

# InTouch

TEXAS HEALTH RESOURCES FOUNDATION

WINTER 2021



**Margot Perot**  
**Center Renovation**  
Focus on the Future

**Healing Hands**  
THRIVE Program  
Supports Area  
Students

► **Trustee Spotlight:** An Interview  
with Board Chairman Chris Skaggs

► **Mission Moment:**  
Pastoral Care 24/7

On the cover: The Crawford family.  
See their story of generosity on Page 5.



# Dear Friends

This time of year, we usually spend some time reflecting on the past 12 months. As we went through that exercise, the word that kept coming to our minds was *gratitude*. In a year with so many pivots and new landscapes for our industry, we're grateful for the way we adapted and, in a lot of ways, thrived.

Our successes have been both highly visible, like the new Jane and John Justin Tower at Texas Health Fort Worth, and targeted at the neighborhood level, like the mobile vaccine and screening services that change lives one person at a time.

We are grateful that work has begun on a major renovation of the Margot Perot Center for Women and Infants on the campus of Texas Health Presbyterian Hospital Dallas. This planned renovation will not only allow the Margot Perot Center to continue to provide excellent care for women and their families but also grow and modernize to meet the needs of an ever-growing North Texas region. Learn more about this important project on Page 4.



This has been an important year for our Community Impact programs. The THRIVE (Together Harnessing Resources to give Individuals Voice and Empowerment) Program in Sanger, Texas, received national attention for its unique collaboration that provided resiliency training, a community garden, and an in-school grocery store to some of our youngest neighbors. Read about its successes and plans on Page 8.

Top of mind, as we reflect on the year, is an overwhelming sense of appreciation for our donors, Foundation Board, volunteers, staff, and medical partners across the North Texas area. Our greatest hope is that with each coming year, our service to the community grows exponentially, and with your continued help, it will.

With Sincere Gratitude,

**Laura McWhorter**  
President  
Texas Health Resources Foundation

**Chris Skaggs**  
Board Chairman

**P.S. from Laura:** *I want to take this opportunity to thank Chris for his service as Board Chairman. His leadership will have an impact on our North Texas neighbors for generations to come. When he signed on for this responsibility, none of us knew that a pandemic was looming, and that it would change the face of philanthropy for both our donors and the communities we serve. Read more about Chris and his wife, Amy, on Page 10. We are blessed by their service.*

## 4 The Best Gets Better

Renovation of the Margot Perot Center is designed to care for women and babies for decades to come.



## 8 Helping Hands

The innovative THRIVE Program helps community students with resiliency training and other support.



## Regular Features

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Chris Skaggs reflects on his tenure as Texas Health Resources Chairman

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What does your legacy look like?

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Cover photo:  
Megan Elizabeth Portraits





## Community. Connection. Compassion.

Caring for each other in mind, body, and spirit. Texas Health Community Impact goes beyond the walls of our hospitals and improves the lives of people in the communities we serve. We collaborate and unite with community partners – from schools to faith communities to other nonprofits – to address health issues through collective efforts.

Our THRIVE (Together Harnessing Resources to Give Individuals Voice and Empowerment) program helps address mental health and food security issues in schools.

Our Health to Home program offers medical care and a safe place for homeless adults to recuperate upon discharge from the hospital.

Our Wellness for Life Mobile Health program continues to meet the needs of underserved populations.

Since the spread of COVID-19 in 2020, we have not stopped responding to the immediate needs of our patients, frontline healthcare workers and their families, and our communities.

*Please, give the Gift of Health.*  
**Make Your Gift Today at [TexasHealth.org/Giving](https://www.texashealth.org/giving).**

 **Texas Health Resources**  
Foundation®

*In Touch* is published by Texas Health Resources Foundation.

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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.

## Heard Around the System

"I wanted to personally say thank you to Dr. Tanaka and nurse Maxine. I came in at shift change, and I was pleasantly greeted with care and concern. Maxine was so sweet as I was all alone and in a lot of pain. Dr. Tanaka came in promptly, diagnosed the problem, and treated me in 15-20 minutes. Both were so encouraging to help me get through treatment. I am so grateful for them. Please let them know they are heroes!"

— Texas Health Southwest

"My mother was recently a patient. She was elderly and it was evident she was in her last days. The staff was so incredible! She was in the cardiac wing, and her nurse Lindsey was so very kind to our family and to her. All the nursing staff and palliative care staff made sure that all we had to do was be present with her. The social worker and others took care of the rest. So thankful for all that was done and the ability to have hospice care in the hospital and not have to move her. Thank you!"

