

InTouch

WINTER 2025



TEXAS HEALTH RESOURCES FOUNDATION



GROWING WITH YOU

Karen Cramer transforms the future of healthcare with a naming gift to build a new tower at Texas Health Southwest.

GRADUATE MEDICAL EDUCATION

Building talent in North Texas.

TEXAS HEALTH PLANO UPDATE

We've broken ground on the new Texas Health Plano Tower.

ANNUAL GOLF TOURNAMENT

Record amount raised for cancer care.

DEAR FRIENDS



Happiness researcher Shawn Achor joined us for the 2025 Donor Appreciation Dinner.

In November, we gathered for our annual Donor Appreciation Dinner where Shawn Achor, happiness researcher, bestselling author, and renowned speaker, served as our keynote. That evening, he shared research that resonated deeply: when we try to climb a hill alone, it seems impossibly steep. But when we climb that same hill with someone else, it becomes manageable. The hill doesn't change—but everything about the journey does.

In this issue, you'll read about people who embody this truth. Donors who are walking alongside patients they may never meet, but whose presence is felt every day in expanded hospitals and life-saving services. Community partners standing beside students facing their toughest challenges, offering not just resources but hope. Donors climbing alongside aspiring healthcare workers, opening doors to careers they once thought out of reach. Neighbors supporting neighbors experiencing homelessness, bringing health and dignity to those who need it most.

Some are making transformative gifts that will serve generations. Others are turning school spirit into community care. Some have been friends to Texas Health for decades, while others are just beginning their journey with us. But they all share one thing in common: they understand that no one should have to climb alone.

These stories reveal a powerful truth—when we choose to walk alongside others, when we extend our hand to make someone else's climb a bit easier, we create ripples of positive change that lift entire communities. The hills don't get smaller, but together, they become possible.

Your generosity makes these climbs happen. You transform lives.

Thank you for choosing to climb alongside us.

With gratitude,

A handwritten signature in black ink that reads "Laura".

Laura Q. McWhorter, CFRE
President

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EXPANDING CARE TO MEET YOUR NEEDS

A transformative gift from Karen Cramer paves the way to expanded healthcare access across North Texas.



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ANNUAL GOLF TOURNAMENT RAISES FUNDS FOR CANCER PATIENTS

Generosity was in full swing as this year's golf tournament set a new fundraising record to help cancer patients receive the care and support they need.

ON THE COVER:
Portrait of Karen Cramer
by Josh Phillips



TOGETHER, WE MAKE HEALING POSSIBLE.

Your gifts to the Texas Health Resources Foundation make a lasting impact in our local communities. You bring comfort to patients, support our caregivers, and invest in the healthcare of tomorrow. Every gift, large or small, helps us deliver exceptional care close to home.

Thank you for being part of this healing community. Together, we're building a healthier tomorrow.

Please consider making a gift.
Just scan the code!



**HEALTH
BEGINS
TOGETHER.**

 **Texas Health Resources
Foundation®**

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I had breast surgery, and every nurse and doctor I met were excellent. It was a great experience for a not-so-welcome surgery. I couldn't have asked for a better group of healthcare workers. Thank you so much for hiring top-notch employees!

– Texas Health Presbyterian Hospital Dallas patient

I was in the ER. From the initial registration to the nurses, to the radiology technician, to the doctor – they were the nicest hospital staff I have ever encountered. It's really appreciated!

– Texas Health Harris Methodist Alliance Hospital patient



I have deep appreciation for the exceptional care provided to my father during his stay on the 3rd floor of Jones Tower. The entire staff was truly amazing – kind, patient, and attentive. It brought great comfort to our family knowing he was in such capable and caring hands during a difficult time. We are incredibly grateful.

– Texas Health Harris Methodist Hospital Fort Worth patient



**SCAN HERE
TO READ
OUR ANNUAL
REPORT.**

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.

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!

Building for the Future

WE WILL BE THERE WHEN YOU NEED US

At Texas Health, our commitment is clear: to be there when North Texans need us most.

Every day, we work to expand access to exceptional care because health can't wait. We are growing to meet the needs of a vibrant, diverse, and rapidly expanding region. Every new square foot we build is a promise that every patient, every family, and every generation will have the care they deserve, close to home.

