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FOUNDATION *focus*

Magda Rizer, DO, breast imaging specialist on the medical staff at Methodist Mansfield Medical Center, provides mammography care in the newly renovated Breast Center at Methodist Mansfield. Read more on page 3.



To improve and save lives through compassionate, quality healthcare.

From the President's Desk

WE HAVE A WHOLE LOT TO BE GRATEFUL FOR



The leaves are falling and the temperature is dropping, which signal that the holidays are upon us. It's the time of year to enjoy being with family and friends and also to reflect on the year behind us. It's a season of gratitude and generosity, and at Methodist Health System Foundation, we take the time to honor both.

We are nearly finished with the capital campaign to create a new cancer unit at Methodist Charlton Medical Center, which will be equipped to provide specialized care for more than 700 cancer patients a year in Southwest Dallas. In addition, our team is working with an engaged community committee at Methodist Mansfield Medical Center to transform part of the hospital into a breast health center, providing a full range of diagnostic and treatment services for women in Tarrant County.

The 2019 Robert S. Folsom Leadership Award dinner was a spectacular event honoring the dedication and public service of former Dallas Mayor Mike Rawlings. Like Mayor Folsom, he is dedicated to his family, to his faith, and to Dallas, working to improve the lives of those less fortunate. The event raised \$1.5 million to help build a new floor at Methodist Dallas Medical Center for transplant patients and those needing advanced surgeries.

This year, we launched the Weiss Legacy Society for individuals who want to leave a lasting legacy with Methodist Health System, as well as the Selecman Leadership Council for emerging civic, business, and philanthropic leaders in Dallas.

As we round out 2019, we are honored that so many individuals, foundations, companies, and Methodist Health System employees have chosen to support our programs and services. Every contribution makes a difference, and we operate by the words, "Generosity makes sense of our past, brings peace for today, and creates a vision for tomorrow."

Happy holidays,

James M. Johnston
President, Methodist Health System Foundation

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Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff are independent practitioners who are not employees or agents of Methodist Health System or any of its affiliated hospitals.

FOLSOM EVENT RAISES \$1.5 MILLION FOR FUTURE TRANSPLANT UNIT

There is no doubt Mike Rawlings is a man with big ideas, big presence, and big heart. And on Friday, Sept. 20, "Big Mike" was celebrated by his family and friends. More than 750 guests attended the Robert S. Folsom Leadership Award dinner honoring former Mayor Michael S. Rawlings. Established in 2005 by Methodist Health System Foundation, the award recognizes people whose demonstrated commitment and excellence in community leadership which emulate the achievements of the late Dallas Mayor Robert S. Folsom. In celebration and tribute to the legacy of Folsom, the honoree designated that the funds raised which totaled \$1.5 million be allocated for a new specialized floor for patients of The Transplant Institute at Methodist Dallas Medical Center.

The Folsom celebration kicked off on Sept. 4 with a patron party, hosted by Kathy and Harlan Crow in their library, for Leadership Circle patrons and friends.

Then on Sept. 20, the doors to the Hilton Anatole ballroom opened, and the voices of the "Rawlings Rejoicers" children's choir came billowing out into the reception lobby. Once seated, guests were greeted by former

Dallas Police Chief David Brown, master of ceremonies and Folsom Award co-chair, followed by the invocation by the Rev. Dr. Andrew Stoker, senior minister of First United Methodist Church in Dallas.

Other surprise guests included local restaurateur Al Biernat, a Roy Orbison impersonator, "The Musers" from The Ticket (KTCK-AM 1310), former Texas Rangers player Michael Young, and Dallas Mavericks owner Mark Cuban, who all paid tribute to Mayor Rawlings. Capping off the night, Gunnar Rawlings and Michelle Rawlings introduced a very special tribute video highlighting their dad's personal history, public service, and mayoral trials and triumphs. Then Mayor Rawlings took the stage and accepted the 2019 Folsom Award:

"Tonight we're here because of one organization that is a cornerstone, and that's Methodist and what it means to Dallas," Rawlings said. "This has been a gift I never, ever expected to get after those eight years. God bless you and God bless Methodist."



