



St. Vincent Foundation

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Cathy and her husband Joe received the award for the Largest Team at the 2012 St. Vincent Cancer Walk. Team Cathy is already off to a great start for the 2013 Walk!

St. Vincent Foundation Spirit of Giving SPRING 2013



The varsity boys' baseball teams from Zionsville High School and Carmel High School played in an annual fundraiser game for Peyton Manning Children's Hospital at St. Vincent. The game raised \$10,000 for the hospital!



The annual St. Vincent Indianapolis Hospital Volunteer Banquet was held in April. Over 200 amazing volunteers attended the reception.

Because of your support, the End of Life Cart for the Cardiovascular Thoracic Unit became a reality! The cart was developed in order to assist not only the dying patient, but the patient's families and nurses taking care of them. The cart contains items such as scented oils, bibles, and music to help reduce the anxiety and distress that comes with the end of life journey.



CATHY FORD WALKING AGAIN IN 2013 – AS A SURVIVOR

Last year, Cathy Ford and her husband had big plans for celebrating Cathy's 60th birthday. What they didn't plan on was cancer. Because Cathy was diligent about yearly mammograms, her breast cancer was caught at stage one.

Cathy sat down for her first treatment on their 32nd wedding anniversary. While it wasn't the best anniversary they remembered, they were just happy to be together.

Cathy's husband Joe, her biggest advocate, brought all of Cathy's supporters together to form Team Cathy at the 2012 St. Vincent Cancer Walk and surprise her. It was also Cathy's 60th birthday. They're ready to defend their team title and raise money for others again in 2013, thankful for the care Cathy received so that her birthday this year is cancer free!

"Everyone I have met here at the hospital from technicians, receptionists, nurses to doctors— have all taken such good care of me," said Cathy. "It's a wonderful feeling to know that the money raised through this Walk will



give hope to other cancer patients being treated at St. Vincent."

You can join Cathy at the 2013 St. Vincent Cancer Walk, which will be held on Saturday, September 21st at Lions Park in Zionsville. Choose from the 10 Mile Challenge Walk or the 3 Mile Family Walk. 100% of the funds raised at the Walk will benefit patients and their families being treated at St. Vincent. Visit www.StVincentCancerWalk.org for more information.

THE VALUE OF A BASELINE NEUROCOGNITIVE TEST

Andrew is a 17 year old junior in high school who loves to play football - but midseason he suffered a mild traumatic brain injury (concussion) from a head to head collision with another player.

Fortunately, his Sports Medicine team had him do a preseason baseline neurocognitive test (ImPACT) that his Sports Medicine physician used in decision making for a safe return to play. Andrew's baseline test turned out to be very valuable. His symptoms resolved quickly but neurocognitive testing done when he felt fine showed residual deficits in multiple areas.

Follow up testing a few days later showed that all testing returned to normal and Andrew returned to sport safely. Had the valid baseline not been available, Andrew may

have been released to play football too soon, putting him at significant risk for additional injury or another concussion and possibly long term neurocognitive problems.

Baseline neurocognitive testing is a valuable tool to physicians who make critical decisions about timing of return to play in sports. Traumatic brain injury caused by sport related concussions is a silent epidemic affecting more than 1 million students each year.

St. Vincent Sports Performance's participation in the Athlete's Concussion Alliance helps raise money to perform these important baseline tests at no cost to athletes. For more information or to support the Athlete's Concussion Alliance, visit give.stvincent.org/aca.



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www.homeofdistinction.com/13Indianapolis/

MY EXPERIENCE: THE BENEFITS OF ART THERAPY AT ST. VINCENT HOSPICE

By: Peggy McDonald, mother of patient at St. Vincent Hospice

A few months after our young adult son died, I was privileged to participate in the art therapy program provided by St. Vincent Hospice. I felt intimidated at first, meeting alone with an artist and therapist in a room which held only a blank wall where I'd do my work, but simultaneously relieved that I didn't have to come up with the right words to describe the indescribable.

Week after week, I faced my memories, disappointments, angers, despair, loneliness, fears, and questions as I faced a fresh sheet of paper. My tools were an array of pastel crayons, acrylic paints and the compulsion to work out my pain on art paper.

St. Vincent Hospice provided all the materials and the care of a uniquely talented art therapist. Physically, pushing the pastel across paper, layering paint, wiping my hands of my messiness, I truly experienced and worked through many of the aspects of my grief.

Visually, my amateur efforts rewarded, confirmed and reminded me of what I was reconciling. I'm a better person for the opportunity, having learned not just how to get along without my child, but more of who I am and can be now.