Thanks to the generosity of donors like you, Texas Health is deepening its commitment to health in ways that will transform lives for decades to come.

Read on as we celebrate the extraordinary gift that is fueling growth and innovation across North Texas.

CARRYING THE VISION FORWARD: *Karen Cramer's Gift to the Future of Care*

When Karen Cramer looks toward the skyline of southwest Fort Worth, she doesn't just see a hospital. She sees a promise, a promise her family helped plant decades ago, and one she is now helping to grow for generations to come.

Her recent transformational gift to name the new Cramer Tower at Texas Health Harris Methodist Hospital Southwest Fort Worth is deeply personal. It reflects her lifelong commitment to advancing healthcare and her desire to honor the roots of her family's service while building something enduring for the community she loves.



“

My father helped start this hospital, and now I want to ensure it continues to care for future generations. My legacy won't be in the buildings; it will be in the devotion I feel for Texas Health and the entire Fort Worth community.

— Karen Cramer

A FULL-CIRCLE MOMENT

In the early 1980s, Karen's father, Jud, was part of the small group that envisioned what would become Texas Health Southwest. But for Karen, this moment isn't just about honoring that history, it's about ensuring the hospital's future.

Karen's decision to support the new tower comes from a lifetime of seeing what compassionate, community-based care can do. As a longtime supporter and trustee on the Texas Health Resources Foundation Board, she has witnessed countless stories of healing and hope, stories that inspired her to take action.

THE NEW CRAMER TOWER

Year after year, more neighbors are trusting their care to Texas Health Southwest. The new five-story tower will allow us to serve more patients, keeping them and their families close to home for surgical and inpatient care.

The Cramer Tower will add 64 patient beds when the first two floors open in 2028, with shell space designed to accommodate future growth and vertical expansion. The tower is part of

an estimated \$223 million investment that also includes modernization of six original operating rooms to enhance surgical services. Southwest Fort Worth is projected to add roughly 90,000 people by 2045, according to the North Central Texas Council of Governments, underscoring the critical need for expanded healthcare capacity.

Construction on the Cramer Tower is slated to begin in 2026.

LOOKING AHEAD

As Fort Worth continues to grow, the new Cramer Tower will stand as a testament not just to a family's history, but to one woman's steadfast belief in the power of caring for others. Her gift is not only an investment in bricks and mortar – it reflects her enduring faith in people, purpose, and the promise of a healthier tomorrow.

"This latest expansion reflects Texas Health Southwest's continued dedication to providing exceptional care and becoming an even stronger ally in the health and well-being of our community," said Ajith Pai, president of Texas Health Southwest.



The Cramer Tower at Texas Health Southwest

Generosity Brings HEALING TO LIFE

Virtual Reality in Addiction Recovery

Thanks to the support of generous donors, patients at Texas Health's Addiction Recovery Center now have access to an extraordinary new resource on their journey to sobriety: virtual reality therapy.

This innovative approach is transforming addiction treatment in North Texas. By simulating real-world environments such as parties or family gatherings, virtual reality gives patients a safe space to practice coping strategies and build confidence before returning home.



How It Works

Patients wear a virtual reality headset while their experience is displayed on a nearby screen, allowing therapists to monitor and intervene in real time. The platform is highly customizable – even down to a patient's specific drug or drink of choice – and incorporates scents like synthetic marijuana, vodka, or beer to heighten realism.

When patients show signs of stress, like sweaty palms or a racing heart, therapists coach them through breathing techniques and grounding strategies. Over time, patients build confidence, reduce physiological reactions, and strengthen coping skills.

Virtual reality therapy is typically introduced midway through treatment, when patients feel ready to return home. For many, the experience is eye-opening.

Texas Health is pioneering immersive virtual reality in addiction recovery across Dallas-Fort Worth. It allows patients to experience high-risk situations in a controlled setting, recognize their body's responses, and apply the skills they've learned to make healthier choices.

– Ken Jones, Psy.D., LCSW-S,
Behavioral Health Clinical Officer,
Texas Health

“

“It can be a powerful reality check,” Jones explained. “Some patients realize they’re not as far along as they thought and choose to stay longer to build resilience.”

For others, the simulation challenges assumptions about social drinking or substance use, helping them embrace sobriety as a realistic and safe path forward.

