

# The Vigil Newsletter

Fall 2015



## Dottie Pak, St. Vincent's Foundation Board Chair: Why She Serves



L-R: Finn, Dr. Steve Pak, Dottie Pak, Amelia, Hampton

When Dottie Pak is asked how she juggles her St. Vincent's Foundation Board chair duties with her other multi-faceted roles – attorney, wife, mother, and active member of Birmingham's Cathedral of St. Paul – she seems momentarily perplexed by the question.

That's because this Bradley Arant Boult Cummings law partner equates service with renewal, not sacrifice. "When you're serving others, it's not a burden. It's almost rejuvenating. It puts everything into perspective, and you step, for a moment, out of the rat race. You're reminded of what's really important. In my experience, that truly adds to your life, rather than detract from it."

Pak's husband, Dr. Steve Pak, was the first family member to serve on the Foundation's Board. Their passion for the St. Vincent's mission began years ago.

"St. Vincent's has always been close to our hearts. All four of our children were born there. Our first child, Madeleine, was born at St. Vincent's on February 28, 2000, with neuroblastoma. She only lived for one day. The medical and spiritual care we received at St. Vincent's sustained us through that very difficult time.

"Shortly afterwards my husband opened his dental practice just down the road, and several of the Sisters became his patients. We just continued that close relationship that started when the Sisters visited us in the NICU. That's how Steve became the first of our family asked to serve on the Board."

Dottie accepted the Foundation Board's call after Steve completed his term. Their support of St. Vincent's is now part of a family emphasis that has extended to cooking for a homeless shelter, as well as other school and community service projects.

"We hope to model a service perspective for our children. I think when they serve it helps them realize how fortunate they are in so many ways. They certainly understand why we're involved with St. Vincent's, and how that started with Madeleine.

"In the end we serve because we are so thankful for St. Vincent's. St. Vincent's is an institution that we feel very passionate about."

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*"When you're serving others, it's not a burden.  
It's almost rejuvenating..."*

# “I love my St. Vincent’s family” Michelle McMullen knows the importance of Key to the Cure



L-R: Michelle McMullen with fellow committee member, Genoa McPhatter

Michelle McMullen will never forget her first Key to the Cure event. In 2007 she went to celebrate what she thought was her last chemo treatment for Stage 4 breast cancer.

That expectation proved wrong. By Christmas, the dynamic 35-year-old medical sales professional learned the cancer had metastasized to her brain.

But McMullen wasn’t through celebrating. A long, complicated battle and seven Key to the Cure events later, she serves on the event’s planning committee, making it her annual tradition to not only help plan, promote, and attend, but to purchase tickets for others.

“I go because it’s a way to say thank you. Proceeds benefit St. Vincent’s Bruno Cancer Center, which has meant so much for me.”

For McMullen, each Key to the Cure event provides both an opportunity to thank God for the gift of life and to celebrate another cancer-free year.

“My purpose today is to share my experience and to help others. I love my St. Vincent’s family. When I’m asked how I got through my cancer battle, I credit the great doctors, great nurses, great medications, and great support at St. Vincent’s. That care, along with the unwavering, continuing care and prayers of family and friends – prayers even from people I don’t know – has helped me heal. It has also helped me maintain a good attitude.”

McMullen brings her positive attitude to each Key to the Cure event. For her, and many other participants, the annual gathering is both a celebration of life and a reminder of the remaining work to be done to find that “Key to the Cure.”

“It’s more than a fun gathering,” she says of 2015’s Key to the Cure.

“It is a way to serve and a way to help us help others. It’s a way to make a difference.”

## Cancer touches everyone’s life in some way.






Key To The Cure Pink Party

Thursday  
October 15, 2015  
5:00–8:00 p.m.  
7:00 p.m.  
Fashion Show  
Saks Fifth Avenue

St. Vincent’s celebrates the thousands of patients who seek treatment at the Bruno Cancer Center. Inspired by our patients to provide person-centered care in a faith-filled setting, proceeds benefit women’s cancer services and programs.

Enjoy hors d’oeuvres, live music, and more. Individual tickets are \$50 and include a \$15 Saks gift card redeemable at the event on all purchases. **To order tickets, please visit [stvhs.com/pinkparty](http://stvhs.com/pinkparty) or call (205) 838-6151.**

**Thanks to our sponsors:**  
Pastry Art Bake Shoppe  
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Shindigs Catering  
Catering by Ambrosia  
Edgar’s Bakery  
Icing on the Cookie  
Sommerby at St. Vincent’s  
One Nineteen



## Honorariums

The following individuals were recognized through a gift in their honor.

