CONNECTING the DOTS
2017 ANNUAL REPORT
We are pleased to share The Foundation of FirstHealth’s 2017 Annual Report and to provide an overview of our accomplishments throughout the year. This year’s annual report is a celebration of your philanthropy and the ways in which you’ve helped to improve the lives of those whom we are so privileged to serve.

This past year was one of exciting change and tremendous growth for FirstHealth of the Carolinas. Many of our achievements would not have been possible without your generosity and support.

Our community has supported us in ways we never could have imagined. As we encounter patients and their families in the communities we serve, we are continually amazed to hear how FirstHealth has impacted so many individual lives. Please remember that you, our friends, help to make this happen. The following pages will show the many ways you have helped to impact the quality of life in our community.

You contribute so much to ensure that FirstHealth is and remains a center for health care excellence. Your contributions are not just monetary – they include hours of volunteering, attending Foundation events and acting as ambassadors of FirstHealth. We sincerely appreciate all of your gifts.

In these challenging and changing times, the Foundation has adopted a philosophy of innovation in order to grow and expand in sophistication. The essence of the innovative organization is to see the relationships between mission, programs and ideas, and then combine them all into a new form. The innovative organization has the power to connect the seemingly unconnected.

The theme of this year’s report is Connecting the Dots, which is significant because everything we do as an organization is interconnected, with lives touching lives in ongoing ripples of positive impact. This report reviews the highlights and connections of the past year. It reminds us of what we have done, and focuses us on the goals that lie ahead. It reminds us of our neighbors whose lives are touched by your generosity, and who are the driving force behind all that we do.

As you read through this report, you will see that many accomplishments have been made throughout the year. While we are incredibly proud of this progress, we remain mindful that there is still work to be done. We know with the support of our dedicated and generous donors and volunteers, we will continue to make meaningful changes in the communities we serve. We look forward to continuing to work together to expand health care access in our communities.

We are grateful that you have connected with us. It is an honor for the both of us to work with such dedicated volunteers and donors. Your generosity and deep commitment to building a health system to be proud of is embodied in the support you have given to The Foundation of FirstHealth and FirstHealth of the Carolinas. We hope that every time someone mentions FirstHealth to you, you smile knowing the important role you have played in our organization.

To all of you, we extend our deepest thanks.

Sincerely,

David J. Kilarski
Chief Executive Officer
FirstHealth of the Carolinas

Kathleen A. Stockham
President
The Foundation of FirstHealth
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THE LEADING LADIES OF FIRSTHEALTH

It may be mere coincidence that the FirstHealth Board of Directors and the Foundation Board of Trustees both have women serving as chairs, but it is definitely a fortuitous alignment of vision and leadership. Carolyn Helms, chair of the FirstHealth Board, and her counterpart on the Foundation board, Nancy Kaeser, have served in many capacities on FirstHealth governance boards and committees for more than 20 years. Together, their examples of devotion to community service are inspiring to all who meet them.

Carolyn’s experience as a nurse and as a hospice chaplain helps explain her contagious passion for making FirstHealth’s mission—Working Together, First in Quality, First in Health—a reality. She is as focused on the human side as she is on the daunting business challenges the board tackles. Her love of community and education shines through as she talks of the FirstHealth board’s work to help guide the system through revolutionary changes in health care.

On the Foundation, Carolyn notes, “you can’t convince anyone to donate to a cause like FirstHealth. It has to be motivated by a personal relationship,” and Nancy Kaeser helps to connect this. Foundation board leader Nancy Kaeser’s service to FirstHealth and this community are truly exemplary, she adds. “Nancy has a deep desire to serve and brings many talents to FirstHealth in everything she does,” Carolyn says.

When Nancy and husband, Jim, moved to Pinehurst from Wisconsin in 1986, Nancy was not about to settle into the slower rhythms of retirement life. She had a successful career in banking and marketing, and it was not long before she put those skills to work here in her new home.

