



It's the Real Deal Tuesday, December 3, 2024

Giving Tuesday is a day to give a financial gift or a donation of your time, talent, or services in support of an organization's efforts to make our community, country, or world a better place.

This year, St. Rose will be raising much-needed funds for our Community Health Programs. You can make an impact by donating on Giving Tuesday to advance health equity and compassionate healthcare for all in our community.

Contributions to the St. Rose Dominican Health Foundation may be tax-deductible pursuant to the provisions of section 170(c) of the Internal Revenue Code of 1986, 26 U.S.C. 170(c).

Open the camera or QR code reader on your smartphone and hold it over this code to be immediately linked to the donation page for St. Rose.

To make a financial gift of any size, call 702.616.4545, mail gifts to the St. Rose Dominican Health Foundation (102 E. Lake Mead Parkway, Henderson, NV 89015), or make an online gift at supportstrose.org/ways-to-give/donate or via Apple Pay.

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Gratitude Dear Friends,

What an exceptional year we have had! During the 2023-2024 fiscal year, the St. Rose Dominican Health Foundation, with the collective effort of our dedicated staff, board of directors, and volunteers, raised a record-breaking \$33 million. This remarkable achievement, a 297% increase over the previous year, is a testament to the unwavering support of our community. Thanks to the generous support of our donors, Dignity Health – St. Rose Dominican Hospital can continue to deliver high-quality medical care, purchase cutting-edge equipment, and expand community health programs.

In this issue of GRATITUDE, we are thrilled to spotlight two extraordinary donors who embody the essence of compassionate giving. Andrew and Peggy Cherng and The Leona M. and Harry B. Helmsley Charitable Trust (on pages 10 and 11) received the 2024 Humankindness Award for their unwavering commitment to creating more robust, healthy futures for individuals and communities throughout southern Nevada. We invite you to read their stories and learn how their support has been instrumental in our mission to provide quality healthcare, and we are honored to celebrate their extraordinary philanthropic contributions to St. Rose Dominican.

We also recognize individuals and organizations whose monetary gifts and in-kind contributions enable St. Rose to acquire new medical technology and enhance and expand care facilities.

Thank you for being an integral part of the St. Rose Dominican family. With the unwavering support of our community, we will continue to improve the quality of life in southern Nevada. Your support has been instrumental in our mission. We are deeply grateful for your commitment and look forward to continuing this journey together.



With gratitude,

Dr. Chad Warren, CFRE, FCEP President & Chief Philanthropy Officer St. Rose Dominican Health Foundation



Katherine Vergos

ST. ROSE DOMINICAN SIENA CAMPUS UPDATE

Congratulations and welcome to Katherine Vergos, as the new Las Vegas Market President and Siena Campus President and CEO. Katherine joined St. Rose on May 12, 2024. Most recently, Katherine was the Fond du Lac Market President and President of St. Agnes Hospital at SSM Health in Fond du Lac, Wisconsin.

The Health Foundation thanks Jon Van Boening for his leadership and service as Las Vegas Market President for the past three years and to Dignity Health for more than 32 years. Congratulations on your well-deserved retirement.

WELCOME NEW BOARD MEMBERS



Diana Bennett Chairman of Paragon Gaming/ Chair of the Bennett **Family Foundation**



Meghan McLean Partner **BPM**



Kurt Ouchida President & Co-Founder BrainTrust Agency



Danny White Partner, Lead Designer Jeff White Custom Jewelry

ST. ROSE DOMINICAN HEALTH FOUNDATION STAFF

Dr. Chad Warren, CFRE, FCEPPresident & Chief Philanthropy Officer

Polly BatesGrant Manager

Barbara DavisManager, Special Events

Amanda Flynn Manager, Prospect Development

> Sierra Gerstenberger Administrative Assistant

> **Brenda Griego**Director of Philanthropy

Julie Kellogg
Director of Philanthropy

Angela Martinez
Executive Coordinator

Andrea Roa
Manager, Philanthropic Communications

Brianna Vesch Manager, Children's Miracle <u>Network</u>

Debi WalshDirector, Children's Miracle Network

ST. ROSE DOMINICAN HEALTH FOUNDATION BOARD OF DIRECTORS

Amari Aultman

Diana Bennett

Blair Bigelow-May (Chair)

Thomas Burns

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Erin Morrissey Quinn

Kurt Ouchida

Katherine Vergos

Dr. Chad Warren, CFRE, FCEP

Danny White

Mark Wiley

We thank our Board members for generously giving of their time and talents!

TO CONTACT THE FOUNDATION, PLEASE CALL 702-616-4545 OR VISIT SUPPORTSTROSE.ORG

GRANT HIGHLIGHTS

These grants supported important hospital and community health initiatives. Thank you to our generous funders for making these programs possible.

\$270,095

Gilead Sciences, Inc. -

conduct routine screening of HIV and syphilis in St. Rose Emergency Departments and link patients to follow-up care.

\$45,000

National Breast Cancer Foundation —

support breast health screenings through the Engelstad Foundation R.E.D. Rose Program.

\$35,000

Princess Diana: A Tribute Exhibition/Pink Ribbons Crusade — provide financial assistance to clients of the Engelstad Foundation R.E.D. Rose Program who are undergoing breast cancer treatment.

\$34,000

Adrian Dominican Sisters Ministry Trust — support the Senior Peer Counseling Program.

\$5,000

San Manuel Gaming & Hospitality Authority — purchase blood pressure monitors to support the Blood Pressure Self-Monitoring Program.

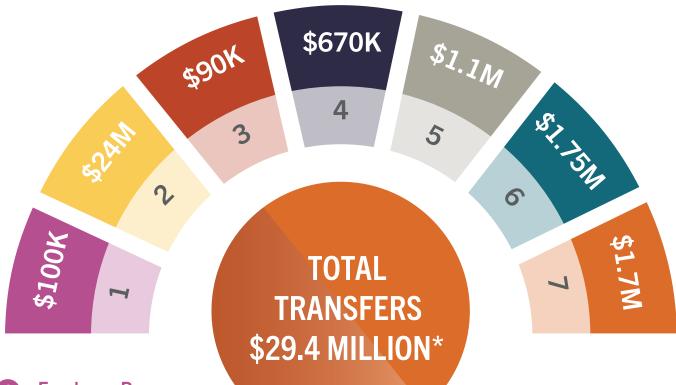
STAFF HIGHLIGHT

ANGELA MARTINEZ

Angela is a Las Vegas native who grew up in Henderson. She has 32 years of experience as an administrative assistant, 13 of those years being in philanthropy. A mom of two beautiful children who is married to Zachary Martinez, Angela enjoys reading, traveling, photography, and rescuing dogs. They currently share their home with three chihuahuas and a maltipoo!



