How do you become the trusted choice for health and wellness?





Dedication.

Each day at Methodist Health System, thousands of people — doctors, nurses, administrators, environmental service workers, cooks, groundskeepers, volunteers — walk through our doors and throw themselves into the mission-driven work of improving and saving lives through compassionate, quality healthcare. This is the mission we have lived for more than 90 years and one that Methodist Health System Foundation continues to fuel today.

But it doesn't come easily. It requires vision. It takes integrity and discipline. And above all, it demands dedication — to excellence, to innovation, to serving our patients.



>> "LORD my God, I called to you for help, and you healed me." — Psalm 30:2

The Reverend Don R. Benton, DMin, started a tradition. The longtime member of the Methodist Health System Foundation Board of Trustees designed the cross atop Methodist Dallas Medical Center. Today, every Methodist hospital campus bears a cross. They serve as symbols of our dedication to Christian service and beacons of hope for the sick and suffering.



We're honoring our past with a vision for our future.

vision: to be the trusted choice for health and wellness. At first glance, these words are easy

We want to be *the* trusted choice, not *a* trusted choice. We want the Methodist name to be top

We carve no boundaries. We take great community but also welcoming people from across the world who see us as a destination for were dedicated to bringing healthcare to the

but we also care about their overall well-being We are dedicated to *being* trustworthy continue to cultivate it and prove our worth As you can see, our Vision 2020 is anything but contributions in support of this work, and in them. Your dedication is to be commended. we serve, thank you for it.



JAMES M. JOHNSTON

R. Steve Jobsom R. STEPHEN FOLSOM

We prioritize health and wellness. We care

Stopen & Manfind

STEPHEN L. MANSFIELD, PHD, FACHE



We're dedicated to pursuing excellence in everything we do.

We know that excellence doesn't just happen. It's planned, supported, and pushed. So we brought together the right And we keep pushing the envelope, incorporating new

AND PANCREATIC/HEPATIC/BILIARY CANCERS.

159

SUPPORTED 117 OF THEM.





Carol Cress thought she was free of pancreatitis for good. Then the pain struck again.

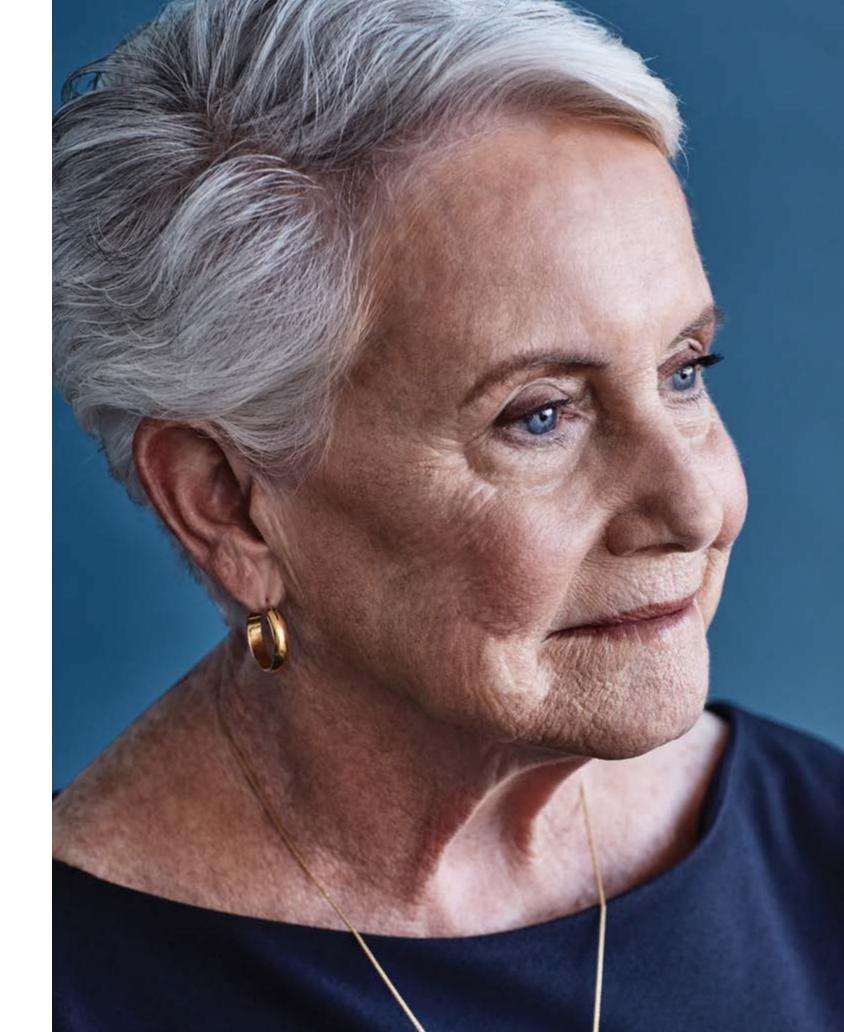
In 2015, Carol had a successful surgery to remove a potentially cancerous cyst from her pancreas. "Almost two years went by, then boom!" she says. The severe abdominal pain, nausea, and vomiting had returned. A blockage had formed between the pancreas and small intestine, and it needed to be opened. A doctor at another Dallas hospital referred Carol to Methodist Dallas Medical Center because it's the only hospital in the country certified by The Joint Commission in pancreatitis care.

