

# In Touch

TEXAS HEALTH RESOURCES FOUNDATION

SUMMER 2024

## PROTECTING CHILDREN FROM MENTAL ILLNESS

Texas Health Partners with  
the Meadows Institute

### Rising!

A beautiful new sculpture added to  
the Texas Health Alliance Chapel.

### Puttin' on the Pink!

It was a record year!

### The MARS Robot

Texas Health Plano shortens surgery  
recovery time with new technology.

## Dear Friends,



We are happy to have Keith Braley on board as our Chair!

Fundraising isn't just about raising money; it's about raising hope. It's the fuel that propels our Mission forward, allowing Texas Health Resources to be a beacon of light across North Texas.

Your generosity has a profound ripple effect as you can see in the pages of this magazine. On Page 4, you can read about an important collaboration between Texas Health Resources and the Meadows Mental Health Policy Institute that strives to provide schools with better tools to manage students' mental health. This program will make a difference for generations to come.

Beginning on Page 8, we are excited to share a recap of this year's Puttin' on the Pink Fashion Luncheon. Thanks to our fabulous Chair, Sainty Nelsen, and the committee, funds raised will support the Wellness for Life® Mobile Health program. I hope you'll enjoy the photos from this fun event, and plan to join us next year!

From making a difference to one's health, to making a difference in one's spirit, our donors are always there. On Page 7, you will see a beautiful memorial gift called *Rising*, which completed the Texas Health Harris Methodist Hospital Alliance chapel renovation. It serves as a reminder of hope and new beginnings for everyone who visits, including patients, their families, and staff.

I am saddened to share that we lost a beloved member of our Foundation Board of Trustees in early June. We celebrate the life and service of Ken Jarvis on Page 6. He will be dearly missed.

One final note: Earlier this year we were happy to welcome Keith Braley as Chair of the Texas Health Resources Foundation Board of Trustees. We look forward to working together to positively impact the health of our communities across North Texas.

Gratefully,

**Laura McWhorter**

President, Texas Health Resources Foundation



## 4 Fighting the Childhood Mental Health Crisis

Texas Health Resources is collaborating with the Meadows Mental Health Policy Institute to help the children of North Texas.



## 8 Puttin' on the Pink

Thanks to generous donors and sponsors, it was a record-breaking year for this fashion luncheon!



## Features

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**On the cover:** Texas Health is dedicated to helping the youth of today have a better tomorrow by helping schools build mental health programs.

Cover photo: Mike McLean





# Healthy Food Is Good Medicine.



Each year, the United States produces enough food to feed every person in our country. Yet 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.

**You can help.** Texas Health provides food-focused programs, including THRIVE, Good for You Pantries, Fresh Access, and Double Up Food Bucks, to neighborhoods with the most needs. Not only do these programs provide free food, but they ensure access to nutritious foods to help maintain the health of the people in our communities.

**Our goal is to grow our current programs and expand them into new, high-needs neighborhoods.**  
**Your gift will help feed the hungry. Every dollar matters!**



Please give at  
[TexasHealth.org/Foundation/Donations](https://TexasHealth.org/Foundation/Donations)  
 or scan here.



“

I would like to thank everyone from my surgeon to all the staff in the ICU. The care they provided was excellent while I was at my worst. Thank you for saving my life and keeping my spirits up and smiling during the worse experience of my life. I am so grateful.

— Texas Health Harris Methodist Hospital Cleburne patient



“

I can't say enough good things about nurse Sharon in the ICU. She was so attentive and compassionate, and made my family member comfortable in her last days. She kept our family so well-informed and didn't mind answering any questions we had. She walked us through each day and each process. She is an incredible nurse and person.

— Texas Health Presbyterian Hospital Plano patient

“

My husband is currently a patient in the Oncology Department and the staff has been nothing less than wonderful, from the doctors to the housekeeping. Everyone is sweet, pleasant, and attentive. This has been a rough journey, but the staff has definitely made it so much easier for us!

— Texas Health Harris Methodist Hospital Hurst-Euless-Bedford patient



## Let's Get Social!

Follow Texas Health Resources Foundation on Facebook, Instagram, and LinkedIn to see how your support makes an impact on our community!



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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.





# MENTAL HEALTH *matters*

Let's make it that way  
for everyone.