Certified by the American Society of Addiction Medicine and the Commission on Accreditation of Rehabilitation Facilities, The Addiction Recovery Center continues to lead with innovation because donors like you believe in second chances and brighter futures.

SHAPING CARE THROUGH EXPERIENCE AND WISDOM



Each part of a hospital is so essential. Texas Health treats each member of the team with the utmost respect. And they are innovative when it comes to the services and the quality of care that they offer.



To learn more about Texas Health's Career Pathways programs, please scan the QR code!

As the former CEO and Chairman of the Board of JCPenney, Jim Oestrerreicher knows the complexities of leading a large company. But after serving on three boards and several committees at Texas Health, Jim feels that the healthcare industry is probably more complex than most.

Jim was invited to join the board of Texas Health Presbyterian Hospital Dallas by Doug Hawthorne, founding CEO Emeritus of Texas Health. Then, when Texas Health Presbyterian Hospital Plano was being built more than 30 years ago, Doug asked Jim to serve on that board. That role allowed him to observe the incredible growth and impact the hospital could have on the community. Since then, he has held several other roles with Texas Health, including Chair of the Board of Trustees. Currently Jim is serving on the Dallas Philanthropy Cabinet.

Because of his 30-year involvement, Jim understands the importance of philanthropy. He is a member of both the Texas Health Resources Foundation Hawthorne and Farrington-Thompson Societies.

Jim is passionate about the future of healthcare. Most recently, Jim lent his financial support to help build the Texas Health Career Pathways Next Step and Fast Track apprentice programs. Next Step is an outreach program that introduces a variety of hospital and caregiver careers to junior and senior high school students. The Fast Track apprenticeship program provides an opportunity to enter the healthcare industry with a high school degree, like radiology or patient care tech. They are paid throughout the apprenticeship and successful candidates are then offered a job at Texas Health after completion.

"Texas Health offers so many options for students to begin their careers. It gives them a safe and stable way to grow and learn as they earn," he says.

Jim's long support of healthcare and education stems from his personal experiences while caring for his family members. One of his sons was born with Spina Bifida, and his wife of many years succumbed to brain cancer in 2022, after enduring four other cancer diagnoses.

"There are many ways you can help Texas Health with your charitable contribution. For me, I'm most interested in what you can do for people. That's where I like to focus my efforts," he says humbly.

Giving their Heart to STRENGTHEN A COMMUNITY

Keith and Kyla Ely of Denton, Texas, have made it their mission to lift up some of the most vulnerable members of their community. Since relocating to North Texas six years ago, the couple has given generously of their time and resources to support individuals experiencing homelessness, starting with a local organization close to their hearts, Our Daily Bread.

When the Elys learned of the shelter's needs, they stepped forward with a gift to help build out the facility, giving them a firsthand look at the health challenges faced by many who rely on its services.

Their compassion led them to connect with Texas Health Presbyterian Hospital Denton, which already partners with Our Daily Bread to provide free medical care for the shelter residents. A gift from the Elys helped Texas

Health establish a dedicated care clinic that served residents at Our Daily Bread and other residents in the area.

The couple also helped bridge another important gap by supporting Texas Health's Wellness for Life® Mobile Health program. With their help, the mobile unit began making regular stops at the shelter, offering vital health screenings.

Their generosity didn't stop there. Keith and Kyla also provided a gift to the Nursing Excellence Fund to support nurses at Texas Health Denton, honoring their hard work and commitment.

Through their involvement with healthcare and homeless outreach programs, the Elys have gained a deeper understanding of the needs within their community.



There is so much need out there, and so many gaps. The more you give, the more you care about helping.



From left: Laura McWhorter, Foundation President; Dr. Ted Wen; Keith Braley, Foundation Board Chair; Barclay Berdan, Texas Health CEO; Fraser Hay; David Collins, Perkins and Will; Josh Burress, Austin Commercial; Wes Bowen, Perkins & Will; Kelle Marsalis, President and CEO, Plano Chamber of Commerce; Winjie Miao, Texas Health COO; Laura Irvine, Texas Health Chief Strategy Officer; Sarah Higdon Humphrey, Foundation Vice President.