2023-2024 FOUNDATION IMPACT



Employee Programs

Funds are used to support employee appreciation events, wellness programs for employees, the annual Halloween Trunk or Treat at San Martin, Winter Wonderland event at Rose de Lima, and Magical Forest at Opportunity Village.

2 Capital Projects and Expansion

Various items were purchased to augment and enhance all three hospitals.

3 Nursing Programs

The funds that were transferred were utilized to provide support for the recruitment, retention, and education of nurses.

4 Graduate Medical Education

Phase one of the residency program launched in July of 2023 and is focused on internal medicine. We intend to offer additional resident programs in future phases pending philanthropic support.

Pediatric Services Operations and Capital

CMN funds purchased much-needed capital equipment for neonatal and pediatric services lines, such as portable transport monitors, Panda Warmers, Giraffe Isolettes, and Jaundice Billimeters.

6 Pediatric Charity Care

Financial assistance for pediatric patients who are uninsured or underinsured.

Community Benefit Programs

Include but are not limited to Engelstad Foundation R.E.D. Rose Program, Helping Hands of Henderson, WomensCare, and Wellness Centers.

Total Donors • 940

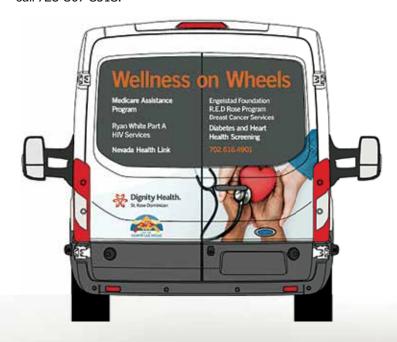


The City of North Las Vegas awarded St. Rose \$120,000 to purchase an outreach van that will serve the North Las Vegas community! The Wellness on Wheels van will be custom built to have a private consultation space where participants can meet with our Community Health team to receive a range of services and programs.

These on-the-go services will include the Nevada Health Link program that connects individuals to health insurance, the Medicare Assistance Program for Medicare navigation for our seniors, Ryan White Part A services such as case management, nutrition consultation, mobile food pantry for people living with HIV, breast cancer screening services for the uninsured and underinsured through the Engelstad Foundation R.E.D Rose program, and Diabetes and Heart Health screenings.

"We also plan on collaborating with community partners from faith-based organizations, senior centers, and community centers to conduct outreach that targets underserved areas in North Las Vegas," said Mark Domingo, Community Health Manager. "Our Wellness on Wheels van will give us an

opportunity to expand our healing ministry through these vital resources as we work towards a better and healthier community." For more information about this program, please call 725-307-8918.



The Power of Planned Giving **Creating a Legacy that Matters**

A planned gift offers the opportunity to secure income for you and your family and benefit from current tax incentives while helping St. Rose Dominican Hospital provide healthcare, education and other vital services. There are many options for planned giving such as gifts of real estate, charitable gift annuities, bequests, and beneficiary designation.

Our Foundation staff can meet with you and your estate attorney to help determine the best approach. Please contact Brenda Griego at 702.616.4673 and schedule a meeting today.



Rose de Lima Campus Simulation Center Trains Medical Residents and Healthcare Professionals



The Leona M. and Harry B. Helmsley Charitable Trust Medical Simulation Center, opened in 2022, offers three rooms with high-fidelity patient simulators to support clinical development. The Center was made possible by \$500,000 in donations aimed at enhancing training for medical professionals at St. Rose. Hundreds of our caregivers flow through these labs and classrooms for critical training and to maintain their licensing and certifications.

They learn how to provide complex care to patients in a controlled safe environment.

Residents: 12 as of 2023, and 12 as of June 2024

Staff Nurses: 1,400 per year

New Employees: 490 in 2022 and 550 as of June 2024

Nursing New Grads: 10 in 2022 and 17 as of June 2024

Nursing Internal 10 in 2023 and 10 as of June 2024

Training consists of hypotension, hypertensive crisis, precipitous delivery, code blue scenarios, and annual competencies such as using safe patient handling equipment and restraint equipment to ensure staff are focusing on patient safety, neonatal resuscitation, pediatric resuscitation, normal vaginal deliveries, IV insertions, chemotherapy port access/blood draws, tunneled dialysis catheter maintenance and removal, wound staging, and care and management.





From left to right: Adela Victorio, Lisa Galan, Mark Domingo, Luz Castro, Holly Lyman, Julie Tousa, Wilma Herrera, and Angel Garcia Saavedra.

On Thursday, June 20, Dignity Health-St. Rose Dominican Hospitals held a blessing and ribbon cutting for the new Dignity Health Wellness Center in west central Las Vegas. The new facility will offer a wide variety of classes and programs to assist people of all ages to improve their health, find their focus, and strengthen their resolve.

"Our mission at Dignity Health Wellness Centers is to help people stay healthy and avoid a visit to one of our hospitals," said Holly Lyman, Dignity Health Las Vegas Market Director of



Community Health. "Last year our six Dignity Health Wellness Centers were able to help more than 275,000 southern Nevada residents improve their health and lifestyles. With the opening of this, our seventh Wellness Center, we hope to extend that reach and help even more people this year."

The 3,382-square-foot facility, located near West Sahara Avenue and Decatur Boulevard, is on the second floor of the Dignity Health Neighborhood Hospital Campus, 4980 West Sahara Avenue. Programs based at the Sahara Wellness Center will include:

- Ryan White Part A Programs Providing Medical Nutrition Therapy, health education, and Medication Therapy Management for people living with HIV
- The Engelstad Foundation R.E.D. Rose Program -Providing free breast health screenings and breast cancer treatment for uninsured or underinsured women
- Pathways Community HUB Program Community Health Workers serve as health counselors, providing support for individuals at risk of poor outcomes, helping them overcome social and lifestyle barriers to good health.

