cooling device with a cooling blanket that operates to keep the baby's body cool so we could take pictures, cuddle, and provide the love and care to Helen that we were so ready to give," said Emily. "For people who haven't experienced a stillbirth, it probably seems like a foreign idea, but it provides you with acceptance and healing during the moments you need it most."

The device was truly a life changing experience for Emily and Joel, and they decided to channel their grief by forming the Helen James Foundation. Their mission is to provide Cuddle Cots to hospitals and maternity wards around the country so that other parents can bond, grieve, and honor their stillborn babies for up to five days after delivery to aid in their healing and recovery.

The couple's mission has grown to include Grief Libraries and Bereavement Rooms at hospitals including the Margot Perot Center for Women and Infants at Texas Health Presbyterian Hospital Dallas. As part of the renovation project of the Perot Center, the Helen James Bereavement Room includes a library with healing books for families and provides clothing for infants so families may dress and photograph their child during their time of mourning and recovery.



Above, Joel and Emily Long. Below, Emily and Helen James.

The Long family grew to three in 2019, with the successful delivery of their son, George. "We are so thankful every day and talk to George about Helen as he looks at her picture. She is part of our family," said Emily. And the Texas Health Resources Foundation is thankful to Emily and Joel and the Helen James Foundation for providing a peaceful space at the Margot Perot Center for other families to heal after the heart-breaking loss of a child.





The 2023 Puttin' on the Pink Fashion Luncheon

Pink has never looked so beautiful!

Stunning fashions from Neiman Marcus lit up the runway.

The Pearl Anniversary of Puttin' on the Pink was a tremendous success! Nearly 1,000 guests, dressed in pink of every shade, came together to celebrate and net more than \$285,000 for cancer and health screenings in North Texas.

Since 1993, Puttin' on the Pink has supported Texas Health's Wellness for Life® Mobile Health program, which provides no-cost health screenings to those in our community who may not have access to them due to barriers such as lack of insurance or transportation issues. Special thanks to our presenting sponsor, Frost Bank, to Neiman Marcus for the beautiful fashion show, to all of our sponsors, and to each of our guests. Please join us next year as we begin our fourth decade of making a difference in the communities we serve.

And the Award goes to...

Each year at Puttin' on the Pink, the Kupferle Health Board honors a deserving individual or community organization with the Doris Klabzuba Altruism Award. This award is named after one of the founding members of the Kupferle Health Board, Doris Klabzuba. Doris's unselfish gift of her time and financial resources to women's health care needs was the inspiration for this award.

In this 30th anniversary year, it was especially appropriate to present this award to a special group of women responsible for planning and growing this very special event over the years – all of our past Puttin' on the Pink and Kupferle Health Board chairs since 1993. These women have individually and collectively made an immense impact on the people of North Texas.



In the last 30 years, the Wellness for Life® Mobile Health program has provided more than:

- 111,000 mammograms
- 18,000 cervical and pelvic and clinical breast exams
- 5,400 cardiovascular risk assessments
- 6,600 diagnostic exams
- 14,000 cervical PAP exams
- 1,200 pre-diabetes cases identified

During that time, we've also identified 143 breast cancers.



Special thanks to Event Chair Wendy Wright (pictured right). She is joined here with Sandra Tuomey, one of our Survivor Models.



Fourteen cancer survivors walked the runway at this year's Puttin' on the Pink Fashion Show as a reminder of the crucial need for cancer screenings as provided by the Wellness for Life Mobile Health Program.



Foundation Board member Karen Cramer with Foundation President Laura McWhorter



Survivor models Alison Edwards and Anju Shori walk the runway!



Texas Health CEO Barclay Berdan, Foundation President Laura McWhorter, first Puttin' on the Pink Chair Rosie Moncrief, and her husband, Mike.