— Texas Health Denton

"The staff was absolutely exceptional and totally committed to making a positive difference in the lives of those patients receiving their care. It was a positive experience across the board, including the surgeon, nurses, techs, physical therapy, respiratory therapy, office personnel, housekeeping, and food services. I highly recommend this hospital because I would rate it a 10 out of 10. Thank you for being my hospital of choice!"

— Texas Health HEB

## 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.







## The Margot Perot Center for Women and Infants Gets An Early Birthday Present – a \$60 million renovation



The Perot Family

In September 2023, the Margot Perot Center for Women and Infants will celebrate 40 years of service to the women of North Texas. Enjoying a stellar national reputation for obstetrical, gynecological, and whole woman care, the hospital sees 5,000 births and provides care for more than 175,000 patients annually. The constant demand for its high level of care has caused wear and tear over the years. Women and infant care has advanced since the building's opening, resulting in the need to update technology and create a more personalized experience and home-like feel.

Recognizing the need for a significant renovation, hospital leaders, physicians, nurses, and patients have been collaborating for months to create a design for the Perot Center that will transform care delivery and enhance the overall experience. The result will create greater efficiencies and fortify the Center's reputation as THE destination of choice for women and infant care in North Texas.

The center namesake, Margot Perot, supports the renovation saying, "We are pleased to help continue the legacy of care for the women in our communities. Our goal always has been to provide the highest quality medical care, and through the Perot Renovation project, we can continue to meet that goal."

### The anniversary gift that keeps on giving

When Ross and Margot Perot's five children made the lead gift in 1981 to establish the Margot Perot for Women and Children on the campus of Presbyterian Hospital of Dallas (now Texas Health Presbyterian Hospital of Dallas), little did they know what an impact the facility would have on hundreds of thousands of North Texans' lives. The gift was given to honor their parents' 25th wedding anniversary. When the seven-story, \$21 million, 225,000 square foot Perot Center opened, it doubled the number of Ob/Gyn beds at the hospital. It also laid the groundwork for what would become one of the region's leading neonatal intensive care units. Hailed at the time for its modern design, the Perot Center was the first healthcare facility in North Texas dedicated to women and infant care, and only one of a handful in the country.



"Our goal always has been to provide the highest quality medical care, and through the Perot Renovation project, we can continue to meet that goal."

Margot Perot

### An opportunity to renew the Perot Center's commitment to the community

Faced with burgeoning patient demand, increasing patient expectations, and the limitations presented by a nearly 40-year-old structure, Texas Health Dallas was at a crossroads. Renovation was the only answer.

"Almost four decades ago, when the Margot Perot Center was built, the hospital was making a statement that this was the place for women and infant care in the Dallas area. The investment we're making now is doubling down on that statement," says Jim Parobek, president of Texas Health Dallas. "Over the years we've made periodic improvements and brought in new technologies, but we finally had to say we need to completely redo the facility. We're accomplishing the renovation in a living, breathing building that is delivering a high volume of services. Thanks to excellent coordination between the physicians on our medical staff, our

## A grateful family shares their story. Meet the Crawfords.

On September 11, 2019, Juliana Crawford and her daughter Eden flew back from a brief vacation in Colorado. Her husband, Judson, stayed behind to hike with some buddies over the weekend. He planned to return to Dallas the next week. But a call that evening from Juliana changed everything. Pregnant with twins, Juliana phoned Judson telling him she was on the way to the hospital because she thought she was having a health issue. An hour later, she called back and told Judson he needed to come back to Dallas immediately. The amnionic sac around one of the babies was leaking. Juliana was admitted to the antepartum unit at the Margot Perot Center with orders for bed rest. She was 24 weeks pregnant.



Judson describes the following days as "nerve wracking." He and Eden visited Juliana every day. She was able to work from her hospital bed and things seemed to be going well. Then, at 3 a.m. on Oct. 10, Juliana called Judson to tell him the babies "were coming," at 28 weeks. When they were born, Cora, the baby whose sac had punctured, was sicker than her sister Ivy. Immediately after the births, Judson accompanied his new twins to the Neonatal Intensive Care Unit (NICU). "It was so scary," Judson recalls, "because we didn't know anything at the time."

The twins remained in the NICU for three months. Ivy went home on Christmas Day 2019 and Cora followed on Jan. 7, 2020. Nearly one-third of a year passed between the time Juliana was admitted to the antepartum unit and Cora was discharged from the NICU. "I can't say enough about the NICU nurses, they were absolute angels," says Judson. "They kept us sane, loved our girls, and loved us. I still get choked up thinking about how well taken care of we were. We also made lifelong friends with another couple who had twin boys in the NICU."