Shortly after their move, Jim’s illness gave Nancy an intensive introduction to the local health care system. By 1996, Nancy was serving on the board of Sandhills Hospice, now FirstHealth Hospice. She says she admired the clinical staff providing care for Jim and the professionalism of those who managed the acquisition of Sandhills Hospice by FirstHealth. The respect was reciprocated. Nancy was nominated for the Strategic Planning Committee of the FirstHealth Board to provide continuity of hospice management, and she readily agreed to serve. The rest, as they say, is history.

Over the course of the last 25 years, Nancy has served on the Hospice Operating Board and twice on the FirstHealth Corporate Board (currently serves as chair of this board’s Strategic Planning Committee). She has also chaired the Regional Services/Community Health Board and the Clara McLean House Advisory Council.

One aspect that Nancy loves about her work with the Foundation is its focus on community education. “The Foundation has a reputation for integrity that creates trust and credibility, and it plays a major role in communicating the many advances in care and services at FirstHealth.”

During her tenure as Foundation board chair, Nancy has worked hard to build an engaged, participatory board that understands the role the Foundation plays in the big picture. “We call it ‘connecting the dots,’ by which we mean that the Foundation’s philanthropic priority areas are interconnected and support each other. That is our strength.”

Nancy believes the Foundation continues to grow in influence because it facilitates collaborative relationships both within and outside the FirstHealth system. She feels that the Hospice & Palliative Care campus, Clara McLean House and Reid Heart Center are all examples of this. “That same approach will enable FirstHealth to establish a future comprehensive cancer center, which we know is a huge need for our area. I am confident we can rise to that challenge.”

FirstHealth and the Foundation are deeply grateful for the leadership and vision embodied in these two generous, energetic people. Through them, our community has been enriched immeasurably.
The Foundation of FirstHealth’s journey began decades ago in 1929 when a red brick hospital opened its doors in a small village in the Sandhills. It has been a journey of innovative and forward thinking, walking us into a future where excellent health care is available and accessible to the whole community.

Our future is not just about bricks and mortar, but also about making certain that the Foundation will be able to support quality health services now and for generations to come.

In supporting FirstHealth’s overall mission, the Foundation targets six priority areas:

- Clara McLean House
- Physician Enrichment
- Heart Care
- Hospice & Palliative Care
- Cancer Care
- Nursing Enrichment

The services provided by FirstHealth will continue to evolve, as will the challenges it faces from external forces, such as reductions in government and private insurance reimbursement, regulatory changes and an aging population.

The Foundation must continue to build its endowment in order to help FirstHealth fulfill its purpose, “to care for people.”
2016–2017
THE YEAR BY THE NUMBERS

Over the last 10 years, the Foundation has distributed approximately **$68 million** for the benefit of FirstHealth services, its providers and its patients.

At the same time, the value of its endowment has grown from almost **$42 million in 2008** to just over **$56 million as of September 2017**.

This shows the power of prudent stewardship of Foundation funds through sound investment and management.

<table>
<thead>
<tr>
<th>Total Value of Endowment</th>
<th>$56,177,921</th>
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<td>Total Received in Cash, Bequests, Planned Gifts</td>
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<tr>
<td>Total Grant Distributions</td>
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<tr>
<td>Total Number of Lives Touched Directly</td>
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<tr>
<td>3,462 - Attendees of Educational and Enrichment Programs</td>
<td></td>
</tr>
<tr>
<td>1,600 - Clara’s House Guests</td>
<td></td>
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<tr>
<td>425 - Cancer CARE Fund Recipients</td>
<td></td>
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<tr>
<td>145 - Patients Partnered with CARE-Net Volunteers</td>
<td></td>
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<tr>
<td>467 - Patients Served by Hospice House</td>
<td></td>
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<tr>
<td>860 - Patients Received Bereavement Services</td>
<td></td>
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<tr>
<td>1,200 - Hospital Patient Visits by Volunteers</td>
<td></td>
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<tr>
<td>1,033 - Patients Served by Palliative Care</td>
<td></td>
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</tbody>
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The Foundation is acutely aware of the impact of our nurse workforce on our health system, which is why Nursing Enrichment has risen as one of the six focus areas for the Foundation. A health system is only as strong as the quality of its clinical staff. To maintain that quality, the Foundation has made a sizable investment through the Nursing Enrichment Fund to strongly advocate for nurses and physicians. This fund provides material and financial support for programs to educate, engage, attract and retain these invaluable human resources.