Ellen A. Bentley  
Parker T. Bentley  
Neeysa D. Biddle  
William L. Bowman  
Andrew M. Cerice  
Dr. James H. Crenshaw  
Dr. Alison L. Daggett  
Dr. Richard G. Diethelm  
Karen Dunn  
John Eaker  
Dr. Noah J. Fitzpatrick  
Barry Godby  
Dr. Samuel R. Goldstein

Trudie Gruman  
Dr. Alfred Habeeb  
Zoey C. Hare  
Dr. Ronald E. Henderson  
Hope and Claire  
Dr. Gaylan M. Horne-Ballard  
Dr. Thomas L. P. Johnson  
Dr. Edward U. Kissel  
Dr. William C. Lopez  
Dr. Richard H. Lyerly  
Dr. William H. McClanahan  
Holley L. Marshall  
Dr. Mukul Mehra

Bethany C. Mooney  
Hudson J. Mooney  
William M. Moran  
Dr. Robert W. Nesbitt  
Elizabeth B. Nolen  
Dr. Gerald P. Norris  
Dr. Allen Oser  
Dr. J. M. Parks  
Dr. W. G. Patterson  
Dr. Jane N. Pearson  
Dr. John A. Piede  
Nan M. Priest  
Dr. Craig J. Rich

Brian P. Robertson  
Dr. Susan P. Salter  
Dr. Paul F. Sauer  
Dr. Jeffrey T. Smith  
Johnathon H. Stevens  
Charles P. Still  
Ben A. Tamburello  
Dr. Catherine L. Thomas  
Jordan S. Womack  
Dr. James V. Worthen

# Sisters' Garden: A sacred space at St. Vincent's One Nineteen

**TUESDAY, NOVEMBER 16, 1898. BIRMINGHAM'S L&N STATION:**

Despite stifling smoke, saloons, and smallpox, the Daughters of Charity of St. Vincent de Paul stepped off a train and into Birmingham, a city of 100,000 people suffering from industrial accidents, violence, tuberculosis, and typhoid.

Prompted by prayer and the pleas of Father Patrick A. O'Reilly, the Sisters established Birmingham's oldest hospital providing much-needed medical care as an extension of Jesus' presence to the sick and injured. The Sisters also firmly rooted the guiding core values for what would become St. Vincent's Health System.

**FRIDAY, JULY 10, 2015. ST. VINCENT'S ONE NINETEEN HEALTH AND WELLNESS:**

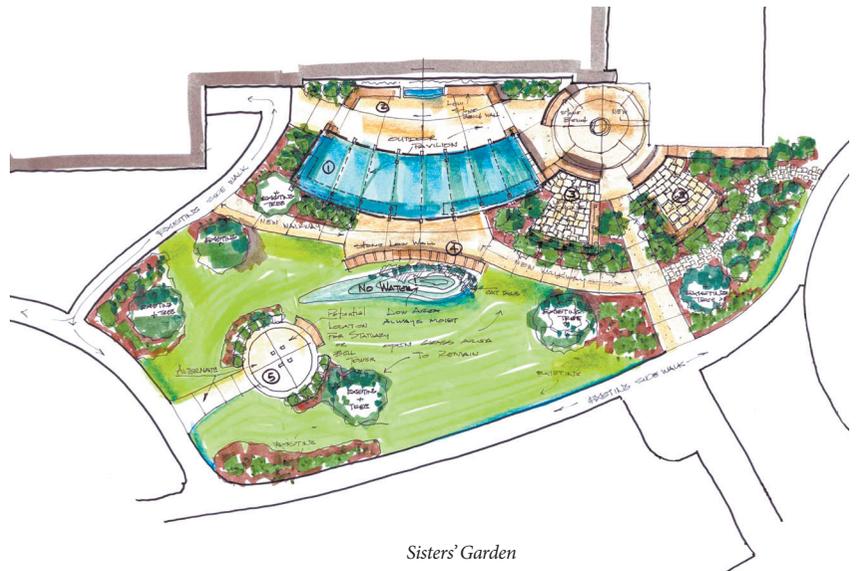
Despite funding uncertainties, St. Vincent's One Nineteen Executive Director Stephanie Holderby expectantly reviewed the plans for the Sisters' Garden, St. Vincent's One Nineteen's outdoor sacred space for services, personal prayer, and quiet reflection. She also explained how those plans were conceived to serve as the centerpiece of St. Vincent's One Nineteen's 2015 expansion.

