

Your Methodist Legacy

Strengthening the Health of Our Communities by the Way We Care, Educate and Innovate



METHODIST
HOSPITAL FOUNDATION



“It’s a huge responsibility, but it’s also a privilege to be that leading example for other facilities.”

Ashley Denker, MSN
Clinical Nurse Educator
Methodist Women’s Hospital



Victoria, a life-size, robotic labor and delivery simulator, helps educate caregivers

MISSION IN ACTION: THE WAY WE EDUCATE

Addressing a Crisis in Maternal Health Care

Foundation Donors Are on the Front Lines of Educational Outreach

Victoria is having a baby — and she’s beyond mincing words.

“This is the worst pain ever,” she declared.

“It’s not going to be long,” reassured Methodist’s Mary Seger Barker, MSN. “I can see the top of the baby’s head.”

Remarkable and resilient, Victoria had another baby the day before. She will likely deliver again a day or two after.

“Victoria lives in labor and delivery. She never gets to go home. She’s always in labor,” said Methodist’s Ashley Denker, MSN.

That’s because Victoria is a life-size, robotic labor and delivery simulator, an educational innovation funded by gifts to Methodist Hospital Foundation. Used for skills assessments and hands-on practice, Victoria is part of a

multi-faceted educational outreach program based at Methodist Women’s Hospital.

“You can customize the birthing scenarios to whatever you’d like,” Denker said. “She can deliver vaginally. She can deliver Caesarian. She can deliver breach.”

Denker, Seger Barker and the other members of the outreach team are all clinical nurse educators. Their scope includes almost four dozen rural communities across a five-state region: Nebraska, Iowa, South Dakota, Kansas and Missouri. They share best practices, training and resources with rural caregivers to ensure healthy pregnancies and deliveries, and keep their OB/GYN patients close to home.

“It’s a huge responsibility, but it’s also a privilege to be that leading example for other facilities. To be able to provide the education for free is meaningful and impactful,” Denker said.

(continued on inside)

The need for rural OB/GYN educational outreach is greater than ever. Consider this: Four of the five states in the team's scope — Nebraska, Iowa, South Dakota and Missouri — rank among the worst in the nation for women living in maternity care deserts. The designation means they have little to no access to maternal health care services, a growing concern in rural communities across the country.

Education outreach is just one way Methodist Women's Hospital is responding to the crisis. The clinical nurse educators' annual calendar includes a list of events hosted locally.

"We have nurses that travel here from their facilities, attend our all-day classes and take that information back to their communities," said Denker.

The team also goes on site to critical access facilities, allowing caregivers in places like Wayne and Beatrice, Nebraska, to train in their units with their supplies.

Any critical access facility can request education," Denker said.

Educational outreach programs reached more than 1,540 participants from throughout the region in 2022. More than 380 local and rural nurses attended one- to two-day fellowships in 2022, including Labor and Delivery, Maternal, Newborn, NICU and Advanced NICU. The team expects to serve similar numbers in 2023.

During an outreach trip to Providence Medical Center in Wayne, the team took caregivers through a course and simulation on infant stabilization — at no charge.

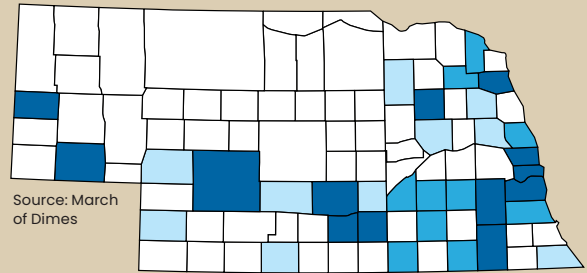
"In a critical access hospital, bringing educational experiences like this here for our nurses is essential," said Amanda Cook, RN. "It really helps them stay competent in their skills and gives them opportunity to use simulation to practice their skills in a safe environment where they can ask lots of questions."

To ensure the educators are always up to date, foundation support ensures members of the outreach team can attend national conferences and stay current on the latest evidence-based practices.

While they aren't equipped to bring 130-pound Victoria on the road, they can travel with newborn Tory, another

No Access to Maternal Care

78.5% of Nebraska counties have no hospital or birthing center offering maternity care.