We are fighting a childhood mental health epidemic and Texas Health Resources is prepared to do battle. By joining forces with the Meadows Mental Health Policy Institute (the Meadows Institute), we are helping North Texas schools build the tools and resources they need to help our youngest neighbors.

**I**n 2022, Texas Health provided a \$200,000 grant to help the Meadows Institute launch a mental health program in 19 public school districts in North Texas, representing nearly 445,000 students, almost 58,000 school staff, and 675 schools across the region.

The Meadows Institute utilizes Executive Learning Communities (ELCs), which bring senior school district officials together to learn from mental health experts and collaborate with one another to improve school mental health systems. Sessions center on combating the childhood mental health crisis.

Often district leaders are not familiar with counterparts in other districts and are forced to operate in isolation while navigating complex mental health needs. ELCs bring these leaders together for monthly training sessions and collaborations to help districts effectively execute mental health programs for their students. This is important because professional help with mental health issues is not always readily accessible for families, so schools may be their only source of support.

Due to increasing demand and overwhelmingly positive feedback, the Meadows Institute launched four new ELCs in 2023, and has added two more in 2024 in partnership with Texas Health. These two latest cohorts prioritize districts located in high-

needs, under-resourced ZIP codes as identified by our Community Health Needs Assessment (CHNA). These neighborhoods not only have fewer available mental health resources, but they also face greater socioeconomic pressures, struggle with access to transportation and nutritious foods, and are at higher risk for preventable chronic disease. Because of these factors, students are more vulnerable to mental and behavioral health challenges.

One ELC supports 11 North Texas districts located in priority ZIP codes within Collin, Dallas, Ellis, Hunt, Kaufman, and Van Zandt counties. Topics include recognizing signs and symptoms of depression, screening tools and school interventions, multi-tiered systems of support, addressing trauma and grief, and staff well-being and support.

The Meadows Institute and Texas Health have also implemented a new ELC for districts in Johnson, Tarrant, Wise, and Parker counties that will focus on developing techniques to respond to challenging behaviors in ways that support students' mental health, rather than using punitive measures that remove students from the classroom. Such consequences are rarely proportionate to the offense, and often serve only to exacerbate the challenging behavior, creating a vicious cycle that often results in students dropping out of school.

**T**he Texas Health Resources Foundation has committed to raise more than \$300,000 to support the two new ELCs. Gifts from our donors will help ensure that these district leaders have access to unique and holistic training and learning experiences that they might not otherwise have access to. In addition, leaders will have opportunities for collaboration, brainstorming, innovation, and support.

For more information, please visit [www.TexasHealth.org/Foundation/Meadows-Mental-Health-ELCs](http://www.TexasHealth.org/Foundation/Meadows-Mental-Health-ELCs).

To give, please scan the QR code. Thank you for your consideration!



## Facts to Know

**1 in 5** children and youth will experience a mental health related illness.

**Half of all** mental health conditions manifest by age 14.

**1 in 10** children and youth will have a serious disturbance that impacts daily functioning.

\*Information provided by the National Alliance on Mental Illness (2019)

MEADOWS  
MENTAL HEALTH  
POLICY INSTITUTE

“Through our partnership with the Meadows Mental Health Policy Institute and Texas Health Resources, we’ve undertaken a transformative journey, examining our systems of practice, uncovering gaps, and affecting real change for our students. Engaging in the Executive Learning Community, we’ve forged invaluable connections with colleagues from diverse districts, exchanging ideas, and strategically planning both immediate and enduring solutions.

—Dr. Summer Martin, Executive Director of Counseling and Prevention Services, Richardson ISD



Collaboration across school districts helps develop and execute mental health programs for students.

# A Tribute to KEN JARVIS



In early June, we lost Trustee Ken Jarvis, a true servant leader whose light graced Texas Health for almost two decades. Ken's warm smile, generous spirit, and unwavering commitment to empowering others will be deeply missed.

Ken dedicated 19 years of service to Texas Health, including his service on the Texas Health Resources Foundation Board since 2018. He also served on the Texas Health Plano Board from 2006 to 2015, the Texas Health People and Culture Committee from 2016 to 2017. He was also a valued member of the Texas Health Plano Chairman's Council. His philanthropic giving to Texas Health spanned 18 years, including a lead gift for the Operating Room Expansion at Texas Health Plano in 2014. As a member of the Hawthorne Giving Society and the Circle of Giving Society, Ken's generosity uplifted Texas Health in immeasurable ways.