To learn about the bereavement support opportunities offered through St. Vincent Hospice, call (317)338-4040. Gifts may be made to benefit the Hospice Art Therapy program at give.stvincent.org.

give.stvincent.org

2013 CALENDAR OF EVENTS

August 26

St.Vincent New Hope Golf Outing
Crooked Stick Golf Club, Carmel
Register online: give.stvincent.org/13golfouting
Benefiting St.Vincent New Hope

September 21

St.Vincent Cancer Walk
Lions Park, Zionsville
Register online: stvincentcancerwalk.org
Benefiting St.Vincent cancer programs

October TBD

Saks Fifth Avenue Key to the Cure
Saks Fifth Avenue (Keystone at the Crossing), Indianapolis
For information, email: aehall@stvincent.org
Benefiting St.Vincent women's cancer programs

*For more information, visit give.stvincent.org or call (317)338-2338

IT'S OPEN...THANKS TO YOU! ST.VINCENT JOSHUA MAX SIMON PRIMARY CARE CENTER WOMEN'S CLINIC RELOCATES TO LARGER SPACE



You did it! A new, expanded Women's Clinic at the St.Vincent Joshua Max Simon Primary Care Center is now open and serving thousands of underserved and uninsured women each month in our community.

A Blessing Ceremony was held and attended by many donors on February 8 to officially open the space. Words of deep appreciation for the generosity of the local community were expressed, noting that the entire \$1 million project was funded through philanthropic support.

The larger space will alleviate issues created by rapidly increasing patient volumes at the Women's Clinic. The new space

increases the Clinic's capacity by nearly 30-percent, and it is anticipated that the move will allow the Clinic to provide pregnancy care to more than 1,000 additional expectant mothers per year.

Thank you! The entire St.Vincent family is extremely grateful for the generosity of many donors who played a role in helping St.Vincent address this urgent community need.



2013 CELEBRATION OF CARING GALA

The sixth annual Celebration of Caring Gala benefiting Peyton Manning Children's Hospital at St.Vincent raised more than \$1 million. The funds will be used to purchase a new ambulance for the St.Vincent Pediatric and Neonatal Critical Care Transport Team and provide essential support for other pediatric programs and services. Several True Heroes at Peyton Manning Children's Hospital at St.Vincent were honored during the Gala.



MVP Award: FedEx. The MVP Award honors a person or organization in our community that has been prominent in advancing the cause of childhood health and advocating for better health for kids. FedEx not only donated their facility free of charge, they've also made the world a better place for children. Together with Safe Kids Worldwide, FedEx established the Safe Kids Walk This Way program to teach safe behaviors to motorists and child pedestrians and create safer, more walkable communities.



True Hero Award: Children's Heart Center. The Children's Heart Center at St.Vincent is a regional center of excellence in the care of children with heart disease. The Children's Heart Center began a partnership with Samaritan's Purse 12 years ago to participate in the Children's Heart Project, which has brought more than 800 children to North America for critical heart care.

True Hero Award: Hayden Fuhs & Family. When Hayden Fuhs was born in 2002, all

signs pointed to him being a healthy baby. But just a few hours later, Hayden labored to breathe, and his skin turned a bluish color. Diagnostic testing revealed an abnormal heart. A few short hours later, the Pediatric Critical Care Transport Team arrived at Daviess Community Hospital in Washington, Indiana, stabilized Hayden and transported him to Indianapolis for emergency heart care. Today, Hayden enjoys his favorite pastimes: showing his pet goats, taking ukulele lessons and helping his dad package pizzas at the family business.



The evening ended with a performance by the 2013 Country Music Entertainer of the Year, Luke Bryan and a duet featuring Luke and Peyton Manning singing "Folsom Prison Blues."

Save the Date

The date for the seventh annual Celebration of Caring Gala is already set! Mark your calendars for Saturday, April 30, 2014.

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MVP

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Harlan Family Foundation
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Indiana Acute Care Surgeons
Infectious Disease of Indiana
Ivy Tech Community College
Susan Maisel, MD
Reindeer Auto Relocation
St. Elmo Steak House/
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TABLE

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SOMETHING IMPORTANT TO ASK YOU

The experts often say that the number one reason that donors don't leave a legacy gift to their favorite charity is because they have not been asked. Oh my!!

First, thank you on behalf of our patients, especially the poor and vulnerable, for supporting St.Vincent!

Today, please consider one more thing - will you help us guarantee our future by putting aside something in your Will? It doesn't matter how much, every bequest will help, every bequest matters.

We are pleased to provide you with sample language for making a bequest that will support our mission in perpetuity.

I give, devise and bequeath the sum of \$ ___ or ___ percent of my estate to the St.Vincent Hospital Foundation, Inc., a not-for-profit organization located in Indianapolis, Indiana, to be used for _____.

If you would like to receive more information about bequests or other ways you can support St.Vincent, please contact Rob Baker, Director of Gift Planning, St.Vincent Foundation at (317) 338-5085 or email at robaker@stvincent.org. We also invite you to visit our website at www.give.stvincent.org.

give.stvincent.org

Who's your caring angel?



The Caring Angel Program: a meaningful way to thank your caregiver.

Would you like to thank someone special who's cared for you or a loved one at St.Vincent? Through our Caring Angel Program, your tax-deductible gift helps St.Vincent provide needed services, technology, equipment, and programs for patients and their families — while thanking the associates who provide unconditional care. Call 317-338-GIVE (4483) or visit give.stvincent.org for more information.

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