Now, more than two years later, Judson and Juliana have decided to give back to the hospital and the staff that gave them so much. "We chose to make a gift to the antepartum nursing station renovation," says Judson. "We've given small donations to the NICU before. By underwriting the antepartum nursing station renovation, we're directly thanking the nurses that were so critical to Juliana's care and recovery. It's the frontline people we are benefiting through this renovation by making a more comfortable place for them to work long shifts. They were really like her family. For such a terrible thing to be happening, we had so many good experiences with the staff, the nurses, the administration. Giving back is important to Juliana and me, and it's something we want to instill in our children. It's one of the joys we have and it's an important part of life. It's a way for us to financially say thank you and express to them what they meant to us at one of the most difficult times in our lives."





“When you invest in the Margot Perot Center renovation, you’re impacting thousands of lives, and that’s priceless. Individually and community-wide you’re doing something for someone else. For us, job one is a healthy baby and a healthy mom. We want them to leave saying their experience was great!”

Dr. Eugene Hunt



clinical staff, and our construction team, we can close one area and relocate those services to another area. After six months and completion of phase 1, we’re still on schedule.”

Dr. Eugene Hunt, chairman of the Obstetrics and Gynecology division at Texas Health Dallas, says the renovation will provide state-of-the-art operating rooms with the latest technology. “This will enable physicians, nurses, and the whole healthcare team to more easily deliver the best care possible,” he says.

### The vision for the new Margot Perot Center

The \$60 million renovation of the Perot Center encompasses several patient care areas and public spaces. Rita Hendricks, senior project manager for Texas Health Resources, is overseeing day-to-day details of the renovation. She sees the project as challenging and rewarding. “Our biggest victory to date is making sure the building continues to operate to support the current high level of births and services while moving forward with construction on-time and on-budget,” she says. “It is quite the juggling act.”

Anita Linney-Isaacson, senior project manager for the architecture firm HKS, added, “We needed to make sure the physical environment of the building matched that excellence of care that’s provided

within the building. In working with the Texas Health Dallas staff, we kept certain words at the center of our conversations when it came to design – comforting, warm, contemporary, and timeless.”

### Renewing the Perot Center’s mission to serve the community, today and tomorrow

Dr. Hunt says the renovation is designed to take a nearly 40-year-old building into the future. “We are trying to do something that will last another 40 years. The technology in the labor and delivery rooms, the operating rooms, and at the nurses’ stations will be state-of-the-art.”

“When the Perot Center was built, it was designed to serve the entire community,” explains Virginia Rose, vice president for the Center. “We have stayed true to that mission. The renovation enables us to innovate to help patients better navigate their care and to provide seamless, better coordinated care for women and infants. We are creating an Integrated Center for Women and Families, a virtual hub where we will be able to coordinate all the care we provide. That includes extending high quality care beyond our walls into our community clinic. So, all may receive the same care from the same physicians and nurses who work at the Perot Center. Every family deserves good care and a good experience. This renovation is making sure that happens.”



"I would tell the residents of North Texas, if you have the means to contribute to something worthwhile, weigh very carefully what an investment in the Margot Perot Center for Women and Infants would mean," says Dr. Hunt. "When you invest in the Margot Perot Center renovation, you're impacting thousands of lives, and that's priceless."

**The Foundation is grateful to the many community volunteers and donors who have already stepped up to support this campaign effort. With the help of very generous lead gifts, we have already raised \$6.7 million against a \$7.5 million goal. For more information and to support the Perot renovation, please contact Shannon Fisher at 682-236-5965 or [ShannonFisher@texashealth.org](mailto:ShannonFisher@texashealth.org).**



## Honoring the legacy of Dr. Henry Estess

Perhaps few other obstetrician/gynecologist have been more closely associated with the Margot Perot Center for Women and Infants than Dr. Henry Estess. Dr. Estess' career with Walnut Hill Ob/Gyn Associates spanned more than 30 years. His entire medical career was spent on the medical staff of Texas Health Dallas, helping to bring thousands of babies into the world. In 1970, he and his partner were the first physicians to occupy space in Professional Building 1 on the hospital's campus. "During the first decade of his practice, Henry saw his patients in the Main Building that was populated with accommodations for many different medical specialties," recalls his wife, Sandra. "The creation of the Margot Perot Center, some 40 years ago, was unique to Dallas and represented an original concept to have a free-standing hospital for women

and their babies. Henry's professional objectives were always to provide the best comprehensive medical care possible to his patients and to their babies. The degree to which the state-of-the-art facilities contributed to that care was important. Henry loved what he did, and he loved where he did it."