The 2019 Donor Appreciation Dinner at the George W. Bush Presidential Center on Ken's 85th birthday encapsulated his warm relationships here. As donors and board members joyfully sang "Happy Birthday," Ken was surprised and was reminded of the friendships at Texas Health and the profound impact he made on so many lives through his charitable spirit.

Ken's life was one of service above self – to his country in the Air Force, to UPS over his 37-year career ascending to Vice President of Human Resources, and to his community through the H. Kay and Kenneth B. Jarvis Foundation, MARCH Foundation, and NAACP. His legacy shines as an inspiration for us all to embrace Ken's ethic to dream big and uplift others through hard work and compassion.

Ken's greatest love was his wife Kay, his best friend for 73 years. As he described, they were blessed to have traveled the world and shared many adventures together. When Kay was diagnosed with Alzheimer's Disease, he selflessly and tirelessly ensured that she had the best possible care until her passing last year. In addition, he created the H. Kay Jarvis Alzheimer Research Endowment at Emory University that supports research in the field of brain health in the African American community. A true demonstration of his love and commitment.

Thank you to Ken for sharing his talents with Texas Health. We were truly blessed by Ken's guiding light. We extend our heartfelt condolences to his loved ones as we honor his legacy.

“God gives us skills,  
he gives us talents,  
and we should use  
those talents to help  
in any way we can.

— Ken Jarvis



# BEAUTIFUL GIFT TAKES FLIGHT

at Texas Health  
Alliance

In April, the renovation of the Chapel Garden at Texas Health Harris Methodist Hospital Alliance was complete thanks to gifts from the Martha Sue Parr Trust, Chaplain Mitzi Ellington and her husband, Wendell Baskin, and the employees of Texas Health Alliance. The highlight of the garden is a beautiful butterfly sculpture, *Rising*, commissioned by Mitzi and Wendell and designed by artist Rebecca Low.

President of Texas Health Alliance Clint Abernathy added, "At Texas Health, we know that wellness comes from caring for the body, mind, and spirit. And having a place for our patients – and their families – to be still and pray provides a wonderful respite from the challenges of illness."



Mitzi Ellington and artist Rebecca Low stand by the *Rising* sculpture, a gift to the Chapel Garden from her and husband Wendell. The thoughtfulness of this gift will make an impact for years to come.



“

My husband and I wanted *Rising* to serve as a visible reminder of hope and new beginnings for all persons entering our Chapel Garden. Whether a person is facing illness or loss, we want them to have a place to meditate and find peace.

– Mitzi Ellington



THE 2024

# PUTTIN' ON THE PINK Fashion Luncheon

**T**his year's Puttin' on the Pink Fashion Luncheon was full of fun, fashion, and generous donors who gave back to the community! Thanks to attendees and our sponsors, we raised more than \$380,000 this year! The Three-Minute Challenge broke a record, bringing in more than \$125,000!

The annual Puttin' on the Pink event supports the Texas Health Resources Wellness for Life® Mobile Health program which brings health screenings to those who have barriers to care, such as lack of insurance or transportation. Early detection is key, and over the past three decades lives have been saved because of access to no-cost screenings.

Special thanks to Frost Bank, our presenting sponsor, and Neiman Marcus, who provided the stunning fashion show. We are already working on the 2025 Puttin' on the Pink Fashion Luncheon, which promises to be a fun time for all!

Can't wait to see you there!



Sainty Nelsen, Chair



Molly Reid, Sissy Smith, and Kim McCarthy



Our guests from Lhoist North America



Front row, from left: Suzy Williams, past honoree Blaylock. Back row: Ginnie Tighe, Terri Gill, M...







Beverly Branch and Lyn Walsh from the Careity Foundation



Attendees cheer on the Survivor models!



Survivor model Amanda Stevens



ree Louella Martin, Debbie Reynolds, Lou Ann  
ary Collins, Therese Moncrief

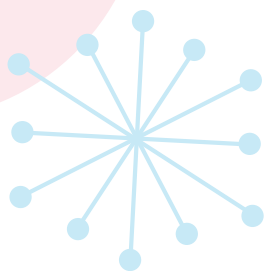


Foundation Board members Lina Komanduri and Linda Dipert,  
Foundation Vice President Shannon Fisher, middle

LET THE FUN BEGIN!