Through the generosity of the community, particularly the Reid Nursing Endowment, the Donald K. Wallace Endowment and the Marjorie Scott Endowed Fund, FirstHealth nurses this year received a total of $60,000 in scholarships to pursue bachelor’s or master’s level degrees. The Nursing Enrichment Fund also underwrote fees for attendance at national nursing conferences and seminars, board certification preparation and clinical specialty education.

Fiscal Year 2016-2017 Disbursement for Nursing Enrichment
The Foundation distributed $133,481 for continuing nursing education and enrichment in fiscal year 2016-2017. Forty nurses received educational assistance.

Caring for Our Caregivers
Throughout the year, the Nursing Enrichment Fund supported a series of inspirational programs specifically for nurses featuring award-winning motivational speaker, Suzie Humphreys. One nurse attendee shares how the program inspired her:

“I had been overstressed and on the brink of burnout for quite some time. I felt alone in the struggle. Attending this series helped me on the road to turning that around. This workshop made a MAJOR difference in my outlook and stress level. I cannot wait to see what else you have in store this year for us. Thank you so much for reaching out to us nurses and caring for us. You helped make a difference in my life yesterday, which will also impact the lives of my patients and co-workers.”
“As a recent nurse graduate, I try to set goals for myself. The Foundation has helped make my goals possible with their nursing enrichment program.”

Amanda Wilson, R.N.
Cardiac Specialty Unit
Stand Up 4 Nurses
Scholarship Recipient
Physicians are expected to continually increase their skills and knowledge, to epitomize service excellence, and to lead complex, multidisciplinary teams that do the same. The Foundation’s Physician Enrichment Fund makes possible several activities to support these goals.

The Physician Leadership Academy provides a forum for physicians to come together as a supportive team and to learn and practice valuable leadership and other non-clinical skills to enhance their personal and professional lives.

The Foundation also established the Office of Center for Provider Wellbeing through the Physician Enrichment Fund to address the growing issue of burnout and promote overall well-being for FirstHealth physicians, dentists, nurse practitioners, physician assistants, perfusionists and their families. FirstConnect, which encourages fun interactions for providers and their families, was established by the center to promote connectivity and a sense of community.

FirstConnect highlights over the past year include:

- Presentation by Greg Collins, M.D., titled, “The Life and Music of Beethoven: Life Lessons from a Genius,” featuring well known pianist Jesse Davis
- Welcome reception for new members
- Provider retirement parties
- Hoke County provider social
- Wine and Design outing
- “Happily Epic After” party with the band “House Call,” featuring Dan Barnes, D.O., President of FirstHealth Physician Group, and Bill Shilkitus, PA-C, of FirstHealth Convenient Care

The Foundation also helps local providers connect with the community by hosting welcome receptions. This year, the Foundation held public receptions for Matthew Arroyo, M.D.; Michael D. Fromke, M.D.; Cliff Kitchens, M.D.; Amanda Ellis Picerno, PA-C; and Janet Harris-Hicks, M.D.

Fiscal Year 2016-2017 Disbursement for Physician Enrichment

The Foundation disbursed $296,300 to support the Physician Leadership Academy and the Office of Provider Wellbeing.

Long-time Richmond County physician John E. Flannery, M.D., (far left) enjoys family at his FirstConnect hosted retirement party.
An “Epic” Gift Supports Nurse and Physician Training

Last summer, FirstHealth entered the final phase of the largest system-wide undertaking in its history, and a legacy gift to the Foundation played a significant role. The project aimed to link patient health records across all system hospitals, clinics and ancillary services using a state-of-the-art health information technology system known as Epic.

The Foundation’s support was made possible by a creative gift from the Elizabeth Delaney Pishko Fund. This fund was established more than 30 years ago by Dr. Michael Pishko and his wife, Elizabeth, both dedicated supporters of the Foundation and Moore Regional Hospital. In 2016, this fund donated additional income from an unusual source: royalties from mineral rights on estate property in Ohio.

