

## *Giving Update*

Summer/Fall 2015

### Change & Tradition

Last year, we began the exciting and complicated process of integrating into the national Catholic Health Initiatives organization. It has quickly become clear that the culture of CHI and the culture of St. Luke's are uniquely aligned. We share a passion for making health care affordable and accessible while remaining at the forefront of medicine.

**Together, we are committed to building a strong, innovative, caring model for health care that will effectively serve our communities for years to come.**

Our Houston roots are deep, stretching back decades, and the beginnings of CHI reach back even further — to a group of religious women who saw the need for care on the Western Frontier and took it upon themselves to raise the money needed to build hospitals.

Today, our mission at CHI St. Luke's Health harkens back to that time. **We take care of people.** St. Luke's Foundation supports that work through philanthropy. By raising funds in support of education, research and health initiatives, the Foundation helps our physicians and nurses serve as beacons of health and healing. **All of us at CHI St. Luke's Health stand on the shoulders of those who have gone before as we usher in a new era in health care.**

Thank you for standing with us as we go beyond the walls of our hospitals to create stronger, healthier communities.

Warm Regards,



Michael H. Covert, FACHE  
CEO  
CHI St. Luke's Health



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CEO  
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# Growing Forward...

**CHI St. Luke's Health** has undergone many changes in the last three years and is now focused on its strategic direction and, in particular, plans for critical care inside the 610 Loop. For donors who gave to the Health, Hope and Human Spirit Campaign more than a decade ago, the movement forward is a welcome development.

**“Our donors have supported this organization over the years in a variety of meaningful ways. We want them to know that we recognize the faith they placed in us when they invested in our programs, initiatives and campaigns,” says Leonard Tallerine, Chair, CHI St. Luke's Health Board of Directors. “We are committed to continued conversations about the future direction of this system. We are listening.”**

Original campaign discussions centered on building a new hospital in the heart of the Texas Medical Center where Baylor St. Luke's Medical Center now stands. Then the recent partnership with Baylor College of Medicine opened an exciting new option — the hospital already in development on the south side of the Texas Medical Center. The first phase of that facility will be completed by 2016. CHI St. Luke's Health plans to complete the move of all Baylor St. Luke's Medical Center clinical programs (with the exception of the cardiovascular program) to the new hospital by the end of 2019. Plans for the cardiovascular program are still to be decided, as the system has many collaborative partners in this area, and it's important that the needs of both patients and caregivers are met.

What can patients expect from the new campus? They can expect a facility specifically designed with their needs in mind and influenced by “lean principles,” which maximize patient value while minimizing waste. The impact of lean design will be felt most acutely in surgery. Patients will start in the waiting area, move straight to surgery and then into a post-operative room where they will be able to recover with their family.

From start to finish, a surgical patient will remain on the same floor and only move about 100 feet, allowing nurses to spend 90 percent of their time in patient care as opposed to the typical 35 percent. The design also allows surgeons easier access to their patients and fewer patient transfers.

While much attention is focused on facilities in the Texas Medical Center, growth in the rest of Texas is not being ignored. The Woodlands Hospital is exploring ways to better serve North Houston as well as parts of East and Central Texas. Springwoods Village clinic is scheduled for completion this year, and Memorial Health System of East Texas is now CHI St. Luke's Health Memorial.

**This system has a 60-year legacy in Houston, and the employees of CHI St. Luke's Health honor this history.** CHI St. Luke's is well-positioned to move into the next phase in its history, with that legacy and mission guiding each and every step.



