

Dear Donor.

ANNUAL REPORT 2020



Foundation



Dear Donor,

**YOUR GENEROSITY FUELED HEALTH AND TRIUMPH.
WE WOULDN'T BE WHERE WE ARE TODAY WITHOUT YOU.**

2020 was an extraordinary year that required extraordinary acts of courage, determination and innovation. I want to thank everyone who supported IU Health amid a once-in-a-century public health crisis. Your support gave IU Health the resources, capacity and emotional energy to not only persevere, but to innovate and grow.

That's why we're using this year's annual report to shine a light on all that you did for us.

When COVID-19 arrived in Indiana, you donated meals and masks, bottled water and personal protection gear.

When the opportunity arose to give back during Nurses' Week and "Giving Tuesday Now," the special giving events in May held in response to the pandemic, you heeded the call to action. Your giving helped us reach record totals.

Your contributions encouraged us to launch the COVID-19 Rapid Response Fund, which allowed us to make advancements in telehealth and provide highly personal and innovative support systems to our patients. Your gifts to our Team Member Support Fund were used in large part to assist IU Health team member in need. We were able to help more team members than ever before navigate through difficult times, ensuring that they could continue to work on the frontlines helping you, your families and your neighbors.

When racial and social unrest erupted across the country, you helped us double down on our commitment to anti-racism by launching the Racial Equity in Healthcare Fund, which addresses healthcare disparities among underserved populations.

As a result of past philanthropic support, we had in place a telehealth and virtual care system that could pivot to serve as a virtual screening clinic and COVID-19 testing operation. Launched in April 2020, the virtual clinic and testing system have screened thousands of Hoosiers statewide and helped direct folks to care.

Thanks to your support, we were also able to serve as a trusted source of information for our community amid the pandemic; providing frequent updates about COVID-19 and related topics, as well as launching a new webinar series covering topics ranging from the economic impact of the CARES Act to the Coronavirus and its impact on heart health.

This report is our letter of gratitude to you, full of stories and personal messages from real IU Health patients and team members, who were impacted by your generosity. Thank you for all you have done, and for all that you will continue to do to help us improve the health of Hoosiers.

To a healthy 2021,

CRYSTAL HINSON MILLER, MA, CFRE

PRESIDENT, IU HEALTH FOUNDATION AND CHIEF PHILANTHROPY OFFICER, IU HEALTH

Board of Directors **2020-2021**

Anne Nobles, MA, JD, retired, Eli Lilly and Company: Chair

Gary D. Henriott, chairman, Henriott Group, Inc.: Vice-chair

Crystal Hinson Miller MA, CFRE, chief philanthropy officer, IU Health and president, IU Health Foundation: Secretary

Laura Pickett, MHA, vice president, administration and operations, IU Health Foundation; Treasurer

Aman Brar
CEO, Jobvite

Michael Justin (Jud) Fisher
president and COO,
Ball Brothers Foundation

Gina Giacone, JD
partner, Ice Miller

Alan Henderson
entrepreneur, Carlon Holdings
and Henderson Development;
retired NBA player

Jim Marcuccilli
president and CEO,
STAR Financial Bank

Stephen G. Moore, MD
president and CEO,
CarDon & Associates

Dennis Murphy
president and CEO, IU Health

William R. "Bill" Ringo, Jr.
retired, Barclays
Healthcare Group, Pfizer, Inc.

Shelly Schwarz
philanthropist

Mitesh Shah, MD
neurological surgeon and
neurosurgery section chief,
IU Health Methodist Hospital;
Paul B. Nelson Professor of
Neurological Surgery, Indiana
University School of Medicine

Denny Sponzel
CEO and owner, RJE Business
Interiors; Philanthropy
Council representative

Deborah Tobias
retired, Juniper Networks
and co-founder, Tobias
Family Foundation



2020 IN PHOTOS

A year like no other.



WE SHARED OUR GRATITUDE.





Dear Donor:

I was a Covid patient at IU west for 12 days right after Christmas. My main recovery concern became improving my Lung Capacity and reducing my reliance upon oxygen. Due to their amazing care I recovered to the point that they felt I would be better served by continuing my care through the Hospital at home care. This program allowed me to still be monitored, have contact with medical professionals, and still be able to recover at home. I was able to be with my wife and in a familiar comfortable environment.

The hospital at home program care team I worked with were very encouraging. They quickly made me feel more than just another patient. They truly cared about me as a person. When they called they encouraged me when I felt my progress was not sufficient. They told me what to expect during my recovery process, and celebrated each step forward with me.

Without this program, I feel I would have spent several more days in the hospital away from the family. I truly believe I was able to make a faster progress with my recovery while at home.

I want to thank each donor for your contribution to the Covid 19 Rapid Response Fund, which allowed for the creation of this program

With Gratitude

GRATEFULLY, SEAN BENHAM

IU HEALTH PATIENT

There's no place like home.

Sean Benham could not get warm.

As his family prepared for the holidays, Sean's chills morphed into what seemed like a bad cold.