## Honoring the Ryan Palmer Foundation



Jennifer and Ryan Palmer

Each year 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 healthcare needs was the inspiration for this award.

The 2024 winner of the Altruism Award is the Ryan Palmer Foundation, founded by Ryan and Jennifer Palmer. For more than two decades, the Ryan Palmer Foundation has helped children through various programs like the Brighter Smiles Initiative in Amarillo and North Texas. In 2016, the Ryan Palmer Foundation added the Breast Cancer Initiative to honor Jennifer, a survivor herself. Jennifer was diagnosed with Stage 2 Triple Positive Invasive Ductal Carcinoma with Lymph Node Involvement.

As part of the Breast Cancer Initiative, the Ryan Palmer Foundation provides Hope Kits for those going through cancer treatment and supports the Wellness for Life Mobile Health program to provide screenings at no cost to women who would otherwise may not be able to afford them.

The Ryan Palmer Foundation's Breast Cancer Initiative is a fitting tribute to Jennifer's strength and her courage, and a reminder of the importance of early detection for everyone regardless of their circumstances. Congratulations and a heartfelt thank you to Ryan and Jennifer Palmer.

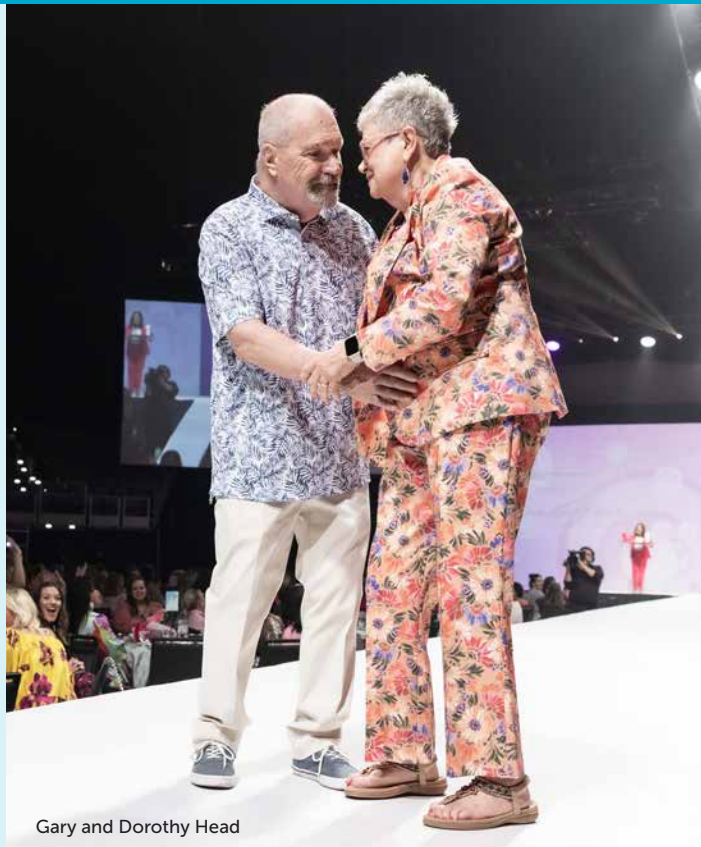


# Dynamic Duo

Often, cancer strikes a family hard. Husband and wife team Gary and Dorothy Head were each diagnosed with cancer, but they didn't let it stop them.

Dorothy, who was born in Glasgow, Scotland, had a mammogram every year. A former nurse, she knows how early detection is key to survival, and it certainly was for her. After receiving her breast cancer diagnosis, she had a modified radical skin-sparing mastectomy, followed by a year of treatments and complications. To deal with it all, Dorothy began running and ran several Race for the Cure 5Ks.

Due to the fact that he had no symptoms, Gary was surprised to discover he had lung cancer in 2017. In addition to removing a lobe from each lung, he was treated with chemotherapy and radiation. His recovery went well, and he feels fortunate. Unfortunately, cancer has once again affected their family. Daughter Jordan is recovering from breast cancer. Dorothy and Gary are supporting her recovery journey while they enjoy spending time with their grandsons.



