

The Meaning of Care[®] magazine

Spring 2017



The Heart
& Soul of
Hospice Nursing

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John M. Fraser
President and CEO
Methodist Health System

President's Letter

Question: Which profession is trusted above all others?

Answer: Nursing.

Since Gallup began asking the question, Americans have overwhelmingly put nurses at the top of their “most-trusted” list. Nurses have been named members of the single most honest and ethical profession for 14 of 15 years (coming in second to firefighters following the 9/11 attacks in 2001).

Nurses help, heal and educate. Nurses lead and inspire. With their expertise and caring, nurses transform each stage of life and every health challenge.

Within Methodist Health System's ranks are more than 1,860 registered nurses. These men and women are invaluable members of our care teams and a great source of pride. Each one represents a unique profile in caring.

Some of our nurses, such as Stacey Crom, care for the youngest, most fragile babies in our NICU. Some, including hospice nurse Eileen Heitman, care for patients approaching the end of life.

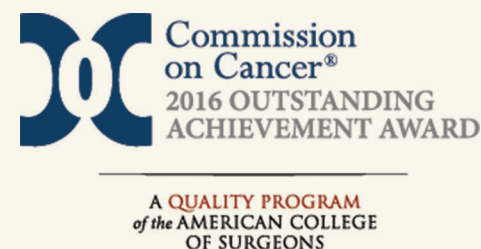
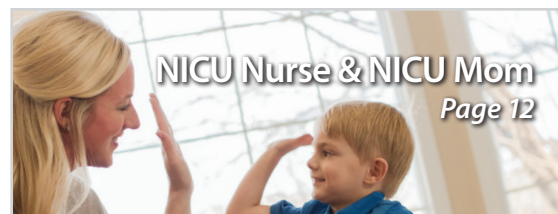
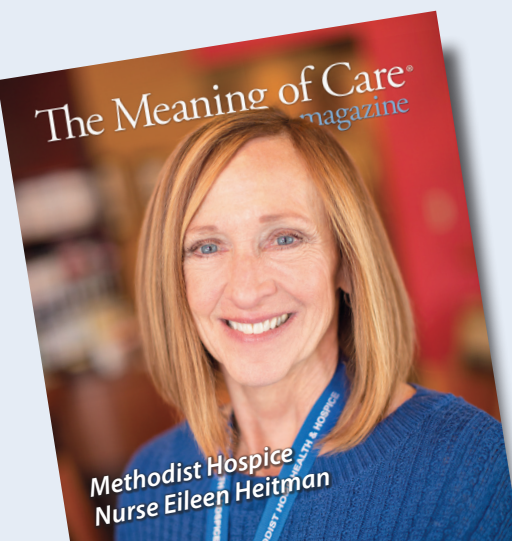
What motivates nurses to do what they do? Their backstories are as individual as they are.

Chris Harris felt called to nursing after a childhood spent helping to care for his father, who has multiple sclerosis. Kyoko McFadden was inspired by a pink nursing uniform and a childhood friend's daily struggles with his disability. Jocelyn Araujo chose nursing as the way to live her faith and fulfill her passion for community service on a global scale.

Empowering great nurses to deliver the highest-quality nursing care has been a top priority since Methodist Hospital opened its doors more than 125 years ago. In 2004, Methodist became Nebraska's first hospital to earn Magnet designation, the gold standard for nursing excellence achieved by only 6 percent of the nation's hospitals.

Every day, Methodist's nurses are caring for patients and families with boundless compassion, teamwork and skill — one more way we live *The Meaning of Care*.

Sincerely,



Methodist Hospital One of 22 Recognized Nationally

Methodist Hospital is one of a select group of 22 U.S. accredited cancer programs and the only hospital in Omaha to be awarded the 2016 Outstanding Achievement Award by the Commission on Cancer (CoC) of the American College of Surgeons (ACS).

The 2016 accreditation marks the second consecutive achievement, as Methodist was also recognized in 2013. Survey cycles occur every three years.

“This is a great validation of the excellent care provided in our cancer program and the outstanding team providing that care,” said Steve Goesser, executive vice president and chief operating officer for Methodist Health System. “In 2017, an estimated 9,520 Nebraskans will be diagnosed with cancer, many of whom will come to us for their care. A recognition such as this assures the care those patients receive will be exceptional.”

