





Healthcare Foundation

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a JOINT Message

from Presbyterian Healthcare Services Board Chair and the President and CEO of Presbyterian Healthcare Services



Kathie Winograd, PhD
Board Chair.

Presbyterian Healthcare Services



President and
Chief Executive Officer,
Presbyterian Healthcare Services

New Mexico is changing and so are we.

During the last 50 years, the population of our state has more than doubled, while the average lifespan has increased by nearly 20 years. These demographic shifts, combined with other socioeconomic challenges, greatly affect healthcare here at home and how it is delivered.

We work hand in hand with Presbyterian Healthcare Foundation to develop and enhance critically needed programs and services. Their work and contributions have enabled us to build a nationally recognized healthcare system. Donors have helped to fund construction and renovation projects, cutting-edge technology, educational opportunities for nurses and other staff, and innovative, new programs like our Center for Community Health.

Historically, nursing and staff education has been the largest beneficiary of donor support and we couldn't be more grateful. A well-trained workforce is among the greatest gifts we can give our patients and members.

Thank you for standing with us. Together, we will continue to elevate healthcare for the people of New Mexico.

a JOINT Message

from Presbyterian Healthcare Foundation's Board Chair and President

Almost instantly, a serious illness can lead to time off work, financial challenges, growing worries and other concerns. Caught in the turmoil, a family can very quickly lose its footing.

Many need a helping hand to keep standing. Since 1968, our Foundation has been assisting through the toughest of times. We know that healthcare does not only happen in a hospital or doctor's office. It happens in the homes of those who struggle and in the hands of volunteers who bring hope. It happens in communities where new resources mean new solutions, and in the hearts of those who realize they are not alone.

In this report, you will read the stories of patients and employees who have been empowered through the Foundation and donors like you. We are extremely grateful to you for making these stories possible, and can't think of a better way to express our appreciation than through their eyes. Their ability to overcome both inspires and encourages us to continue working for them and others. Together, we will continue to make meaningful differences in lasting and memorable ways.



Bart Kinney
Board Chair,
Presbyterian
Healthcare Foundation



Rick Scott, CFRE
President,
Presbyterian
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DONOR IMPACT REPORT 2018

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Planning for the Unplanned

Estate Giving Benefits Employee CareFund

Standing Strong:

I've never been through the end of life with someone before. Being able to get the financial assistance I needed was a big relief. After my husband was placed on hospice, I was able to take as much time off work as I needed to be with him.

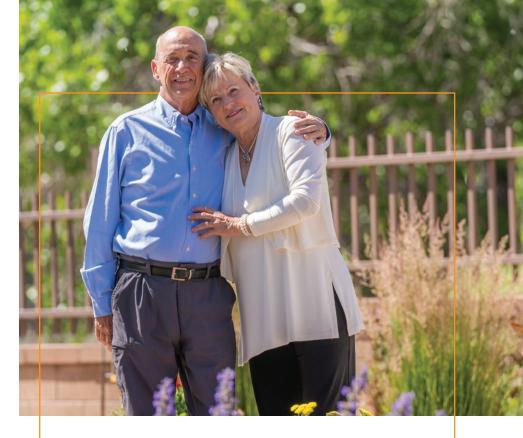
In a brief moment and a blur of words, Kathy Christianson's life changed forever. No time to prepare, only to keep moving. "It was kind of a whirlwind," she said of the two months between her husband Rick's diagnosis with cholangiocarcinoma (cancer of the bile ducts) and his death just two months later. He was only 51.



The Employee CareFund helped 110 staff in 2018 with funds totaling \$56,219.

For Kathy, who quickly became the "only breadwinner in the house," the time she took off from work to care for Rick could have had devastating financial consequences.

Instead of worrying, she was reassured by the calls and support of her fellow workers and the assistance she received through Presbyterian's Employee CareFund.



A Flourishing Future.

A nurse at Presbyterian for 30 years, Jane Gulley knows that emergencies don't discriminate. Now retired, she is a Presbyterian Healthcare Foundation board member who, along with her husband Tom, designated the Employee CareFund – which she helped establish – in their estate plan. "If we don't take care of the employees, they can't take care of the patients." The Gulleys also have a long history of support for nursing, hospice, children's and other programs.



Caring for Family.

"Presbyterian takes very good care of their employees. With co-workers calling and bringing meals and the financial assistance, I was able to concentrate on my family and make sure they were okay during my husband's illness."

Set up to address the emergency needs of staff members facing unexpected or catastrophic situations, this resource provided Kathy with paid time off (donated by other employees), and two months of mortgage and electric bill assistance. "It was a huge weight off my shoulders. I didn't have to worry about paying past due bills and was able to come back to work and still be standing on my feet."