Gary and Dorothy Head



Our guests from Brunch and Champagne Goals



Proceeds from the Puttin' on the Pink Fashion Luncheon benefit Texas Health Resources' Wellness for Life Mobile Health program.

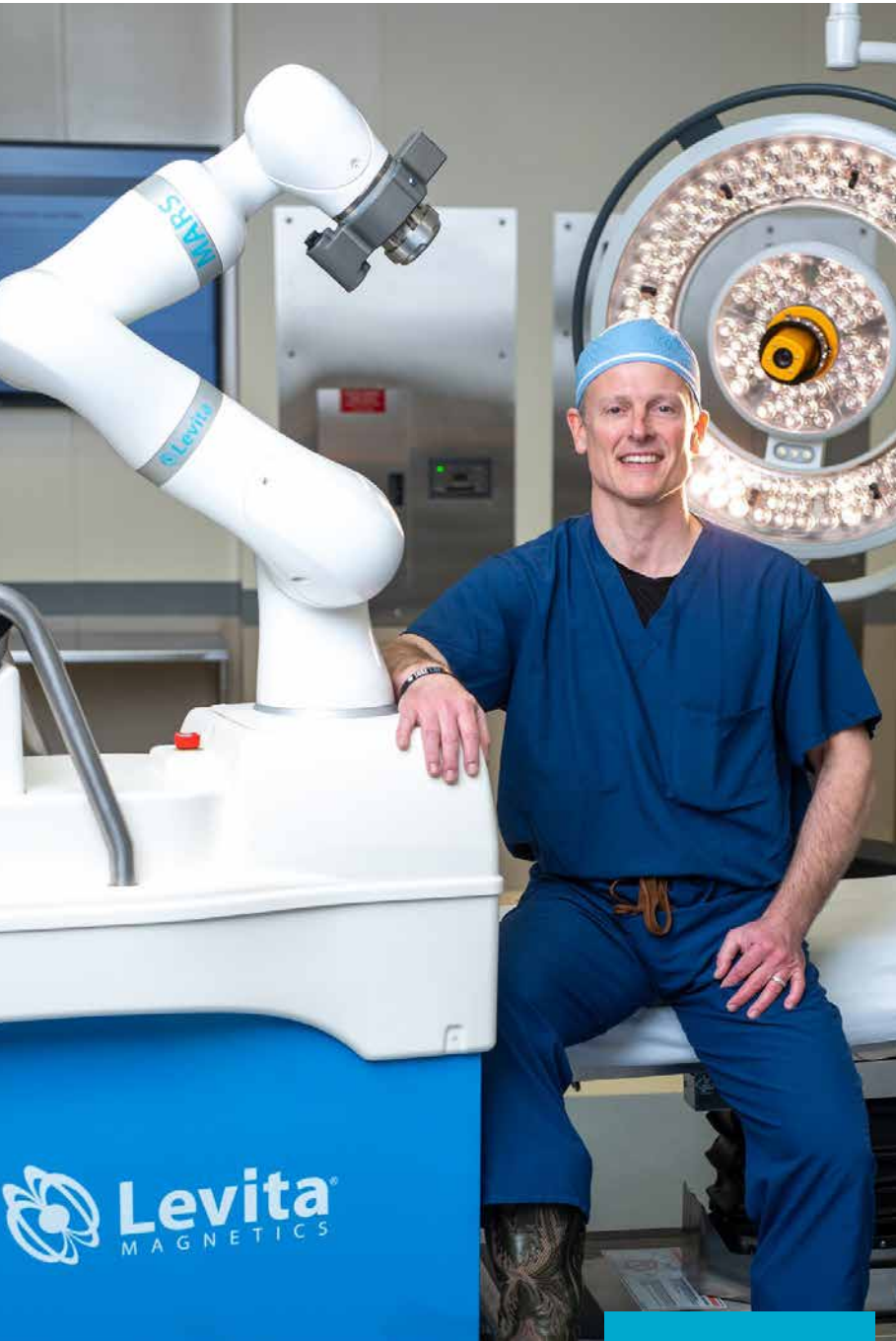




## Texas Health Plano Enhances



# ROBOTIC SURGERY PROGRAM



Dr. Carlton with the  
MARS surgical system

**F**or several years Texas Health Presbyterian Hospital Plano has been building its reputation as a robotic surgery center of excellence. With six daVinci robots currently being used to perform a variety of surgical procedures, the hospital continues to demonstrate its commitment to innovation in patient care.