The purpose of the award is to encourage cancer programs to raise the bar on quality cancer care, with the ultimate goal of increasing awareness about high-quality, patient-centered care.

Methodist Hospital's cancer program was evaluated on 34 program standards categorized within five cancer program activity areas: cancer committee leadership, cancer data management, clinical services, patient outcomes and data quality. The cancer program was further evaluated on seven commendation standards.

“Our team at Methodist Estabrook Cancer Center is proud to be one of only 22 cancer programs in the country to achieve this honor,” said Patty Bauer, service executive for oncology services at Methodist. “Such an achievement would not be possible without the hard work of every member of our team who provides high-quality care to our patients.”

Methodist Gives Back Through Sponsorships

From our humble beginnings 125 years ago, Methodist Health System has been committed to giving back to the Omaha community it calls home.

“Our sponsorships mean a great deal to our organization,” said



(L to R) Tom Elser and Tracy Madden-McMahon, Methodist Hospital Foundation, and Tanya Patry, Methodist Health System Marketing



Stephen Zubrod, vice president and chief marketing officer. “We evaluate each request very carefully. We want it to be a partnership. We want to give back, but we also see our sponsorships as a strong community connection.”

Methodist recently teamed up with University of Nebraska Omaha (UNO) athletics for three sponsorship games to improve community engagement and increase awareness of key services available at Methodist.

On February 26, both the women's and men's UNO Maverick basketball teams hosted sexual assault awareness games where Methodist SANE/SART nurses provided attendees with teal flashlights and information about our joint commitment to sexual assault treatment and prevention.

The annual UNO and Leap-for-a-Cure “Stick It to Brain Cancer” hockey game on March 3 honored the late Heather Roberts and her family's commitment to finding a cure for brain cancer.

Leap-for-a-Cure raised over \$2,800 by collecting donations for special edition UNO T-shirts and raffle tickets for a chance to win a UNO baseball package at Werner Park.



Methodist Hospice nurse Eileen Heitman helps Wally Jernigan handle his terminal cancer diagnosis his way, on his terms, with care where he wants to be: home.



Sandy and Wally Jernigan, married 46 years, make the most of every moment.



For Eileen and Wally, hospice means care, compassion — and lots of laughter.

EILEEN HEITMAN THE *Heart* & SOUL OF HOSPICE NURSING

It took the breakup of Bell Telephone and a leap of faith for Eileen Heitman to find her calling.

“After high school, I was a directory assistance operator at the phone company,” said Eileen. “I felt a little like comedian Lily Tomlin’s character Ernestine, without the ‘one ringy-dingy, two ringy-dingies.’”

Nearly 20 years and many promotions later, Eileen had a comfortable management position and a career decision to make. Her job at US West, formerly part of Bell Telephone, might be moving. Should she follow it out of state?

At age 36, Eileen chose to go back to school to become a nurse.

“I started thinking about nursing when I had the first of my three kids at Methodist Hospital, and my nurse was so helpful and open with me,” said Eileen. “But I worried I wasn’t smart enough or good enough at math to be a nurse.”

Eileen surprised herself by completing the math refresher and chemistry courses she needed to qualify for admission to Nebraska Methodist College. Four years later, she wept tears of joy at graduation. After nearly 15 years in other nursing roles, she joined the Methodist Hospice team in 2008.

“Hospice nursing is the most rewarding work,” said Eileen. “It is such a blessing to do this!”

Hospice care is designed to meet the physical, emotional and spiritual needs of the terminally ill and their families. The focus is on individual choice and comfort. Care comes to where the patient is, whether in a private home or an apartment, homeless shelter, assisted living facility or hospice house.

“Studies show that patients in a hospice program live longer and have a better quality of life,” said Diane Randolph, director of

Methodist Home Health and Hospice Services. “Hospice is also very much about hope. Hope often changes over time, becoming not so much hope for a cure but for a comfortable, dignified death surrounded by family.”

How does the Methodist Hospice team help ease the end-of-life journey? By asking what is wanted most, acting on the answer and truly connecting with the patients and families under their care.

“We can help. The illness is just a little piece of who this person is.”

— Eileen Heitman,
BSN, RN, CHPN

“We get one shot to make a bad situation as good as it can be, so the earlier we start and the better we get to know people, the more we can help,” said Eileen. “The illness is just a little piece of who this person is. I love getting to know my patients and hearing their stories.”