Each day his condition worsened. He tested positive for COVID-19 and quarantined at home.

"I never lost my sense of smell or taste, but I kept losing my appetite," Sean remembers.

A few days after Christmas, unable to move, uninterested in food and gasping for breath, Sean was admitted to IU Health West Hospital.



LONELY AND SLOW GOING

Sean started on 12 liters of supplemental oxygen a day; a clinically significant regiment prescribed to patients in dire need. "Every movement had me gasping for air," he recalls.

As he gradually reduced his supplemental oxygen intake, his struggle became mental. "It was lonely and slow going. The biggest challenge was staying positive. Being able to FaceTime my wife helped; it took my mind off being in the hospital."

On his 10th day at IU Health West Hospital, Sean still required medical support. He discovered that, through the Hospital at Home program, he'd be able to return home for the remainder of his recovery. "Thinking about being able to be with my wife in comfortable surroundings was more exciting than you can imagine."

HOSPITAL AT HOME

Hospital at Home provides medications, equipment and oxygen to patients, along with instructions on how to take vitals and report back to their care team. According to Sean, the equipment was compact enough to fit into "an oversized shopping bag."

"I took my vitals three times a day," Sean says. "The results were sent to my nurses and someone would call 20 minutes later. After a while, I knew what measures I should be expecting. I felt like I had more control over my health."

In addition to recovering comfortably at home, Sean believes the support he received from nurses was crucial. "Every time I progressed, they celebrated with me," he recalls. "When I moved from four to three liters of oxygen per day, the nurse I was FaceTiming threw her arms in the air and said 'Yay, we did it!' That kind of attitude made all the difference. It wasn't just clinical; they made me feel like a person."

THE FUTURE OF MEDICINE IS REMOTE

Since its creation, hundreds of patients have participated in the Hospital at Home program, the majority recovering from COVID-19. "The program enables patients to quarantine with their loved ones and for hospitals to free up beds for more severe cases," says Elyse Thorne, a nurse practitioner for IU Health Virtual Medicine, a member of Sean's care team.

Hospital at Home was made possible by gifts to the COVID-19 Rapid Response Fund, including a donation by entrepreneur and IU Health Foundation Board Member Alan Henderson. "The pandemic is ravaging the community and IU Health is at the forefront in healing people," Alan notes. "I thought I'd make a small contribution to the important work they're doing."

In November 2020, the program expanded to include patients with chronic heart failure, infections and pneumonia.

Because anyone can qualify regardless of their ability to pay, the program's potential is staggering, and addresses one of IU Health's primary commitments: to help patients of every socioeconomic class thrive. "What does the future of healthcare look like for people who are either underserved or uninsured?" Elyse asks. "Programs like this will play a big role in caring for them."



Elyse Thorne
nurse practitioner,
IU Health Virtual
Medicine



Alan Henderson
entrepreneur,
Carlson Holdings
and Henderson
Development,
retired NBA player
and IU Health
Foundation
board member



Dear Donor,

Greetings! As a Maternal-Fetal Medicine Specialist for nearly 30 years, I have seen the realities of infant and maternal mortality rates and how they affect the Black community in Indiana and across the nation. The statistics are disheartening. The creation of the *Racial Equity in Healthcare Fund*, and gifts to this fund, will not only help to increase diversity at our organization and provide inclusion training to our team members, but it will also invest in a new initiative designed to lower Indiana's infant mortality rates. As an African American, a mother of daughters, and a physician of color who cares for pregnant women, these issues are personally important to me.

I am excited about the creation of the *Racial Equity in Healthcare Fund* and thrilled to be involved with the *Cradle Project* here at *IU Health*. With your support, this project will allow the coordination of many resources available through the IU Health system and promote collaboration with committed people and support services throughout our communities. The impact this project can have on the lives of pregnant women and their children is outstanding.

This *Racial Equity in Healthcare Fund's* potential is great. We have a tremendous opportunity to improve the health and well-being of our communities throughout Indiana. Thanks to generous gifts from donors like you who want to make a difference and pledge to promote racial justice and resist discrimination of any kind, we can have enormous success. We look forward to being blessed by your support!

Gratefully,

Lauren Dungy-Poythress, MD
Associate Professor
Division of Maternal-Fetal Medicine
Riley Physicians
Indiana University Health

GRATEFULLY, DR. LAUREN DUNGY-POYTHRESS
IU HEALTH MATERNAL-FETAL MEDICINE SPECIALIST

Starting at birth:

addressing racial inequity in healthcare through Cradle Indianapolis.

According to the Indiana Department of Health, Indiana's average infant mortality rate in 2019 was 6.5 deaths per 1,000 live births. The rate for Black families: 13 deaths per 1,000 live births. A similarly disturbing disparity exists in the maternal mortality rate at childbirth: For every 100,000 live births, 41.4 white women in Indiana will lose their lives compared to 53.4 Black women.

