

The Vigil



Sisters' Vigil

 St. Vincent's
FOUNDATION
*Called to...do more,
give more, serve more*

Fall 2016

Nurturing babies, nurturing families: Foundation seeks funds for NICU support



Casey, Grayson, and Kristi Clark

As Grayson Clark's first teeth emerge, his mom and dad marvel. Kristi and Casey Clark consider their son's every milestone a miracle. Grayson was born two months early. He spent his first 87 days in the Neonatal Intensive Care Unit (NICU) at St. Vincent's Birmingham.

"He's now doing everything normally," Kristi Clark says. "He's a bit small for his age, but he's gaining steadily and eating well. He's right on target developmentally. You would never know that he spent three months not being able to do those things. He's so strong he amazes me!"

Clark was hospitalized June 8, 2015, after her blood pressure spiked ten weeks before her delivery due date.

Fifteen days later her obstetrician performed a Cesarean section. It was Father's Day.

"Overnight he went on a ventilator. His lungs just weren't developing. It was heartbreaking. We live in Baileyton, in Cullman County. So for those three months we drove an hour and a half every single day, there and back. I didn't want to go a day without him knowing we were there. He would recognize our voices and he would sleep and rest well. While we were there, his breathing would be better."

Each day NICU cares for an average 23 families like the Clarks. Madonna Nichols, RN, MSN, is the administrative director of Women's Services for St. Vincent's Birmingham. She is seeking the Foundation's help in providing new support services to nurture these families.

"Thanks to a grant from St. Vincent's Foundation, we've already updated the recliners at the babies' bedsides and added new, colorful cubicle curtains for family privacy," says Nichols of the unit's family-friendly changes. NICU policies ensure all parents are partners with the medical and nursing team when it comes to caring for their babies.

"But we need to do more, especially for parents who need to stay very close overnight, or those who need a place to get a quick meal and visit with others who can encourage them."

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Family Support System

“St. Vincent’s Centennial Lodge has been an option for those who need hotel-like rooms close to the hospital,” says Susan Sellers, St. Vincent’s Foundation president. “However, NICU mothers recovering from C-sections or breastfeeding can’t always navigate the middle of the night walks to the NICU from the Lodge.”

A recent effort to secure space on the floor above the NICU has resulted in a plan to turn the area into private overnight rooms for parents. The Foundation has embarked on a campaign to renovate the space with naming opportunities for those rooms. The expansion will also include a kitchenette, so families can prepare simple meals. “Churches or other groups will be invited to keep that area stocked with snacks, or provide holiday meals,” notes Sellers.

Nichols’ vision for nurturing parents includes a siblings’ playroom, a business center, a meditation room, a multi-family gathering space, and even a craft area where mothers fill baby books.

“When babies need to get some downtime, these families need areas where they can rest and work and be supported,” Nichols says. Clark says such encouragement is essential for worried parents.

“I love St. Vincent’s,” says Clark. “Eighty-seven days of leaving your baby is so hard. You get so discouraged. But the nurses would say, ‘It’s going to be okay.’ And they were right.”

“All the difference in the world”

After 37 years of NICU nursing at St. Vincent’s Birmingham, Sara Beth Jennings, RN, MSN, says it’s no stretch to say that a giraffe bed can “make all the difference in the world.”

However, that difference comes at a price. Each of these high-tech incubator-radiant warmers considered essential for premies costs \$46,000. The goal is to purchase four new giraffe beds. Nurses like Jennings are asking parents, grandparents, and friends of St. Vincent’s to contribute toward the NICU upgrades.

Contact the Foundation at 205-838-6151 or visit our website to secure a naming opportunity or make a gift to support our most vulnerable patients and their families in our NICU.



Giraffe Bed

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

Dr. David W. Barnes
Dr. James E. Cantrell, Jr.
Dr. Richard L. Cox
Dr. Jeffrey R. Cusmariu
Bradley E. Dahl
Dr. Jeffrey R. Dugas
Dr. and Mrs. James A. Flanagan

Barry Godby
Shanon Hamilton
Mr. and Mrs. Euel James
Dr. Jay C. Long
William M. Moran
Dorothy Pak
Quincy Ella Reaves

Janae Hope Roberts
Alexandria Paige Stack
Dr. Stephen R. Steinmetz
Suzanne Thorn
Carolyn Vedel
Dr. Joseph E. Welden, Jr.



Answering the Call: 1898 Society Membership Supports Health Ministry

NOVEMBER 16, 1898:

The Reverend Father Patrick O'Reilly waited at Birmingham's L&N station for his prayers to be answered. When the St. Louis train stopped, two Sisters from the Daughters of Charity of St. Vincent de Paul stepped onto the platform and into a city without a hospital.