## Did You Know?

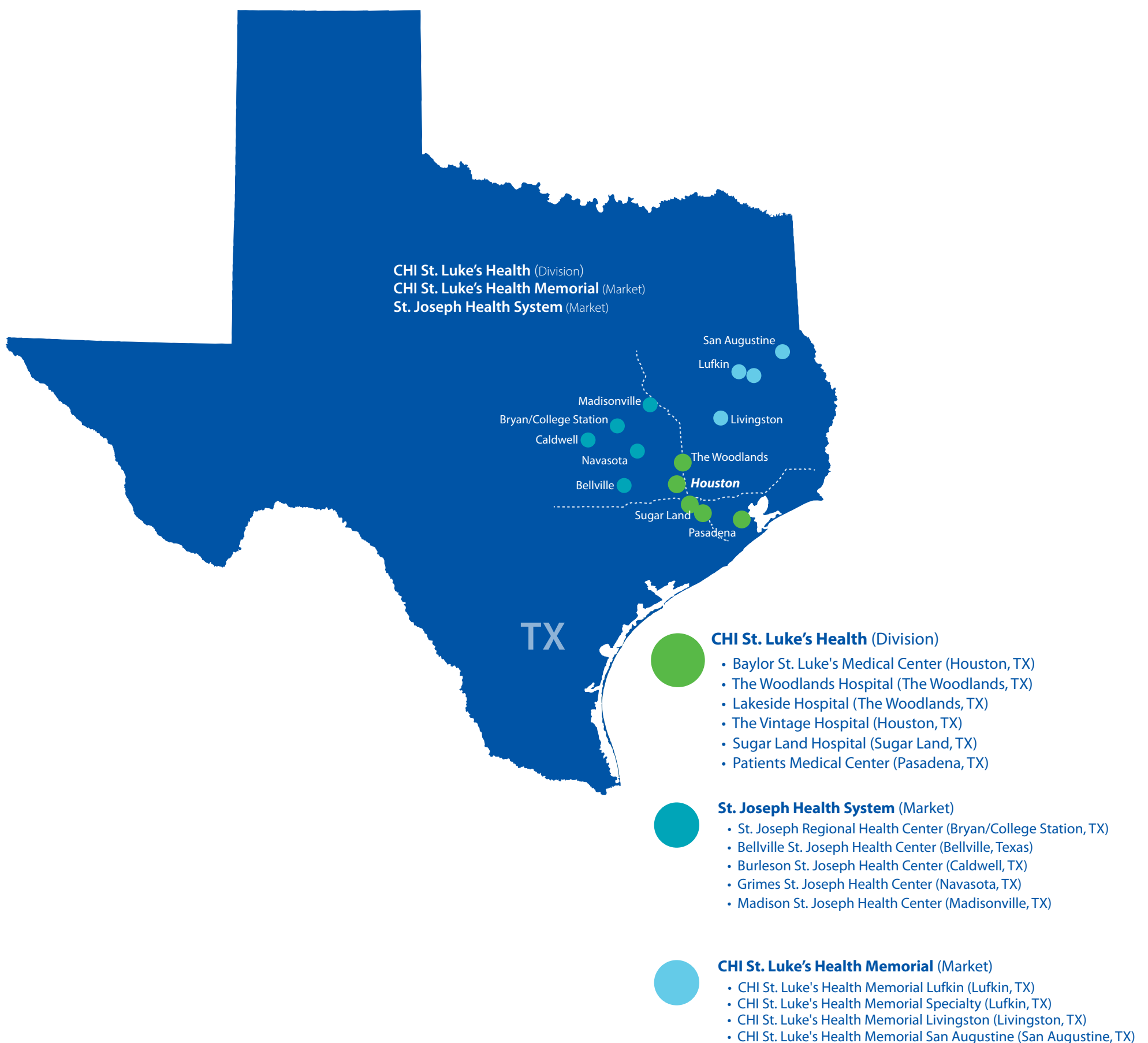
- Each floor at Baylor St. Luke's McNair Campus is about the size of two football fields.
- The building has 33 elevators and more than 2,500 parking spaces.
- Building design incorporates a DNA sequencing pattern in portions of the glass curtain wall. You can see it best looking at the building from Old Spanish Trail and from the Jamail Specialty Care Center.
- The buildings on campus are oriented to preserve the many trees on site.
- The exterior of the building uses more than 250,000 square feet of glass.
- More than 140,000 cubic yards of concrete were used in construction—enough to fill 14,000 concrete trucks.