Find a full schedule of classes and events at all Dignity Health Wellness Centers at StRoseHospitals.org/classes or call 702.616.4901.



Front row from left to right: Charles Daniel Yu, MD; Paulina Awuah-Saadiq, DO; John Martin, MD; Tuong Pham, DO; Vicki Belleus, MD; Akash Dadlani, MD; Jorge Perez, MD. Second row left to right: Emily Heinsen, DO; Humza Asif, DO; Hilary Daniel, MD; Hyunsoo Kim, MD; and Benjamin Chuang, MD.

Dignity Health-St. Rose Dominican held a white coat ceremony in June to welcome the twelve 2024 medical school graduates who successfully matched with our Graduate Medical Education Internal Medicine Residency Program. These new doctors-in-training, who comprise the second-ever Dignity Health Residency class in southern Nevada, will spend the next three years of medical training under our staff's supervision.

Dr. Kimberly Bates, Director of the Internal Medicine Residency Program, says the St. Rose Dominican GME team has been preparing for this day for months and we're excited to welcome this second class.

"Like our first class last year, this is a new group of outstanding student doctors who will create a wonderfully diverse class of resident physicians," said Dr. Bates.

Residencies are an important element in improving healthcare in Nevada, as they correlate closely with the likelihood that doctors will stay in-state when they begin to practice. Among those who graduate and complete a residency program in Nevada, nearly 75 percent tend to stay and practice in Nevada.

This year's class of twelve Internal Medicine Residents brings

the total number in the St. Rose Residency program to 24. Next year the program will add twelve more new doctors, bringing the program to its full capacity of 36 doctors.





2024 award



Andrew and Peggy Cherng: Catalysts of Humankindness

At Dignity Health — St. Rose Dominican, we value acts of kindness that honor the inherent worth of every individual, believing they foster healing and positive change. In this spirit, Andrew and Peggy Cherng, founders of Panda Express, are celebrated for their profound impact through philanthropy. Their generous support of St. Rose Dominican Hospital, the only nonprofit faith-based hospital system in Nevada, has been transformative, leading to their receiving the St. Rose Dominican Humankindness Award.

Andrew and Peggy Cherng have channeled their success into impactful philanthropy, contributing more than \$375 million to several non-profit organizations, schools, and hospitals, including St. Rose. Their donations have provided cutting-edge medical equipment and funded essential programs, enhancing

the hospital's ability to care for patients, young and old. Beyond financial support, the Cherngs have helped shape the strategic vision for pediatric care, leading to improved health outcomes for children in partnership with Children's Miracle Network Hospitals.

The Humankindness Award recognizes the Cherngs' exceptional generosity and commitment to community betterment. Their legacy, highlighted by their pediatric care and education contributions, exemplifies how sincere humankindness can inspire and uplift communities. Their story is a testament to the profound impact that one couple's vision and dedication can have on countless lives, reinforcing the enduring power of compassion and kindness.

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Helmsley Charitable Trust Brings Hope and Healing to Nevada's Heart and Lung Patients

The Leona M. and Harry B. Helmsley Charitable Trust is dedicated to making a profound difference in people's lives by supporting exceptional efforts in health and select place-based initiatives in the U.S. and worldwide. Helmsley focuses on bridging the gap between rural communities and life-saving medical care through its Rural Healthcare Program. This program has awarded over \$700 million in funding for innovative projects across nine states, with the recent addition of Hawaii, ensuring that even those in remote areas can access advanced treatments and emergency services.

To support advanced heart and lung care in Nevada, the Helmsley Charitable Trust granted \$6.8 million to establish the first and only fully equipped ECMO (extracorporeal membrane oxygenation) program in Henderson at Dignity Health — St. Rose

Siena Hospital. This life-saving technology provides critical support for patients facing severe failure of the heart, lungs, or both, offering a lifeline and hope. Additionally, Helmsley funded the renovation of a cardiac catheterization laboratory, enhancing the hospital's ability to treat coronary artery and structural heart diseases.

By providing state-of-the-art technology, the Helmsley Charitable Trust saves lives and is doubling down on a legacy of hope and resilience within southern Nevada. This dedication and compassion for humanity have not gone unnoticed. In recognition of its unwavering commitment, Helmsley was honored with the St. Rose Dominican Humankindness Award, a testament to its mission to inspire better lives through kindness and care.



In 2020, as the COVID-19 pandemic raged and hospital staff risked their own lives to care for stricken patients, Las Vegas residents Robert and Maureen Feduniak recognized an opportunity to help.

In a beautiful act of "paying it forward," their first gifts to St. Rose Dominican Hospitals comprised restaurant meals purchased for staff and delivered during all shifts. Exhausted members of care teams gratefully received nourishing meals over many weeks. And that was just the beginning.

The following year, the Feduniaks joined with other supporters to help St. Rose Hospitals purchase two critically needed ECMO machines. Their generosity helped save the lives of the most desperately ill patients.

When Maureen later received treatment at St. Rose's Siena Hospital, she and Bob were impressed by, and grateful for, the

SPOTLIGHT ON ROBERT & MAUREEN FEDUNIAK

exceptional care she received from her nurses. And that realization prompted another heartfelt display of philanthropy.

"The COVID-19 pandemic created an unrelenting workload and tremendous stress for the St. Rose medical staff," they noted. "It seemed like daily deliveries of quality lunches would be welcomed at both the Siena and San Martin campuses. Later in the pandemic it became clear that having a modern and complex heart/lung machine called ECMO would significantly improve treatment outcomes for the most seriously ill patients. We were very willing to help St. Rose successfully address these issues."

While Maureen and Bob have supported other funding needs, they have generously donated \$100,000 exclusively to support



I want to thank the donors for their generous gifts that allow us to have the opportunity to extend learning experiences and professional growth opportunities to our nurses. It's something that we have wanted to do for many years. When the nurses get to go to conferences, they come back engaged and excited to share the new things they have learned with their teammates. This excitement is contagious and helps boost morale.