"It's not a matter of money, education or socioeconomic status," says Lauren Dungy-Poythress, MD, a maternal-fetal medicine specialist at Riley Hospital for Children at Indiana University Health, with more than 28 years of experience.

"I'm very educated and understand all of the factors contributing to these statistics, but my two daughters and I are still more at risk if we don't address some of the stresses that black women face on a daily basis from institutionalized racism."

RACIAL EQUITY IN HEALTHCARE FUND

Born from the idea of a valued donor to address health inequities among Hoosiers and advance equitable care for all, the Racial Equity in Healthcare Fund is a response not only to the demands for racial justice that sprang up in the wake of George Floyd's murder, but also to the ongoing imbalance in healthcare treatment and outcomes.

The Racial Equity in Healthcare Fund will support IU Health initiatives ranging from recruiting more people of color into leadership positions to increasing diversity and inclusion training. A substantial portion of the fund will be invested in Cradle Indianapolis, a new initiative designed to lower Indiana's infant mortality rates.



The program will be modeled after Cradle Cincinnati, a successful collaboration among parents, caregivers, healthcare professionals and community members which reduced infant mortality by 20 percent in less than 10 years.

"I'm thrilled to be involved with Cradle Indianapolis," Dr. Dungy-Poythress says. "I'm so pleased that the team is recognizing the need to look outside the immediate healthcare system to affect the issues that women of color face in this society. With the team we have in place working toward the same goal, I have no reason to think we couldn't duplicate the success of Cradle Cincinnati here."

REAL CHANGE NEEDS CHAMPIONS

In Indianapolis, one of those champions is John Thompson. When John, owner of four area businesses, heard about the opportunity to support the Racial Equity in Healthcare Fund, he pledged to give \$5,000 every year for the next five years. He's thrilled the investment in Cradle Indianapolis "will help ensure more infants reach their first birthday and beyond, as is the goal of many organizations and our governor," John says. "Cradle Indianapolis and other programs should accelerate progress in a meaningful way."

Once a recipient of this kind of generosity, John knows that giving has a ripple effect. He's hopeful local community members, and, in particular, the Black community, will join him to support IU Health Foundation as we work to make real change.

"Every life is valuable — and every baby is important," Dr. Dungy-Poythress says.



John Thompson
local businessman
and IU Health
Foundation donor



Dear Donor,

I am a registered nurse on the Progressive Care Unit at IU Health BMH. As you know, COVID-19 was quite the scare for all of us from community members to those inside the hospital. Despite the stress of the situation around us, we continued to come together as a community making us feel more like family than ever before. If it wasn't for the dedication of my teammates and the outpouring of love from our community, coming to work with a smile would be nearly impossible. I truly hope and pray that the worst is behind us! Thank you so much for your kind donation as this will go to areas of the hospital with the greatest need. May generosity and kindness find its way back to you! ☺❤

Blessings and best wishes,
Jenna Shafer, RN

GRATEFULLY, JENNA SHAFER
IU HEALTH PCU NURSE

Friends in need pay it forward.



Mike and Nicci Lunsford
IU Health patients and donors



Mary and Jim Rosema
IU Health patients and donors

The Lunsfords and Rosemas have been friends for decades. They traveled together to Ireland and Scotland, collaborated on business endeavors in Muncie, and golfed across the United States.

They never imagined they'd all be hospitalized at the same time.

In August 2020, Mike and Nicci Lunsford, Jim and Mary Rosema, and four others went out to dinner. They were supposed to eat outside, but ended up indoors. "We were doing church online, wearing masks, and only seeing friends outside and socially distanced," Nicci says. "That night, we thought, 'We're all friends, it will be fine.'"

In total, five of the eight people at dinner that night contracted COVID-19. Nicci, Jim and Mary were each admitted to IU Health Ball Memorial Hospital.

A SEPTEMBER SPENT SEPARATED

After 10 days of moderate symptoms at home, Nicci Lunsford, a breast cancer survivor, spent one week at IU Health Ball Memorial Hospital, running a fever of 103 and experiencing shortness of breath. "COVID attacked my liver and lungs," she recalls. "My liver was enlarged; at night my respiration would decrease."

Because of COVID-19 restrictions, Mike could not visit Nicci in the hospital, but he did receive calls and updates on her status from the staff.

Mary Rosema, also a breast cancer survivor, recovered at home with the help of her son-in-law, Phil, and her daughter, Kristin. She eventually spent two, three-day stints in the hospital.

Her husband, Jim, stayed the longest of the three. "I was on oxygen in the hospital for 20 days," Jim remembers. "At one point they talked about putting me on a ventilator. I wasn't sure I was going to make it home."



"It's scary for our COVID patients," says Jenna Shafer, PCU nurse at IU Health Ball Memorial Hospital and a member of Nicci's care team. "Nobody can be in the room with them except these people in giant, yellow gowns. I just try to make them feel as comfortable as I can."

EXCEPTIONAL CARE

While their symptoms varied greatly, the trio of friends all made full recoveries — and experienced the same exceptional care. "The doctors, nurses, respiratory therapists and custodial crew all treated me like a queen — and they didn't know me from Adam," Nicci says.