As the Sisters travelled along the streets to their temporary quarters, they saw Father O'Reilly had not exaggerated the needs of his beloved city. Saloons abounded. Sewers polluted drinking water. Industrial accidents, tuberculosis, typhoid, and smallpox threatened more than 100,000 residents.

Within a week other Sisters arrived, forming the four-member nursing staff of what would become St. Vincent's Hospital.

"The prospects are that much good can be done for the poor and for suffering humanity."
Sister Benedicta Roach, November 20, 1898

2015:

St. Vincent's Foundation initiated the 1898 Society. The Society honors both St. Vincent's founding and the four Sisters who brought compassionate healthcare to our community. Annual gifts of \$1,000 or more qualify membership for those who wish to ensure the 118-year charitable and mission-based work of St. Vincent's. Each gift supports vital needs.

In appreciation, 1898 Society members are provided cards detailing these benefits:

- 50 percent parking discount at St. Vincent's Birmingham
- 10 percent cafeteria discount at St. Vincent's Birmingham, Blount, Chilton, East, and St. Clair
- 10 percent café discount at St. Vincent's One Nineteen
- 10 percent gift shop discount at St. Vincent's Birmingham, Chilton, and East
- 10 percent retail and services discount at St. Vincent's Spa One Nineteen

1898 Society membership honors the past and ensures the future for all who turn to us in a time of illness or medical need.

**St. Vincent's Foundation invites you to answer today's call.
 To learn more about 1898 Society membership, call 205-838-6151.**

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

Ina F. Benefield
 Dr. John B. Blalock, Jr.
 Wendy J. Bryan
 Adam Carmello-Harper
 James Chapman
 June Chapman
 Joyce R. Chapple
 Cookie
 Betty Coulter

Eleanor M. Davis
 James V. Fairley, Jr.
 Eva M. Gruman
 Randy J. Harper
 Thomas M. Holderby, Jr.
 Dr. Phillip J. Howard
 Richard W. Jerkins
 Wayne Jerkins
 Collin Jones

Kathy Jackson
 Edwin T. Kerr
 Suzy Kraft
 Diane Lambert
 Elizabeth C. Lassen
 Lee Layton
 Kendyl Lowe
 Dr. Charles R. Moore
 Dr. Joseph W. Moore

Luke Nguyen
 Emery Star Owens
 Gregory Taylor Prestage
 Ronald Pulliam
 Nancy Lucille Odom Reese
 Dr. Robert N. Richards
 Beth Rozendale
 Rudy L. Snodgrass
 Helen C. Stoller

Douglas W. Vinson
 Cecelia M. Wallace
 Margaret Westbrook
 Brigitte White-Boyd
 Ginger L. Whitworth
 Julie Headley Wilson



Barbara McCray, Forge Volunteer

Forge Breast Cancer Survivorship Program: *St. Vincent's Foundation leads unprecedented community collaboration*

THE TEAM

Community leaders from Brookwood Baptist, UAB Medicine, UAB School of Nursing, Grandview, and St. Vincent's Health System call the Forge breast cancer survivorship support center collaboration something remarkable in our community.

The effort, conceived by the Women's Breast Health Fund (WBHF) of the Community Foundation of Greater Birmingham, is overseen by leaders from all four Birmingham-area regional health systems. Representatives from those otherwise-competing health systems are now regularly gathering in friendly meetings centered on bringing Forge to fruition.

"It's really phenomenal," says WBHF Director Madeline Harris, RN, MSN, OCN. Harris, a former oncology nurse, initially served as the fund's volunteer chair.

"I can't imagine anything more exciting than to see all the health systems working together, with the patient at the center of their efforts."

THE PROCESS

Those efforts were made possible in 2009, when an unnamed donor made a large gift to the Community Foundation to fund supportive care services for breast cancer survivors and their loved ones. Grants would be awarded to nonprofits that collaborated to provide services. A key stipulation was that the WBHF create a collaboration surpassing anything one medical center might do alone.

The donor recognized the medical community had strived to provide the right kind of treatment for breast cancer survivors. But who was taking care of the person after they're diagnosed, or even years later, as they learn to live with being a cancer survivor? No one was looking at how a survivor's life is changed after that, and no one was supporting their loved ones.

THE RESULTS

There's something soothing about Barbara McCray's voice at the other end of a phone. Perhaps her calming countenance was forged through trials. This devout Catholic and mother of a special needs son is a 10-year breast cancer survivor. McCray fought that battle while caring for her mother, then suffering from dementia.