Dr. Estess retired from practicing medicine in 1999, and passed away in 2018. "Our family's decision to make a gift to the Margot Perot Center renovation is based on our desire to honor Henry's legacy and to continue the important legacy of the Margot Perot Center and its reputation within the community and beyond," explains Sandra. "The success of the current renovation project will benefit countless numbers of women and their families far into the future so it will be extremely important to have broad-based community support."



## THRIVE: Helping Our Kids in Need



As most life-changing things do, it started with a need. A need to help kids in a small North Texas town, kids who were dealing with the stress of life events beyond their control, the kind of stress that impacts a person for years to come.

Enter the THRIVE Program. THRIVE stands for *Together Harnessing Resources to Give Individuals Voice and Empowerment*, and it's been key to helping improve the lives of underserved students in North Texas. With the help of two Texas Health

Resources grants, the Sanger Independent School District (SISD), along with First Refuge Ministries, First Baptist and New Life churches of Sanger, and the City of Sanger, implemented THRIVE to aid those students in need.

The initial grant, with the support of student services coordinator Ann Hughes and SISD principal Tony Love, provided students with the Ripple Effects resiliency training and support services, including counseling and low-cost or free medical and mental health care. Studies show that

one in four children have experienced adverse childhood trauma in their lives, including risk of homelessness, violence, divorce, and food insecurity. Through the resiliency program, middle and high school students learn the skills to help them cope and move forward.

That grant also helped start a grocery store inside the Linda Tutt High School in Sanger. Program champion and Executive Director at First Refuge Ministries Paul Juarez said, "The idea of a grocery store started evolving while on a drive with my

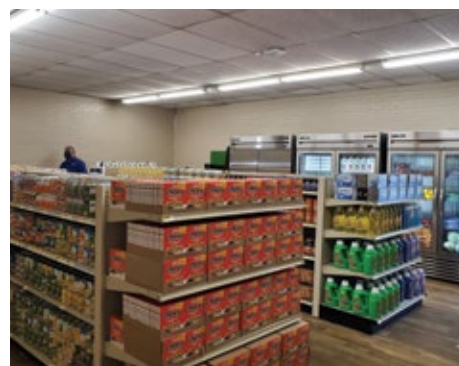


Texas Health Foundation is working to raise \$2.6 million to expand to 10 new locations throughout North Texas over the next three years. Those funds, plus the support of community leaders and business partners, will help at a critical point in these students' lives.

wife." Soon, the "what-ifs" turned into "why-nots" and the idea grew.

Paul, who has a background in the grocery business, saw the grocery store as a possible solution to many problems. First, it provided students and their families convenient access to food. It also provided a chance for students to use what they learned through the Ripple Effects program. Students run the store themselves, and goods are purchased with points earned by students who perform good deeds or exhibit kind or resilient behaviors.

With the second grant, the district was able to fund a community garden, called Community Strong Farms. The garden is located on 14 acres donated by the New Life Church in Denton. Produce grown in the garden will supply the grocery store and other community food banks and will be sold at farmer's markets to help fund the garden.



### Looking Forward: EXPANSION!

The THRIVE Program and grocery store have been so successful that plans are underway to start similar programs in other communities. In fact, thanks to a \$30,000 grant from Albertsons, DeLay Middle School in Lewisville will open a student grocery store by the end of the year. And the Cigna Foundation has already committed to a \$100,000 grant in 2022.

Catherine Oliveros, vice president of Community Health Improvement at Texas Health said, "The ability to bring on key partners like Albertsons is a testament to the success of this program. Kids that work in the store are gaining important job skills that can translate into a career

in the grocery business. Being able to bring on these types of partners wherever THRIVE is replicated can contribute to ending the cycle of poverty in communities."

While the preference is to keep the original THRIVE model as is, flexibility is important. Some adaptations may be necessary for other communities, while striving for the same success as the pilot program.

Texas Health Foundation is working to raise \$2.6 million to expand to 10 new locations throughout North Texas over the next three years. Those funds, plus the support of community leaders and business partners, will help at a critical point in these students' lives. For more information how you or your organization can help contact Jennifer Atchison at 682-236-8420 or [JenniferAtchison@texashealth.org](mailto:JenniferAtchison@texashealth.org). Your donations today can help our adults of the future.

# Meet Texas Health Resources Foundation Chairman Chris Skaggs

We recently sat down with our board chairman, Chris Skaggs, to learn more about his passion for making an impact, his views on philanthropy, and how he has navigated through the past two years of leadership during a pandemic. Chris and his wife, Amy, have two very active kids, Jaxon, 10, and Olivia, 8. Chris, Vice President of Brand at TSP, has served as our Foundation's chairman during one of the most difficult times in our history.