"The physicians, nurses and staff genuinely wanted me to get better," Jim says. "When I left the hospital, they lined the hallway, all of them clapping. That was very special."

"We wanted to do something to support the folks that helped Nicci," Mike says. "We thought about sending a meal or flowers to the floor but decided to do something that might benefit even more people."

GIVING NEW MEANING TO "FRIENDSGIVING"

Around Thanksgiving 2020, the Lunsfords gave \$5,000 to IU Health Ball Memorial Hospital — and invited the Rosemas to do the same. Without hesitation, they agreed.

Their generosity even inspired 23 of 25 IU Health Ball Memorial Hospital leadership council and board members to make a gift to IU Health Ball Memorial Hospital, totaling over \$23,500 in donations.

Grateful patients like Nicci, Jim and Mary, are at the core of the IU Health Foundation's work.

In addition to the Lunsford and Rosema gift, one of many generous donations from the Ball Brothers Foundation also enabled the hospital to provide "mask free" zones, tranquility spaces and meals for frontline workers in the East Central Region, while aiding the community.

"We knew those employees were making great personal sacrifices to provide compassionate lifesaving care around the clock," says Jud Fisher, Ball Brothers Foundation president and COO, and IU Health Foundation board member. "It was a big opportunity for us to step up and care for those who were caring for patients."

Their generous acts have not gone unnoticed. "The fact that the Lunsfords and Rosemas had such a wonderful experience that it compelled them to give back makes me smile," says Jenna. "It makes me grateful to work for a place that can inspire people during one of the worst parts of their lives, to turn around and say, 'thanks.'"



Jud Fisher
president and COO, Ball Brothers Foundation and IU Health Foundation board member