2019 Folsom Award co-chairs who were in attendance included (from left) Diane and John Scovell; Missy and Jim Scoggin; Marilyn and Stephen L. Mansfield, PhD, FACHE; Cedonia and David Brown; Micki and Mike Rawlings; Pat and Pete Schenkel; Sophia and Willis Johnson; Joan Walne; Jim Johnston; Alan Walne; Mary and Mike Terry; and Gail O. and R. Gerald Turner, PhD

PAVING THE WAY FOR *better women's health*

BUILDING THE BREAST CENTER AT METHODIST MANSFIELD

Timing is crucial when it comes to cancer. Regular screenings and early detection save lives. That's why Methodist Health System Foundation is raising funds to support The Breast Center at Methodist Mansfield, a new women's imaging and diagnostic center that provides a full range of breast health services, pelvic health therapy, and bone density services under one roof. The Breast Center opened Nov. 12 with a ribbon-cutting ceremony attended by hospital and city of Mansfield leadership, as well as some of our many supporters.

"We're pleased to add this new breast health center to complement our women and children's services, which include the 24/7 OB Emergency Department, neonatal intensive care unit, and outpatient lactation," says Juan Fresquez Jr., president of Methodist Mansfield Medical Center. "We are leaders in patient satisfaction and use the latest technology to deliver an exceptional mammography experience in a convenient location for our patients and physicians."

A GROWING NEED

Breast cancer is the second-leading cause of cancer death among women, as reported by The American Cancer Society. The most recent Community Profile from Susan G. Komen® Greater Fort Worth notes that Tarrant County has a significantly higher breast cancer incidence rate than Texas as a whole. It also indicates that 21.8 percent of Tarrant County women, ages 40 to 64, do not have health insurance, with low-income women suffering the worst survival rates. The Breast Center will increase access to care in our community, providing nearly 4,000 more mammograms annually.

FASTER, MORE ACCURATE DETECTION

According to the National Library of Medicine at the National Institutes of Health, the average patient waits 33.5 days from an abnormal mammogram to biopsy and then 31 more days until treatment. When patients wait longer for care, their chance of successful treatment is diminished. The Breast Center delivers precise results within 24 to 48 hours. It also offers advanced 3D mammography, which provides more accurate detection for women with dense breast tissue. Care is further enhanced with a full-time breast radiologist who is specially trained in interpreting mammograms, performing biopsies, and analyzing results.

"Earlier detection leads to better outcomes," says Richard Schimming, campaign committee chair. "The new Breast Center's rapid response times mean patients won't have to wait or worry as long to get their results."

PELVIC HEALTH

Nearly 24 percent of U.S. women experience pelvic floor disorders, according to the National Institutes of Health. These disorders can cause incontinence, sexual dysfunction, and pelvic organ prolapse. Pelvic health therapists at the Breast Center diagnose disorders and provide treatment on-site.

BONE HEALTH

The National Osteoporosis Foundation reports that 1 in 2 women over the age of 50 will break a bone due to osteoporosis, a disorder characterized by bone fragility. The Breast Center offers bone density screenings for early diagnosis.

DEDICATED NURSE NAVIGATOR

A clinical breast navigator with extensive knowledge about breast disease is on-site, providing patients with valuable information and support. The nurse navigators helps patients



Members of the community campaign committee for The Breast Center at Methodist Mansfield are forging the way for comprehensive and convenient breast health services in their community. (Front, from left) Whitney Mendez, mammography manager, the Breast Center; Richard Schimming, Committee Chair; Magda Rizer, DO, Bridget Flaherty, director physician development; Michelle Robles, nurse navigator. The Breast Center; (back, from left) Tobie Smith, director of development, Methodist Foundation; Brent Aldridge; Keziah Farrar; Pam Rudnicki; Todd Simmons; Renee Chappell; Tara Harris; Heather Havener, MD. Committee members not pictured: Marnee Camp, Robyn Doty, Julie Short, and Stephanie Tipton, DO

coordinate appointments, provide resources, assist with insurance requirements and restrictions, and much more.