From left: Sue de Mille Minyard, Jim Minyard, Ken West, Dr. Jan West

MILESTONE Reached!

THE groundbreaking of the new patient tower at Texas Health Presbyterian Hospital Plano marks a powerful moment of progress, one that will expand services to patients, enhance healing for generations, and elevate the level of care for families across the area.

This project isn't just about building more space and creating new beds. It's about advancing high-quality specialty care, ensuring that every patient who walks through the doors can experience exceptional care close to home.



To learn more about the expansion, please scan the QR code!



City and Government officials, from left: Rick Grady, Chris Kupa Downs, Bob Kehr, Christine Kehr, Melanie Royer, Esmeralda de la Cruz



Members of the Plano Philanthropy Cabinet, from left: Sue de Mille Minyard, Jim Minyard, Chris Kupa Downs, Dr. Ted Wen, Bobby Ray, Jan West, Phyllis Ray, Ken West, Keith Braley, Pam Braley, Dr. Mike Deck, Steve McSwain Cabinet, Tammy McSwain, Cabinet Chair, Kristen Lollar, Amy Skaggs, Shun Thomas, Chris Skaggs

Laying the Foundation for TOMORROW'S PHYSICIANS

AS our communities grow, so does the need for skilled, compassionate physicians right here at home. The Texas Health Graduate Medical Education (GME) program is helping meet that demand by training the next generation of doctors who will care for patients across North Texas. Through this investment in education and experience we're not just preparing for growth – we are shaping it.

First-Year Resident Comes Back to Where It All Started

Born at Texas Health Presbyterian Hospital Plano, Dr. Garland Siebert has truly come full circle. Now beginning his residency in the same hospital where his life began, he's part of a new generation of doctors returning home to care for the community that once cared for them.

Across Collin County, more young doctors are choosing to plant their roots where they were raised, drawn by a shared commitment to serve their hometown and advance high-quality, compassionate care for which Texas Health Plano is known. In fact, many members of the current resident class graduated from Plano high schools.

Garland Siebert, a first-year internal medicine resident, says he's delighted to serve the growing population in Plano and the northern suburbs where he was born.

Dr. Siebert is excited about the ongoing renovations and the new patient tower that is rising on the campus, and says, "The North Texas population is growing significantly, and due to that, the attending physicians here in Plano have been preparing and training us to serve those patients today and into the future."

Dr. Siebert isn't the only doctor making Texas Health Plano home. His fiancée, Serena, will soon join him at the hospital, where she will practice obstetrics/gynecology.



"At Plano, I feel a real connection, not only with the team I am serving with, but also my faculty members, it's a very close-knit family."



TO SUPPORT THE TEXAS HEALTH GME PROGRAM, SCAN THE QR CODE.

The 34th

ANNUAL Golf TOURNAMENT

Fairways and Philanthropy: A Record-Breaking Day for Cancer Support

The 34th Annual Golf Tournament, held Monday, October 13, 2025, at Bear Creek Golf Club, was more than just a day on the green – it was a powerful demonstration of what happens when a community comes together for a cause that touches so many lives.

The tournament netted more than \$300,000, shattering records to become the most successful in the Foundation's history. Every dollar raised supports the Bernard C. Alger Cancer Fund, fueling vital cancer education, outreach, and support services that directly impact patients and families across North Texas.