Chris and Amy got involved with Texas Health after they tragically lost their daughter, Leighton, three weeks after birth in the Neonatal Intensive Care Unit (NICU). They started a nonprofit in her name, Leighton's Gift, to raise funds for NICU cameras for other families in their community. Chris and Amy have been heavily involved with Texas Health as a donor and volunteer ever since.

### **Q: What do you enjoy most about serving as a THRF board member?**

**A:** As a board member, you get to see behind the curtains of an organization. As a donor you may only see what you're contributing to, but as a volunteer leader, you get to see an entirely new perspective. For example, a ribbon cutting for a new space may seem simple from an outsider's perspective, but behind the scenes it may take years of work to get across the finish line. I truly enjoy being part of something bigger, seeing a different side of my fellow volunteers, and making a difference.

### **Q: While serving as board chair through the pandemic, what gave you hope?**

**A:** I am in awe of how much support we've seen from the community with monetary donations, in-kind gifts, handwritten cards, and other means of support. The attitude we saw from staff,

fellow volunteers, and donors was always, "how can we help?" or "what can we do?" It also gave me hope to see our community checking in on frontline workers, showing appreciation for others, and prioritizing mental health and resiliency during such a difficult time. I hope these changes become a part of everyday life.

### **Q: Why is sharing your family's story so important to you and Amy?**

**A:** The most important part of sharing our experience is to keep Leighton's legacy alive. There is no right or wrong way to cope with grief but for our family, sharing Leighton's story is a form of therapy. It's important for us to keep talking about it and processing everything, even when difficult emotions start to bubble up.

Our experience helped us form an unspoken bond with other NICU families. The NICU changes you, and everyone copes with it in a different way. The only people who will ever understand what you went through are those other families who have lived it. It's a common bond that connects us forever.

### **Q: You and Amy are both busy with the craziness of day-to-day life. What keeps you motivated to stay so involved?**

**A:** Anyone who has experienced a major loss knows the importance of time, so we try to make the most of the time we're

given. Our family prioritizes the things that mean the most to us and learn how and when to say no. We have always prioritized staying involved because it's a way for us to take care of the people in our community.

And when it seems hard, we just find that little bit of positivity – that guiding force to get us through. All the uncertainty and difficulty of the last two years has reminded Amy and I of our mission for Leighton's Gift. We took a tragedy and made something positive of it. We let that be the fire that keeps us going and pushes us forward to make an impact.

### **Q: How do we instill the importance of philanthropy in the next generation?**

**A:** We must talk to our children about philanthropy beginning at a young age. Amy and I are an open book with our kids when it comes to our volunteer and philanthropic choices, but we also think it's important to lead by example. We show them there are many ways to give back – it's not just about giving a large sum of money. It's about showing up for your community, volunteering, and giving back to those in need. Every bit counts and every dollar makes a difference.

***We are so grateful to Chris for his contribution. Leading our organization through a pandemic is no easy task, but he has done so with grace, positivity, and strength.***







