

Your Methodist Legacy



Your investment isn't just funding a program; it's restoring hope, dignity and healing in the lives of survivors across our community."

Carla Idrees, BSN, RN
SANE/SART
Program Manager



MISSION IN ACTION: THE WAY WE CARE

Your Support. Their Healing.

Investing in Survivors, Caregivers and a Safer Community

They come to Methodist in a most vulnerable state—scared, hurt, overwhelmed—after experiencing sexual assault, domestic violence, human trafficking or elder abuse. Because of you, they are met with a special kind of compassion, dignity and hope.

"A patient may not remember every detail of their visit, but they will remember how they were treated," said Nancy De Santiago, RN, a forensic nurse examiner (FNE) at Methodist Hospital.

De Santiago is part of the longest-running and most comprehensive survivor response system in Nebraska: Methodist's Sexual Assault Nurse Examiner / Sexual Assault Response Team (SANE/SART) program. It sets the community standard in survivor care, and it would not be possible without your support.

"In today's health care environment, margins are razor-thin. Philanthropy isn't just helpful for programs like SANE/SART; it's essential," said Tracy Madden-McMahon, president and CEO of Methodist Hospital Foundation. "Our donors make sure we can meet survivors where they are by providing the space, technology and training our nurses need."

Healing Environments Made Possible by You

Now in its third decade, Methodist's SANE/SART program currently includes 25 specially-trained FNEs. They provide 24/7

coverage and respond to approximately 30 cases per month.

In 2023, Foundation donors transformed the survivor experience through the creation of the new SANE/SART suite in Methodist Hospital's renovated Emergency Department. This dedicated, trauma-informed space offers survivors privacy, safety and comfort. A nearby consultation room let families, advocates and law enforcement remain close without intruding.

"We've seen a significant positive impact on patient experience," said Program Manager Carla Idrees, BSN, RN. "The new environment has made the process more compassionate and efficient. We've been able to reduce wait times, minimize disruptions and provide a calmer environment for medical exams and evidence collection."



(continued on inside)

Idrees recalls one patient who was unhoused and overwhelmed after her exam.

"She had the chance to shower, wash her hair and put on fresh clothes before leaving," Idrees said. "With tears in her eyes, she told our nurses, 'Wow, is this all for me? This is so nice, and I am thankful for your care.'"

Idrees continued, "One of the most common things we hear from survivors after their exam is, 'Thank you for believing me.'"

For many, it is the first time they feel truly heard and supported.

Tools That Restore Dignity and Secure Justice

Methodist FNEs are trained to provide compassionate care and minimize trauma, but they are also called to assist with high-quality evidence collection and partner with law enforcement, prosecutors and victim advocates.

Thanks to community partners, including the Mutual of Omaha Foundation, the team is aided by advanced

technology like the **Cortexflo forensic imaging system**. This cutting-edge tool lets FNEs capture high-quality, court-admissible documentation of injuries, including internal trauma that is invisible to the naked eye.

"During strangulation, for example, sometimes an injury may not show up right away—the bruising can appear hours later. Using a special filter, the Cortexflo can show diffuse bruising under the skin," Idrees said. "These pictures have been instrumental in court cases."



Professional Growth and Resilience

Beyond facilities and technology, philanthropy fuels the professional growth that keeps FNEs resilient in this emotionally taxing field. In August, with donor support, 10

FNEs and the program's medical director attended the International Conference on Forensic Nursing Science & Practice, hosted in Omaha.

An investment in skills, resilience and unity, the team learned directly from leading experts, received updates on the latest best practices, and completed hands-on training to strengthen survivor care. Nancy De Santiago was among those in attendance.

"The conference was incredibly valuable," she said. "It was an opportunity to network and collaborate with like-minded professionals—and witness the collective drive of thousands of people united for a common cause. That's going to have a positive impact on the patients we serve."

The need for this kind of investment is clear. Secondary traumatic stress and burnout are widespread among FNEs. The International Association of Forensic Nurses found that, out of a pool of 540 newly trained examiners, only 42 were still practicing two years later. Idrees said donor-funded continuing education is essential in supporting FNE retention and well-being.

"Attending the conference together strengthened our team bond," Idrees said. "That combination of connection and professional growth helps prevent burnout and gives us a renewed spirit to continue providing compassionate care to survivors."

De Santiago added that the team is "profoundly grateful for the generous sponsorship that made our attendance at the conference possible."

While survivors feel the most direct impact, a strong SANE/SART program benefits everyone, promoting healing and helping ensure justice. "One of the most rewarding aspects is giving patients a sense of dignity and control after trauma," De Santiago said.

Idrees added, "For many, it is the first time they feel truly heard and supported."

Because of you, survivors are not alone—and our community is stronger and safer. "Your investment isn't just funding a program," Idrees said, "it's restoring hope, dignity and healing in the lives of survivors across our community."

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

100%
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Growing Impact

From Farm Fields to Future Nurses

Two farms in Minnesota are growing the future of health care.

The late Dr. Roger Anderson, a powerful supporter of Nebraska Methodist College, made this transformational gift—327 acres of farmland—in tribute to his beloved wife, Emily, and the tremendous value of the nursing profession.

A Nebraska Methodist College alum, Emily Anderson began her long nursing career in the worst of places: Omaha Beach on D-Day. Her medical detachment was among the first to come ashore. To honor her legacy of care, Dr. Anderson chose to invest in future generations of caregivers.

Income from the farms supports the Dr. Roger and Emily Anderson Nursing Scholarship at NMC. Annual awards are based on financial need and resiliency, a quality that reflects the Andersons' values and the very heart of nursing.

Dr. Anderson spent nearly 40 of his 103 years as a general surgeon. His attitude on philanthropy was, "If you don't return it, you don't win." That philosophy continues to empower students who benefit from his generosity.