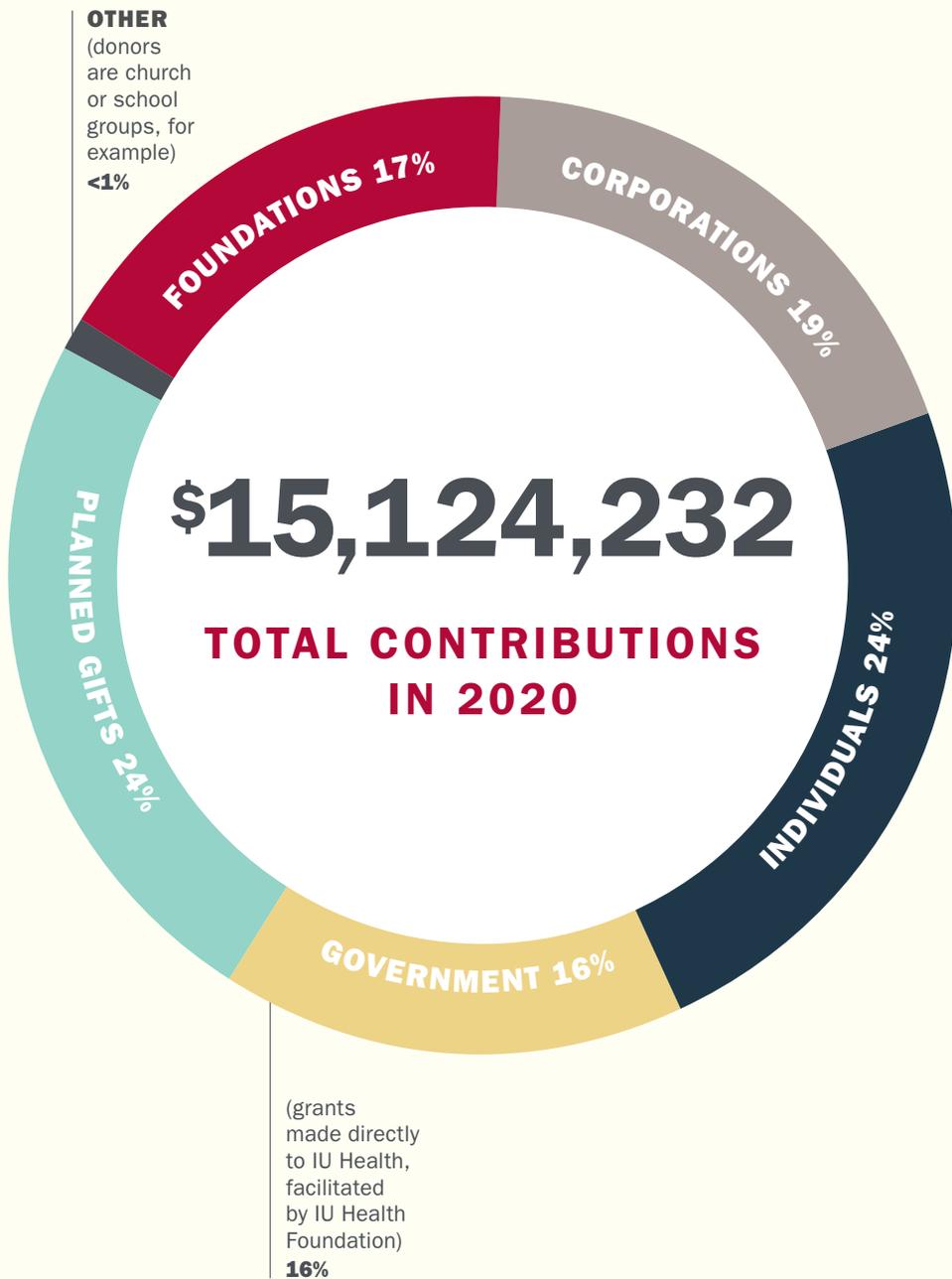
2020 IN PHOTOS

A year like no other.



OUR COMMUNITY SHOWED RESILIENCY.





2020 DISBURSEMENTS BY REGION

Impact of donor gifts around the state.

Statewide
\$2,729,313

Adult Academic Health Center
\$3,309,662

South Cental Region
\$918,473

West Central Region
\$240,881

Indianapolis Suburban Region
\$536,309

East Central Region
\$3,897,737

TOTALS
\$11,632,375

IU HEALTH TEAM MEMBER GIVING IN 2020

Nearly \$1 million

contributed by IU Health team members.

400+

Over 400 new donors to team member giving.

700+

More than 700 team members helped through Team Member Support Fund, which assists our IU Health colleagues during unexpected financial emergencies.

800%↑

Nearly 800 percent increase in number of team members helped.



Dear Donor,

I work as Director of Spiritual Care & Chaplaincy for IU Health's East Central Region, which is comprised of Ball Memorial, Blackford and Jay Hospitals. As a new leader for IU Health, I was excited when I received the invitation to participate in the Leadership Perspective Program (LPP). I am thankful for an employer that purposefully prepares leaders for the roles they ask us to fill. I feel my participation in the LPP helped to prepare me to better care for staff, patients and families as COVID-19 surged. As I reflect on the three days I invested in the LPP, I believe I learned more in those few days than I did in 5 1/2 years as a leader in another health system. Thank you for investing in leadership opportunities at IU Health. These programs truly make an impact in the lives of our IU Health team members.

Gratefully,
Kevin

GRATEFULLY, KEVIN BOCKUS

IU HEALTH CHAPLAIN

Learning to live the values.

Kevin Bockus' call to chaplaincy came in the form of a siren.

One Sunday morning, Kevin heard the wail of firetrucks and saw smoke rising from behind the church where he was preparing to preach. He drove to the scene to learn that a family of five had perished in a trailer fire.

He asked a friend to fill in for him at the church while he stayed with the firefighters and families who lived nearby, helping them process what had just happened.

Shortly thereafter, Kevin became a certified chaplain, transitioning into a hospital setting in Ohio. "Chaplaincy was the call within the call," he says. "It enabled me to work with a larger group of people who were going through difficult times."

THE IU HEALTH WAY

Kevin joined IU Health Ball Memorial Hospital in 2020 as a chaplain. During his onboarding process, he participated in *Leadership Perspectives*, a three-day deep dive into the organization's culture, *The IU Health Way*, and leadership philosophy.

"*Leadership Perspectives* helps newly hired or newly promoted leaders understand the *IU Health Way* and sets common expectations for leaders at IU Health," says Christina Chapman, IU Health chief learning officer. "What's the secret sauce to leading here? And how do you create the right experiences for your team members?"

Leadership Perspectives is made possible by generous gifts from donors like Dave and Julie Goodrich, who chose to invest in professional development because they realized that improving the skill and knowledge level of care providers increases the level of care they can offer. "We want the best trained and most highly skilled providers at IU Health," Dave says. "One way to help people grow into their full potential is by investing in additional professional education."



Kevin found *Leadership Perspectives* exceptional. "I felt like I came away with more in three days than I did in five years at my previous institution."

The focus on lived values was particularly impactful. "A lot of places talk about living their values, but they end up being nothing more than words on a piece of paper," Kevin says. "Here at IU Health, our mission, vision and values drive everything we do."

COMPASSION IN PRACTICE

With the uncertainty and chaos created by COVID-19, a clearly defined set of values has become more important than ever. In fact, the IU Health values — Compassion, Team, Excellence and Purpose — helped Kevin and his team answer difficult questions this past year.

As IU Health Ball Memorial Hospital allowed one visitor per day for non-COVID patients, Kevin found that certain situations necessitated more than one voice speaking on the patient's behalf.

"When a physician is discussing end-of-life options, we don't want a spouse to have to make that decision alone," Kevin says. "Compassion means we treat all people with respect, kindness and empathy. Our Team value means we count on and care for each other. Understanding these values has been important in these situations and allowed us to find solutions so we can do good for all people."

This level of dedication among IU Health employees continues to inspire donors like Dave and Julie. "There are many people within IU Health who've dedicated their lives to improving someone else's quality of life," Dave notes. "We're interested in investing in those people and others who wouldn't be able to participate in continuing education otherwise."