Jalyn Behunin, Chief Nursing Officer
 St. Rose Dominican Hospitals, San Martin Campus



Thank you deeply for your generous donation to the nursing staff at San Martin. Your support not only acknowledges our dedication but also empowers future nurses to provide exceptional care. Your kindness will have a lasting impact on countless lives. Please accept heartfelt gratitude from the nurses of San Martin Intermediate Care Unit.

Brittny Roso RN, BSN, Manager
 Intermediate Care & Telemetry – San Martin

nurses at St. Rose Hospitals since her hospital experience.

Their donations have empowered the hospital to support initiatives aimed at enhancing the skills and knowledge of nurses, along with increasing recognition and appreciation for their many caring efforts.

The first significant area of impact has been on nursing education. The generosity of the Feduniaks has enabled dozens of nurses to earn professional certifications in their areas of specialty care, and to participate in trainings and conferences on the latest and most innovative protocols of patient care. Because of their generosity, the growing knowledge of our nurses is raising the bar even further for excellence in patient care at St. Rose Hospitals.

Expanding on nursing education, the Feduniaks' support has also funded new and upgraded training and simulation equipment. Having the latest advancements at their disposal has given nurses access to enriched and comprehensive learning in a risk-free environment. This investment has further strengthened the proficiency of St. Rose nursing staff members, boosted professional confidence, and helped ensure they are well-prepared to address the continuing evolution in the healthcare landscape. The end result is improved patient outcomes.

Further, their generosity has paved the way for initiatives aimed at recognizing and appreciating the hard work and dedication of nurses. Bob and Maureen's support has facilitated recognition events and displays, small gifts of appreciation for nurses, and ceremonies to celebrate the graduation of nurses from internship and residency programs. They are helping to foster a new generation of dedicated healthcare professionals.

Thanks to the Feduniaks, the morale of the nursing staff has increased through their support of a positive and nurturing work environment where nurses feel valued and acknowledged for their contributions to patient care.

When asked why they support St. Rose, Bob and Maureen respond: "In mid-2022 Maureen spent several days as a pneumonia patient in St. Rose Siena. We were very impressed by the overall care she received and by the pleasantness and professionalism of the nurses. We were pleased to help to provide recognition for the nursing department and also some opportunities for advanced specialized training."

Bob and Maureen are making an impact at St. Rose - and therefore on quality healthcare in southern Nevada - that is as welcomed as it is remarkable. They are playing a pivotal role in elevating healthcare by investing in the development of nurses and fostering a culture of gratitude.

Thanks to their vision and generosity, our community is benefiting from an increasingly skilled, motivated, and appreciated nursing workforce, ensuring that St. Rose Hospitals continue to provide exemplary healthcare to southern Nevadans.





On June 30, 2024, the Foundation hosted its annual Donor Appreciation Reception at the beautiful Via Tivoli estate. The event was held to express appreciation to donors who have given so generously to support St. Rose and to introduce new friends to the hospital.

Highlights of the evening included mingling with the new St. Rose Hospital CEO Katherine Vergos, hearing firsthand how donor contributions have made an impact, learning about St. Rose's innovative healthcare programs and priorities that benefit our community, enjoying delicious food, listening to awesome music, and savoring a gorgeous Strip view at an iconic private home.

The event was a huge success, thanks to all of the wonderful guests who joined us. It was fantastic to see new faces and catch up with familiar ones, all in the spirit of supporting the hospital to make a positive difference in our community.

Special thank you to Boom Bang Fine Foods, Destinations by Design, Harbor Lights Music, and Matthias Layton for creating an amazing evening.

AWARDS RECOGNITION

Dignity Health — St. Rose Dominican Hospital is proud of the high-quality, compassionate care we provide to members of our community. Our hospitals have recently been recognized as follows:

The **St. Rose Dominican Hospitals** were recognized by the **American Heart Association** for their commitment to quality care for heart attacks.

San Martin Campus was recognized by the American Heart Association for achieving the *Get with the Guidelines - Coronary Artery Disease STEMI Receiving Center - Gold Plus with Target: Type 2 Diabetes Honor Roll Award,* (July 2024).

Siena Campus was recognized by the American Heart Association for achieving the *Get With the Guidelines - Coronary Artery Disease STEMI Receiving Center - Gold award,* (July 2024).



Dignity Health — **St. Rose Dominican Siena Hospital's** accreditation as a *Center of Excellence in Robotic Surgery* has been renewed, recognized for providing the highest quality of care and patient safety by **Surgical Review Corporation**, an independent, not-for-profit organization that administers best-in-class accreditation programs for medical facilities and professionals, (July 2024).

Dignity Health — **St. Rose Dominican, Siena Campus** achieved accreditation as a *Center of Excellence in Hernia Surgery*, recognized for providing the highest quality of care and patient safety by **Surgical Review Corporation**, an independent, not-for-profit organization that administers best-in-class accreditation programs for medical facilities and professionals, (July 2024).

The Wound Healing & Hyperbaric Medicine Center at Siena Campus received the 2023 Healogics Center of Distinction Award and the Robert A. Warrinner, III Clinical Excellence Award. The Center achieved outstanding clinical outcomes for 12 consecutive months, including patient satisfaction rates of higher than 92 percent and a Wound Adjusted Comprehensive Healing Rate of 83% or higher, (July 2024).

Dignity Health — St. Rose Dominican Siena and San Martin Campuses received the American College of Cardiology's NCDR Chest Pain - Myocardial Infarction Registry Silver Performance Achievement Award; they are two of only 80 hospitals nationwide to receive the honor. The award recognizes Siena and San Martin Hospital's commitment and success in implementing a higher standard of care for heart attack patients, (July 2024).



Dignity Health - St. Rose Dominican San Martin, Siena, and Rose de Lima hospitals have been recognized as LBGTQ+ Healthcare High Performers in the **Human Rights Campaign Foundation's 2024 Healthcare Equality Index (HEI)**, the nation's foremost benchmarking survey of healthcare facilities on policies and practices dedicated to the equitable treatment and inclusion of their LGBTQ+ patients, visitors and employees, (May 2024).

The **Siena Trauma Center** received the distinction as an **American College of Surgeons (ACS)** *Surgical Quality Partner* demonstrating Siena hospital's commitment to the highest levels of surgical care, constant evaluation of the care we give, and a relentless approach to self-improvement, (March 2024).