A New Beginning for Wally and Sandy Jernigan

Wally Jernigan, 73, is a Marine veteran and retired Omaha homicide detective with a razor-sharp wit, love of pranks and deep pride in the community and country he has served so well. He is a force of nature, famous for his outgoing personality and outrageously entertaining stories.

He is also one of Eileen’s home hospice patients. Wally’s terminal illness — multiple myeloma, a cancer of the bone marrow — has kept him bedridden since March 2016.

For the first few months, before he became a Methodist Hospice patient, Wally stayed in a care facility he described as uncaring. Overmedicated and delusional, Wally became angry, distrustful and eventually silent.

His wife, Sandy, realized she was losing the Wally she knew and loved even before the cancer could take him. She transferred Wally to Hospice House.



Wally shares his memories of making handcrafted duck calls.



Eileen and Marcia Warnke still get together for coffee and conversation.

"I was very reluctant because I thought this meant giving up," said Sandy. "We knew nothing about hospice then."

For Wally and Sandy, hospice has not been an end but a new beginning.

"From the start, Eileen was so helpful and caring," said Sandy. "When we got Wally off the extra medications, he started to become himself again. As I watched what the Hospice House nurses did, Eileen encouraged me to believe I could do many of those things for him."

In June 2016, Wally returned home, where he wanted to be.

"Wally was a little teary-eyed because he didn't think the day would come," said Eileen. "There really is no place like home."

"Home hospice care is absolutely wonderful!" said Sandy. "It's easier on the patient and easier on family. We have everything we need right here, and staff are willing to do all they can for us 24/7."

From the hospital bed in his living room, Wally talks easily with family and friends.

He reads, watches his favorite news network, challenges Sandy to word games and chuckles with pride over Griffey, their three-year-old granddaughter, whose artwork decorates his bed. Yes, Griffey knows Grandpa is dying. No, it's not scary.

Visitors quickly learn that Wally enjoys verbal sparring over a certain political party and the politicians he can't abide. If the political

"The measure of a hospice program is its people, and Eileen is a good one."

— Wally Jernigan

commentary winds down, Wally can offer a history lesson on local murders and other crimes. Or tips on how to handcraft golf clubs, fly rods or duck calls. Or a quality control check on one of Eileen's pies.

Eileen has learned Wally is an expert in all these things and more. Meanwhile, Wally has learned to seize each remaining day and to trust health care professionals again, especially Eileen.

"The measure of a hospice program is its people," said Wally, "and Eileen is a good one."

Mitch and Marcia Warnke's Long Goodbye

Marcia Warnke will never forget the day and diagnosis that changed everything.

On October 1, 2009, her husband, Mitch, was diagnosed with glioblastoma multiforme, an aggressive brain cancer.

Mitch was Marcia's high school sweetheart, best friend, the love of her life and father of their two children. He was a brilliant software engineer who could do and fix anything. He had always been a big, athletic, outdoorsy and healthy man.

"Suddenly Mitch had the worst possible tumor in the worst possible place: his brain stem," said Marcia. "By Halloween, he couldn't walk. He was bedridden and never himself mentally again."



Marcia's husband, Mitch, lost his battle with brain cancer five years ago.

Mitch was 48 years old.

"His cancer was inoperable," said Marcia. "Rehabilitation didn't help. Chemotherapy didn't help. Mitch lost the use of everything except his right hand."

Despite the grim prognosis, Marcia shied away from hospice at first, saying, "It felt too harsh. I thought hospice meant no real care, just letting people die. They had to explain to me that this is not what hospice is at all."

What was most important to Marcia was keeping Mitch comfortable at home as long as possible, which she did with the help of the Methodist Hospice team. Mitch stayed at home on their acreage for over a year before passing away peacefully at Hospice House in 2011.

While she is forever grateful to every member of the team, Marcia said she developed a special bond and enduring kinship with Eileen.



Mitch Warnke

"Eileen cared for Mitch, for me and our kids," said Marcia. "She even cared for our cat, who came to expect the cat treats Eileen brought on her Thursday visits."

Marcia said having Mitch at home was scary at first. There were numerous medical and medical equipment issues, insurance problems and hospitalizations.

"But Eileen was always so reassuring and supported me in every way," said Marcia. "She knows how to fix things, who to call, how to make it better. And she can always make me laugh! She works daily with death but is the most positive person I've met. It just bubbles out of her."