Advancing Community Health

Home Dialysis of New Mexico and Renal Medicine Associates

Resource for Recovery:

Gunhild Vetter, a retired Albuquerque Police Department officer, has a prescription for healthy cooking classes to help her get to a healthy weight and recover from a hip injury.

On grand opening day for the Presbyterian Community Health Resource Center, the building bustled with staff and visitors, all excited to check out a new space designed to support healthy living for the surrounding community.

Limited access to resources like healthy food can contribute significantly to increases in chronic, often preventable diseases, including diabetes. To help reverse this trend, Presbyterian is working to improve access to healthy food throughout the state.

Patients in several communities can now receive prescriptions for fresh food, access to exercise programs and classes in nutrition, resources for chronic disease selfmanagement and more.

The new Community
Health Resource Center, on
Presbyterian Kaseman Hospital
campus, brings together many
pieces of this effort. The center
includes a Food Farmacy
where patients can get fresh
fruits, vegetables and other
healthy foods, a teaching
kitchen, a community meeting
space, a community garden
and other resources provided
by Presbyterian Community
Health.

The clinicians at Home Dialysis of New Mexico (HDNM) and Renal Medicine Associates (RMA) treat patients with chronic kidney disease and kidney failure, and transplant recipients. Their experience inspired both organizations to generously fund the teaching kitchen at the Community Health Resource Center, as well as a teaching kitchen located at Presbyterian Santa Fe Medical Center and one at Presbyterian Medical Group at Las Estancias.

According to Jayant Kumar, MD, a nephrologist with Renal Medicine Associates, helping people learn to prepare and eat healthier food in the teaching kitchen "goes to the core of the problem" and gives people the tools they need. "You can't just say: 'Take care of your diabetes,' you have to show them how."

"I think community center health care – where doctors, dieticians, social workers and patients work together – is the future to managing chronic illness."

– Dr. Biju Cherian, Home Dialysis of New Mexico

A Growing Concern

Since 1995, the prevalence of diagnosed diabetes among adults in New Mexico has nearly doubled, from 5.8% to 9.8% in 2017.

– New Mexico Department of Health



At the Food Farmacy, located in the new Presbyterian Community Health Resource Center, qualified patients can select a variety of fresh foods and healthy pantry items for free.



HDNM and RMA have made substantial contributions to Presbyterian Healthcare Foundation and are the largest single contributor to Presbyterian Community Health.

Pictured left to right: Hector Castro, MD, Biju Cherian, MD, Chudi Adi, MD, Satyaki Banerjee, MD, Jayant Kumar, MD, Kirby Gabrys, MD and Fidel Barrantes, MD



As care evolves, so do the needs of our patients. According to Clay Holderman, executive vice president and chief operating officer for Presbyterian, people are surviving conditions that would have been fatal three decades ago, including cardiac events and stroke. This, he said, creates "more complexity in care." Additionally, the situation has prompted an urgent need to retain and recruit nurses who are confident, skilled and motivated.

"Nursing schools today cannot keep up with the demand for graduates across the country," said Stacey Fort, manager, clinical education residency and fellowship programs at Presbyterian. As a result, many new nurses do not have the tools they need to succeed on the job and quickly become overwhelmed. In 2015, Presbyterian's perioperative department was rapidly losing

nurses, a situation that became a rallying cry to institute the Nurse Residency program. With this extra year of training, mentoring and support, the four-year retention rate across all departments has risen to about 88%, 50 points above the national average.

To further these efforts, Presbyterian Healthcare Foundation allocated funds to pay for the program's national accreditation and purchase educational materials. "We are now seen as a national benchmark," said Fort of the resulting credibility. "Other institutions are looking to us for recommendations and for the first time, we're bringing talented new nurses into the state...that's really powerful."



Growing Older.

By 2040, New Mexico is projected to grow by about 300,000 residents, many of whom will settle in the central part of the state (Mid-Region Council of Governments). A large proportion of these people will be aging Baby Boomers who will require more and advanced medical care and spur a critical need for both new and experienced nurses.

Accelerated Achievement.

After completing Presbyterian's Nurse Residency program, Robert Hoheimer progressed from a new nurse to a charge nurse and preceptor in just five months. Without residency training, this promotion would have taken up to three years.

"Nurse Residency training costs \$30,000 per resident, but the return is close to \$2 million per individual when participants stay three years, a condition of entering the program. Statistics show that if someone stays for three years, they're likely to remain for 10. Our goal is to create long-term Presbyterian employees who love it here, plan to stay and help us grow."

> Stacey Fort, manager, clinical education residency and fellowship programs at Presbyterian.



Happy Nurses, Healthy Patients.

Presbyterian's four nationally accredited nurse residency programs assure our nurses will be well-prepared for patients in today's complex healthcare environment. Having the only ANCC-accredited nurse residencies in New Mexico sets Presbyterian apart and helps us attract the brightest and best talent.