Siena Hospital Debuts Reimagined Children's Emergency Department

Henderson's Only Hospital Pediatric Emergency Department Improves Experience for Kids and Parents.

Dignity Health – St. Rose Dominican Siena Hospital recently debuted new Children's Emergency Room facilities, expanding and enhancing the ability of Henderson's only pediatric emergency room to provide quality acute care services for southern Nevada children.

Building on the Children's ER services the hospital has offered since 2015, the new facility features:

- Dedicated Pediatric ER parking and entrance, set apart from the adult ER
- Nine dedicated Pediatric Emergency beds
- Dedicated pediatric admitting and waiting areas for patients and their parents
- Specially designed kid-friendly atmosphere
- Specially trained ER doctors, double-boarded in Pediatrics and Pediatric Emergency Medicine, who first complete a three-year Pediatric Residency, then receive an additional three years of Pediatric Emergency Medicine training

The new Children's Emergency Room entrance is located on the north side of Siena Hospital's Dominican Tower near the hospital parking garage. Parents will find reserved pediatric ER parking immediately outside the new entrance, just steps from the admission and triage areas. Entrance to the adult ER remains on the south side of the hospital.

Siena Hospital's Children's Emergency Department **treats more than 13,000 children each year.** The number of pediatric patients around the hospital is expected to grow more than five percent over the next five years.

As an additional benefit, the relocation of pediatric emergency services enables the expansion of Siena's busy Level III Adult Trauma Center, allowing more beds in the previous pediatric ER space.

Funding for this \$2.8 million project was made possible by philanthropy. A generous donor provided \$2.4 million and \$400,000 came from Children's Miracle Network funds. The donor wishes to remain anonymous.

As Nevada's only faith-based, nonprofit hospital system, Dignity Health – St. Rose Dominican relies on the generous support of the community to continue its mission.





St. Rose programs focus on community health needs and chronic disease



Andrea Roa is Manager, Philanthropic Communications for St. Rose Dominican Health Foundation.

Reprinted from the Vegas Healthcare Quarterly, May 2024.

By Andrea Roa

According to the Centers for Disease Control (CDC), six out of ten adults in the US are dealing with a chronic disease, and four out of ten are dealing with more than one. Clark County, the most populous county in Nevada, accounts for nearly three-quarters of the state's residents. With a population of 2,326,403, Clark County has also experienced a rise in chronic diseases.

In the middle of this battle, you will find Dignity Health — St. Rose Dominican is the only not-for-profit, faith-based hospital system in the Vegas Valley. Guided by the values of the

founding Adrian Dominican Sisters, St. Rose is helping residents fight chronic diseases through the latest proven treatments and prevention education.

What is chronic disease? Chronic diseases are illnesses that persist over a long period of time and require ongoing medical attention. Heart disease, cancer, stroke, chronic lung disease, diabetes, Alzheimer's

disease—these are the enemies we're up against. These chronic diseases take lives and drain trillions of dollars in healthcare resources — \$4.1 trillion annually, according to the CDC.

The significant community health needs St. Rose is helping to address were identified in the hospital's most recent Community Health Needs Assessment. These include access to care, transportation funding, and a topic at the top of many residents' minds: chronic disease.

Mary Ann Kelly oversees the Cognitive Stimulation Therapy (CST) Program for St. Rose Dominican's Community Health & Wellness Centers. She knows how important knowledge is in fighting chronic diseases. "What we do at our health centers changes lives," she says. "Chronic diseases need constant attention, and we empower individuals, families, and caregivers through education. We're truly the best-kept secret in town that you don't need a prescription or referral for." Thanks to the generosity of private donations and grants, the CST program launched in January 2022 and immediately began making a difference for

individuals and their families.

One caregiver of a Cognitive Stimulation Therapy client recently shared, "I know that it might seem like she is not understanding, but she gets up Tuesday and Thursday, gets dressed by herself, and is ready to come here. Before this program, she didn't know when Tuesday and Thursday were."

"We help people take control of their health and show them that being healthier is possible with the right skills, knowledge, and support."

Shelley Williams,
Nurse and Lead Diabetes Educator

CST is an evidence-based treatment for people with mild to moderate dementia. It involves group activities twice a week, each focusing on a different cognitive function. Even though the program was initially designed to last for seven weeks, research shows that people who continue with regular maintenance can experience positive results. Kelly says that 70% of people who finish the program have better cognitive scores, and 83% report feeling less depressed and have



A community health practitioner uses soy sauce to stimulate a patient's sense of smell. This brain function exercise uses common kitchen items to evoke associated memories.

a better quality of life. Currently, about 6.7 million Americans aged 65 and older have Alzheimer's dementia. Programs like CST at St. Rose give patients, families, and caregivers tools to battle chronic disease and hope, too.

Another equally important chronic disease focus for St. Rose is prediabetes, where blood sugar levels are higher than normal but not high enough for a diagnosis of diabetes. Around 98 million American adults have prediabetes (that's more than 1 in 3 adults), but 80% of them don't know they have it. Shelley Williams, a nurse and lead diabetes educator at St. Rose, says, "We help people take control of their health and show them that being healthier is possible with the right skills, knowledge, and support." Simple changes like losing weight, being more active, and eating healthier can prevent many medical problems, including type 2 diabetes.

The National Diabetes Prevention Program (NDPP) research study showed that people who participated in the program saw a 58% reduction in their risk of developing type 2 diabetes, and those over 60 saw a 71% reduction. St. Rose is a CDC-recognized provider of the Diabetes Prevention Lifestyle Change Program. Last year, 80% of the participants reached the goal of 5% or greater weight loss, reducing their risk of developing type 2 diabetes.

For people who already live with diabetes, Diabetes Self-Management Education and Support (DSMES) services help people manage their diabetes in ways that fit their lifestyle. St. Rose has an accredited diabetes program that helps people with diabetes get results. Last year, 87% of people who participated in the diabetes self-management program reached their self-care behavior change goal, which are steps to improve their overall health and reduce their A1c (average blood glucose levels). A reduction in A1c helps to reduce the risk of complications of diabetes like kidney disease and eye disease so that people with diabetes live a better quality of life.