“When we learned there would be more than $600,000 available, we knew the Pishkos would want these funds to be used to continue supporting educational opportunities for our physicians and nurses,” says Kathy Stockham, president of The Foundation of FirstHealth. “What better way than to contribute to better patient care through Epic training.”

What a wonderful way to illustrate the power of legacy giving that supports FirstHealth for generations.
HEART & CANCER CARE
Clinical Excellence with a Spirit of Giving

With heart disease and cancer the leading causes of death in our region, it is fitting that they are a priority for both FirstHealth and the Foundation.

The nationally recognized quality of FirstHealth’s heart and cancer services is a direct reflection of the clinical staff it is able to attract and retain. This allows for innovative services to be offered and consistent quality of care to be provided.

In addition to supporting the development of state-of-the-art infrastructure like Reid Heart Center, Foundation donors also impact patients on a personal level, as well. Every year, hundreds of people contribute generously to CARE Funds every year to help people struggling with cancer, heart disease and other serious conditions. CARE stands for Clinical Advocacy Resources and Education. Whether it’s money for medical transportation, medications, wellness, home medical equipment, wigs or prostheses, CARE Funds help make sure our patients can get the care and services they need.

In Fiscal Year 2016-2017, the Foundation, including Montgomery Community Foundation and Richmond Memorial Hospital Foundation, disbursed $319,605.21 in direct assistance to patients. Through the Cancer CARE Fund, $146,000 of that total went to help 525 patients from the FirstHealth service area.

Real-life Stories of neighbors and friends

When John’s wife was very sick and in Reid Heart Center, Foundation patient-visitor volunteers found him by her side during her entire stay. A proud couple, they did not let on that their finances were stretched to the point that, for meals, John ate only leftover food from his wife’s hospital tray. The meal trays stopped, however, when his wife got a temporary feeding tube and no longer ate solid food. When one volunteer discovered the situation, he offered John daily meal tickets, a courtesy of the Foundation. John gratefully accepted, but used them sparingly. And he even returned the unused tickets once his wife was discharged. “I don’t know what I would have done without these meals, and I don’t know how I can ever begin to thank you all,” he says. “I truly am so thankful.”
CARE FUNDS MAKE A REAL DIFFERENCE

Using a grant from a CARE Fund, a volunteer group from Pine Grove Baptist Church in Richmond County partnered with FirstHealth Home Care to build this ramp for a home care patient who uses a wheelchair.

“Thank you for the support I received during my latest cancer challenge. I followed through on several of the services you offered, including getting a wig, attending the beauty seminar, and talking with your wonderful patient navigator. I am so thankful for all of these programs. I am now on the mend and will continue to ‘give back’ as one of the CARE-Net volunteers.”

“I am proud to be a part of your programs. Thank you so very much for this money. We were in a bind and only expected $50. The money covered the gas for the entire radiation and chemo. We are now back on our feet financially and need to repay, so you can help others. We have been blessed by you and the churches who helped us out. By God’s grace, we have been able to repay you.”

“Words are not enough to express our deepest thankfulness and gratitude to you all during this difficult time of life. A million thanks to you for all your financial help for medical transportation. Everything is well appreciated. God bless you all!”

Cinnamon LeBlanc manages FirstHealth’s Cancer Wellness Program and leads a yoga class for cancer patients and caregivers.

Pink lemonade, anyone? Young fundraisers pitch in to support the Cancer Care Fund.
Despite FirstHealth’s accomplishments in providing cutting edge care, we cannot stand still. There is more work to do. The demand for cancer services locally will continue to rise, as the FirstHealth Outpatient Cancer Center is currently operating at capacity.

The Foundation is moving forward with building a case for support of a comprehensive cancer center on FirstHealth’s Pinehurst campus. To address the challenges of patients who need to visit various departments for care, this new center will bring together radiation oncology, medical oncology, oncology pharmacy, medical offices and support services under one roof.

Like the campaign for Reid Heart Center, community involvement will be crucial to bring this project to fruition.

As we announce more details in the coming months, we hope you will join us in taking this step forward.