DONOR IMPACT REPORT 2018

Presbyterian Healthcare Foundation

IMPACT L SNAPSHOT

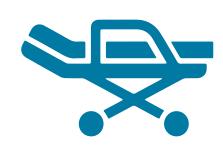


\$2,760,562

donor dollars invested in Presbyterian patients, programs, equipment and education



110 employees assisted through the Employee Carefund



\$445,008

in new equipment across Presbyterian



2,952
patients and
families received
help with lodging,
transportation,
meals and other
emergent needs

Every gift to Presbyterian Healthcare Foundation makes a difference, helping to support new care programs, technical innovations, advanced education, and patient assistance. The Foundation works with the Presbyterian community to identify the areas of greatest need – and greatest opportunity. Contributions to the Foundation can be directed to specific areas of interest, or can be designated as an unrestricted contribution, which is increasingly important in helping address critical needs. **Every dollar goes directly to fund Presbyterian programs and services.**





72 members of staff awarded with the Presbyterian Healthcare Foundation Guardian Angel award

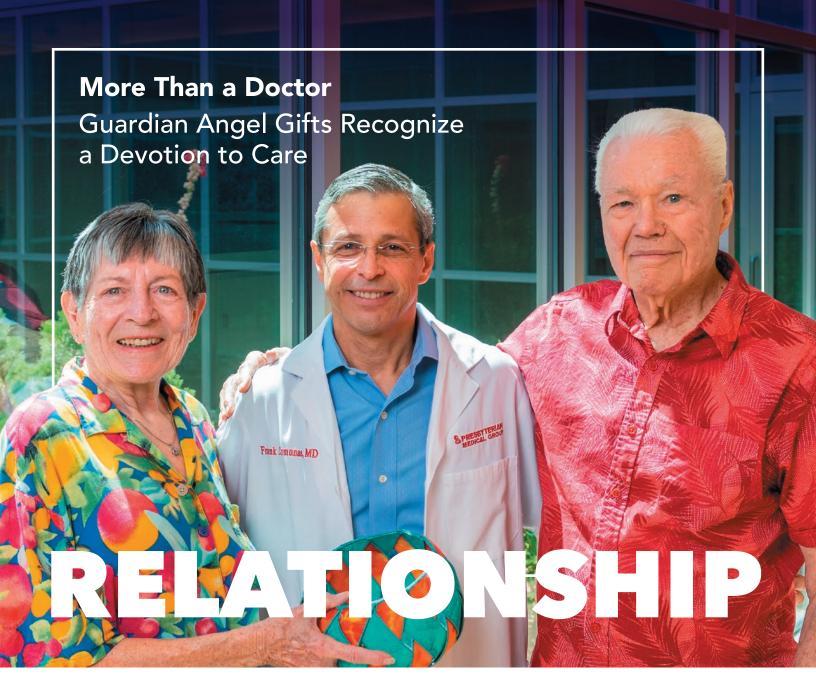


families provided with bereavement resources after the death of a loved one



2,157
clinical and nursing
staff empowered
through educational
opportunities and
additional training

\$8,609,230
Total Donations and Pledges
8,240
Total Donors



A Lasting Bond.

To Marilyn and Joe Saueressig, Frank Comunas, MD is more than a respected physician; he is a trusted friend who has guided and comforted them for over 20 years. To express their gratitude, Marilyn made this custom basket and they additionally donated a Guardian Angel gift in his honor. Guardian Angel gifts provide a "thank you" that is both personalized and practical. These donations help support patient care and acknowledge Presbyterian physicians, other healthcare professionals and staff whose care goes beyond caring. Contact Kathryn Richards at krichards8@phs.org or (505) 724-7003.

It's his day off.

Frank Comunas, MD, an internist at Presbyterian's Kaseman Physician Office Building, wanted to meet when no appointments were scheduled because he didn't want to take time away from his patients. He listens intently and answers thoroughly, outlining the decisions that led to his career path in internal medicine and eventually to Presbyterian.

At that moment, Joe and Marilyn Saueressig walk in, filling the room with energy and carrying a gift for their favorite doctor. They have come to talk about their experiences as patients of Dr. Comunas over the last 20-plus years, and can't say enough good things about him. They gush about how well he listens, understands, cares and has guided them through some extremely difficult diagnoses. Cancer. Early onset Alzheimer's. Marilyn's eyes well with tears.

Upon hearing this, Dr. Comunas swallows hard and removes his glasses. "I told you earlier why I became a physician, but that's not really what makes this job... interesting," he whispers, struggling to speak over the lump in his throat. "It's the relationships."

It's not hard to understand why his patients love him.
Thirteen of them – including the Saueressigs – have made Guardian Angel gifts in his name. And while this makes him feel extremely honored, he is just a little uncomfortable about being in the spotlight.

Because ultimately, in his eyes, it's not about him. It's all about them.