Fighting a chronic disease isn't something you can do alone—it takes a community working together. St. Rose Dominican has served southern Nevada for 77 years and continues its mission and ministry to serve our community. By providing over 119 free or low-cost resources for southern Nevadans, St. Rose Community Health and Wellness Centers are taking a proactive approach to the fight against chronic diseases and more. If you or someone you know needs resources, contact a St. Rose Community Health and Wellness Center near you.

DignityHealth.org/las-vegas/locations/womens-care-centers

DignityHealth.org/las-vegas/classes-and-events

or call 702.616.4901.



The Robert Thomas Bigelow Medical Foundation Grants \$152,000 to Expand Services Supporting Henderson Seniors

Dignity Health — St. Rose Dominican is honored to announce a generous \$152,000 grant from The Robert Thomas Bigelow Medical Foundation to expand the Artie J. Cannon Helping Hands of Henderson program. This grant will enable Dignity Health — St. Rose Dominican Community Health and Wellness staff to enhance their support for seniors by offering essential transportation, nutritious food, and additional supportive services. Established in 1995, the program is dedicated to aiding Henderson residents over 60.

Notably, this grant marks the first award given by native Nevadan resident Robert T. Bigelow through his newly formed Robert Thomas Bigelow Medical Foundation.

"Dignity Health was very compliant with our charity requirements and made it a pleasure to donate to Dignity Health," said Robert T. Bigelow.

The grant will enable Dignity Health to significantly grow the Helping Hands of Henderson program to serve an additional

500 seniors within a 100-square-mile area of Henderson, Nevada, to receive essential nutritional support. It will also support the operations and personnel managing the food program, ensuring its efficiency and capacity to meet the growing needs of the Henderson senior community. A significant portion of the grant will be earmarked to purchase a much-needed 12-person passenger van with an automated wheelchair ramp. The program plays a vital role in helping seniors age in place, maintaining their independence, dignity, and quality of life.

"We are so grateful to Mr. Bigelow and his Foundation for these funds, which will further our humankindness mission of serving the vulnerable in our community," said Holly Lyman, the Market Director for Community Health at Dignity Health – St. Rose Dominican.

For more information about the Helping Hands of Henderson program, please call 702.616.6554.



Our Heartfelt Thanks to the Caesars Foundation

The Caesars Foundation awarded \$75,000 to Dignity Health — St. Rose Dominican for Caesars Entertainment to serve as a Humankindness Sponsor at the 66th Celebration Gala. This year, proceeds from the Gala supported emerging priorities of the St. Rose Hospitals including Pediatrics, Cardiology, Neurology, and Community Outreach. The Caesars Foundation's generous contribution helped ensure that these initiatives are staffed and equipped with the best and brightest medical teams, the most advanced, life-saving equipment, and effective community outreach programs so that we can help people get well, heal, and enjoy good health.



Supporting St. Rose Employees

The Lynn Ruffin-Smith Charitable Foundation recently donated \$55,000 to support the Employee Engagement and Recognition Program. Caring for our dedicated employees is an essential component of our healing mission at St. Rose. In order to provide quality health care every day, or support those who do, our employees must feel valued, empowered, and motivated. This generous funding helps us to foster a positive environment and enhance morale. We offer employee appreciation events, where we pass out treats such as Valentine's day cookies, cake pops for St. Patrick's day, and Cadbury chocolate eggs for Easter to express our gratitude to our staff for their hard work and commitment. We also had team-building activities including the Corporate Challenge, Halloween event at the San Martin Campus, Winter Wonderland event at the Rose de Lima Campus, and attending the Magical Forest at Opportunity Village.

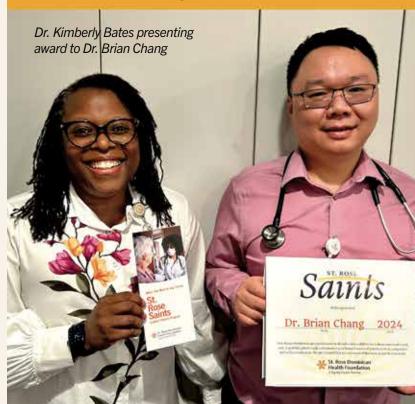
Grateful Family Members Donate to the St. Rose Saints Program

For many patients and families, expressing gratitude helps their healing process and allows them to recognize those who did so much for them during a very stressful or special time. Our St. Rose Saints program enables people to express this gratitude.

The St. Rose Dominican Health Foundation recently received a beautiful note and donation to the St. Rose Saints program from Barbara Hughes honoring St. Rose staff members. "Once again, I want to thank the nurses and staff of St. Rose Dominican Hospitals for the patient and polite care they gave my husband. He was difficult, but the nurses were very patient and sensed his every need. It was very hard to see him, a very strong and intelligent person, during his last days. He was reduced to physical weakness. My family will always be grateful for how you attended to his needs," wrote Mrs. Hughes.

We also received a note and donation in honor of Dr. Brian Chang because of his hard work, compassion, and selfless dedication. We are honored that Dr. Chang is part of the team, a true St. Rose Saint!

If you are a grateful patient or family who wants to make a donation in honor of your St. Rose Saint, please visit supportstrose.org or call 702.616.4545.



SEPT THE WOZ

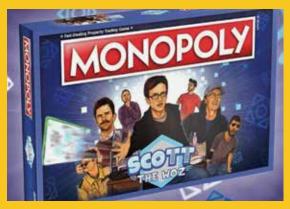


HIGHLIGHT

Scott Wozniak (Scott the Woz), together with gaming merchandise website Pixel Empire, frequently offer limited-edition merchandise based on Scott's gaming show, with all proceeds going to charities Critical Care Comics and Children's Miracle Network at St. Rose.

Since 2020, Scott and Pixel Empire have raised almost \$2 million to help hospitalized children. In last year's Charity Bonanza, Scott and Pixel raised \$513,060 through the sale of a specially designed Scott the Woz Monopoly and Clue board games, as well as other great merchandise.





Children's Miracle Network



PANDA EXPRESS

Panda Express has 72 locations that support CMN at St. Rose all year long. In 2023, Panda Express raised \$642,000 for the kids at St. Rose. Round-up your purchase at the register or donate spare change in the coin canister. Every bit helps!