Marcia said Eileen went above and beyond to ease burdens and brighten days, including Marcia and Mitch's 30th wedding anniversary.

"By this time, Mitch was in Hospice House and no longer conscious, but Eileen made an early Sunday morning delivery of a huge anniversary cake, card and balloons," Marcia said.

Marcia, who still has no idea how Eileen knew the anniversary date, said, "I just know Eileen has a heart full of love and compassion, a true servant's heart. She showed me there was still joy in the sadness."



Marcia says she came to know Eileen as both a nurse and a dear friend.

Five years after Mitch's passing, Marcia and Eileen continue to get together for stories, hugs, tears and laughter.

"We went through a lot together," said Marcia. "I consider Eileen not just a dear friend but a sister."

The two agree it has been a long journey from Eileen's days at the phone company to the career and calling she was meant to find. Both see Eileen's decision to become a hospice nurse as a blessing, and Eileen said she has never looked back.

"Hospice is the best work," said Eileen. "What a privilege this is!"

Eileen and the other Methodist Hospice nurse case managers work closely with members of a specially trained, interdisciplinary team of physicians, aides, social workers, chaplains, pharmacists, dietitians, physical therapists, occupational therapists, speech therapists, bereavement counselors and volunteers. To learn more, visit www.methodisthospice.com or call (402) 354-3200.

♥ Story by Julie Cerney

Heart & Soul of Nursing
at bestcare.org/stories

A CALL TO Caring STORIES OF FAMILY, FRIENDSHIP & FAITH

It takes a special kind of person to be a nurse.

Whether at a patient's bedside, over the phone or halfway around the globe, Methodist nurses deliver *The Meaning of Care* in unfathomable ways with unwavering care and compassion. But what drives and inspires Methodist nurses to do what they do? Oftentimes, the motivation comes from within.

The Caring Heart Starts at Home

"That moment, it's a changing and defining moment in that kid's life."

In the midst of a medical crisis in a cardiac patient's hospital room, Chris Harris, BSN, RN, is always drawn toward the patient's children. Speaking to them calmly and plainly, he has a single goal: to set their minds at ease.



Chris Harris, BSN, RN



Chris with his father, Cleophus Harris



Chris Harris shares smiles with his mother and sisters. (L to R) Chris Harris; his mother, Shari Randall; and sisters Catherine and Cynthia.

doctor appointments — everything," said Chris. "Growing up, my dad always had some kind of handicap."

Chris' father was diagnosed with multiple sclerosis (MS) in his early 30s, around the same time Chris was born. The ever-faithful son, Chris was often his father's caretaker as his health began to decline.

"If you have a parent who is ill, that's a traumatic time. If no one is there to help you, you have to deal with that stuff all on your own," said Chris. "If I step in and coach those family members through a difficult time, I may have made a positive difference in their lives."

Shyly, Chris admits the reason behind his actions.

"It's probably because I wish someone would have done that with me when I was a kid, going through stressful times, and no one ever did," said Chris. "I had to learn the hard way."

To say Chris underwent some stressful times while growing up might be an understatement. But it's those life experiences that led him to his career in nursing. You could argue that Chris Harris has been a nurse his whole life.

"I did a lot of home health type stuff — medicine, bathing, restroom stuff, setting up

“As a nurse, you make
a difference in people's
lives. I like that.”

— Chris Harris, BSN, RN

"First he started walking with a cane and then started using a walker or a wheelchair," said Chris. "During a typical night out with friends, I'd have to go home a couple times and check on Dad. It was a balancing act. It was stressful, but I was used to stress."

As the disease chipped away at his dad's health, other issues at home sent Chris' world into a tailspin. He and his father quickly left his childhood home in California when

Chris' mother, struggling with mental illness, disappeared with his three sisters. They reconnected in Nebraska only to have all four children pulled into the state's foster care system.

"All of it is kind of a blur," said Chris, who says he spent six months jumping between foster families before going home to his father to stay. "It was rough as a child growing up. My family dynamics were not the best by any means, but you just have to have love. It taught me to be humble, to be patient, to be caring, to love your neighbors."

And while he struggled through high school, his decision to succeed in nursing was an easy one. It's also what inspires him to have an impact on those patients and families that cross his path.

"There is a point in every man's life where there is a fork, and I must have chosen the right way," Chris said. "I was inspired by my dad, my family. When I see families in the hospital, I can easily talk with them and understand. As a nurse, you make a difference in people's lives. I like that."