Although McCray speaks words of peace, her real gift is empathetic listening. That's why this faithful volunteer was one of the first recruited.

Forge is unlike any medical/mental health care program in the country. Headquartered for now at St. Vincent's Foundation, Forge currently offers a 24/7 phone-based support system for survivors, with more services to come.

"Sometimes they don't know what they need," Rebecca Di Piazza, Forge's project manager, says of survivors. "They are so overwhelmed, because they were just diagnosed. Or, they're going through treatment and they're trying to make it day by day."

Forge learned through a community needs assessment that survivors are most likely to ask other survivors for help. Those without financial resources may need transportation. Others need someone to take notes at appointments. Some need help finding a health system's services, from counseling to nutrition.

"So the first stage of our plan is a 24/7 phone support line," says Di Piazza.

That's where McCray and other volunteers come in. Some callers just need to talk. Others need information. Those who answer the phones serve as non-medical mentors, connecting women to professionals and each other.

THE FOUNDATION'S ROLE

St. Vincent's Foundation has served as Forge's home since its inception. As other Forge services follow, including rural support groups and wellness services, Susan Sellers, St. Vincent's Foundation president, will help the organization transition to its own nonprofit organization. She says the Foundation is uniquely positioned to help fulfill the donor's vision of this program.

"At St. Vincent's, we treat mind, body, and spirit, and we've always been a community partner. From the beginning, St. Vincent's looked at Forge as an opportunity to level the playing field for those most vulnerable patients who don't have the resources to battle this disease.

"That's very much in keeping with St. Vincent's. It's who we are. It's what we do."

Support for the Forge Breast Cancer Survivor Center comes from The Women's Breast Health Fund of the Community Foundation of Greater Birmingham as part of an effort to improve the quality of life for women who are breast cancer survivors as well as their loved ones.



Blessing of hands at Forge volunteer training

"They are so overwhelmed, because they were just diagnosed. Or, they're going through treatment and they're trying to make it day by day."

How You Can Help

Help us get the word out! Post the Forge Breast Cancer Survivorship Program 24/7 telephone support line (1-800-811-8925) on social media and on bulletin boards in your church, community center, library, or other public places. Help us help others.

Thank you for your support!

St. Vincent's Foundation awarded **\$2.1 million** across our health ministry during Fiscal Year 2016.

You made a real, lasting impact in the lives of our patients and in the communities we serve.

See where your dollars made a difference.

ST. VINCENT'S BIRMINGHAM

- Oncology patient and support group assistance
- Patient and waiting room renovations
- Nursing education
- Hispanic outreach community health program

ST. VINCENT'S BLOUNT

- Diagnostic equipment
- Telestroke cart

ST. VINCENT'S EAST

- Oncology patient assistance
- Giraffe™ infant beds
- Sonosite ultrasound and arthroscopy positioner
- Nursing education
- Established an outpatient behavioral health clinic

ST. VINCENT'S ONE NINETEEN

- Outdoor sacred space (Sisters' Garden)

ST. VINCENT'S ST. CLAIR

- Scopes and defibrillators

ST. VINCENT'S AMBULATORY HEALTHCARE NETWORK

- X-ray machine
- Integrated medicine/behavioral health pilot

ST. VINCENT'S HEALTH SYSTEM

- St. Louise Fund: St. Vincent's financial support for our associates with funeral expenses, car repairs, and fire and storm damage
- Dispensary of Hope: 1,400 free prescription drug formulary provided to anyone in our area with no health insurance
- Forge: community-wide comprehensive breast cancer survivorship support
- Camp Bluebird: granting week-long respite to adult cancer survivors
- Scholarships: for nurses to secure advanced training or to secure RN degrees
- Jeremiah's Hope Academy: providing 8 accredited medical certifications for persons with a GED, leaving abusive settings or living in generational poverty



St. Vincent's Chilton ministry: *Because you gave....*

Because you gave, St. Vincent's Chilton opened October 2016 with more than \$300,000 in equipment and upgrades that were realized by gifts from the community and St. Vincent's associates from across our health ministry. For the first time in four years, residents of what had been the largest county in Alabama without a local hospital, are receiving close-to-home care.

In 1898 Birmingham called the Daughters of Charity to establish the city's first hospital. In 2012 Chilton County issued a similar call to St. Vincent's Health System. Our mission has not changed since 1633 when the first Daughters of Charity went into their communities and eventually transformed care of the sick and healthcare delivery by responding to human need.

Now that the hospital is open, we begin the work of ensuring its future. Help us look to the next 30 years through a gift in your will or estate plan, naming opportunity, or through an annual gratitude gift. Call 205-838-6151 to learn more.