COSTCO

Make a donation to CMN at St. Rose when you shop at Costco between May 1 and 31. Their wonderful associates also organize additional opportunities to donate within and around the warehouses such as ice cream or snow cone booths, popcorn stations, lollipop sales, and bottled water sales! This past May, Costco raised \$251,000 for our local kids! It's hot in May, and you're going to Costco anyway...so why don't you stay cool and help support CMN at St. Rose!

SMITH'S FOOD & DRUG

Each and every year, during their annual CMN Hospitals fundraising campaign, Healing & Hope for Kids, Smith's Food & Drug Stores invite their customers to make small donations at the register, join in-store activities, or drop coins in a canister to support pediatric charity care at St. Rose. They also raise critical funds through their annual company golf tournament with vendors, suppliers, and leadership contributing over \$2.5 million to support hospitals where Smith's has stores. In 2023, Smith's raised \$621,000 to support local kids treated at St. Rose!

Sponsor Spotlights



WALMART AND SAM'S CLUB

Shop at Walmart and Sam's Club during the announced campaign dates to help support CMN at St. Rose by making a donation at the register. Many locations also have additional events to raise funds such as parking lot events with food trucks and DJs, car shows, BBQs, root beer float sales, and bottled water sales. Look for signage and please participate! All funds stay local. In 2024, Walmart and Sam's Club raised \$385,000 to support CMN at St. Rose!



RIDE OF A LIFETIME

Life Time Fitness hosts a one-day cycling event at their 150 fitness clubs across America. Participants may choose from one of two ways to ride and help children: at the club or virtually. There is no registration fee, but participants are asked to raise a minimum of \$250 for the cause and all proceeds are split equally between CMN and the Life Time Foundation, which supports schools by providing healthy, nutritious meals. Lifetime raised \$25,000 at their event on April 27th.



Every dollar raised by Children's Miracle Network Hospitals in southern Nevada benefits pediatric and neonatal services at Dignity Health — St. Rose Dominican.

BECOME A MIRACLE MAKER

From the fragile newborn to the sick teenager, every child is a miracle. By teaming up with St. Rose through these Children's Miracle Network Hospitals events, you can help fund the medical miracles they need. Every dollar donated to Children's Miracle Network Hospitals in southern Nevada benefits sick and injured children cared for by St. Rose.

Now - December 31

Panda Express has 72 locations that support Children's Miracle Network at St. Rose all year long. They do a round-up campaign, a coin canister campaign, employee giving and also sell balloon icons at the register.

Now - November 30

Valvoline Instant Oil Change Centers will request point of service donations to support the pediatric services at St. Rose through their partnership with Children's Miracle Network to help local kids in the Las Vegas area.

Now - December 31

Point of Sale Register Campaign rolls out in 14,000 7-Eleven/Speedway locations nationwide. Customers will be asked to make a donation or to round up their purchase to support sick and injured children being treated at Children's Miracle Network member hospitals nationwide, locally at St. Rose.

November 29

Extra push for CMN on GivingTuesday. 7-Eleven/ Speedway customers will be asked to make a donation or to round up to support Children's Miracle Network at St. Rose.

For more information on supporting Children's Miracle Network Hospitals, please reach out to:

Debi Walsh 702.616.4599 debi.walsh@dignityhealth.org

Brianna Vesch 702.616.4556 brianna.vesch@dignityhealth.org

Children's Miracle Network Campaign & Event Highlights



VALVOLINE INSTANT OIL CHANGE

Visit your local Valvoline Instant Oil Change locations during the month of November and make a donation to CMN and support children being treated at St. Rose. In 2023, our local Valvoline stores raised \$28,000 to support CMN at St. Rose!



TORCH RELAY FOR CHILDREN'S MIRACLE NETWORK

Every year, businesses, patient families and community-minded citizens gather for this unique multi-day event where participants can walk or run a segment of the Torch Relay at events throughout the country to raise money for their local CMN hospital. In 2023, we were able to raise \$32,000 for children being treated at St. Rose.



7-ELEVEN / SPEEDWAY

The new partnership between 7-Eleven, Speedway, and Stripes Convenience Stores is a welcome addition to the local CMN program at St. Rose. In 2023, this new alliance raised over \$40,000 for pediatric services to help children treated at St. Rose. At designated campaign times during the year, customers are invited to round up or add \$1 to their purchases to benefit CMN Hospitals.

Speedway stores continue to fundraise year-round. We were also invited to the 33rd Annual Miracle Golf Tournament and Gala in Dayton, OH this past July and were honored to bring a special Miracle Family with us. Colbie and Kenna Walker were born as micro-preemies 16 years ago at Siena and weighed just 1lb 5oz and 1lb 6oz respectively. They are now happy, healthy juniors in high school and are not only surviving, but thriving!





Come out for a great day of golf at one of the top private courses in Nevada.

OCTOBER 14, 2024

9:00 AM Shotgun Start • SouthShore Country Club 100 Strada Di Circolo • Henderson, NV 89011

7:30 a.m. - Registration/Check-In 8:00 a.m. - Driving Range Opens 9:00 a.m. - Tee-off/Shotgun Start

2:00 p.m. - Tournament Reception/Presentation of Prizes and Awards

SCRAMBLE FORMAT INCLUDES

Continental Breakfast, Box Lunch, Prizes for 1st, 2nd & 3rd Places, Ticket Drop, Putting Contest Entry and \$100 credit in the Concept Shop to purchase golf merchandise.

FOR MORE INFORMATION

Contact Barbara Davis at **702.616.4450** or at Barbara.Davis@DignityHealth.org

To register online, please visit supportstrose.org/swingforstrose

Register by October 4, 2024









ST. ROSE

27th Annual Golf

Tournament

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San Martin Campus Hosts Open House for New Cath Lab

On April 25, hospital leaders, physicians, donors, board members, and employees gathered at the San Martin campus for an open house and tour of the cardiovascular areas, including the newly opened state-of-the-art Cardiac Catheterization Lab. The new Cath Lab will allow the hospital to expand cardiac services in the field of electrophysiology. This new Cath Lab features the Philips Azurion with FlexArm imaging system, which is a comprehensive cardiovascular X-ray lab. This ceiling-mounted system provides unlimited imaging flexibility for diverse procedures and positioning freedom for medical teams.