Midwest Ranks High for Low Maternal Care Access

- South Dakota #2
- Missouri #7
- Nebraska #9
- Iowa #11



high-tech simulator recently purchased with Foundation support. Like Victoria, little Tory is fully interactive and capable of different scenarios.

"We're excited to bring very life-like simulation to these communities," Denker said.

Her hope is that the team, with donor support, will be able to purchase a second Victoria and a dedicated Sprinter van so they can take her to sites around the region.

For now, the original Victoria is taking a moment to enjoy her newest addition — a baby girl, once again.

"She is beautiful," Victoria gushed.

She needs her rest now. Odds are, she'll be going into labor again tomorrow.

Why Your Donations Are So Important

Philanthropy is the fastest, most efficient way to ensure that Methodist can grow and innovate.

When you give to Methodist Hospital Foundation, 100% of your dollar supports vital projects and programs that would have been delayed or not possible at all.

Make an impact today.



Scan the QR code.
Text SUPPORTMETHODIST to 243-725.
Donate online at SupportMethodist.org.

Another Proud Methodist Moment

A project that will address the growing demand at Methodist Women's Hospital is nearing completion – and the support we're seeing is inspiring.

If you've driven by 192nd and Dodge recently, you've likely seen the construction work. The \$16.3 million expansion project will open early next year. **Fundraising for the effort is in the final phase as well** – and every dollar counts.

Please consider making our For All Women campaign part of your year-end giving plan. Your gift will help us meet pressing needs for more space and new technology, including a virtual care platform in the neonatal intensive care unit (NICU).

The secure camera system will allow parents a 24/7 connection to their babies, potentially reducing anxiety and depression. That means more peace of mind for parents like Brett and Mallory Callahan. Their twins, Josie and Cruz, spent 43 days in the NICU. Today, the twins are active and healthy. "I don't have the words to sum up how important that place was for our success," Brett said.



Then



Now

Scan the QR code or visit SupportMethodist.org to make your year-end gift and introduce more women and families to The Meaning of Care.

Thank you for supporting our greatest need.



FOR THE WIN.

Caring Campaign

Our caregivers and staff not only work at Methodist, they support it!

Employee giving during Methodist Hospital Foundation's annual Caring Campaign is more than twice the national average year after year. Those funds support emergency financial assistance for employees and our greatest needs, including the expansion of Methodist Women's Hospital.



Showing our Methodist pride with this year's Caring Campaign gift!





Leap for a Cure



Through their giving and advocacy, the Roberts family of Omaha has created a powerful, lasting legacy — all to honor a beloved daughter and sister.

Heather Roberts was diagnosed with brain cancer in 2008. She died eight years later at the age of 37. Her battle inspired the family's creation of Leap-for-a-Cure, an organization that has helped push the bounds of cancer diagnosis and treatment at Methodist Estabrook Cancer Center (MECC).

Over the years, Leap-for-a-Cure has raised and donated more than \$1.3 million to Methodist Hospital Foundation. That funding helped to bring the region's first HyperArc™ radiation delivery system to MECC. The innovation lets radiation oncologists treat patients with multiple brain tumors faster and with more precision. That means a more effective, comfortable, convenient patient experience.

"We want to help people who are living with brain cancer right now. What can we do to make their lives better?" said Sue Roberts, Heather's mother.



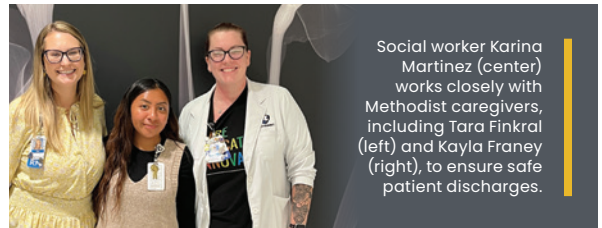
Additional equipment and innovation funded by Leap-for-a-Cure:

- + Functional MRI and StealthMerge software
- + Heather's Healing Pad water therapy pool
- + Bioness Integrated Therapy System (BITS)
- + Brain Tumor Conferences at MECC

Serving the Foundation & Its Donors

Methodist Social Workers

Methodist Hospital Foundation is grateful for the dedication and expertise of our entire social work team, including **Karina Martinez**. She came to Methodist more than a year ago. We work closely with her and her colleagues to identify and serve the needs of our patients. We're excited for you to get to know her.