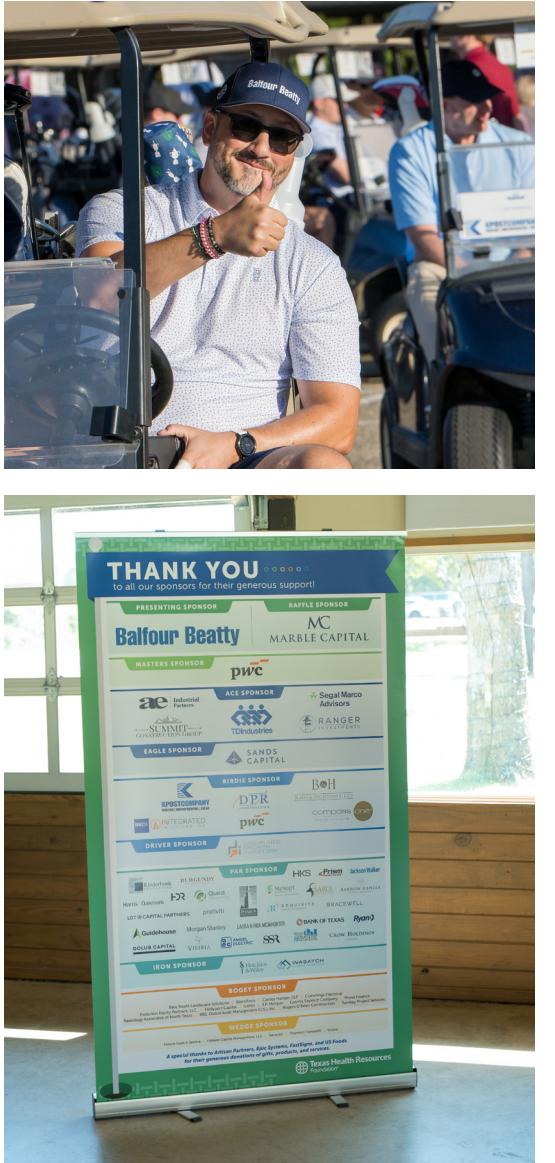
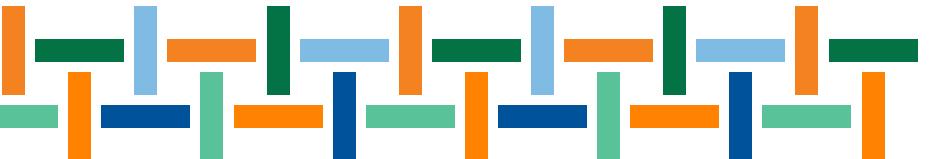
The momentum didn't stop there. With 32 new sponsors joining the cause, the event reflected a growing wave of community commitment to advancing cancer care. Their support ensures that more people have access cancer screenings, support groups, nutritional exercise programs, as well as the hope they need during some of life's most difficult moments.

The Foundation extends heartfelt thanks to all sponsors, especially:

- Presenting Sponsor Balfour Beatty, a steadfast supporter since 2006,
- Masters Sponsor PwC, and
- Marble Capital, the tournament's first-ever Raffle Sponsor.

Together, these partners are helping transform lives through their generosity. Save the date now to attend the 35th annual Golf Tournament on Monday, October 12, 2026, at Bear Creek Golf Club.

SEE YOU THERE!



Thanks to our incredible sponsors!



And the Winner Is!

Congratulations to the winner of the coveted Roper Cup, the Angiel Electric Team featuring Harrison Harper, Zach Atkinson, Landry Atkinson, and Greg Harper. This is the second consecutive Roper Cup win for the team!



The Top Prize

The Roper Cup is named after Jack Roper, an avid supporter of this tournament. Here, Roper family members join this year's winners of the Roper Cup.