## Answering the Call

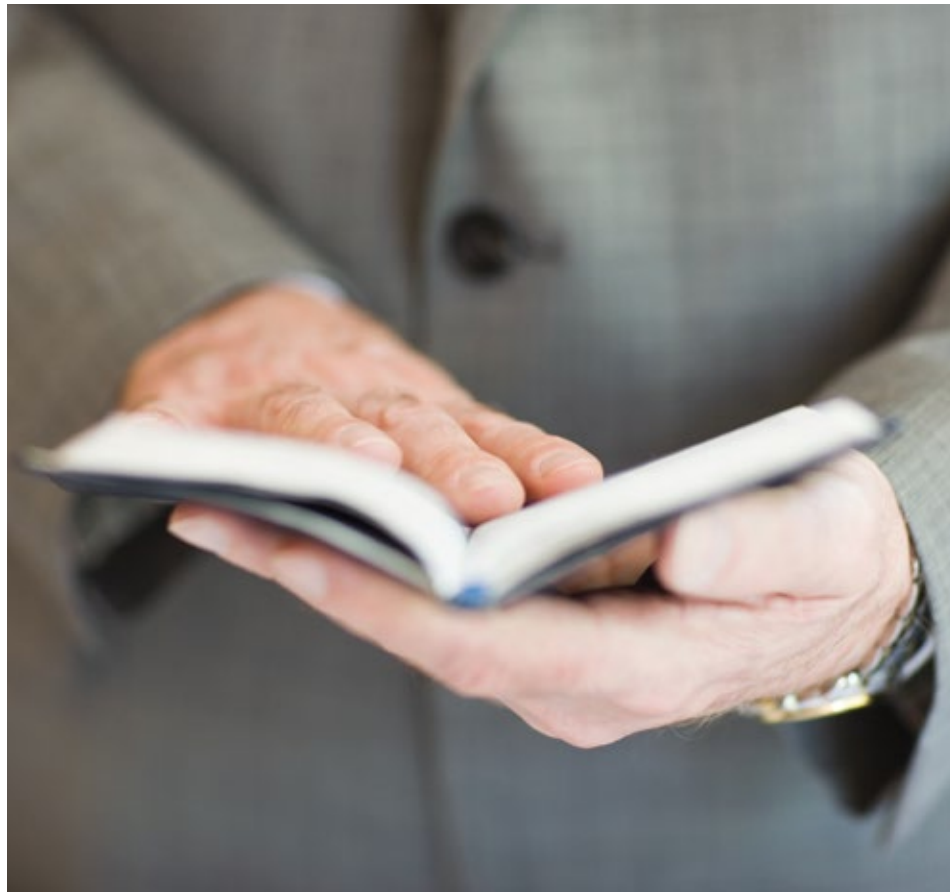
Day after day, hour after hour, hospital chaplains reach out to those facing overwhelming uncertainty, unspeakable sorrow, and unthinkable fear. They hold hands with strangers whose lives are slipping away. They pray with family members they'll never see again. But they also witness the power of resilience and faith in the many families they serve.

Participants in Clinical Pastoral Education (CPE), a long-time chaplain residency and internship program at Texas Health Resources, have plenty of stories to share, but the most significant theme they come away with is the belief in this opportunity to serve.

"Even though we're facing death and pain on one end, on the other we're able to experience life with mothers who are having babies. We're holding hope and suffering in the same hands."

Fanchon Kelley

"The CPE program ties directly to our Mission of improving the lives of the people in the communities we serve," said David Tesmer, Texas Health chief community and public policy officer. "Individuals who complete the program demonstrate their commitment to continuous learning and caring for our community – body, mind and spirit."



The program includes 10 CPE residents and six interns in the Dallas and Fort Worth hospital campuses. The program has participants from around the world and is accredited by the Association for Clinical Pastoral Education Inc.

Texas Health Fort Worth CPE resident Sean O'Neil, who has a doctorate in religion and is a former college professor, struggles to find the right words.

"It's painful, but I've never felt more convinced there is meaning in this universe. I've never felt closer to God," said O'Neil. "My role as chaplain is not to encourage people to pray. Instead we minister to people of every religion and no religion."

He continued: "If I were to encapsulate my residency, I would summarize it with the words of Frederick Buechner: 'Beautiful and terrible things will happen. Don't be afraid.'"

Fanchon Kelley, a CPE resident at Texas Health Dallas, puts it this way: "Even though we're facing death and pain on one end, on the other we're able to experience life with mothers who are having babies. We're holding hope and suffering in the same hands."

**Philanthropic dollars help sustain our pastoral care program. If you wish to support the spiritual well-being of our patients, please visit [TexasHealth.org\Donate](https://www.texashealth.org/donate).**



# Azle Rallies To Fight Unprecedented Surge

Hit hard with an extremely high population of unvaccinated COVID-19 positive patients for weeks in this latest surge, Texas Health Azle has responded with quick thinking, all hands-on deck and help from sister hospitals.

On September 13, the hospital had a total of 44 COVID-positive patients, 86% of the entire hospital, which included 10 patients holding for beds in the emergency department, two of whom were on ventilators. Most, if not all, of the leadership team was working in direct patient care.

"The Texas Health Azle team has risen to the occasion, along with support from its sister hospitals and the system," said Kirk King, Texas Health's executive vice president and hospital channel chief operating officer. "The current situation presents a microcosm of the pressure all of our small community hospitals are feeling with respect to managing a high acute non-vaccinated inpatient COVID population."



Tonya Sosebee

While many of the high-acuity patients would have traditionally been transferred to Texas Health Fort Worth, the sister hospital was also experiencing a shortage of critical care beds. The situation was quickly handled by transferring patients to Texas Health Arlington Memorial and Texas Health Dallas.



This past spring, Tonya Sosebee, M.S.N., R.N., NEA-BC, Texas Health Azle's chief operating officer and chief nursing officer, contracted with Texas Pulmonology and Critical Care Consultants to enable the hospital to safely manage the acutely ill patients and the physicians group started seeing Texas Health Azle patients virtually in August.