Social worker Karina Martinez (center) works closely with Methodist caregivers, including Tara Finkral (left) and Kayla Franey (right), to ensure safe patient discharges.

What drew you to a career in social work?

"I have always known that helping individuals and families is my passion. I feel that social work is about being a support, advocate and resource for individuals facing hardships and challenges."

What do you consider the biggest reward of your job?

"The biggest reward of my job is the appreciation shown by patients and families I serve. I enjoy answering patients' questions regarding discharge, being their resource, and being able to provide that sense of reassurance when patients transition out of the hospital."

How do you partner with Methodist Hospital Foundation and our donors to impact the lives of our patients?

"I partner with the Methodist Hospital Foundation frequently and in a variety of ways. Working on 8 South (the medical-surgical unit), I'm often called in to assist the homeless population with medications, cab rides or clothing upon discharge — all of which the Foundation has assisted with countless times before."

An Above-and-Beyond Effort

Sometimes Martinez has to request more than cab rides and gas vouchers for discharging patients.

In this case, she needed a plane ticket for a vulnerable patient whose friend/caretaker lived on the west coast.

After reaching out to the Foundation to cover travel costs, Martinez and the patient's nurses made sure he had clothing, hygiene products and food for his trip. Martinez arranged a ride to the airport, escorts through security, and resources in his new community.

She said this patient — who called her "sister" — touched her heart during an extended stay at Methodist Hospital. Her gratitude to our Foundation donors is "beyond words."

Methodist Legacy Society

Join Generations of Generosity

When you become a member of the Methodist Legacy Society, you're helping our patients and our communities today and tomorrow. Your planned giving ensures we will always be able to live our mission and support the way Methodist cares, educates and innovates.

The Methodist Legacy Society recognizes special friends who remember Methodist Hospital Foundation or Nebraska Methodist College in their estate plans.

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| | Pam Hoelsing | Gretchen M. Mack | | |
| | Linda Hoidal-Berger | | | |

Learn more about Methodist Legacy Society and the forever impact of your gift. Contact Dana Ryan, philanthropy officer, at (402) 354-4825 or Foundation@nmhs.org.

Your generosity powers our impact.

Thanks to you and your giving, Methodist Hospital Foundation:

- + Funded a new music therapy pilot to help relieve the pain, nausea and agitation experienced by cancer patients during treatment
- + Launched Meds to Beds, a new program that sends patients home with discharge medication, potentially reducing hospital readmissions
- + Supported a new social worker position for Methodist Physicians Clinics for 2024, one of more than 60 salaries supported at Methodist

Make a Difference for Now and Forever.

- Life Income Gifts — CRUTs and CGAs
- Retirement Plan or IRA Assets
- Bank and Brokerage Accounts
- Life Insurance
- Cash
- Securities
- Real Estate
- Wills or Trusts
- Savings Bonds
- Real Estate

Estate planning is an opportunity to create your legacy and make our communities healthier places to live.

If you've put off writing your will or making plans for your estate, you're not alone. Don't wait to take the first step.



Visit MethodistHospitalFoundation.org/YourLegacy to download Beyond Retirement: Your Planning Roadmap, a free resource designed to help launch your planning journey.

Your Methodist Legacy

WHAT'S INSIDE:

Maternal Care Crisis:

Education Is Key. You're
Part of the Solution.



A Family's Legacy:

How It's Helping to
Transform Cancer Care.



The "For All Women"

Finale: Be Part of a Proud
Methodist Moment.



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Community of Retired Employees

Stay up to date on retiree gatherings, free continuing education through Nebraska Methodist College, volunteer opportunities, Health System news, and ways to make a difference with Methodist Hospital Foundation.

Don't miss out — email your contact information to Dana Ryan at foundation@nmhs.org.



Put yourself on the list!



Prioritize healthy living and impactful giving
by joining our Women Connect community.

MethodistHospitalFoundation.org/WomenConnect