"We are the only St. Vincent's facility without a sacred space. When the Sisters' Garden was designed, it was intentionally placed in the exact linear center of the campus, because the Daughters of Charity always placed the mission as the guiding center of their decisions and actions. When the Sisters arrived in Birmingham, they came to meet both physical and spiritual needs. Without spiritual health, physical health has limited meaning."

Currently, St. Vincent's One Nineteen's sacred spaces are limited to occasional services within the conference center and a table that gathers prayer requests.

"We receive about 50 written prayer requests a week, and our team members – Catholics, Baptists, and people of many faiths – pray for each one. I have people stop me in the lobby to thank me for making a place for prayer. But this community needs much more. It needs a designated space here for spiritual care. That's the core of St. Vincent's Health System. We want Sisters' Garden to be that place, within the core of our campus, representing the healing ministry of Christ as the absolute center of all we do."

*Construction of Sisters' Garden is dependent upon donations to St. Vincent's Foundation. To inquire about a naming opportunity or to make a gift, please visit [stvhs.com/give](http://stvhs.com/give) or call 205-838-6155.*



## Memorials *Lord, may our prayers come before you in memory of those we entrust to your eternal care.*

Carole D. Barnett  
Edith Bass  
Dr. Richard L. Berryman  
Peggy Blanchard  
Joyce G. Bradley  
Linda Brown  
John C. Cale  
Sarah H. Carney  
June Chapman  
L. Conway Cleveland  
Sarah D. Cobb  
Victoria D. Crenshaw  
Eleanor M. Fairley

Dr. James O. Finney  
Bettie Ruth Glover  
Janice H. Graves  
Randy J. Harper  
William R. Hickman  
Casey Jones  
Kathy Jackson  
Edwin T. Kerr  
Lee Layton  
Sr. Mary Frances Loftin  
Madeleine G. Pak  
Frank E. Payne  
Vivian Payne

Christine W. Simonton  
Juanita C. Smith  
Wilma Smith  
Armon Tidmore  
James L. Tidwell  
George C. Vedel, Jr.  
Mary L. Witte



# St. Vincent's Foundation Supports Our Community



*Health Screening at Sacred Heart*



*Zumba Class at Sacred Heart*



*Cristo Para Las Naciones Health Ambassadors*

## Parish Health Initiative: *Hispanic Outreach Shares the Love of Christ*

Although most of Dominique Villanueva's work centers on coordinating faith-based health volunteers, sometimes this manager of The Parish Health Initiative, a St. Vincent's Hispanic Outreach Program, provides a last-hope resource. She can serve in that capacity thanks to a two-year Ascension Health Partnership in Ministry Grant, secured by the St. Vincent's Foundation.

The grant provides funding for two part-time Wellness Instructors (RNs) to work with a growing number of volunteer Hispanic "health ambassadors" trained by St. Vincent's to offer services as far north as Marshall County and south to Chilton County.

Sometimes those ambassadors notify Villanueva of extraordinary needs. Last spring she visited a young mother whose husband was paralyzed after a fall.

"This mother has limited literacy, so she's determined to keep her nine children in school. She cares for her husband 24 hours a day. When she couldn't afford colostomy bags, she was washing

and reusing the old ones, but that risks infection. She cried when I said we could provide new bags.

"I have a million stories that are wonderful, and a million more that are heartbreaking."

Most of Villanueva's stories center on how the Parish Health Initiative's ambassadors promote trusted information and wellness programs through church-community health initiatives, including blood pressure screenings, stress management, and nutrition education for faith communities.

"In Cullman, one congregation has improved cholesterol levels by 35 percentage points in one year and has developed an amazing health resource list. When they see needs, they get together and work on them."

In October 2013, the Parish Health Initiative provided health screenings for 175 migrants attending mass within a frigid Alabama agricultural warehouse, likely the only medical attention the adults received that year. However, fund shortages

limit screening supplies. Additional ambassador education also awaits funding. Villanueva's big dream is a mobile unit for rural ministry.

"Latino immigrants want to add to our State. They're not looking to take anything. This program empowers them, through health

education and access to simple supplies, to care for and improve themselves. It's really the immigrant dream of self-reliance."

"Through our ability to see everyone as persons with worth and value, we're affirming the hope and joy of our ministry – and the love of Christ."

## Breaking Down Barriers

Since The Parish Health Initiative's inception, St. Vincent's Health System has been able to provide health fairs, health screenings, exercise, health information, case management assistance, and language assistance in the Birmingham area.

Such faith-centered efforts break down barriers to better health among Latinos, says Dominique Villanueva.