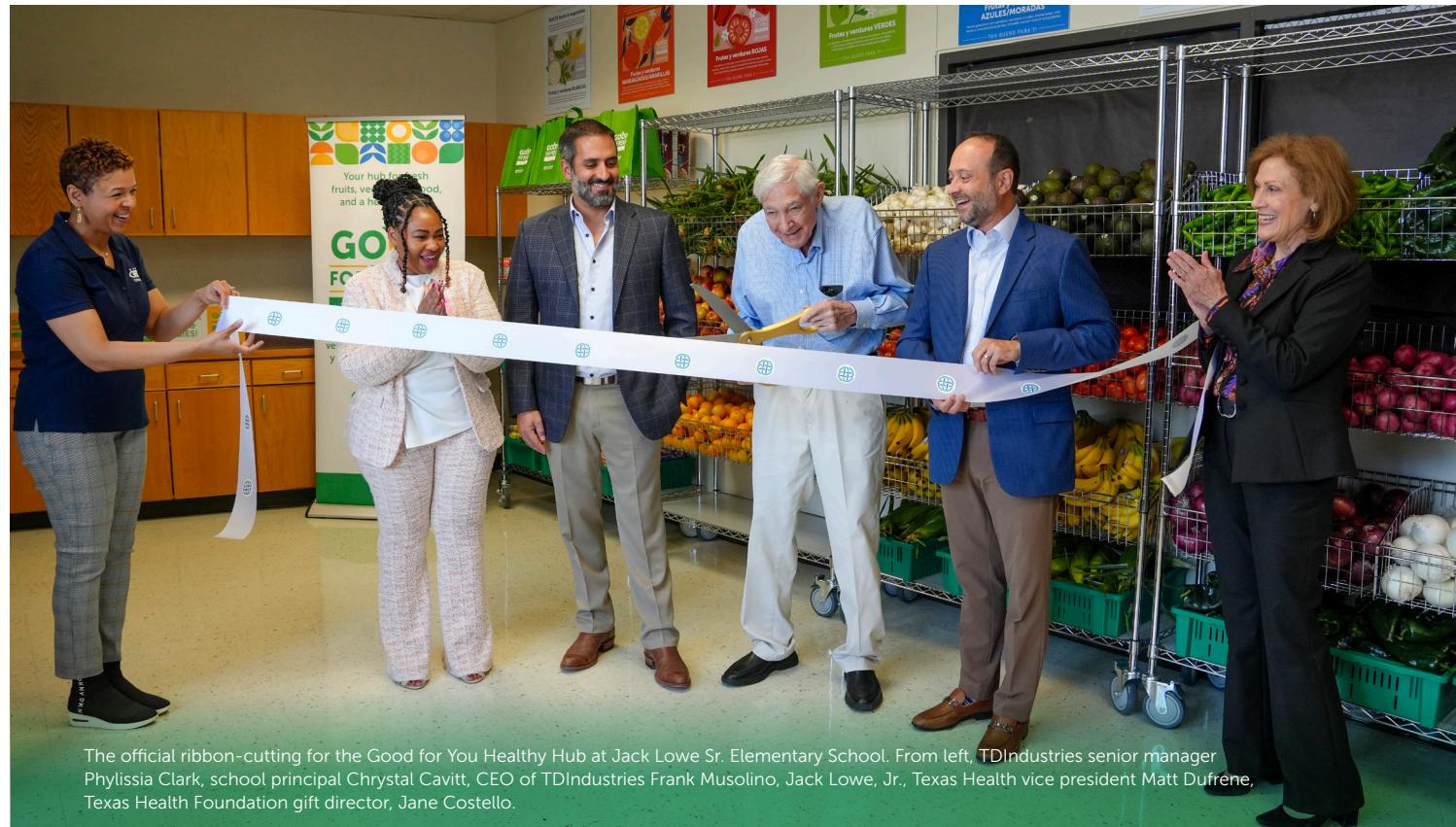
From left: Jeff Collins, Becca Roper Collins, Katie Elliott, Harrison Harper, Landry Atkinson, Zach Atkinson, Greg Harper, Jackson Elliot, Julie Roper Elliott, Marta Roper



Our second-place team

Balfour Beatty, pictured here with Foundation President Laura McWhorter. From left: Steve Dillon, Jared Shelton, president of Texas Health Fort Worth, Laura McWhorter, Pleas Mitchell, Kyle Bolejack





The official ribbon-cutting for the Good for You Healthy Hub at Jack Lowe Sr. Elementary School. From left, TDIndustries senior manager Phyllis Clark, school principal Chrystal Cavitt, CEO of TDIndustries Frank Musolino, Jack Lowe, Jr., Texas Health vice president Matt Dufrene, Texas Health Foundation gift director, Jane Costello.

THE HEALTHY HUB OPENS IN DALLAS ISD

My father was more than the founder of TDIndustries. He was a man of principle, courage and compassion.

— Jack Lowe, Jr.

Texas Health Resources, TDIndustries, and Jack Lowe, Jr. recently cut the ribbon on the very first Dallas ISD-based Good For You Healthy Hub at Jack Lowe Sr. Elementary School. Backed by a five-year grant from TDIndustries and a gift from the Lowe family, the new healthy hub will make it easier for students and their families to access fresh fruits, vegetables, and other nutritious staples that will be completely free of charge.

The Good for You healthy hub program is managed by Texas Health Community Hope. Each hub is a space where families can shop for groceries just as they would in a neighborhood market. Beyond food, they also receive recipe cards, nutrition workshops, and wellness education to help families make the most of every meal.