For Kevin, that education has made all the difference. "The program allows us to touch the heartbeat of the health system," he says, "and to integrate that heartbeat into our own so we can truly live out its values."



Christina Chapman
chief learning officer, IU Health



Julie and Dave Goodrich
IU Health Foundation donors



I want to thank the donors of The Olcott Center for their generosity. I especially want to thank Julie Darling, RN who has been so kind to me. She always called me asked me how I was dealing with my chemotherapy and wanting to know how I was feeling. I am so happy to have found out about The Olcott Center. They helped with the food, gas and support that I needed.

Two months after my husband passed away from a massive heart attack of age 57. I was told that I have breast cancer. I was so shocked and confused but with the help and support of Julie I am getting through it and am almost done with chemotherapy. I don't know how to thank the donors and staff at the Olcott Center. Without them, I don't know how I could get through this rough time in my life. They have been so kind and nice to me.

Sincerely,

Nasrin Heffer

GRATEFULLY, NASRIN HEPFER
IU HEALTH PATIENT



Weathering the storm.

On Aug. 8, 2020, Nasrin Hepfer received a phone call she'll never forget.

"It was the police telling me to go to the ER," Nasrin says. "My husband, Greg, had suffered a massive heart attack."

Greg passed away, and Nasrin fell into a deep depression. "I couldn't sleep. I couldn't believe it."

As Nasrin said goodbye to her husband of 33 years, she also discovered she had breast cancer.

"After my diagnosis, my daughter took me to the Olcott Center," Nasrin remembers. "I'm so glad she did."

THE POWER OF THE NURSE NAVIGATOR

Located in Bloomington, the IU Health Olcott Center for Cancer Education opened in 1998, offering support for patients with all forms of cancer. Their secret weapon: nurse navigators.

Nurse navigators are oncology-certified specialists who help patients and their loved ones understand and manage the complex emotional and physical challenges of cancer — from providing counseling services to arranging prosthetic breast fittings.

For a widow like Nasrin, whose two children live in Australia and Virginia, the center was a godsend. "Everybody was so kind," Nasrin says. "They gave me grocery and gas money, wigs and hats. I couldn't believe such an organization existed. I was so happy there was somewhere for me to go."

A LITTLE LOVE GOES A LONG WAY

Nasrin cites compassion as the greatest gift the IU Health Olcott Center gave. "I had eight rounds of chemo," she notes. "My nurse, Julie, called me after every treatment asking how I was doing. It was so nice of her. My relatives didn't even call me that often!"

When Nasrin was hospitalized in December following a seizure, she was unable to have visitors due to COVID-19 protocols. Julie sent a special blanket to keep her company. "It made me feel so blessed," Nasrin says. "Who does that for someone they don't know?"

Terri Acton, nurse manager, IU Health Olcott Center, RN, BSN, MS, understands how important her and her team's work is to patients and their families. "We are able to be a source of comfort, strength and knowledge for a patient when their world has turned upside down," she says. "We help them make it through the storm."

HOW CAN I BE A GOOD GIRLFRIEND?

The IU Health Olcott Center's free services are made possible by gifts from generous donors like Cathey Logue. In 1999, Logue was diagnosed with breast cancer. She attended a support group at the IU Health Olcott Center, where she learned about the financial hardships facing some of her fellow survivors.

"I sat there and wept," Cathey recalls. "I thought, 'How can I help these women? How can I be a good girlfriend?'"

Logue established the G.I.R.L. (Giving Individuals with cancer Resources out of Love) Friend Fund shortly thereafter. Twenty years later, the fund continues to make the arduous recovery journey easier for patients.

As Nasrin continues her treatment, she's hopeful for what the future holds. "I try to think positive," she says. "I told my kids they've already lost their father and I don't want them to lose their mother."



Cathey Logue
IU Health
Foundation donor

Terri Acton
nurse manager,
IU Health Olcott
Center, RN,
BSN, MS



Dear Donor,

My name is Peyton, and I'm a Cardiovascular Intensive Care Nurse at IU Health. I started my career as a new grad in January 2020, at the very beginning of the pandemic. Focusing primarily on post-cardiac procedures, I've worked at both IU Health Methodist Hospital on Cardiovascular Critical Care (CVCC), and since have transferred to a Cardiovascular Intensive Care Unit (CVICU) at IU Health Saxony Hospital.

One of the main reasons I use the Tranquility Spaces is for self care purposes in the midst of a busy and eventful, stressful day. Usually on my breaks, I like to go to the Tranquility Spaces with my headphones to kick back and listen to music or catch a quick nap for a recharge. These spaces have made my job much easier and more enjoyable during extreme circumstances that my peers and I have faced over the past year.

I want to personally thank you for your generous contribution to our COVID-19 Rapid Response Fund, in helping create these spaces for us at work. They really do make a difference!