Like Dr. Anderson, you can grow your legacy through planned giving—whether you donate life insurance, start a charitable gift annuity or set up something like the Anderson Farm Management Trust. To explore the option that's right for you, contact Dana Ryan at (402) 354-4825 or Foundation@nmhs.org.



Have You Thought About Honoring Someone Special with a Scholarship at NMC?

Our team would be happy to discuss the process with you.

\$60,000 Gift

- ♥ Allows you to name the scholarship
- ♥ One-time gift or payments made over time
- ♥ 5% distributed annually once scholarship is fully funded

Greatest Scholarship Needs

- ♥ Transfer Nursing Student Scholarships
- ♥ Accelerated BSN Scholarships
- ♥ Military Scholarships



YOUR GENEROSITY POWERS OUR IMPACT

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

2025 | Thanks to you and your giving, Methodist Hospital Foundation:

✓ **Created the Benson Healthcare Pathways Pilot Program**, a new initiative to expand educational and career opportunities for high school students interested in health care, especially those from underserved communities

✓ **Opened the Latacha Education Center at Methodist Hospital**, a simulation lab and learning space named in memory of Dr. Matthew Latacha, a beloved Methodist electrophysiologist

✓ **Allocated a record amount of scholarship funding** to Nebraska Methodist College students: almost \$4 million in support



You Help NMC Carry Care Everywhere Childhood Lead Testing Program Expands

Thanks to you, Nebraska Methodist College (NMC) is protecting children from a widespread and preventable health threat: lead poisoning.

Lead is a neurotoxin. Even small amounts can lower a child's IQ, delay speech and trigger attention issues. In Nebraska, nearly 21% of homes are at risk for lead exposure, especially those built before 1978.

With your support, NMC's community engagement team is bringing lead screenings to the places families already gather: schools, shelters and community events. Testing involves a quick finger poke. The focus is on children aged 12 months to six years, the group most at risk for lead exposure.

Traveling in the Harper Family Mobile Health Unit, NMC students and staff screened more than 770 children across Douglas, Sarpy, Cass, and Knox counties last year. More than 50 children required follow-up care through local health departments, including one child whose result was more than three times the CDC's threshold for intervention.

Your generosity and partners such as Nebraska Blue Foundation help ensure screenings are accessible and

free, covering the cost of testing kits, cleaning supplies and educational resources. That support is also fueling expansion into rural communities like Auburn, Falls City and Humboldt, where pediatric care is limited. At some rural sites, as many as half the children tested had elevated or detectable levels.

"We would not be able to do what we do without Methodist Hospital Foundation and its donors," said Alicia Whitehill, NMC Director of Community Engagement.



Peace of Mind in 20 Minutes Legacy Planning Made Free and Easy

Have you looked at your estate plan lately? National Estate Planning Week, October 20–26, is the perfect reminder that a little planning now can make a big difference later.

An up-to-date estate plan does more than put your affairs in order. It gives you peace of mind, protects the people you love, and ensures the causes you care about—like Methodist Hospital Foundation—can benefit from your generosity for years to come.

Through our partnership with FreeWill, you can create or update a will at no cost in about 20 minutes. But that's only part of a complete estate plan. FreeWill can also help you establish:

- Health care power of attorney—naming someone you trust to make medical decisions if you can't
- Financial power of attorney—authorizing someone to handle financial matters on your behalf
- Living will or advance directive—documenting your health care preferences
- Beneficiary designations—on retirement accounts, life insurance or bank accounts

- Revocable living trust—managing how your assets are handled during your lifetime and after

These documents work together to protect your interests, reduce confusion for your family, and make it easy to include charitable gifts if you wish.

Why It Matters

Clarity: Your wishes are clearly documented.

Protection: Loved ones avoid unnecessary stress and uncertainty.

Flexibility: Plans can be updated anytime as life changes.

Impact: Make a difference by supporting causes you value.



See How This Free Program Works

Using FreeWill is easier than you might think. We're here to help you get started. Scan the QR code to watch a short video.

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 that 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.

Joy Nixon Anderson
Angela Sue Arner
Ken Barjenbruch, M.D.
Mr. & Mrs. Robert Bates
Mr. & Mrs. Glen Bennett
L. Pat Berger
Jane Bernecker
Dennis & Cathy Blackman
Joe Bohelski
Robert & Elizabeth Bridges
Bob Cohn
Maria Conte, Ph.D.
Dr. & Mrs. Andrew and
Jennifer Coughlin
Bruce Couillard
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Calvin Lee Davis
Theodore DeLaet, M.D.
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Lawrence Uebner
Thomas Warsocki
Wax Charitable Trust
Fred Weeks
Dr. & Mrs. James Wheeler
Linda J. Wright
And our friends who wish to
remain anonymous

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 Planning Roadmap

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.

Beyond Retirement: Your Planning Roadmap is a free resource to help launch your planning journey. Request a copy using the enclosed reply envelope or download now at MethodistHospitalFoundation.org/YourLegacy.



Your Methodist Legacy

WHAT'S INSIDE:

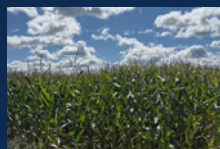
Dignity, Hope & Healing:

How your support strengthens survivor care



Growing Impact:

From farm fields to future nurses



Future Planning Made Easier:

Are you familiar with FreeWill?



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Join **Methodist CORE**

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.



Scan to register or email your contact information to Dana Ryan at foundation@nmhs.org.



Put Yourself on the List!

Our Women Connect community is growing. We want you to be part of it! All events are casual and free—our way of educating and empowering women to prioritize their health.



Get connected by scanning the QR code or visiting MethodistHospitalFoundation.org/WomenConnect