Texas Health Resources is committed to advancing community wellness by addressing nutrition access – ensuring families not only have food, but access

to fresh produce and other options to support long-term health. Through initiatives like the Healthy Hub, Texas Health helps communities overcome barriers to accessing fresh, nutritious options that are essential for physical, emotional, and social well-being.

For TDIndustries, this relationship carries deep meaning. "Supporting this Good for You healthy hub is a meaningful way to continue the values Jack Lowe Sr. instilled in our company, and we're proud to support an initiative that helps children, and their families thrive – physically, emotionally and socially," said TDIndustries Chief People Officer Steve Cunningham.

This new hub joins a growing network of 21 Good For You healthy hubs launched by Texas Health since 2020, with more to come. Together, they've already distributed 1.27 million pounds of produce, reaching nearly 265,000 people.

“
The THRIVE program helps ensure that kids are healthy not just in body, but in mind and spirit. It's a truly wholistic approach.
— Catherine Oliveros



THRIVE EXPANDS TO SOUTHWEST HIGH SCHOOL

Southwest High School in Fort Worth is the newest campus to offer the THRIVE program to its students and families. THRIVE is a Texas Health initiative powered by generous donors and community partners that provides students with access to an in-school grocery store, counseling resources, and other support services designed build resiliency skills.

The project was made possible through donor generosity and partnerships – including gifts from Charles Schwab, Envision Radiology, Sandra McGlothlin, the Paul E. Andrews Foundation, the Meadows Foundation, Anne and Barney Holland, Alan and Lynne Moffat, the Nannie L. Baird Foundation, the Alcon Foundation, and Texas Health employees.

"At Texas Health, we believe that when students are supported, their potential becomes limitless," said Catherine Oliveros, vice president of Community Health Improvement for Texas Health.

Since its launch in 2019, THRIVE has grown from a pilot program in Sanger ISD to a region-wide movement. Thanks to donor and community support, it now serves 7 campuses across North Texas.

Local Students GIVE BACK

In October, Flower Mound High School turned its annual "Pink Out" football game into a powerful show of community spirit and compassion. The Jaguars rallied not just on the field, but also for a meaningful cause, raising more than \$3,000 to support Texas Health's Wellness for Life® Mobile Health Units.

Students, staff, parents, and fans filled the stands in a sea of pink to honor those affected by breast cancer and promote the importance of early detection and preventive care. Through T-shirt sales, donations, and community engagement, the event brought people together to support accessible health services across North Texas.

“
"We're so proud of our students and community for coming together for such a great cause," said Stacey Budd, Jaguar Cheer President. "Every year, this is more than a game, it's our chance to make a difference."





BUILDING BRIDGES TO BRIGHTER FUTURES

Texas Health is changing what's possible for students facing some of life's toughest challenges. Thanks to a \$300,000 Community Impact Grant from the United Way of Metropolitan Dallas, Texas Health Resources and Richardson Independent School District (RISD) are joining forces to help students who are struggling behaviorally or academically find their way back to success.

The initiative, named Bridge to Success, reflects our commitment to improving youth mental health – a critical health outcome that directly influences academic and behavioral success. Students facing challenges in school often experience underlying emotional or psychological stress that, if left unaddressed, can escalate into long-term health and social issues. This grant reimagines how schools can support students not only in the classroom but also at home and in their communities. It funds two vital positions: a Transition Coordinator within RISD to guide students returning from the district's Disciplinary Alternative Education Program into their home campus, and a Program Manager from Texas Health to support families and connect them with mental health services and other community resources.

“*This project aligns strongly with United Way's Aspire United 2030 goal of enhancing academic outcomes and reducing recidivism through comprehensive wraparound support. This year marks United Way's 100th year of service, and we are very gratified to support important projects like this one in our centennial year.”*

– Cathy Lee, Senior Director of Community Impact Grants and Partnerships
United Way of Metropolitan Dallas

CELEBRATING OUR 2025

TEXAS HEALTH HEROES

Across Texas Health hospitals, we have received heartfelt tributes recognizing the extraordinary people who bring expertise and compassion to every patient experience. Through the Texas Health Heroes program, grateful patients and families have honored remarkable members of our medical staff for going above and beyond.