**Next Steps in Cancer Care**

The Foundation is proud to support the work of the many providers who treat our most serious diseases.

Pulmonologist Michael Pritchett, D.O., is at the leading edge of lung cancer treatment. He has been the Director of the Chest Center of the Carolinas at Moore Regional Hospital since 2010. The Chest Center brings together a multi-disciplinary team of board certified thoracic surgeons, pulmonologists, medical oncologists, radiation oncologists, pathologists and radiologists dedicated to the treatment of lung cancer and other lung diseases. Dr. Pritchett has introduced several new treatments to the community, including the navigation bronchoscopy program and cone beam CT with navigation bronchoscopy. Some of the specialized equipment was funded by the Foundation. The Chest Center is one of only two U.S. sites for a clinical trial for endobronchial microwave ablation of lung tumors. Dr. Pritchett is involved in several other clinical trials and publishes extensively.

From diagnosis to the conclusion of treatment, FirstHealth Cancer Care’s multidisciplinary professional team navigates a course of action and supports patients’ choices for fighting their illness. They use the latest research, treatment, technology, quality care and most importantly, the dedication of their staff to fight all stages of cancer. Their cancer care physicians are all board certified, and participate in a wide range of cancer clinical trials.

Among the FirstHealth Cancer Care team is Ellen Willard, M.D., a hematology/oncology specialist, who serves as the medical director of Medical Oncology, as well as FirstHealth Hospice & Palliative Care. In addition to being board certified in hematology and medical oncology, Dr. Willard was the first physician in North Carolina to be certified in Hospice and Palliative Medicine.
The 1in8k, held in Pinehurst on October 7, 2017 benefited the Foundation’s Cancer CARE Fund and the mammography scholarship fund for Moore Free & Charitable Clinic, a local organization providing primary care for the uninsured of Moore County. Why an 8K? One in eight women will face breast cancer in their lifetimes. This event celebrates those who have made the journey from breast cancer victim to survivor, remembers those who have passed on and supports early detection for the most vulnerable in our community.
2017 was an exciting year for FirstHealth Hospice & Palliative Care. In May, FirstHealth learned it was one of only 74 recipients nationally to earn “Hospice Honors – Elite,” given by HEALTHCAREfirst, the leading provider of home health and hospice software and other related services. To earn this prestigious award, FirstHealth Hospice scored above the benchmark on 24 quality measures.

This recognition underscores the many personal stories we hear about how FirstHealth Hospice is a transformative experience for the families we serve.

To the staff at Hospice:
“...a simple thanks is not adequate! I love you!”

The staff of FirstHealth Hospice & Palliative Care provides care regardless of each patient’s ability to pay, revenues do not cover all operating expenses. The Foundation funded $588,571 in operational deficits. In addition, the Foundation distributed $234,875 to begin expansion of the palliative care program to the outpatient setting.

Hospice Spring Garden Party
On May 11, FirstHealth Hospice & Palliative Care celebrated the many donors, volunteers and others who helped make the lovely Hospice Garden come alive. During the event, the Hospice Gardens were formally blessed and dedicated to all who need its peace and inspiration.

Amazing Support Through Golf Event
Thanks to community members and FirstHealth’s valued business partners who participated in the September golf tournament, the Foundation raised more than $500,000 to expand the FirstHealth Outpatient Palliative Care program. Because of the unprecedented success of this tournament, these funds can now be used to take palliative care beyond the hospital setting and into an assisted living facility, skilled nursing facility and outpatient clinic.

For people with serious chronic or life-limiting illness, palliative care focuses on the patient's goals and treatment preferences, pain and symptom management, and thoughtful discussions about end-of-life issues. Patients’ needs often get lost in the push to provide any and all available treatments without consideration of the whole person. The goal of palliative care is to improve quality of life – and make life last the whole time.