"We're so thankful for their group's expertise and management of our acutely ill ICU patients," Sosebee said. "Our patients are now receiving the same care and treatment that they'd receive at Texas Health Fort Worth."

Respiratory support has been one of the biggest challenges, with traditional scheduling only including one respiratory therapist per shift.

"All of our staff have been impacted, but our respiratory therapy department has shouldered the majority of the burden with the influx of patients requiring oxygen via high flow nasal cannula, BiPAP (bilevel positive airway pressure) or ventilator support," Sosebee said, adding that acuity and number of patients has been larger than the last wave of COVID patients in January.

"Thankfully, Texas Health Cleburne and Texas Health Denton sent respiratory therapists," Sosebee said. "Texas Health Azle's certified registered nurse anesthetists also changed their schedules to assist in the ICU three nights a week."

Regional Advisory Council (RAC) nurses and respiratory therapists have now been sent to Texas Health Azle, which continues to manage a high census, with patients still holding in the emergency department. Of the hospitalized COVID-positive patients, 98% have been unvaccinated.

"It has taken a village to manage through this situation and our team continues to rally with the incredible response given by the Texas Pulmonology and Critical Care Consultants to manage our critical care needs," Sosebee said. "It is a truly remarkable response by the Texas Health Azle team in delivering safe and reliable care during an unprecedented surge."

**To support our front-line caregivers by donating to the COVID-19 Response Fund, please visit [TexasHealth.org/Foundation](https://www.texashealth.org/foundation).**

# Generosity is one of the most beautiful expressions of kindness

Thank YOU to each and every one of our generous event sponsors throughout 2021. We are so thankful for your support as we navigated another year of change. Your impact on our communities will be felt for years to come!



Mobile Health Unit – Sip and See  
Kaufman & Rockwall Counties



# News Around the System

## Back in the Swim of Things



Thanks to the generosity of donors through the Texas Health Resources Foundation, patients are again able to use the swim flume at the Institute for Exercise and Environmental Medicine (IEEM) to help support them in their rehabilitation process.

The donations of nearly \$100,000 helped repair and renovate the 25-year-old swim flume, which is a “swimming treadmill” that allows swimmers to work against a current to maintain position. The flume is used in the evaluation of cardiac and other patients when a standard treadmill test isn’t appropriate, or for heart patients who want to swim for exercise.

In addition to its longstanding diagnostic use, the swim flume has been used extensively by IEEM researchers to study athletes exposed to altitude and low levels of oxygen. It also is being used for research on behalf of U.S. Paralympics Swimming. The research, a collaboration between IEEM and UT Southwestern Medical Center, will involve refinement of the Paralympic classification system, which places athletes in classes according to their functional abilities.

“Our donors’ generosity in helping repair the swim flume brings hope to the many patients whose lives will be enhanced through the therapy they’ll receive in its waters,” said Shannon Fisher, Texas Health Foundation’s vice president, Foundation and Fund Development.

IEEM’s Benjamin Levine M.D., cardiologist on the Texas Health Presbyterian Hospital Dallas medical staff and Distinguished Professor in Exercise Sciences at UT Southwestern Medical Center, emphasized the importance of the swim flume’s repair to IEEM’s work.

“The benevolence of the donors means that once again we can take advantage of one of the really unique research tools in the country, if not the world.”

## New Faces at the Foundation

We are excited to welcome three new members to the Texas Health Foundation team!

Janine M. Kraus, Ph.D., has been named vice president of Foundation and Fund Development for greater Fort Worth. Janine comes to Texas Health from Texas Christian University, where she served as the assistant vice chancellor for loyalty giving for 14 years.



Janine M. Kraus, Ph.D.

Janine served in the U.S. Army for six years before getting her bachelor’s degree from the University of Maryland Global Campus and her master’s degree and doctorate from the University of North Texas. Janine is very active in the community, having served on the boards of the Junior League of Fort Worth and Leadership Fort Worth.

Sarah Humphrey joins us as vice president of Foundation and Fund Development in the north region, which includes Collin and Denton counties. Sarah comes to Texas Health from Communities Foundation of Texas, where she served as the director of charitable giving, Collin County, for six years.



Sarah Humphrey

Sarah received her bachelor’s degree from Southern Methodist University and master’s degree from the University of Kansas. Sarah has served the community through involvement in organizations including Leadership North Texas, Dallas Junior League, and the Texas Health Presbyterian Plano Community Advisory Council. She also holds the Chartered Advisor in Philanthropy (CAP) certification.