Right, special guest award-winning actor and producer Sainty Reid Nelsen, joined us this year for the Puttin' on the Pink three-minute challenge. Sainty is joined by Brooke Dickenson and Harriet McKinney



Special guests from our Presenting Sponsor, Frost Bank



Pictured left to right: Anita Bickley, Susi Bickley, Sally Prater, Rosie Moncrief, Debbie Christie, and Anne Paup, first Kupferle Health Board Chair

Texas Health Presbyterian Hospital Allen Earns Primary Stroke Certification



Congratulations to Texas Health Allen for earning The Joint Commission's Gold Seal of Approval and the American Heart Association's Advanced Primary Stroke Center Certification.

In 2021, John and Leahray Wroten provided the lead gift to help Texas Health Allen secure certification as a Primary Stroke Center.

"I became very frustrated that the ambulance service in Fairview had to divert patients from Texas Health Allen to a stroke-certified hospital," said John. "Time is critical for a stroke patient, and even a one-minute delay can make a huge difference in the patient's outcome."

Now that the hospital holds the certification, ambulances won't have to divert care.

"It's truly an honor to earn this certification, but the national recognition isn't our primary motivation," said Robert Palmer, Texas Health Allen's Stroke Program coordinator. "Focusing on patients' health

and well-being is the driving factor behind our commitment to providing safe, quality care. Comprehensive care is just one important component to creating a lifelong connection with our community."

Someone dies of stroke every 3 minutes and 30 seconds in the U.S., making it the No. 5 cause of death overall, according to the American Heart Association. The Centers for Disease Control and Prevention ranks stroke as the No. 5 cause of death in Texas as well.

Advanced Primary Stroke Center Certification is awarded every two years to Joint Commission-accredited acute care hospitals. The prestigious designation is based on the recommendations for primary stroke centers published by the Brain Attack Coalition and the American Stroke Association's statements and guidelines for stroke care. The Starlight Gala, held last November, also helped raise the necessary funds to help Texas Health Allen achieve Primary Stroke Center Certification.

Celebrating Five Decades of Service



Texas Health Harris Methodist Hospital Hurst-Euless-Bedford is celebrating its 50th anniversary in 2023. As part of the celebration for 50 years of service to the community, they have announced a new Texas Health HEB Community Health Fund. With this project the hope is to impact the lives of those in greatest need throughout the North Texas community.

Texas Health HEB recognizes that with the help of donors, they can proactively and holistically improve health. In the inaugural year of the Community Health Fund, the goal is to raise \$50,000 from the community, which will be matched by an additional \$50,000 from the Texas Health Resources Foundation. This money will help improve access to important mental health support, address food inequity, focus on improving literacy in local schools, and so much more. For more information, please contact Shannon Fisher at ShannonFisher@TexasHealth.org.

Construction Begins on the Texas Health Plano NICU Family Center

Enhancements to the Texas Health Plano NICU Family Center are underway! The renovation will include private, spacious rooms that provide the comfort of home, double-occupancy rooms to accommodate families of twins, a large welcome lounge, washer and dryer facilities, noise reduction flooring, a respite lounge for families, and other amenities that will ease the hearts and minds of those NICU families.

Former Texas Health Foundation Board Chair Chris Skaggs and his wife, Amy, once a NICU family themselves, are personally committed to the project and were onsite to celebrate the beginning of construction along with their children, Jaxon and Olivia. Please contact Sarah Higdon Humphrey at SarahHigdon@TexasHealth.org if you'd like to help.



The Skaggs family donned hard hats for the occasion.



Foundation Board Volunteers at Austin Street Shelter

This spring members of the Texas Health Foundation Board volunteered at the Austin Street Shelter for the homeless in Dallas. "It was an honor to work side-by-side with the shelter staff. They work hard every day to help care for the homeless in the area," said Foundation President Laura McWhorter.

Texas Health Dallas provides the Health to Home Medical Respite Program in partnership with Austin Street Shelter to offer clinical oversight and a safe place for recuperation to adults experiencing homelessness who, upon discharge from a hospital setting, are at higher risk of poor health outcomes due to living on the streets.