The initial funding for expanding palliative care beyond the hospital setting was provided by a $284,000 disbursement from the FirstHealth Hospice Endowment in 2016. Further expansion of the program into additional locations requires more funding. The unprecedented success of the golf tournament will make that possible. Special events around the tournament included a welcome reception, a dinner and silent auction.
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Clara’s House is known as a peaceful haven of hope and hospitality house for out-of-town patients, families and their caregivers for patients at Moore Regional or FirstHealth Hospice. But, did you know Clara’s House also:

- Is the home of The Foundation’s CARE Funds and CARE-Net volunteer network?
- Provides a range of both patient support and advocacy services?
- Is a hub for The Foundation’s efforts to support physicians and staff?

For patients and their families, services at Clara’s House act to bridge the many gaps in support that patients have after a serious diagnosis. Activities and groups hosted at Clara’s House include:

Dementia Caregiver Support Group
A program for the education and support for caregivers of loved ones with dementia.

Parkinson’s Support Group of the Sandhills
The group is for patients and care partners living with Parkinson’s disease.

Look Good . . . Feel Better
This program is offered in collaboration with the American Cancer Society to give women with cancer a boost of energy and confidence through beauty services offered by a team of amazing volunteer beauty professionals.

Making Meaning Through Journal Writing
Designed for patients with cancer and survivors and led by a licensed clinical social worker, participants explore ways to find meaning in life through the practice of journaling.

Yoga and Meditation
This class teaches exercise, meditation, breathing and relaxation techniques to improve both body and spirit, and was created for patients with cancer and is led by a credentialed yoga instructor.

Fiscal Year 2016-2017 Clara McLean House Statistics and Disbursements

Clara’s House provided a total of 2,949 room nights to 1,686 house guests of loved ones of patients at Moore Regional. The guests came from 31 counties within North Carolina and 26 other states. Revenues do not cover operating costs. The Foundation disbursed $307,815 to cover the operational deficit and to support the patient advocacy programs.

For Nurses, Physicians and Other Caregivers

Clara’s House is the hub of enrichment programs supported by the Foundation. Numerous free educational and appreciation programs are hosted at Clara’s House throughout the year to help build on the excellence of FirstHealth’s clinical leaders now and in the future.
Thanks to you, Clara’s House is the home where all of our philanthropic priorities come together for the good of our community.

Foundation “Patient Visitors” Spread Smiles

Much of the support offered through the Foundation and Clara’s House happens behind the scenes in personal, meaningful, one-on-one interactions. This is certainly the case with our dedicated team of “patient visitors.” In the last fiscal year, these volunteers visited almost 4,000 patients at Moore Regional, and more than 17,000 in the past five years. They provide a personal touch by offering a newspaper, information on Clara’s House and also meal tickets for the cafeteria. Their commitment to caring is appreciated by each patient and family they visit.

On behalf of all the patients and visitors you have seen, we want to say a very big THANK YOU to these special men and women: (from left) Jean Souweine, Herm Collier, Don Schneider, Joanne Hansz, Bill Mamel, and Barbara and Bill Graining.
After a long day at the FirstHealth Valve Clinic and caring for cardiac patients at the Reid Heart Center, Steven J. Filby, M.D., returns home to his idyllic Whispering Creek Farm in Southern Pines. There, he exchanges his white physician’s coat for his other “whites”—a beekeeper suit—and begins making the rounds of his more than one million honey bees.

“When you open the hives in springtime when the bees are bringing in all the pollen and nectar, it’s the most concentrated breath of spring you can imagine,” he says. “It’s an incredible experience.”

The Filby farm is home to 24 beehives, plus an array of dogs and donkeys. With just ten hives in production in 2016, they yielded 35 gallons of wildflower honey.

When Dr. Filby found himself with such a huge surplus of honey, his thoughts turned to charity, and Dr. Filby decided to sell his honey. “I felt that, in a way, keeping bees was really doing God’s work. I wanted to give back somewhere.”

The Clara McLean House came to the top of his list because of the very positive experiences his patients have shared with him.

“So I started donating all my ‘honey money’ to Clara’s House,” he says.

Sixteen-ounce bottles of Whispering Creek Farm Wildflower Honey can now be purchased at Clara’s House and at various locations around Moore Regional. And it’s not always the same. According to Dr. Filby, bees make different flavored honey at certain times of the year because they are foraging upon seasonal plants.