When Chad Carlton, M.D., a bariatric surgeon on the medical staff of Texas Health Plano, saw the opportunity to enhance the robotics program with a next generation robot, he approached hospital executives about acquiring the Levita Magnetic Surgical System – MARS®. After discussions with Dr. Alberto Rodriguez-Navarro, the CEO and inventor of the MARS system, Texas Health Plano was eager to incorporate this new technology.

Texas Health Plano is the first private, non-profit hospital in the United States, outside of an academic medical center setting, to use the MARS surgical system. Dr. Carlton performed the first surgery in Texas using the system earlier this year.

Jennifer Ledbetter, vice president of professional and support services – service lines, at Texas Health Plano, says Dr. Carlton was familiar with Levita and previous iterations of the magnet surgical system. “Not only was Dr. Carlton motivated to continue the hospital’s commitment to innovation he also recognized the benefits the MARS surgical system offered patients – smaller incisions, less pain, fewer scars, less use of opioids, and quicker recovery resulting in a more satisfied patient.”

Dr. Carlton explains the magnetic technology employs an external magnet to mobilize surgical instruments used by the robot to reduce the number of incisions.



“Collectively, as we collaborate and move this technology forward, I see unlimited opportunity to improve patient care and outcomes.

— Dr. Chad Carlton

In addition, Dr. Carlton shares that the magnet platform greatly enhances the visualization of tissue in the patient's body, making the surgery safer and faster. He is currently using the MARS robot to perform a wide variety of bariatric surgeries – gastric bypass, sleeve gastrectomy, duodenal switch, and revision surgery. “We envision expanding the use of the MARS robot for other surgeries including gynecologic, urologic, cholecystectomy (gallbladder), prostate, and colorectal.

“We want to create a MARS system center of excellence where we could bring in surgeons from around the globe to learn about the magnetic technology and technique,” explains Dr. Rodriguez-Navarro. “Texas Health Plano will be a critical component of this.”

For more information about how you can support the MARS surgical system or the robotics surgery program at Texas Health Plano, contact Sarah Hidgon Humphrey at:

[SarahHigdon@texashealth.org](mailto:SarahHigdon@texashealth.org)



Patient Kenneth Yerrid calls his surgery a “game changer.”

## A Patient Success Story

Since diet and exercise weren't enough to reverse Kenneth Yerrid's metabolic syndrome, he needed help to improve his health while shedding pounds. A gastric bypass surgery using the new MARS surgical system was the solution that worked for him.

*“I can take my dogs for a walk now,” he said. “I can do light exercise. It's been a game changer.”*

“It felt like I was in quicksand,” Yerrid said. “I had aches and pains in my joints and that caused me to gain weight. I was not eating healthy. It wasn't until I had the surgery that I was able to start on a path to improving my health.”

Yerrid's gastric bypass surgery was the first time that the MARS system was used in Texas. Along with losing weight, his blood pressure, cholesterol levels, and A1C levels are improved and better controlled.

# THRIVE *Thrives!*

*Without a doubt,  
our donors  
are making a  
difference in the  
lives of North  
Texas students.*

Since the pilot program began in Sanger, Texas, in 2019, the THRIVE North Texas program has expanded to five schools: Delay Middle School in Lewisville, Inspired Vision Academy Secondary (part of the A+ Charter System) in Dallas, Furlough Middle School in Terrell, and O.D. Wyatt High School in Fort Worth.

THRIVE stands for Together Harnessing Resources to Give Individuals Voice and Empowerment. Targeting schools in high-need areas, the program is designed to boost resilience skills in students, provide expanded access to mental health services, and address food security through an on-campus grocery store.

The Foundation continues to raise funds for this important initiative. Our goal is to expand the THRIVE program to a total of 10 schools in North Texas. To learn more about how you can help, contact Anne Smith, Director of Community Impact and Grants at [AnneSmith2@texashealth.org](mailto:AnneSmith2@texashealth.org). To give, please scan the QR code.



Students at O.D. Wyatt play an integral part in running the Chapparral Market on campus.