# Creating Healthier Communities

**Catholic Health Initiatives, one of the nation's largest health systems, continues to extend its communities of care nationally and in Texas.**

CHI St. Luke's Health, a member of Catholic Health Initiatives (CHI), comprises three markets—CHI St. Luke's Health is home of the Texas Heart® Institute (THI), six hospitals, three emergency centers, Diagnostic & Treatment Center, Radiation & CyberKnife® Center, and several St. Luke's Medical Group locations throughout Greater Houston; CHI St. Luke's Health Memorial (three hospitals and a long-term acute care facility in East Texas); and St. Joseph Health System (five hospitals and several St. Joseph Medical Group locations across Brazos Valley). In addition, CHI St. Luke's is a part of a joint venture agreement with Baylor College of Medicine®, which encompasses Baylor St. Luke's Medical Center in the Texas Medical Center.

Together, CHI St. Luke's Health, THI, and Baylor College of Medicine® are transforming health care delivery with a mission to usher in a new era of healthcare to create healthier communities.



# Living Proof



**S**hawn Galloway and her husband, Joey, share smiles and plenty of information with cardiovascular patients at Baylor St. Luke's Medical Center. Shawn, a Baylor St. Luke's heart transplant patient, understands their fears.

**"You hear about heart transplants, but you never really think it's going to happen to you. They placed me on the transplant list, but I became sicker. Every night we prayed for a heart to come," Shawn said.**

Now, Shawn and Joey are co-presidents of the nonprofit Heart Exchange Support Group, a volunteer organization affiliated with Baylor St. Luke's that provides emotional and financial support to transplant patients and their families.

The Galloways also serve on the host committee for the St. Luke's Foundation Heart Golf Classic scheduled for November 2 at Golf Club of Houston. The Heart Golf Classic provides funds for the Heart Exchange and for cardiovascular patient care programs at CHI St. Luke's Health.

Shawn was only 29 years old and three months pregnant when she started having difficulty breathing and was diagnosed with cardiac failure — idiopathic cardiomyopathy. After the healthy delivery of their daughter Hannah, Shawn was treated with medication and stabilized for seven years.

**"They told me that we had gotten all the miles out of my heart that we were going to get,"** Shawn said. Shawn was in and out of Baylor St. Luke's for eight and a half months. During that time, she said, the support of the medical and social work staff at Baylor St. Luke's was top-notch.

She gives special credit to Karen Evans, RN, who was the heart transplant coordinator at the time and is now Left Ventricular Assist Device Coordinator.

"Karen was always there to encourage me at just the right time. She went above and beyond to answer questions, returned my calls even after I went home, and she would even just sit in my hospital room and visit when I was having a down day," Shawn said. In September 2011, Shawn's new heart came from a 35-year-old woman. Shawn has written a letter to the donor's family. **"How do you say thank you for such a gift? There's not a day that goes by that I do not think of her and her family."**



*St. Luke's Foundation*

**HEART  
GOLF  
CLASSIC**

**Join us for our third annual  
Heart Golf Classic on  
Monday, November 2 at  
Golf Club of Houston.**

**For more information or to reserve your spot,  
visit [supportstlukes.org/heartgolfclassic](http://supportstlukes.org/heartgolfclassic).**



## Making A Difference

**T**racy and Richard Wilken generously established the Guardian Angel Fund at Baylor St. Luke's Medical Center in 2014. The fund provides qualifying, low-income patients in the Greater Houston area with financial assistance to access much-needed care they might otherwise have to forgo. The fund has had a life-changing impact on nearly a dozen patients thus far, assisting with a variety of treatments ranging from the relatively simple (a biopsy) to the more complex (treatment of a brain tumor).

The fund assisted "Henry," a 75-year-old father and grandfather who immigrated to the United States from Germany. He received treatment for his prostate cancer with radiation therapy at our state-of-the-art Radiation Therapy & Cyberknife® Center. Today, he is cancer free and able to spend time with his son and his son's family.