"The Hispanic Outreach Program has gone from offering screenings to really building relationships. Each trained health ambassador

volunteering in these faith communities – Catholic or other faith traditions – serve their own community as health coaches and resources for people who may not have access to care."

St. Vincent's Parish Health Initiative has been

recognized by the American Hospital Association as an "innovative idea for hospital leaders" that ensures "everyone gets the care they need, because healthcare is a resource and a right that belongs to all persons."

*"...healthcare is a resource and a right that belongs to all persons."*

## Behavioral Health at St. Vincent's East: Foundation Initiates Dual Support Programs

On any given night, a typical Alabama emergency department is likely to receive patients suffering mental health crises. Experts like Kim Wigley, administrative director of Behavioral Health at St. Vincent's East, knows more can be done to prevent those emergencies.

That's why St. Vincent's Foundation is committed to helping area professionals develop effective prevention measures. Its two-part initiative toward facilitating a community-wide continuum of mental health care, from prevention to recovery, follows the St. Vincent's integrated approach to all health needs.

St. Vincent's East is one of Central Alabama's hospitals offering an inpatient Behavioral Health program. However, Wigley and her colleagues believe mental health is much like physical health – the most compassionate and effective care starts with prevention, followed by outpatient treatment. Emergency-based hospital admittance, although sometimes required, shouldn't be a patient's first treatment option.

Neither should it be their last. Hospital patients transitioning from a mental health crisis require follow-up care. Before St. Vincent's Foundation acquired grants for such services at St. Vincent's East, those with and without insurance typically had a lengthy wait before accessing these critical extended services.

### PART ONE

Now those leaving the inpatient services are referred to an outpatient bridge program, staffed by a full-time care coordinator, full-time licensed professional counselor, and

part-time psychiatrist. The grants the Foundation secured allow patients to receive extended support to either complete their hospital-initiated treatment or maintain professional therapies until they have access to other community-based treatment.

"Otherwise there was no place for them to go," said Wigley. "They were going from the hospital back to their home without any help or support."

### PART TWO

Although this "bridge" offers patients a lifeline, it is designed as a temporary tool, not a preventive measure or full continuum of care. Thus, the Foundation has initiated a second initiative, forming a roundtable of regional mental health experts like Wigley. The collaborative group is designed to both explore future solutions and coordinate St. Vincent's efforts with the larger community and national best practices.

"We know there are programs that other states have established," says Wigley. "So we're with like-minded colleagues to see what we could adapt and adopt."

The goal is to address mental health concerns from the patient and family perspective, providing access to a continuum of services, with emergency hospitalization as the last option, rather than the first.

"Mental health affects all of us," comments Wigley. "What we're doing now not only addresses current treatment, but it also helps us make bigger plans toward more preventive care."

# Where St. Vincent's Foundation Funds Come From...

Some St. Vincent's Foundation gifts arrive via individual or corporate contributions. Others are received through fundraisers, including these recent events.



Foundation President Susan Sellers and St. Vincent's East President Michael Korpiel receive a \$17,000 check from the Eastern Women's Committee of Fifty golf tournament to support the St. Vincent's East birth suites renovations, part of the hospital's \$6 million maternity-focused renewal.



Al Del Greco (centered) was one of the celebrity participants in the St. Vincent's Golf Classic, sponsored by Accretive Health, which raised \$92,000 for St. Vincent's One Nineteen's expansion.

Rumpshaker, Inc. hosts an annual 5K run/walk. Their mission is to promote awareness about colorectal cancer, raise funds to fight and treat it, and provide hope for colorectal cancer survivors and those affected by the disease.

Rumpshaker presented \$20,000 for St. Vincent's East and St. Vincent's Birmingham's colorectal cancer treatment and prevention efforts.

## ...And how you can help:

Although St. Vincent's Foundation organizes events to benefit our health ministries, we are also very grateful when others raise money and community awareness because they want to ensure the future of St. Vincent's. From Circle of Hope's "Dancing with the Stars" in Cullman to the WD Band performing at a fundraising event at Slice Pizza in Birmingham, you can be a part of healing and hope. To sponsor an event, visit us at [stvhs.com/give/events](http://stvhs.com/give/events), or call 205-838-6151.

# Planned Giving: *Former Executive Advocates for Securing the Future of St. Vincent's Foundation*

Robert C. Chapman knows what it's like to make tough hospital budgeting decisions. Before retiring as Eastern Health System's president and CEO, he spent 32 years stretching health care dollars to meet ongoing needs. That heavy responsibility led him to establish Eastern Health Foundation to support future growth.

After completing his career following the Eastern Health and St. Vincent's merger, Eastern Health Foundation became part of St. Vincent's Foundation.