“My goal was $2,000, and we got close to that last year,” he says. That amount is sure to increase each year as Whispering Creek Farm’s honeybee stock becomes even more productive.

What a sweet way to make a difference.
Clara’s House Staff, from left: Rebecca Ainslie, Laura Kuzma, Patricia Wallace and Pam Hudson, take a much needed rest after a busy week of events commemorating five years of “Kindness with a Front Porch.”

Clara’s House Fifth Anniversary!
In the last five years, the Clara McLean House has welcomed more than 7,000 guests from throughout the United States, as well as Canada, France, Argentina and the Philippines. To celebrate its accomplishments, local supporters came together for a celebration in April that lasted for days.
IN MEMORIAM

Healing Garden Volunteer Rachel Trahern

On March 26, 2017, dedicated Healing Garden volunteer Rachel Trahern left us too soon. From her earliest days as a child growing up during the Blitz in Coventry, England, through all the days of her amazing life in the hospitality business, to her battle with bone cancer, Rachel reported that she felt “really and truly very lucky.” One thing that sustained her throughout her life was her deep love for nature.

“Nature guides me,” she once said. “Just looking out of the window and seeing a tree or a bird to me is heaven.”

Rachel was a lifelong gardener, and one of the first volunteers at The Healing Garden when it opened in 2011. She had long been immersed in volunteer work involving gardening, including with the Sandhills Community College Horticultural Garden. She jumped at the opportunity to join the Clara McLean House Healing Garden volunteers, and she worked faithfully until she became too ill. After her diagnosis, she said she truly understood the power of the garden to heal in spirit, if not in body. Before her passing, she said, “the Healing Garden to me is a lifesaver. It is the most wonderful place.” Her grace and love of the natural world will continue to inspire us.

Clara McLean House Volunteer Anne VanderWolk

On January 31, 2017, dear friend and devoted Clara’s House volunteer Anne VanderWolk passed away peacefully at home. Anne’s positive energy and loving spirit were a constant at Clara’s House from the very first day of her arrival. Through her guidance, encouragement and generosity, the concept of hospitality truly flourished.

Anne was a fixture at the kitchen stove and never tired of cooking delicious quiche and soup for hungry and grateful guests (and staff!). Even when her body began to tire, her generous spirit shone bright. She often had meals delivered to Clara’s House from area restaurants so that guests could be assured a warm and comforting meal at the end of a long day.

Even more important than the meals she prepared were the kindness and warmth she shared with all who crossed her path. She is greatly missed, but we know she’ll always be with us, watching over her kitchen and smiling.
ADDITIONAL GRANTS & DISBURSEMENTS

Moore County:

Brightening Children’s Smiles

The Foundation contributed $106,024 to cover care at FirstHealth Dental Care Centers, to cover the operational deficit. FirstHealth Dental Care centers are an important children’s health initiative for low income and uninsured children.

Children’s Services at FirstHealth

The Foundation provided $16,900 for several programs for children and their families, including the purchase of toys, games and artwork; Project Linus (blankets); the Neonatal Intensive Care Unit reunion; materials for the Toymakers; and bereavement packets.

Quarter-million Dollars to Expand Telemedicine

For patients needing cardiology, neurology, general surgery, chronic pain management and infectious diseases care, the Foundation disbursed $242,138 to purchase equipment to expand “telemedicine” services in fiscal year 2016-2017. Telemedicine is a cost-effective way for patients to receive care without the need for frequent office or hospital visits. It uses technology such as web-based software and telephones to transmit health information to caregivers and to communicate back to patients. This benefits patients who are older or need the care of a specialist who might be in another community, for example.

Hospital Elder Life Program (HELP)

With $1,500 from the Foundation, HELP is able to support training to prevent delirium in older patients. Funds helped with nurse training to assess patient risk for delirium and a volunteer visitor program to prevent delirium in these patients.