"Lee," a 49-year-old maintenance worker, and his wife have worked hard their entire lives. Their combined incomes barely covered their monthly expenses and they were unable to afford health care coverage. Lee was suffering from a hernia that prevented him from working, making it even harder for the couple to make ends meet. Thanks to the Guardian Angel Fund, he was able to have the surgery and return to work.

### Angel Stories

The Guardian Angel Fund helped "Gwen," a 58-year-old woman who works at a Texas Medical Center institution. She needed a pacemaker and was facing a tough decision — refuse this much-needed device or have her home go into foreclosure. Thanks to the fund, she is on the mend with her new pacemaker and is able to remain in the home she loves.

At just 29 years old, "David" was working and attending school when he was diagnosed with a brain tumor. Now paralyzed and on disability, he is living with and supported by his single mother. He will not be able to return to work and could not pay the patient portion of his treatment. Thanks to the Guardian Angel Fund, "David's" health care costs were paid.

To learn more or to support the Guardian Angel Fund, call us at 832.355.6822  
or visit [supportstlukes.org/guardianangels](http://supportstlukes.org/guardianangels).

# Friends of Nursing

Through the years, **Friends of Nursing** has raised more than \$1 million in support of scholarships, fellowships, and research opportunities for nurses at CHI St. Luke's Health-Baylor St. Luke's Medical Center.

Its primary fundraiser is the annual luncheon and fashion show, which this spring drew nearly 300 guests to honor Baylor St. Luke's Medical Center's extraordinary nurses. Chaired by Carol Linn, Christie Sullivan, and Donna Vallone, the event raised more than \$185,000 and featured vibrant spring fashions from TOOTSIES modeled by Baylor St. Luke's nurses.

Former scholarship recipient and speaker Anita Parker, RN, CCRC, thanked **Friends of Nursing** for their support, which helped her advance her career into clinical research. LaShanti King, MSN, RN, MBA-HCM, was awarded the Betty Trotter Award for Excellence for her outstanding dedication as a nurse and selected her alma mater Prairie View A&M to receive scholarship funds in her name.

A **Friends of Nursing Membership Coffee** is scheduled for October 20 at the home of incoming Friends of Nursing chair and St. Luke's Foundation board member Tracy Levit Lerner.



From left: Chairs Christie Sullivan, Carol Linn, and Donna Vallone.



Kim Tutcher, Sandy Barrett, and Veronica Selinko-Curran



Anita Parker, scholarship recipient.



Tracy Levit Lerner, Martha Gillis, and Lindsay Aronstein



From left, Prairie View A&M Dean Betty Adams, LaShanti King, RN, and Baylor St. Luke's Medical Center Vice President and Chief Nursing Officer, Karen Myers.

# Supporting the Frontline

## In Their Own Words...

*"There were times when I had to postpone my pursuit of higher education. The Friends of Nursing Scholarship has really helped support me financially so that I don't have to postpone anymore."*

**Julie Vey-Phillips**  
2015 Scholarship Recipient

*"The Friends of Nursing was created by a group of women who felt that scholarships should be given to nurses."*

**Donna Vallone**  
Friends of Nursing Member

*"It's been very gratifying to watch this organization grow from a small nucleus of volunteers to more than 150 supporters today."*

**Pam Ott**  
Friends of Nursing Member

*"I came in as a Patient Care Assistant eight years ago. Friends of Nursing has helped me dedicate myself 100 percent to school. I want to be an ER nurse, to be able to help in a fast-paced environment."*

**Eric Orellana**  
2015 Scholarship Recipient



While professional models (bottom right) took to the stage, it was the nurse models who stole the show. Above from left: Mia Herron; Margaret Diano, and Hanna Belay. Bottom Left: Wendy Raven

If you are interested in being part of Friends of Nursing, please contact CHI St. Luke's Foundation at 832.355.6822 or visit [supportstlukes.org/FriendsofNursing](http://supportstlukes.org/FriendsofNursing).