THRIVE Expands Across North Texas



Because of the support from generous donors, the THRIVE (Together Harnessing Resources to Give Individuals Voice and Empowerment) program will expand to four additional schools this fall!

THRIVE was implemented in Sanger ISD in 2019 through the first of two Texas Health Community Impact grants. The goal of the program is to teach resiliency skills to children to help them overcome trauma and improve their physical and mental health while also giving students and their families access to healthy foods.

O.D. Wyatt High School (Fort Worth ISD), Herman Furlough, Jr. Middle School (Terrell ISD), Pinkston Family Resource Center (Dallas ISD), and Inspired Vision Secondary School in A+ Charter School System will introduce the THRIVE program to students and parents beginning with the 2023-2024 school year. The expansions to these schools were made possible thanks to many generous donors including lead

supporters Aetna, UnitedHealthcare, United Way of Metropolitan Dallas, Dallas County ARPA Funds, and Patricia and Fernando De Leon.

"We know children do better in school and throughout life when they are equipped with the resources, support, and coping skills to help carry them through adversity and when they're not worried about when their next meal will come," says Catherine Oliveros, DrPH, vice president of Community Health Improvement for Texas Health. "We have seen the wonderful impact this program has had in Sanger and are excited to now bring it to other campuses in North Texas."

The Texas Health Resources Foundation is continuing its fundraising campaign to expand the program even further across North Texas. To date, the Foundation has raised more than \$1.8 million of its \$2.6 million goal to bring the THRIVE program to additional schools across North Texas.

Texas Health Employees Give from the Heart



The Texas Health Together Employee Giving Campaign, held in May, was a success! Texas Health Together provides employees the opportunity to support the greatest needs at Texas Health and in the communities we are privileged to serve.

Employees across Texas Health Resources came together to raise funds to support our patients and community neighbors. This year, employees gave over \$1.3 million for causes that are meaningful to them.

"I give because I have been blessed beyond measure! 'Find a need, fill a need' has always been my guide. By myself I can make a small impact, but combined as a system, we can impact so much more," said Cathy Grantham, Program Manager Medical Staff, Quality Improvement and Risk Management, Texas Health Harris Methodist Hospital Azle.

Through employee fundraising, the team at Texas Health has made a powerful impact inside and outside the walls of our system.



The Birthday Gift That Keeps on Giving

Are you looking for a way to give back that involves your children? Your child can be a Birthday Buddy and help support the needs of our Texas Health NICUs. It's a great way to encourage the philanthropic spirit in children of all ages!

Becoming a Birthday Buddy is easy:

- Simply fill out an online application at TexasHealth.org/BirthdayBuddies.
- In lieu of birthday presents, your child asks friends, family and/or birthday party guests to bring a monetary donation to benefit the NICU.
- Texas Health Resources Foundation will provide you everything your child needs to send to birthday party guests.
- After gifts are collected, your child will be invited to the hospital to deliver the donations and receive special recognition as an official Birthday Buddy!

For more information or to sign up your child, visit TexasHealth.org/BirthdayBuddies.





Scan here with your smartphone's camera to find out more about the Foundation or to make a gift.

SH2722 7/23 Q12,500

Save the Date

North Texas Giving Day is September 21, 2023!

COMMUNITIES FOUNDATION of TEXAS

— **NTX** —
GIVING DAY

9.21.23 presented by  **amazon**

North Texas Giving Day is one of the *most important* fundraising days of the year for North Texas fundraising organization like the Texas Health Resources Foundation. Last year, with your help we raised \$868,030 to help fulfill our Mission to improve the health of the people in the communities we serve.

Whose life did you change with your donation last year? Dollars raised have been used to provide free cancer screenings to the underserved in North Texas, gifted scholarships to our hard-working nurses who want to increase their knowledge, and helped fund the greatest needs at our Texas Health Resources hospitals. And more. So much more.

Every dollar helps. Please join us again this fall for the 2023 North Texas Giving Day campaign. Watch your email for more information from the Texas Health Foundation as the campaign nears!