Each nomination tells a story of dedication, healing, and hope. Through collective generosity, they remind us what makes Texas Health truly special: our people.

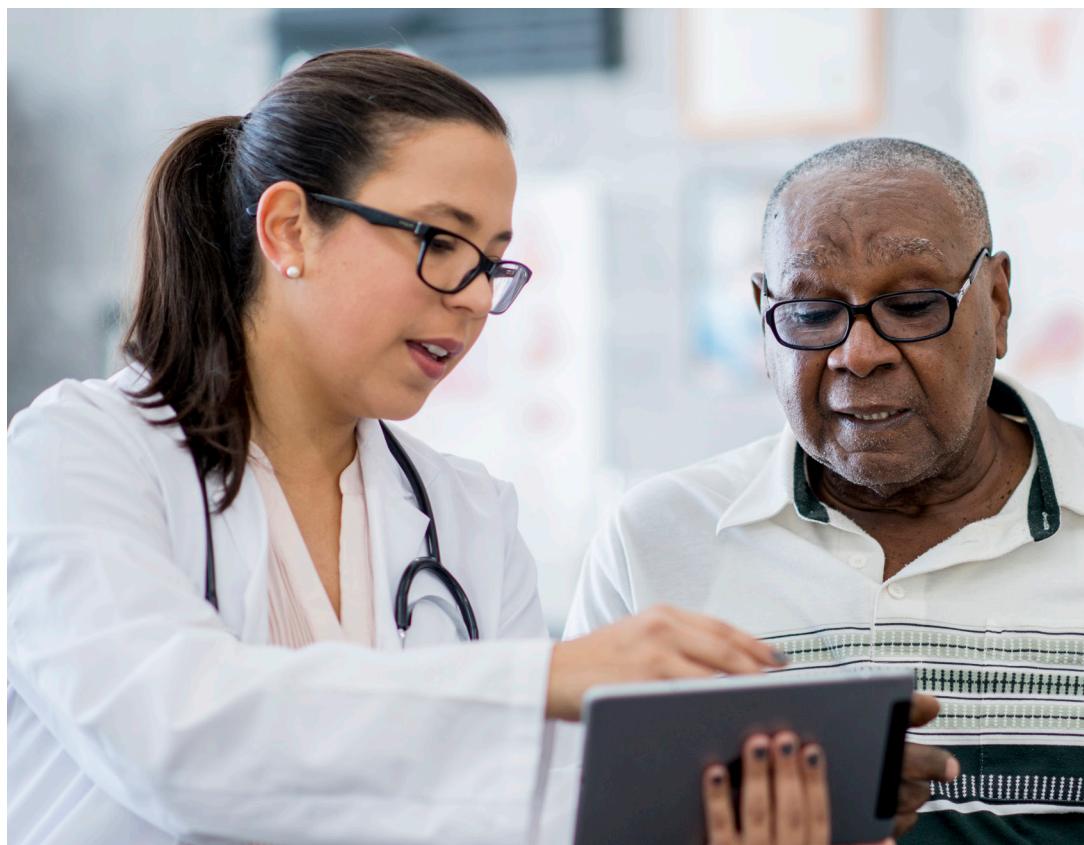
Join us in celebrating these everyday heroes whose actions inspire generosity and gratitude across our community.



Because every hero
deserves to be celebrated.

[NOMINATE YOUR HERO](#)

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HONORING OUR 2025 TEXAS HEALTH HEROES

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Alpesh Arvind Amin, M.D.
Erica Amos
Andrea S. Andrews, M.D.
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NORTH TEXAS **GIVING DAY**

Together, We Made History

Thanks to your incredible generosity and unwavering support, we are thrilled to announce that we broke records on North Texas Giving Day – **raising an astounding \$1.35 million from 471 community and employee supporters!**

Special thanks to our Foundation Board of Trustees – their efforts made a difference on North Texas Giving Day, and every day.

This milestone is more than a number. It's a powerful testament to the compassion and commitment of our community. Every dollar raised will help us continue to provide exceptional care, expand vital services, and support the health and well-being of our North Texas neighbors.

Your belief in our mission fuels everything we do. Your gifts are making a lasting impact – today and for generations to come

Thank you for standing with us.
Thank you for giving.
Thank you for making a difference.