# Expertise Where It's Needed Most

## Innovative Program Featuring Baylor St. Luke's Specialists Helps Rural Texans Receive Care While Staying Close to Home

John Rocks knew he had contracted a virus that would take a toll on his liver and overall health if not treated.

Thanks to Project ECHO (Extension for Community Healthcare Outcomes), this 51-year-old stained-glass window installer is now cured of the disease. Project ECHO, which was made possible in part by the philanthropy of donors, allows Baylor St. Luke's Medical Center specialists to consult via teleconference with primary care providers at clinics in underserved urban and rural Texas communities to better treat complex patient cases like John's.

John's primary care provider, physician assistant Renita Madu, used a computer at a clinic in Houston's Third Ward to consult in real time with Baylor St. Luke's liver specialists about John's care.

Project Director Norman Sussman, MD, sees this case as a double win. **"We're happy that the patient is cured of hepatitis C, but also extremely proud of the community provider who took on this complex case," Sussman said. "In return, she is learning a new specialized skill set, which can be used to treat other hepatitis C patients in her community."**

John suspects he contracted the virus decades ago from a blood transfusion after a motorcycle accident. In addition to providing his caregiver with the knowledge she needed to appropriately treat John, Baylor St. Luke's worked with him to secure the medication he needed.



From left, Renita Madu, physician assistant; John Rocks, patient; Norman Sussman, MD, director, Project ECHO; and Saira Khaderi, associate director, Project ECHO

After the first 90 days, he showed no signs of hepatitis C. More than six months later, he is considered cured.

**"I was scared not having insurance," John said. "I didn't know what I was going to do. I hope Project ECHO will be able to reach more people like myself."**

Baylor St. Luke's continues to expand the project and is working with 70 providers in 39 Texas counties as well as Louisiana. In addition to hepatitis C, the program also offers clinics in hepatitis B, cardiology, infectious disease, and advanced liver disease.

## ECHO's Reach in Texas & Beyond

### Current Partners

Abilene, TX  
Alvin, TX  
Amarillo, TX  
Austin, TX  
Bay City, TX  
Beaumont, TX  
Bellaire, TX  
Brookshire, TX  
Brownsville, TX  
Bryan, TX  
College Station, TX  
Conroe, TX  
Corpus Christi, TX  
Edinburg, TX  
El Paso, TX  
Freeport, TX  
Harlingen, TX  
Houston, TX  
Jasper, TX  
Katy, TX  
Livingston, TX  
Lufkin, TX  
Marfa, TX  
McAllen, TX  
Missouri City, TX  
Nacogdoches, TX  
Orange, TX  
Palestine, TX  
Pasadena, TX  
Port Arthur, TX  
Port Lavaca, TX  
Presidio, TX

### Pending Partners

Raymondville, TX  
Richmond, TX  
Ridgemoat, TX  
Round Rock, TX  
San Augustine, TX  
Santa Rosa, TX  
Silsbee, TX  
Spring, TX  
Sugar Land, TX  
Texas City, TX  
Gretna, LA  
Lake Charles, LA  
New Orleans, LA  
Giddings, TX  
La Grange, TX  
Lubbock, TX  
Midland, TX  
Odessa, TX  
Shreveport, LA

If you would like to support Project ECHO, call St. Luke's Foundation at 832.355.6822.



# ONE2ONE Diabetes Care

**B**aylor St. Luke's is launching the One2One Diabetes Care program that provides patients and their families with the knowledge and skills to modify and control their diabetes. To help patients monitor their diabetes, they receive guidance from a Certified Diabetes Educator® (CDE)—an expert in diabetes prevention and management. In a one-on-one or small group session, a CDE visits the patient's physician office on a weekly basis to empower them to manage diabetes successfully, learn to set goals, and commit to a healthier lifestyle by eating nutritious foods, taking medication, and exercising regularly. To achieve these goals, patients can request a referral to Baylor St. Luke's Medical Center One2One Diabetes Care.