Very Respectfully,

Peyton, RN

GRATEFULLY, PEYTON BALAZS

IU HEALTH CARDIAC NURSE

A room of their own.

When Peyton Balazs was 14, his father passed away from a heart attack at age 38.

“Only two men in my family have made it past 40,” Peyton says. “I knew at 14 that I needed to do something to break that statistic.”

Peyton committed himself to exercise and healthy eating, and set his sights on becoming a cardiac nurse. “I didn’t learn how to drive from my dad like my friends,” he remembers. “My interest in nursing boils down to wanting to help other people experience things they should experience with their family members, whether they’re 14 or 80.”

Now in his second year as a nurse, Peyton has realized his dream — and has been thrust into a once-in-a-century public health crisis.

THE UNCERTAIN EARLY DAYS

“During the first COVID spike, patients were really scared,” Peyton remembers. “In addition to providing care, we were educating them about the disease and trying to restore a sense of normalcy to their lives. But that was hard because the information we were receiving was changing as well.”

As healthcare providers across the world discovered new information about COVID-19, policies shifted to maintain the safest environments based on the latest data. These necessary pivots began to take their toll on frontline workers.

“It was a constant flux of how we did things: what was required to enter a patient’s room, how long we could be in there,” Peyton says. “If we had COVID-19 patients and non-COVID patients on the same shift, we were working extremely hard to keep everyone safe and give everyone the same level of attention.”



Peyton estimates that, during an ordinary shift caring for two ICU patients, he spends two to four hours putting on and taking off personal protective equipment, washing his hands and sanitizing. Over time, the additional work, increased stakes, and uncertainty of the pandemic’s timeline began to take its toll.

SHELTER FROM THE STORM

“Tranquility spaces” were developed to give frontline workers, like Peyton, places to slow down and gather their thoughts amidst the chaotic environment created by COVID-19. Tranquility spaces feature a range of nurturing activities, including one-to-one counseling, mind and body well-being activities, spiritual support, self-care resources and more.

“When I’ve been tired, I’ve made a cup of coffee and have sat down to take a mental break in the tranquility space,” Peyton says. “Knowing that it’s there helps. That environment changes your attitude, and helps you refresh and focus.”

The tranquility spaces were funded by generous gifts to the COVID-19 Rapid Response Fund from donors like IU Health Board Member Maureen Bisognano. “In this time of COVID, taking care of the care teams is vital,” Maureen says. “Anything we can do to support them brings us a sense of oneness.”

Melody Cockrum, a human resources director at IU Health, has seen the difference tranquility spaces have made for workers systemwide. “When things are so crazy at work and they’re dealing with very ill patients, these spaces give them a place where they can get away and put their mind on something else.”



Maureen Bisognano
IU Health board member and donor



Melody Cockrum
human resources director, IU Health



Dear Donor,

Hello, my name is Jennifer King and I am a certified occupational therapy assistant with IU Health in Frankfort. I have been here for 11 1/2 years and see both outpatients and inpatients for their occupational therapy needs. I love my job however, I do like to sneak outside for a quick walk or some fresh air during my breaks. My co-workers and I like to walk together, it gives us a chance to catch up with each other or just vent about what's on our mind! I am super excited about the new "Walking Trail" that is being built here at the hospital. Not only will it allow us to get out and walk, it will give us a place to relax and regroup so we can be the best version for our patients! It also allows us a space to take our patients (outpatients and inpatients) so also get them some fresh air while exercising and a place to just sit and think or people watch! Thank you so much for your donation of the walking trail, I believe this will impact so many people both in physical and mental health and I think we all know it's important that in today's day and age.

Gratefully,
Jennifer

GRATEFULLY, JENNIFER KING
IU HEALTH OCCUPATIONAL THERAPIST

The path to improved health.



When Jennifer King started as an occupational therapist at IU Health Frankfort Hospital, a few of her colleagues invited her to join them for a walk during lunch.

“I went with them, and I about died,” Jennifer jokes. “They were speed-walking and chatting, and I was silent because I was so out of shape I couldn’t even breathe.”

After walking regularly, Jennifer not only was able to keep pace with her new teammates, but she could also hold a conversation.

When COVID-19 hit the Hoosier state, the ability to get outdoors and exercise became more important than ever, as many gyms and fitness centers closed due to the pandemic. “Because our team is inside for so long during the day, it’s important for us to be able to get fresh air and de-stress outside,” Jennifer says.

THE GIFT OF THE GREAT OUTDOORS

Thanks to a significant gift from NHK Seating of America Inc. to construct a walking trail on the IU Health Frankfort Hospital campus, Jennifer, her colleagues, and the entire community will benefit from a safe, well-lit space to enjoy the outdoors.



“We hope this walking trail will create a safe environment for the citizens of Frankfort to exercise and social distance,” says Rich Reck, vice president of NHK Seating of America Inc. “We believe in community, and we’re going to continue to partner with Frankfort and IU Health to promote health and safety.”