The Terrell Tiger Mart is open for students and their families.



It was a beautiful day for the ribbon-cutting ceremony at A+ Charter Inspired Vision Academy Secondary.



# BIRTHDAY *buddies*

## PROGRAM



Marr Quads, Parents and Staff



Tatum and Parents



Buck and Parents

## Brings Support to Texas Health NICUs

Did you know many families give back to their Neonatal Intensive Care Units every year through our Birthday Buddies Program? Anyone can be a Birthday Buddy (no NICU stay required)! The Birthday Buddies program provides funds that support our hospitals' NICUs, and your generosity helps bring comfort to families with babies born prematurely or with special needs.

Becoming a Birthday Buddy is easy! For your child's birthday, simply ask birthday party guests to bring a monetary donation to benefit the NICU in lieu of presents. After the party, your child will be invited to the hospital to deliver the donations and receive special recognition.

TAKE A LOOK AT  
SOME OF OUR  
MOST RECENT  
BIRTHDAY BUDDIES



If you have a special little one you'd like to celebrate while giving back to others, please contact Charlyn Webb or visit:

[TexasHealth.org/BirthdayBuddies](https://www.texashealth.org/BirthdayBuddies)

## New Maternal Health Program Launches



The maternal death rate in Texas has increased at least 40 percent over the last two decades, according to researchers with the Institute for Health Metrics and Evaluation. A CDC study found more than 80 percent of pregnancy-related deaths are preventable.

Two weeks after giving birth to her precious daughter, Jaheera White noted a spike in her blood pressure and was diagnosed with postpartum pre-

eclampsia, a complication that can be fatal. Due to the severity of the disease, Jaheera was hospitalized for three days. Once she recovered, Jaheera decided to make a difference in the lives of other mothers like herself.

"I just want to make sure every mom gets to see her baby grow up," said Jaheera, a mom of two who lives in Flower Mound. White almost didn't get that chance. "It makes me shudder to think about really what could have happened," she said. White had no idea she could still be at risk for preeclampsia, a type of high blood pressure some people get during pregnancy, even after her baby was born.

Determined to help, Jaheera reached out to Texas Health Resources Foundation to start a program that would provide much needed blood pressure monitors to at-risk pregnant and postpartum moms.

More than half of pregnancy-related deaths in the U.S. happen up to one year after delivery, according to the CDC. Seven percent of those are related to high blood pressure.

"The surprising thing about that is it can happen to patients who didn't have any risk factors," said Dr. Marc Wilson, an OBGYN physician on the staff at Texas Health Presbyterian Hospital Denton. "You're a new mom, you're already tired from waking up for feedings and so forth, and so many times those moms can attribute it to just be tired and fatigued. When in actuality it can be a sign of postpartum preeclampsia."

If they don't recognize the symptoms early, Dr. Wilson says it can be fatal. So far, 165 women have received the blood pressure monitors from Texas Health Presbyterian Hospital Denton.

*"I want it to be the same thing as having a thermometer in your home," White said. "That's my hope."*



Support  
Maternal  
Health Today

## Wellness Innovation Grants Awarded to Area Schools

Six area schools have been awarded Wellness Innovation Grants thanks to the Fort Worth-based R4 Foundation. The grants are given to the elementary, middle, and high school schools with the best plans for making healthy choices easier at their campuses.

Seventeen student groups developed and submitted proposals. Six groups advanced to the finals and presented their ideas to a panel of community leaders. This year's contest provided four \$5,000 grants and two \$2,500 grants. "It is inspiring to watch these presentations and listen to the creative plans students have to improve well-being on their campuses," said Matt Dufrene, Vice President, North Texas Healthy Communities at Texas Health.

*"This competition gives them an opportunity to make a lasting impact on their schools."*

Students and faculty at Jackie Carden Elementary celebrate their win and the ability to create a wellness room for the students.

### THIS YEAR'S AWARD WINNERS WERE:

**JACKIE CARDEN ELEMENTARY SCHOOL:** Students advocated for a wellness room where they can relax and take breaks during stressful times.

**SOUTH HILLS HIGH SCHOOL:** Refurbishment and enhancement of the school courtyard was the focus of these students' proposal as a space to support mental health and meet new friends.