Diabetes affects many different areas of your life. The program includes:

- Baseline Diabetes Assessment
- Customized treatment plan tailored to your needs
- Nutrition, wellness, and weight loss education
- One2One mentoring
- Support from your peers
- Referrals to specialists based on American Diabetes Association guidelines

**For more information or to participate in One2One Diabetes Care, call 832-355-7444.**

## Going Beyond The Walls: Reaching Those In Need

**A**s part of its Healthy Communities program, CHI St. Luke's is committed to addressing the health needs of the underserved and is developing relationships throughout the region that will allow us to increase access and affordability for those who have historically been unable to access mainstream health care systems.

San José Clinic, a comprehensive charity care clinic, is a natural partner in this work and CHI St. Luke's Health has been working closely with the clinic for the past six months to find ways to support their efforts to reach those in need of care. Components of this new partnership include support for an Electronic Medical Records system; funding for a full-time physician and full-time advanced practice nurse; and implementation of a diabetes education initiative already in place at Baylor St. Luke's Medical Center.

**"We're excited about the opportunity to work with CHI St. Luke's Health. Their generosity and commitment to promoting health care to the underserved in our community is demonstrated through these initiatives that will allow us to further enhance the lives of our patients,"** said Paule Anne Lewis, President & CEO, San José Clinic. **"This partnership is a wonderful way for the clinic to continue to fulfill its mission by providing quality health care to those in need."**



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2. Choose a convenient date & time; complete the information; click "Make Appointment".
3. You'll receive an email request to confirm your appointment. Just click to confirm.

# First Lung Institute in Texas Offers New Hope

**B**aylor College of Medicine and Baylor St. Luke's Medical Center have developed the first comprehensive, multi-specialty Lung Institute in Texas, with a team of specialists led by world-renowned lung disease expert and surgeon David Sugarbaker, MD.

From asthma to lung cancer, the Institute offers advanced technology and individualized treatment, backed by Baylor's top-ranked genetics program, to patients from all over the world. Headquartered at Baylor St. Luke's, the Institute is now accepting patients.

Dr. Sugarbaker moved from Boston to establish the Lung Institute. **"If you've been told you have a difficult case, this is where you come,"** said Sugarbaker, director of the Lung Institute and professor and chief of the division of general thoracic surgery at Baylor College of Medicine (BCM). "Patients come to us based on the reputation of the Lung Institute team for providing hope as well as superb medical care in even the most difficult medical conditions."

The Institute combines experts from more than a dozen pulmonary, surgery and related specialties at BCM and Baylor St. Luke's and taps into the resources of internationally recognized genetics and genome sequencing programs. This collaborative approach to lung disease treatment means that patients are provided more options for a course of treatment.

**"Patients with lung cancer can be treated with minimally invasive surgical techniques that can be combined with innovative chemotherapy strategies and new genetic information to produce individualized care plans,"** Dr. Sugarbaker added.

New treatments are available for asthma, including surgical procedures that work on the nervous system of the lung itself. Mesothelioma is treated at the Lung Institute's Mesothelioma Treatment Center, which attracts patients from around the world.

**"The medical team at the Mesothelioma Treatment Center has developed novel delivery systems for chemotherapy agents to offer patients cutting-edge, surgically based therapies for this devastating disease."**



David Sugarbaker, MD

**"By working together as one team, we bring a wealth of expertise to each patient treated at the Lung Institute,"** Dr. Sugarbaker said.

Todd Rosengart, MD, chair of surgery at BCM, noted, "We all are very excited to bring this new era of integrated health care delivery for the treatment of lung disease to the Houston metro area and to all of southeast Texas."



The specialties that are working together in the Lung Institute include medical oncology, pulmonary medicine, radiation oncology, and radiology. The various programs participating include CHI's Lung Cancer Center of Excellence, BCM, and Baylor St. Luke's programs and centers, including cystic fibrosis, COPD and asthma, pulmonary hypertension, pulmonary fibrosis, sleep center, interstitial lung disease program, lung and heart transplant program, mesothelioma treatment center,

minimally invasive thoracic surgery center, lung cancer program (part of BCM's NCI-designated Dan L. Duncan Cancer Center), and the lung cancer screening program.