Kyoko McFadden, BSN, RN

A Little Girl Realizing a Big Dream

“It even says it in my third grade yearbook. I wanted to be a nurse.”

Growing up in Shizuoka City, Japan, Kyoko McFadden, BSN, RN, watched her dad cross the street to the hospital from their apartment window every day. Dad was a surgeon; Mom stayed home with the kids.

“My parents were married by arranged marriage,” said Kyoko. “My grandparents on my dad’s side and mom’s side both got married by arranged marriage. We had a traditional family.”

Kyoko and her sister would often visit their father at the hospital. They would walk in the hospital hallways, and he would give them money to buy a treat from the vending machine.

“When I was little, the reason I wanted to be a nurse was because I wanted to wear the cap and gown — the traditional Japanese nurse’s white hat and pink uniform,” said Kyoko. “But that changed when I was assigned to work with a boy at school.”

Kyoko was chosen to be a student partner of a disabled child at school. The boy had

hydrocephalus and was delayed both socially and academically.

“I would go to his house after school, and we would do our homework together,” Kyoko said. “What made me really want to pursue nursing was to see that struggle he went through daily. He couldn’t ambulate or go to the bathroom by himself but still tried to mingle in with us and tried to go to school and make a life. When I looked at my life, I felt pretty spoiled. I had everything I could possibly want.”

When Kyoko shared her nursing dreams with her father, he said no. He wouldn’t support his daughter pursuing education in a career he felt was overworked, underpaid and underappreciated.

“I had no choice but to study the arts,” said Kyoko.

It wasn’t until she was at university that Kyoko’s life changed. She received an opportunity to come to America and study at Creighton. There, she got her degree, met her husband and fell in love. It wasn’t until a few years later,

feeling like she was missing something in her life, that the inspiration to pursue nursing struck again.

“I was caring for my godmother, who had a stroke,” said Kyoko. “Before she died she said, ‘Kyoko, pursue your dream and be happy. You can do it.’ I made the decision then and there to go back to school.”

Today, Kyoko is a Care Navigator at Methodist Physicians Clinic Heart Consultants. Every

“We take care of the physical side, but I’m also here to provide the emotional care my patients need.”

— Kyoko McFadden, BSN, RN



Jocelyn Araujo, BSN, RN/BC

day, she checks in on patients to assess their health and help them manage their chronic conditions. She often makes clinical judgments based on what patients say about their symptoms and how they feel.

“We take care of the physical side, but I’m also here to provide the emotional care my patients need,” said Jocelyn, who says building relationships with patients is her favorite part of the job. “I recently had the daughter of one of my patients tell me how her mom would look forward to my call every day. I feel good knowing I make a difference. *The Meaning of Care* is not just doing my job as a nurse. It’s about treating the whole patient.”

And it’s a job she knows she was meant to do, ever since she was a little girl with a big dream. Only now it’s not about the cap and gown. It’s about the heart and dove.

The Meaning of Care Is Global

“My love for nursing definitely started with an adventurous spirit.”

That adventurous spirit led Jocelyn Araujo, BSN, RN/BC, on a global mission to provide *The Meaning of Care*. She’s following her heart and her faith.

“It’s being passionate about everybody,” said Jocelyn, “being empathetic and sympathetic to

different cultures and struggles in people’s lives. It makes me appreciate and really be thankful for what we have here and what I have.”

While Jocelyn says she always knew she wanted to travel, she wasn’t necessarily sold on nursing. It wasn’t until a night where she felt very lost that the inspiration finally came.

“I really prayed about it,” said Jocelyn. “One day I woke up, and it was completely clear. I knew in my heart this is what I wanted to do.”

In nursing school, Jocelyn had her first taste of community service and was hooked.

“I saw that I can explore the world and help others, and it made me even more passionate about nursing,” said Jocelyn. “During nursing school I promised myself I would travel and share my nursing skills, and it’s been amazing to actually be able to see that through.”

From the Dominican Republic to South Sudan, Jocelyn has been on four mission trips. Three times she has traveled to the Dominican Republic to assist ear, nose and throat surgeons in life-changing operations for children. And just last year she fulfilled her ultimate dream of traveling to Africa with a team of health care providers led by Methodist Physicians Clinic’s Joseph Dumba, MD.

“The support we received from our co-workers at Methodist to go on this trip was really so incredible,” said Jocelyn, who traveled alongside her best friend and fellow Methodist nurse Alicia Abboud.