Kelly Braverman, president of IU Health Frankfort Hospital, views the walking trail as representative of a larger shift in healthcare. “As a society, we’re trying very hard to move from reactive medicine to proactive health,” Kelly says. “The trail will be an outward example of that shift in focus.”

A TRUE MULTI-USE SPACE

Kelly hopes to be able to use the trail as an outdoor area for physicians and nurses to lead wellness classes, as a potential spot for a farmers’ market and as an area for community members to meet.

Jennifer is excited to use the new trail with “swing bed patients” – those well enough to be released from acute care, but who still require skilled, inpatient care services. “Some of our swing bed patients may be here for two or three weeks at a time,” Jennifer says. “When we’re working with them in therapy, we can take them outside and do testing on different ground types. That will expose them to a wider range of real-life situations than we can simulate in the clinic.”

Kelly believes the trail will also be a boon for families of patients. “If you have a loved one in the ER and you’re worried, you can go outside and walk out that nervous energy,” Kelly notes.

The walking trail is expected to be completed in the mid-to-late summer of 2021.

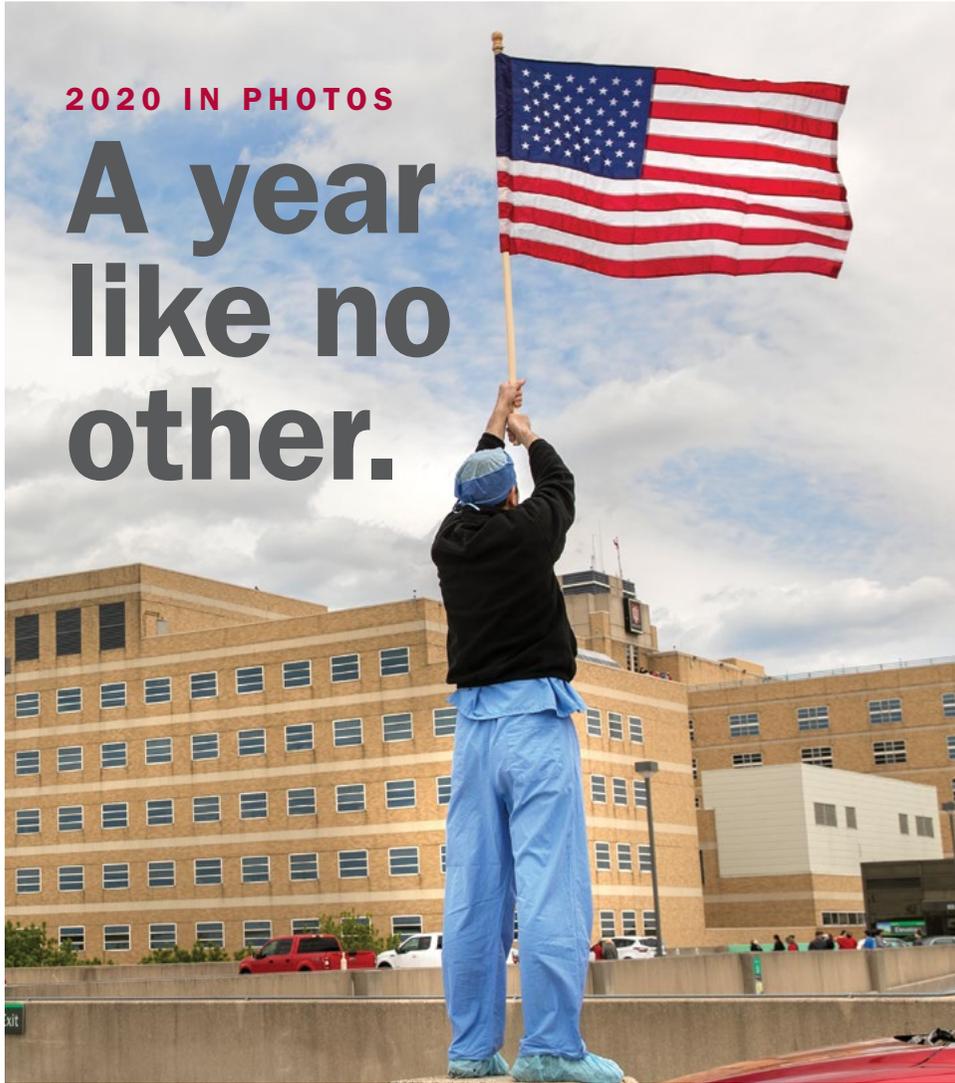


Kelly Braverman
president,
IU Health
Frankfort
Hospital

Rich Reck
vice president,
NHK Seating
of America Inc.
and IU Health
Foundation
corporate donor

2020 IN PHOTOS

A year
like no
other.



WE EMERGED STRONGER.





Indiana University Health Foundation leverages the power of philanthropy to support the Indiana University Health goal of making Indiana one of the nation's healthiest states. One hundred percent of dollars contributed supports the health of our patients and our communities.

To learn how your gift can make a difference, visit iuhealthfoundation.org or call 317.962.1777.



Foundation