# System Spotlight

## Hospital Honored for Stroke Program

**T**he Woodlands Hospital was recently honored with the American Heart Association and American Stroke Association's Get With The Guidelines®- Stroke Silver Plus - Target: Stroke Honor Roll Elite Achievement Award.

The award recognizes the hospital's commitment to ensuring that stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines. The Woodlands Hospital is one of 559 hospitals to be recognized on the Target: Stroke Honor Roll.

**"We're honored to be recognized as one of the leading hospitals for stroke care,"** said David Argueta, FACHE, president, CHI St. Luke's Health-The Woodlands Hospital, Lakeside, and Springwoods Village Hospitals. To receive the top honor roll award, CHI St. Luke's Health-The Woodlands Hospital met the majority of quality measures designed to help hospital teams provide the most updated, evidence-based care.

"With a stroke, time lost is brain loss, and this award demonstrates our commitment to ensuring patients receive care based on nationally-respected clinical guidelines," said Andrea Jaeger, BSN, MHA, RN, Director of Neuroscience Service at CHI St. Luke's Health-The Woodlands Hospital.

Deepak L. Bhatt, MD, MPH, National Chairman of the Get With The Guidelines® steering committee, Executive Director of Interventional Cardiovascular Programs at Brigham and Women's Hospital, and Professor of Medicine at Harvard Medical School, said, **"We're pleased to recognize CHI St. Luke's Health-The Woodlands Hospital for its commitment to stroke care."**



**According to the American Heart Association and American Stroke Association, stroke is the number five cause of death and a leading cause of adult disability in the United States.**

## Another First @ Baylor St. Luke's Medical Center

**B**aylor St. Luke's is the first hospital in Houston to implant the world's smallest pacemaker the Medtronic Micra™ Transcatheter Pacing System (TPS). The device was implanted as part of a global pivotal clinical trial, and Baylor St. Luke's is the only hospital in the Houston area selected to take part in the trial.

**One-tenth the size of a conventional pacemaker and comparable in size to a large vitamin, the Micra TP Spacemaker is delivered directly into the heart through a catheter inserted in the femoral vein.** Once positioned, the pacemaker is securely attached to the heart wall and can be repositioned or retrieved, if needed.

The miniature device does not require the use of wires, known as leads, to connect to the heart. Attached to the heart via small tines, the pacemaker delivers electrical impulses that pace the heart through an electrode at the end of the device.

**"This miniaturized technology is designed to provide patients with the advanced pacing technology of traditional pacemakers via a minimally invasive approach,"** said John Seger, MD, cardiac electrophysiologist, Texas Heart® Institute, who implanted the Micra transcatheter pacemaker. "We are proud that Baylor St. Luke's was selected among an elite of group of institutions to take part in this clinical trial. If positive, the results of the trial could potentially benefit the more than one million people globally who receive pacemakers each year."



# Mark Your Calendar

## September 21

Cancer Research & Therapies;  
"A New Era of Innovation"  
Guiding Stars Lunch & Physicians Panel

## October 20

Friends of Nursing Membership Coffee

## October 27

Guiding Stars Appreciation Dinner

## November 2

2015 Heart Golf Classic @ Houston Golf Club

## Ways to Give

**P**hilanthropy is a vital part of the healing process, providing grateful patients with a way to give back to an institution that for decades has provided compassionate care for millions of patients. St. Luke's Foundation offers many opportunities to touch the lives of patients and their families.

If you would like to make a gift or learn more, contact us at:

St. Luke's Foundation  
1213 Hermann Drive, Suite 855  
Houston, Texas 77004  
P: 832.355.6822  
[SupportStLukes.org](http://SupportStLukes.org)

If you would prefer not to receive materials from us about charitable giving and would like us to remove your name from our mailing list; please call (toll-free) 1.855.590.9794 or email us at [donotmail@stlukeshealth.org](mailto:donotmail@stlukeshealth.org). Please allow a minimum of four weeks to process your request.



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