Jocelyn holds a tiny baby during her medical mission trip to South Sudan.

“They supported us 100 percent. Going to Africa was such a spiritual thing for me because it was a lifelong dream that finally came true. It made me feel like this mission work is what I am supposed to do.”

For all the work she has done overseas, Jocelyn recently received the Global Community Nursing Award from the March of Dimes. It was an honor she can only describe as “humbling.”

“One of the best things about nursing is that we have the privilege of seeing the full circle of life,” said Jocelyn through tears. “We have the opportunity to witness life being so beautiful at its very beginning and then to make it beautiful in the end for families and the patient. Nursing is just the ultimate privilege.”

If you are inspired by these nurses and want to pursue a degree in nursing, Nebraska Methodist College, one of the top nursing colleges in the nation, is a fully accredited college dedicated to helping students pursue and achieve that dream. You can learn more at www.methodistcollege.edu.

♥ Story by Katina Granger



A Call to Caring
at bestcare.org/stories



Jocelyn triages thousands of patients waiting to see a doctor for care in South Sudan.



Methodist Women's Hospital NICU nurse Stacey Crom enjoys a lighthearted moment at home with her son Carter, who was born prematurely and spent the first weeks of his life in the NICU where Stacey works.

Stacey Crom

NICU NURSE & NICU MOM

Stacey Crom loves babies. Always has, always will.

"In grade school, I knew I'd be caring for babies when I grew up," said Stacey. "The NICU is where I'm meant to be."

A NICU nurse for 14 years, Stacey is part of the team that opened Methodist Women's Hospital in June 2010. She cared for one of the first babies born on opening day, one of a set of twins who were the NICU's first patients.

The NICU (Neonatal Intensive Care Unit) is where the most critically ill babies, premature or full-term, receive specialized care. "Hi, Pumpkin," Stacey murmurs tenderly to a tiny preemie as she gently and meticulously performs the specific cares this baby needs: vital signs, head-to-toe assessment, fresh diaper, repositioning and snug swaddle for womblike comfort. Not yet able to feed by mouth, the baby receives his mom's breast milk (barcoded, scanned and warmed exactly

to body temperature) through a feeding tube. Stimulation is minimized to promote the sleep essential to brain development. Every care is charted, every change noted.

"If the baby is stable and the parents are ready, we help them be involved, and we encourage singing and skin-to-skin contact, which benefits babies and parents," said Stacey. "Parents should always feel this is their baby, not ours."

There is great compassion, intimacy and evidence-based medicine involved in caring for these babies and families. Bonds can form quickly, run deep and extend beyond the walls of the NICU.



Stacey's son Carter at one week



"Little Man" Jaden Grasso, once a fragile preemie Stacey cared for in the NICU, is now a healthy five-year-old.

Milestone for Little Man

In 2011, when Jaden Grasso was born 16 weeks too early at a Colorado hospital, he weighed just one pound, nine ounces. Told their son would likely never walk or talk, Jaden's parents were asked if they really wanted all medical measures taken. Yes, they did.

Jaden, nicknamed "Little Man," spent 112 days in NICUs, the final 18 days at Methodist Women's Hospital.

"We came to know a lot of NICU nurses, and Stacey is truly special," said Jaden's mom, Wendi Grasso. "It's awesome how much she cares. She's like part of the family."

Stacey was Jaden's nurse for three days, the last a milestone day.

"Stacey was the first person, other than us, Jaden took a bottle from," said Wendi. "She continued to check on him and us throughout our stay."

The Grassos keep in touch with Stacey, get together at the annual NICU reunion and continue to celebrate Jaden's good health. Little Man will start kindergarten next year.

When It's Your Baby in the NICU

"No one expects to end up with a child in the NICU, including me," said Stacey. "It's so different when it's your baby in the NICU."

In 2013, Stacey and her husband, Nick, were expecting their third child and another normal pregnancy and delivery, not the complications that nearly took their unborn son's life.

"Carter was born nine weeks early, weighing just two pounds, five ounces," said Stacey. "I knew he was in the very best hands here. I also knew too much and was thinking five steps ahead to every possible danger."

Surprised to feel so overwhelmed, Stacey learned to step back and let the nurses do their jobs while she focused on being Carter's mom. She spent every day of her maternity leave with him in the NICU.