Smooth Sailing.

A career Air Force family, Joe and Marilyn Saueressig have lived all over the world and loved to go sailing when living near the ocean. Now retired, they continue to lead an active life, thanks to an adventurous outlook and the continuing care they receive from Dr. Comunas.



Humbly Honored.

- "Being recognized is not why I do what I do, but it's so wonderful that my families would even consider doing this in my name."
- Dr. Frank Comunas, recipient of 13 Guardian Angel awards, the highest number of honors in the program.



Bridging the Divide

Hospice House Fundraising Continues

Sadly, many people approaching the end of their lives cannot be at home, where they are most comfortable. Perhaps their elderly spouse is too frail to provide care in a home hospice situation, or maybe their children live too far away. Sometimes, they have no one at all.

Home is much more than four walls and a roof. It's a refuge and gathering place for loved ones. It's where we share experiences, build memories, laugh, cry, grow up and ultimately, grow old.

Just as we need family to help bring us into the world, we need them nearby when we leave it. In New Mexico, families and their loved ones in the last weeks of life have limited options. In response, Presbyterian Healthcare Foundation has joined forces with Presbyterian Healthcare at Home to build Hospice House, a homelike setting with 24/7 medical care. "People suffer when nothing like this is available," said Nancy Guinn, MD, medical director, Presbyterian Healthcare at Home. "Here, they will receive dignified, thoughtful, affordable care and time with family so they feel comfortable and well cared for."



Access for All.

"Presbyterian Healthcare Foundation will undertake the fundraising to build this project and to help sustain it long-term. It was a brave decision on their part... to continue fundraising to make this Hospice House and a sliding scale fee structure possible. No one will be turned away because they can't pay."

– Dr. Guinn, medical director, Presbyterian Healthcare at Home Please help us provide the essential care that Presbyterian Hospice House will bring to our community. Contributions totaling \$2.6 million are necessary to build the house. Early, lead donors to the project include Helen Grevey and Jay Hertz, Presbyterian Volunteer Services, and Drs. Choudary and Lakshmi Ganga. There are naming and memorial opportunities to honor loved ones with your gift.



Comforts of Home.

Projected to serve over 300 patients and their families annually, Presbyterian Hospice House will feature 10 patient rooms, each with a private bath and outdoor patio. Common areas will include an outdoor garden, a kitchen and living/dining areas for family gatherings.



Malik Jimenez loves
helping his team "score a
lot of goals," and was a big
part of their second-place
win in a recent tournament.
Thanks to the Richard
and Linda Barr Pediatric
Chronic Care Clinic, he no
longer spends his life in
and out of the hospital, can
go to public school and
enjoys the active life of a
nine-year-old boy.

It's late July and the air is hot and heavy, a perfect afternoon for sitting in a cool place with a cold soft drink. But not for Malik Jimenez, 9, who is setting the field on fire with skill and uncanny precision. "Soccer," said his mom, Lisa Gutierrez, "is his passion."

Hard to imagine that this confident athlete has undergone 28 surgeries – including an organ transplant – and beat cancer in 2016. Born with his small intestines outside of his body, Malik spent his first year and a half in the hospital on IV nutrition, unable to go home or eat anything by mouth.

That's when Stephanie Gehres, MD, permanently changed the game for Malik. Inspired by his journey, she established Presbyterian's Pediatric Chronic Care Clinic in 2012. This thriving program now includes about 1,000 children who, because of the services it provides, can spend more time at home being normal kids. The clinic connects families with resources for navigating complicated financial and administrative hurdles, coordinates care among various specialists and helps parents learn the daunting care routines associated with a chronically ill child.

"She's our angel," said Lisa of Dr. Gehres, who has guided and supported her through Malik's expensive and extensive treatments. "She and all the nurses that have raised him...without them, I don't know how I would have done it."



A Strong Future.

The late Richard and Linda Barr donated \$1.79 million to create an endowed fund, which will provide annual support for the Richard and Linda Barr Pediatric Chronic Care Clinic in Presbyterian Hospital's Physician Office Building. Richard "Dick" Barr led Presbyterian as President and CEO from 1981-1995. Linda is a former registered nurse with a heart for helping children who face ongoing medical challenges.



Stronger Together.

Malik has played soccer with his brothers Michael and Jose and his father Jose, Sr., since he was 3. "They don't treat him any differently," said his mom Lisa Gutierrez. "He's not fragile, that's for sure!"

HERITAGE CIRCLE

\$10,000,000+

Jack* & Donna Rust

Thank you for joining the Heritage Circle and helping Presbyterian to continue delivering excellent healthcare to the communities of New Mexico. The Heritage Circle is made up of individuals, corporations and foundations that have made a cumulative gift of \$25,000 or more.

\$5,000,000+

Presbyterian Volunteer Services

\$1,000,000+

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