Legacy Planning: Foundation Offers Family-Focused Estate Planning Services

- **The quarterly tax statement arrives.** A business owner wonders how his heirs will be impacted by his tax-deferred investments.
- **A young professional reaches a career goal.** Her mother says a prayer of thanks for her children's accomplishments and financial stewardship.
- **A son-in-law makes another bad decision.** His wife's parents discuss the likely impact of an inherited windfall.

Such situations prompt St. Vincent's Foundation donors to consult with Joe Beyel, a senior consulting associate for Atlanta-based Heaton Smith Group. Since Beyel recognizes that most people have an existing plan in place, he focuses on evaluating those plans and helps donors prepare to work more effectively with their established advisors. The Foundation underwrites the firm's fee to provide these confidential consultations for qualifying donors.

"Our confidential service to qualifying donors is a gift from the Foundation," says Beyel. "We help donors clarify their objectives and refine their plans for asset distribution."

Dave Smith, Heaton Smith president and CEO, says the process starts with a values-based questionnaire. Those questions can spur first-time discussions between couples about their heirs and how gifts should be structured to do more help than harm. Such confidential conversations can be more frank with Beyel, who is an impartial and neutral representative working on behalf of the client.

"After they confirm their convictions, we create a spreadsheet that includes tax liabilities," says Smith. "We can help them identify potential tax-efficient transfers."

Donors may discover ways to financially support both heirs and institutions, like St. Vincent's



Foundation, that they believe are essential to the fabric and future of the community.

"We're not tax advisors. We're not financial planners. We're not attorneys," says Beyel, a 40-year veteran of nonprofit development. "Our expertise is in helping donors clarify their intentions so they can work more effectively with their advisors."

In a first meeting with a donor, Beyel outlines the process.

"While some may say it's not the right time, most individuals and couples want me to continue to help them develop a comprehensive plan," Beyel says. "A non-disclosure agreement is signed obligating Heaton Smith to sustain confidentiality throughout the process – a very important component of our relationship with St. Vincent's donors."

Although the firm doesn't divulge donor information to the Foundation, Smith says it does encourage donors to discuss gift agreements with Foundation representatives.

"All of this spells out what the donor wants to do. The Foundation is making this gift of our services to qualifying donors so that even the best-informed philanthropists can sharpen their estate processes and goals."

ESTATE GIFTS CAN BE TRANSFORMATIVE...

- ... they communicate your vision of the future.
- ... they help guide your children and grandchildren's values.
- ... they inspire others to make a difference in their community.

What could your gift do? Although legacies start with family, they also impact entire communities. Learn about Heaton Smith services by calling 205-838-6151.

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Beth Chapman: *Why Alabama's former Secretary of State chairs Foundation Board*



When the new St. Vincent's Foundation Board chair is asked why she makes time to serve, Beth Chapman quotes Luke 12:48, "To whom much is given, much is required."

Chapman, former Alabama Secretary of State and State Auditor, heads Birmingham-based Beth Chapman and Associates, a political and public relations consulting firm. Her husband, James Chapman, died at age 50 in 2011 at St. Vincent's. She now seeks to serve St. Vincent's because it cared for them during James' long illness.

"The pain and suffering we went through were lightened by the kindness and compassion shown by St. Vincent's staff, particularly Dr. Patricia Patterson. And one of my dearest friends received the same compassionate care when she underwent cancer treatment. When we're touched in such a profound way, we need to turn around and reciprocate, because they're helping other people. Some of those they're serving don't

have the financial resources to address a health crisis, yet St. Vincent's reaches out to that segment of the population too, and does phenomenal work."

It's that segment – those who come to St. Vincent's with a paper sack of clothes and a sick child – whom Chapman says captures the hearts of the Foundation's board members. She says each is committed to equipping St. Vincent's associates with what they need to provide world-class medical care steeped in the compassion of the Daughters of Charity and the values of Ascension Health.

"At St. Vincent's you're not just another number in a green folder. At St. Vincent's your doctor and nurses know you by name. You don't find this unique and genuine compassion elsewhere. St. Vincent's care has affected hundreds of thousands of people in a way that makes me want to give back."

Chapman and her fellow board members financially support the Foundation; they carefully steward donor dollars, and make tough decisions about which worthy projects are funded. Unfortunately, hospital departments' funding requests always exceed the Foundation's available resources.

"Since St. Vincent's cares for every stage of life, from birth to death, we need beds for tiny babies in the NICU and resources to assist people in the latter days of their lives. We are mindful of our moral obligation to ensure funds from our kind and generous donors are put to good use."

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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