It was just a few days before Christmas in 2023, and Jane McEvoy was busy trying to get everything finished before the holiday. A dear friend always said to her, "We make plans, and God laughs." Well, this year, God certainly had other plans.

Jane has a history of cardiac issues. In 2018, she was diagnosed with a 40% blockage in the left anterior descending artery (also known as the widow-maker) and a 100% blockage in the right coronary artery. For more than five years, she was carefully monitored by her cardiologist, took her meds, lowered her cholesterol significantly, and all was well.

On the evening of December 19, Jane started to have pain in her upper back, but she was confident that she did not need to seek medical attention. In very little time, however, she collapsed on the floor. Her friend checked that she had no pulse and was not breathing, and started CPR. Shortly thereafter, a policeman and EMTs arrived, administered several injections of epinephrine and multiple defibrillations, and whisked her away to the St. Rose Siena Campus Emergency Department. She was unconscious and unaware of what was happening. Two close friends rushed to the hospital and the cardiac surgeon on call, Dr. Carlos Emmanuel, informed them that Jane was heading to the Cath Lab.

The meaning of Emmanuel, a name often heard in church at Christmastime, signifies that "God is with us." How true this

turned out to be! Dr. Emmanuel found a large blood clot in Jane's left coronary artery, removed it, and placed a stent. After surgery, she moved to cardiac intensive care, where she was placed in a special bed that cools the body a few degrees to help promote healing. One-to-one round-the-clock nursing supervision was provided. Once the health professionals began to raise her temperature, it was unsure if she would regain consciousness soon - if ever. She eventually was able to move her extremities, and was soon communicating, eating, drinking, and sitting up. Jane knows the care she received at St. Rose saved her life, and she will be eternally grateful. When such a cardiac arrest occurs at home, the usual survival rate is 5%.

It is said that a miracle occurs when God intervenes, and Jane believes that God intervened to put the best doctors, nurses,

and health professionals in her path. As a charter member of the hospital's Rosebud Auxiliary, Jane will always work to support the services, care, and facilities of the cardiac units at St. Rose Dominican Hospitals.



Jane McEvoy on Christmas Day 2023

IN RECOGNITION OF 2023-24 ANNUAL DONORS

DISTINGUISHED CORPORATE PARTNERS

Recognizes corporations whose generous contributions ensured the success of St. Rose Dominican Health Foundation's two annual events.













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Since 2006, St. Rose employees have given over \$1,600,000 to support greatly needed projects at all three campuses.

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*In Remembrance

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1) OUTRIGHT GIFTS OF CASH, CHECK, OR CREDIT CARD

An outright cash gift is the simplest form of giving and may be made by cash, check, or credit card. These contributions may be made online, mailed, or delivered in person to the Health Foundation office. Make checks payable to the St. Rose Dominican Health Foundation. Please use the enclosed envelope to make your gift.

2) GIFTS OF APPRECIATED SECURITIES

Gifts of appreciated securities such as stocks, bonds, and mutual funds provide distinct tax advantages. The donor incurs no capital gains tax on appreciated securities given for charitable purposes. A gift of securities is easy to make, even electronically, and donors receive credit based on the fair market value of the securities donated.

3) TAX-FREE IRA GIFTS

If you are 70½ years or older, you can make a tax-free IRA gift in support of St. Rose. Simply contact your IRA plan administrator to request a direct qualified charitable distribution from the IRA account to Dignity Health — St. Rose Dominican, a 501(c)(3) organization (Tax ID 94-1196203). It is important to note the IRA Charitable Rollover law is now permanent and allows you to give up to \$100,000 per year directly from your IRA to one or more qualified charities without paying federal income tax on the withdrawal. To learn more about making a tax-free IRA contribution to St. Rose, call 702-616-4545.

Please note that the above is for informational purposes only. It is not intended as legal advice. Donors should consult their personal financial advisor prior to making a gift to the St. Rose Dominican Health Foundation and/or Dignity Health — St. Rose Dominican.

To make a financial gift of any size, call 702-616-4545, mail gifts to the St. Rose Dominican Health Foundation (102 E. Lake Mead Parkway, Henderson, NV 89015), or make an online gift at supportstrose.org/ways-to-give/donate or via Apple Pay.

Contributions to the St. Rose Dominican Health Foundation may be tax-deductible pursuant to the provisions of section 170(c) of the Internal Revenue Code of 1986, 26 U.S.C. 170(c).





Room Dedication: A Meaningful Way to Support St. Rose

To start a conversation or get more information about available naming opportunities, please contact Brenda Griego, Director of Philanthropy at brenda.griego@dignityhealth.org or 702.616.4673.

102 E. Lake Mead Parkway Henderson, NV 89015

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EXCITING NEWS! Sign Up for our **Digital Newsletter**

Stay up-to-date with our mission, projects, and impactful stories delivered to your inbox. Discover behind-the-scenes glimpses and opportunities to engage with St. Rose and the community. Whether you're a donor or just curious about philanthropy at St. Rose, this newsletter will be your window into the heart of our work.

Email us at StRoseFoundation@DignityHealth.org to receive the digital newsletter.

MARK YOUR CALENDAR!

Please join us for upcoming St. Rose Dominican Health Foundation events. For more information, please call 702.616.4545. The programs, equipment and services highlighted in GRATITUDE are supported with generous donations to the St. Rose Dominican Health Foundation.

October 14, 2024 Swing for St. Rose 27th Annual Golf Tournament

You're invited to Swing for St. Rose at one of the most prestigious golf courses in Nevada - SouthShore Country Club. To sponsor or register for this event, please contact Barbara Davis at 702.616. 4450 or Barbara.Davis@DignityHealth.org.

Now - December 31, 2024 **Panda Express**

Panda Express has 72 locations that support Children's Miracle Network at St. Rose all year long. They do a round-up at the register campaign, a coin canister campaign and employee giving.

Now - December 31, 2024 **Credit Unions**

Credit unions across the nation offer members the opportunity to "skip" their loan payment for a nominal processing fee. Most credit unions charge processing fees between \$20 and \$40 per loan payment skipped. Credit unions can choose to donate all or a portion of the fees to their local Children's Miracle Network hospital.