Delirium affects a large percentage of people over the age of 70 during their hospital stay. It can cause them to remain in the hospital longer and experience more complications. The HELP program helps to improve care and save money. Patients in the program receive two visits a day from volunteers who provide opportunities for physical activity, socialization and mental stimulation.
Richmond County:

Run for the Ribbons

Runners, joggers and walkers took over downtown Rockingham on April 16, 2017 for the Foundation’s Run for the Ribbons 5K and Family Fun Run 1K. The race benefited the Richmond Memorial Hospital Foundation and Discovery Place KIDS-Rockingham. Proceeds help provide resources in Richmond County to promote healthy living through education and advocacy.

Crawford Lefler Education Fund

The Foundation contributed $1,635 to this fund, created by Moore Regional Hospital-Richmond employee Crawford Lefler to support education for Moore Regional Hospital-Richmond staff.

Patient Scholarships and Programs

The Foundation distributed $20,000 for various patient assistance efforts.

Richmond Memorial Network

Distributions:  ($81,635)
CARE Fund  $50,000
Patient Assistance  $20,000
Lefler Crawford Education Fund  $1,635
School Walking Trails  $10,000

Invested Endowed Value:  $1,388,070
Unrestricted  $1,043,280
AA Webb Endowed Fund  $344,790

Montgomery County:

Pulmonary Rehabilitation

The Foundation provided $21,414 for equipment and training.

Foundation Spring Event

The Montgomery Foundation community came together for a fun day of golf and fellowship on May 5, 2017 to raise funds for the The Daily Mile program at Denison’s Creek Golf and Country Club in Troy. The Daily Mile program, initiated in 2016 at Star Elementary School through a Healthy Carolinians grant, provides a trail on school property and encourages children to walk or run at least 15 minutes a day.

Montgomery Memorial Network

Distributions:  ($105,135)
Cancer CARE Fund  $600
Pulmonary Rehab Educ. & Equip.  $31,736
Montgomery Kids in Crisis  $21,799
Walking Trails for Elementary Schools  $50,000
Nurse Education  $1,000

Invested Endowed Value:  $1,411,826
Patients with Parkinson’s “Rock”

The Foundation contributed $6,000 to fund the Rock Steady Boxing program at FirstHealth Fitness in Pinehurst. In addition to providing cardiovascular benefits, the program improves symptoms such as weakness and tremors. Participants start out with wheelchairs and walkers, but many are soon walking without aid.

Medical Fitness Program

John Caliri, director of FirstHealth Fitness, was recognized as the 2017 winner of the Hank Boerner Pioneer Award by the Medical Fitness Association (MFA).

The Hank Boerner Pioneer Award is given to an individual who has significantly advanced the medical fitness industry through their service to the industry and the association.

In the nearly 20 years with FirstHealth Fitness, John has worked effortlessly to establish medical fitness programs that will benefit his members to the greatest extent.

Medical fitness refers to exercise that is integrated with other care so that health conditions (such as obesity, diabetes or high blood pressure) will improve through physical activity.

An example is the fitness center’s Medical Fitness Program which features fitness programs for individuals transitioning from or managing a medical condition, or needing additional support to improve their level of physical activity. One component of the program is Exercise is Medicine (EIM), a physician-referral program that allows patients to meet with an exercise specialist to develop goals and receive an exercise “prescription.”

The EIM program originated through Foundation funding, and, to date, has provided care and assistance to nearly 6,000 people.

The Foundation’s continued support of all the programs offered at FirstHealth Fitness will ensure that pioneers like John can offer only the best for their members.
Thanks to the generosity of generations of donors like you, The Foundation of FirstHealth has benefited from a strong tradition of giving. More importantly, our community has benefited from a health care resource that contributes so much to our quality of life. Your support continues to allow the Foundation to connect the dots by connecting talented individuals with the resources to help them deliver better care, and by connecting patients to needed services.

There are many ways that you can continue the legacy that began more than 80 years ago. Your gifts of cash or appreciated securities and real estate are so important to making current funds available for the Foundation’s priorities. However, did you know that deferred gifts given through bequests in your will, or other planned giving methods, are vital to the long-term strength of the Foundation and the continuance of our work? We would be delighted to talk to you about giving options that not only support the Foundation, but provide lifetime income and tax benefits for you.

Please call the Foundation office at (910) 695-7500 for more information, or visit our website at www.firsthealth.org/foundation to learn more.