HOW TO GIVE

As a not-for-profit organization, Methodist Health System operates, in part, through the generosity of the communities we serve. To support The Breast Center at Methodist Mansfield, we invite you to learn more about giving at MethodistHealthSystem.org/Foundation or call the Foundation at 214-947-4551.

HIGHLIGHTS FROM THE 2019 Robert S. Folsom Leadership Award Event



Former Mayor Mike Rawlings (center) accepts the 2019 Robert S. Folsom Leadership Award from Methodist Foundation President Jim Johnston (far right); Foundation Board of Trustees Chair R. Stephen Folsom (far left), Methodist CEO Jim Scoggin (left), and CEO Emeritus Stephen L. Mansfield, PhD, FACHE (right).



Mayor Mike Rawlings shakes the hands of students from the Dallas Metroplex Musicians' Association youth choir, the "Rawlings Rejoicers," who opened up the ceremony by singing "Oh Happy Day".



Methodist CEO Jim Scoggin (left), former Mayor Mike Rawlings (center), Methodist Foundation President Jim Johnston (right), and 2019 Folsom Award co-chair John Scovell remember the good old days with a classic football stance.



The 2019 Folsom proceeds were designated to building a new floor for patients of The Transplant Institute at Methodist Dallas Medical Center. The physicians, shown with their patients, were each honored in the program (from left): Alejandro Mejia, MD; Mangesh Pagadala, MD; Vichin Puri, MD; Muhammad Qureshi, MD; Jeffrey Weinstein, MD; Zahid Vahora, MD; Parvez Mantry, MD; Amna Ilahe, MD; Kosunarty Fa, MD; Tony Castillo, MD; Richard Dickerman, MD; and Maisha Barnes, MD.



Share the *Warmth* through *Shopping*

SHOP FOR HEALTH AND SHOP FOR METHODIST FOUNDATION

Did you know that you can further support Methodist Health System Foundation just by shopping? Thanks to Tom Thumb, Kroger, and AmazonSmile, it's easy for you to donate every time you shop at no additional cost. So this holiday season, share the warmth as these retailers will donate a percentage of your purchase price back to Methodist Health System's greatest needs! Here's how to set up your giving:

TOM THUMB GOOD NEIGHBOR PROGRAM

1. Sign up for a Tom Thumb Rewards card at your local store's Customer Service desk. Simply fill out the Good Neighbor program section at the top part of a Rewards card application with Methodist Health System's account No. 2961.
2. If you already have a Tom Thumb card, you can fill out a Good Neighbor Program form at your local store and turn it in to the Customer Service desk.
3. Make sure to use your Rewards card each time you shop.

KROGER COMMUNITY REWARDS PROGRAM

1. At your local Kroger, register for a Kroger Plus card at the Customer Service desk, or register for a Digital Plus card at kroger.com.
2. Once you have your Plus card, go online to krogercommunityrewards.com and click on "Create an Account." You can do so by using either your Plus card or an alternate ID.
3. Once your account has been created, click on "My Account." Then click on "Community Rewards." Find us by entering account No. SA155 into the search box. Select "Methodist Health System Foundation" and click "Enroll."

AMAZONSMILE

1. Visit smile.amazon.com and sign in (or create an account if you don't yet have one).
2. Search "Methodist Health System Foundation of Dallas," and select it.
3. Start shopping!

For more information, go to MethodistHealthSystem.org/GiveHealth or call the Foundation at 214-947-4555.

Each time you shop with your rewards accounts, you are supporting Methodist Health System's mission to provide compassionate, quality healthcare for all. Happy shopping!