"Today, Carter is a normal three-year-old," said Stacey. "But I know he wouldn't be without our NICU team and the maternal-fetal medicine specialists at the Methodist Women's Hospital Perinatal Center."

Stacey readily shares her story with NICU parents and feels their relief when she tells them, "I've been where you are. I understand how hard it is, and I know you can get through this."

Loving Them Like Your Own

Like Stacey, Alicia Shumate was expecting her third child when the pregnancy took a frightening turn. Her son Wyatt was born at 30

weeks, weighing three pounds, nine ounces at the start of his two-month-plus NICU stay.

"We bonded with Stacey from the get-go," said Alicia. "She has so much knowledge, not just as a nurse but also as a mom who had her own son in the NICU. She's phenomenal!"

Alicia calls Wyatt "a feisty one" who needs a special touch to be soothed, and she says Stacey's calm confidence makes all the difference.

"Stacey just puts us at ease," said Alicia. "We know our baby is in good hands."

Stacey knows exactly how important it is for a NICU parent to feel that way.

"It's all about compassion," said Stacey. "You have to love the babies like your own."

Stacey does. Always has, always will.

The Methodist Women's Hospital 36-bed Level III NICU cares for pre-term and critically ill infants from across the region. To meet the growing need for more care, an expansion project will be completed this fall, making this NICU the region's largest with 51 beds. To learn more, visit methodisthospitalfoundation.org.

 **Story by Julie Cerney**



Nurse Stacey with preemie Wyatt Shumate in the NICU.
Photo by Laci Buck



Methodist Hospital *Foundation*

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METHODIST
HOSPITAL FOUNDATION

The Meaning of Care Awards

Showing Gratitude in
a Most Impactful Way

Marcia DeRoin holding a picture of her
late husband, Dennis DeRoin, MD.



Marcia DeRoin knows the impact a skilled and compassionate caregiver can have on the lives of others.

She saw it in the legacy of her late husband, Dennis DeRoin, MD, a longtime Methodist physician, and she witnessed that impact again when he fell ill.

“Dennis always appreciated when a patient would let him know they were grateful for the care he gave them. Now, he was able to do the same for the doctors at Methodist who cared for him,” Marcia said.

In Dr. DeRoin’s memory, Marcia is expressing a heartfelt thank-you by recognizing three of his doctors and Methodist Hospital’s entire 8 North floor with The Meaning of Care Awards, a patient-driven honor that includes patient-designated tribute gifts to Methodist Hospital Foundation.

“You often say *thank you* in the hospital, but you are so caught up in the moment that you don’t get to truly express your gratitude.

We wanted those employees to know the depth of our appreciation.”

Award recipients Jamie Fleckenstein, M.D.; Sonali Deshmukh, MD; M. Farid Khan, MD; and the staff on 8 North received letters announcing their Meaning of Care recognition and custom Methodist heart and dove logo pins to wear every day.



Marcia received her own letters of thanks and photos of everyone accepting their awards.

“I knew this was something Dennis would want,” Marcia said. “These physicians were so involved in his life and care. It feels good to say *thank you*, plus you are helping a great cause.”

Dr. DeRoin practiced family medicine for 36 years and served on a number of committees, including the Methodist Physicians Clinic Executive Committee. He died in February after heart complications.

“When you are in the hospital, it is a scary time,” Marcia said. “Everyone was so kind to us — every single person. I will always be grateful to everyone at Methodist for the care they provided my husband.”

One hundred percent of every tribute gift supports the giver’s choice of program or project at Methodist. To learn how you can give The Meaning of Care Award, please visit methodisthospitalfoundation.org/tmoc.



The 1891 Society

Named for the year in which Methodist Hospital was established, the 1891 Society recognizes the current giving of loyal donors who support the programs and projects of Methodist Hospital Foundation. We thank the following friends who made a gift between **July 1, 2016, and December 31, 2016.**

Founders

Gifts and pledges \$100,000 and greater

The Lozier Foundation
The McGowan Family Foundation
Norma Lee McLean
Methodist Medical Staff
Methodist Volunteers In Partnership
Larry & Linda Pearson

Leaders

Gifts and pledges \$50,000 to \$99,999

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Spring 2017

Volume 7 – Issue 1

The Meaning of Care magazine is published by Methodist Health System Marketing & Public Relations. Free subscriptions are available by emailing your request to bestcare@nmhs.org.

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