Peggy Davidson is the new director of Strategic Communications for the Texas Health Foundation. Peggy has more than 30 years of communications and marketing experience in the Dallas-Fort Worth area. She also served as a board member for the Mary Kay Ash Foundation for several years. Peggy received her communications degree from Doane University in Nebraska, and her master’s in conflict resolution from Southern Methodist University.



Peggy Davidson

Welcome Janine, Sarah, and Peggy!

# Charitable Gift Planning

## A Legacy of Giving

The real value of estate gifts bequeathed to Texas Health Resources cannot be measured merely by dollars and cents; instead, they must be measured by their impact on the lives of patients and the care provided to them. Thoughtful benefactors who make provisions in their estate plans for Texas Health leave legacies of support for ongoing excellence and future innovation in healthcare for the residents of North Texas.

"I'm proud to be able to donate something meaningful. I hope the chapel will be a gathering place for those who need peace and hope."

Karen Cramer

While estate gifts help serve the needs of our growing communities, we are tremendously grateful for those donors who pass down a legacy of giving to their family members. One example of that is the generosity of the Cramer family.

Karen B. Cramer grew up in a family that made giving a priority. Her parents, Judson and Elizabeth Cramer, were great friends to the Fort Worth medical community, donating time and resources to help serve the needs of so many in the area.

"Daddy grew up with nothing, but he wanted to give back even before he could financially. He and Mother gave in small



Karen Cramer

ways, at first, with their time and then with whatever they could afford," said Karen. Among the several gifts from the Cramers is the food service building and Cramer Café at Texas Health Fort Worth.

And fortunately for the people of Fort Worth, Karen Cramer has continued that legacy. Karen has funded the Cramer Chapel in the new Jane and John Justin Tower at Texas Health Fort Worth. "I'm proud to be able to donate something meaningful," she said. "I hope the chapel will be a gathering place for those who need peace and hope."

Thank you to Karen for this wonderful gift, and for following in her parents' footsteps.

### Need Help Making a Planned Gift?

There are many ways you can ensure your support for Texas Health Resources Foundation continues for years to come. To learn more about how you can help, contact Sarah Higdon Humphrey, vice president of Foundation and Fund Development, at [SarahHigdon@texashealth.org](mailto:SarahHigdon@texashealth.org).



# Your Gift at Work

## Grant Helps Expand Vaccination Efforts

Texas Health Resources has received a boost in its efforts to bring COVID-19 vaccines to underserved communities thanks to a \$1 million grant from the Communities Foundation of Texas.

Funding provided by Communities Foundation of Texas' W.W. Caruth, Jr. Fund is being used by Texas Health's Community Health Improvement team to scale up community vaccination efforts in the region's most underserved communities, with a focus on Erath, Johnson, Kaufman and Tarrant counties.

"The people we're trying to reach are the ones most at risk for serious complications and most likely to wind up in the hospital, fighting for their lives."

Rosemary Galdiano

"The percentage of people who need to be vaccinated is still high," said Rosemary Galdiano, M.P.H., R.N., OCN, director of Texas Health's mobile health program. "The people we're trying to reach are the ones most at risk for serious complications and most likely to wind up in the hospital, fighting for their lives."

The approach includes increased messaging about the vaccination campaign, culturally and linguistically appropriate outreach, and education about COVID-19. Texas Health also set up vaccination sites at community



centers and churches, uses a bilingual and bicultural mobile team, and provides transportation for patients to and from clinics.

The Communities Foundation of Texas grant was the largest of six health focused grants that total \$2.4 million and align with the organization's goal of expanding health equity across North Texas, especially for community members with limited access to healthcare and vaccines.

Since the roll-out of COVID-19 vaccines, Texas Health has been committed to distributing vaccines in an efficient, safe and equitable manner.

Shannon Fisher, vice president at Texas Health Resources Foundation, said

philanthropy has been called upon to play a more critical role than ever before throughout the pandemic.

"We are grateful to the many donors who have continued to support Texas Health and other non-profit partners in our community. It is philanthropic collaborations like this one with Communities Foundation of Texas that will allow us to address vaccine hesitancy and build equitable access and uptake of COVID-19 vaccines in North Texas," Fisher said.

**To help provide vaccines to the underserved community through the COVID-19 Response Fund, please visit [TexasHealth.org/Foundation](https://TexasHealth.org/Foundation).**



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## Thanks for Your Generosity!

A huge thank you to all  
our North Texas donors!  
Texas Health Resources  
Foundation raised over  
\$760,000 and ranked No. 3  
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Your giving supports  
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patient care programs, and  
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We are making a difference  
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