**WESTERN HILLS HIGH SCHOOL:** These students developed a plan for a system of mobile hydration, heat safety, and first-aid stations known as RAWR (Response Aiding Wellness Recovery).

**WILLIAM JAMES MIDDLE SCHOOL:** Students plan to enlarge an existing outdoor garden and develop an indoor garden.

**OAKLAWN ELEMENTARY:** At this school, an existing soccer field will be updated with goal nets and supplies, a volleyball court will be added, along with oversized games like checkers and cornhole.

**RUFINO MENDOZA ELEMENTARY SCHOOL:** Students plan to implement Project STRONG (Support, Teamwork, Responsible, Open-minded, Neighborly, Greatness), a wellness initiative designed to foster physical, mental, and emotional health.

*Congratulations to each of the winning schools, as well as all 17 student teams who applied.*





# RESULTS ARE IN!

## 2024 Texas Health Together Employee Giving Campaign

The Texas Health Together Employee Giving Campaign was highly successful this year! Employees across Texas Health Resources came together to raise funds to support our patients and community neighbors. This year, employees gave more than \$1.3 million to causes that are meaningful to them.



Program Manager for Clinical Excellence, Viji George, knows the importance of giving back. "I choose to give to Texas Health Resources Foundation because they support various initiatives specific to our hospital needs and across our North Texas communities. I also choose to give because I have personally seen the benefits of this campaign, like when I represented Texas Health at Mission Arlington, a nonprofit organization helping people. I have also benefitted from giving back to professional development: I was in the team that led a group of nurses, funded by Nursing Excellence Fund, who attended one of the largest national Magnet and Pathway Conferences. Finally, giving back helped my family. My children have seen the value of giving back, and now they have grown to be independent, kind, and giving young adults."

Through employee fundraising, the team at Texas Health makes a powerful impact on the community we are so privileged to serve!



The Texas Health HEB team serves from the heart!

## Heartbeat in a Bottle Provides a Loving Touch

Maria "Elena" Alcayde was attending a symposium when she heard how another hospital memorializes its end-of-life patients.

"They record the patient's heartbeat and put it in a teddy bear, so the family can hear it when the patient is gone," said Alcayde, B.S.N., R.N., OCN, an oncology nurse at Texas Health Harris Methodist Hospital Hurst-Euless-Bedford. "I thought that was a great idea, so I went to our unit-based council (UBC) and said, 'We have so many comfort care or hospice patients, why don't we do something for their families?'"

The other UBC nurses agreed, and Heartbeat in a Bottle was born.

"We take the patient's last EKG, print it out and put it in a little bottle labeled with the patient's name," said Natalie Perry-Thompson, M.S.N., M.B.A., R.N., manager of the oncology unit. "It's just a great memory for the family to have the heartbeat of their loved one."

***"Heartbeat in a Bottle is a perfect accompaniment to our Make a Memory program," Amy said. "It's a simple way to make such a difficult time a little bit better."***

The new program demonstrates Our Texas Health Promise Principle of caring, said Amy McCarthy, D.N.P., RNC-MNN, NE-BC, director of nursing, Women's, Infants & Oncology.

Chief Nursing Officer Julie Balluck, D.N.P., R.N., NEA-BC, agreed. "This is a great example of our unit-based councils and the Nursing Excellence Fund, which helps our nurses attend conferences," Balluck said. "I love seeing our nurses collaborating together to enhance care for our patients and their families."



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## North Texas Giving Day Is **SEPTEMBER 19, 2024!**

North Texas Giving Day is one of the most important fundraisers of the year for the Texas Health Resources Foundation.

*Last year, our donors gave from their hearts, raising more than \$900,000. It was our best year to date!*

The top programs that benefited from that generosity include Community Impact programs, Medical Respite, the 365 Fund, the Wellness for Life® Mobile Health program, and THRIVE (Together Harnessing Resources to Give Individuals Voice and Empowerment). Thank you for making a difference for the men, women, and children in our community.

You will hear from us – a lot! – in the coming months about this very important day. At Texas Health, our Mission is to improve the health of the people in the communities we serve. And we couldn't do it without your help. Please join us on September 19 as we raise funds for our programs that change lives.

COMMUNITIES  
FOUNDATION of TEXAS  
—NTX—  
**GIVING  
DAY** presented by  
amazon