Chapman's advocacy and financial support hasn't wavered since. Although this member of the Alabama Healthcare Hall of Fame is a board member and key supporter of a lengthy list of worthy organizations, nonetheless, he continues to make St. Vincent's a priority through endowment funding, capital project contributions, and planned giving designations. A Methodist, he attributes his stewardship values as a reflection of his faith.

"I feel God gave each of us talents and gifts, and I feel very strongly that it's my responsibility to utilize those gifts and talents to support others who are less fortunate.

"Having spent many years in health care, I directly see the need for donor support of not-for-profit health systems like St. Vincent's. Planned giving is critical, as it ensures that there are dollars available for capital expansion or updated technology, as well as certain programs and services that are needed in the community, from health screenings to education."

Chapman, who began a career in 1970 that drew accolades from national and state organizations, including the American College

of Healthcare Executives, American Hospital Association, and Alabama Hospital Association, says today's hospital funding crisis poses significant threats – and donor opportunities.



*Robert C. Chapman*

would like others to know that both simple and significant gifts can make a difference.

"Every contribution counts. Today there's an essential need for individuals and companies to support foundations, especially with these changes in health care, so hospitals and health systems can continue to provide essential services and plan for future growth."

"Due to the changes that are coming in health care, especially with hospitals receiving lower reimbursements, it's even more critical to support foundations. It's important for donors to do so not only with planned giving through estates and wills, but through ongoing annual gifts."

Alabama's funding crisis is especially acute due to its high percentage of Medicaid patients with uncertain funding and reduced Medicare payments for the State's growing number of seniors. Meanwhile, hospitals struggle to accommodate Alabama's general population growth and continued health disparities.

"Where does the money come from to take up that slack? A foundation is a real, viable option to help make up that shortfall."

Even before Chapman's wife June died, they decided years ago to arrange a planned gift to benefit St. Vincent's. Through Chapman's passion to ensure the future of St. Vincent's, he

**A future gift in your will or estate plan ensures the continuation of our 117-year mission in caring for all those who turn to us in a time of medical need. To learn more about how you can include St. Vincent's Foundation of Alabama, Inc. in your will or designate St. Vincent's in an IRA, life insurance policy, or real estate gift, please call 205-838-6151.**

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Russell Rutherford  
Adam Seal  
Christopher Thames  
Mitchell Weyandt

# Susan Sellers: *St. Vincent's Foundation President Finds Joy in Service*



L-R: Scott Sellers, Ethan, Eli, Susan Sellers

Every Sunday, as Susan Sellers' family leaves Canterbury United Methodist Church, they repeat this phrase with their congregation: "We came to worship. We go to serve."

For this attorney-St. Vincent's Foundation president, that phrase not only summarizes her faith family's values, but what she and husband Scott seek for sons, Eli and Ethan.

"My parents volunteered for many things in our community. It was very much a part of our faith. Now my husband and I try to model that for our children."

Those modeling efforts extend from whole-family service efforts to Sellers' choice of profession.

"I chose law because I saw being an attorney as a way to use my critical thinking skills to advocate for the poor and marginalized."

Since 1993 Sellers has fulfilled that desire through diverse avenues, from drafting model legislation for the National Center for

Victims of Crime to directing a nationally-renowned urban youth collaboration. In Louisiana, she restructured the state's developmental disability and behavioral health services and managed an effort to return 8,000 Katrina-displaced families to their homes. Her combined development responsibilities led to her securing and managing more than \$50 million in government/private grants and contracts.

After Scott's position as chief division counsel for the FBI brought the family to Birmingham, Sellers explored local opportunities. In late 2013 Sellers eagerly accepted Wayne Carmello-Harper's offer to become St. Vincent's Foundation's vice president of philanthropy. Her compassion, intellect, and insight earned her favor among the Foundation's partners, leading to her present position as president.

"I think our partners see how I've been able to use my legal background to attack complex problems. That experience allows me to effectively evaluate opportunities, and form partnerships to meet community challenges."

Sellers says she loves "every minute" of such work.

"It's unbelievably rewarding to visit with a donor who cares for St. Vincent's and wants to invest in provision for others."

Whether Sellers is crafting collaborations with other health care providers, exploring donor opportunities, or leading her sons to share their blessings, this advocate-attorney-wife-mom finds joy in what she believes she was designed by God to do.

**Thank you** 

St. Vincent's Foundation is pleased to provide this newsletter to thank you for your support and to provide a brief summary of the impact your giving has on our mission of providing innovative, effective, and compassionate care to everyone regardless of status or financial resources.

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