At other hospitals, Carol was only offered surgical solutions, but Methodist Dallas offered her an advanced option — one that a decade earlier hadn't been possible — endoscopic ultrasound (EUS). It allowed Prashant Kedia, MD, FASGE, gastroenterologist on the hospital medical staff, to approach the pancreas from inside the stomach. "Ultrasound can see through the lining of the stomach and into the pancreas to see the blocked duct," he explains. "We can put a needle through the lining of the stomach and into the duct and then advance a stent to open the duct."

Carol, a former gastroenterology (GI) nurse, had never heard of the procedure, but she appreciated the confidence she saw in Dr. Kedia. After the procedure, she knew she was right to trust him. "I went home that day after the procedure, and since then, it's just been roses and a healthy life," she says. "I'm eternally grateful."

Methodist Health System Foundation supports several GI programs at Methodist Dallas. To learn how you can help, call 214-947-4555.

For 20 years, Carol Cress served as a nurse, 12 of those years as a GI nurse. "Looking through the lens of someone who has had pancreatic disease and who feared having pancreatic cancer, it's important to find ways to catch these conditions early and treat them," she says. "To me, Methodist Dallas is the only place to go when you're having difficulties like mine."







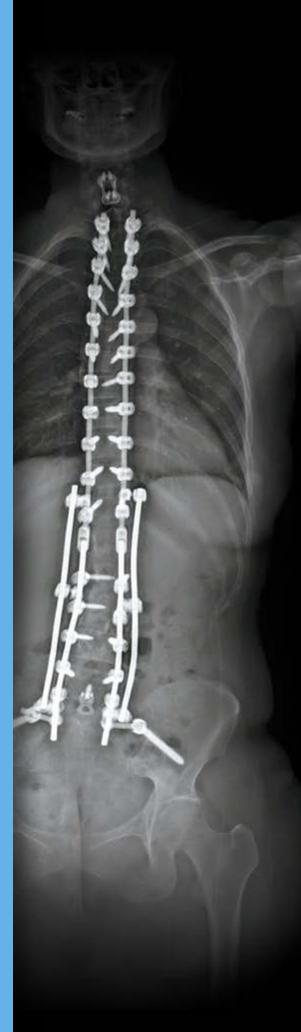
We're dedicated to bringing innovation and new methods of care to patients.

Last year, we sought out new technologies — like EOS° imaging. We established a clinic at Methodist Dallas Medical Center for the often-marginalized HIV community people facing heart failure. We also persevered in curing

COUNTRY OFFERING EOS IMAGING THE ONLY ONE IN DALLAS COUNTY.

145

THE METHODIST DALLAS MEDICAL CENTER PARTNERS CLINIC, DEDICATED TO TREATING HOSE WITH HIV AND AIDS.







Since a childhood accident, Jennifer Wilbanks' back has never been the same.

Jennifer Wilbanks wasn't born with scoliosis. It developed after she fell from a two-story window while playing as a child. "It shifted everything in my back," says the Lubbock resident, who had her first back surgery in 2016: two long titanium rods implanted to correct the curvature of her spine. She thought she was almost healed, and then only days before her wedding in July 2018, she felt a pop. A month later, another pop. The pain that followed was debilitating.

A family member referred Jennifer to Methodist Dallas Medical Center, the only adult hospital in Dallas with EOS^{*} imaging. This technology course-corrected Jennifer's recovery. It confirmed not only that her rods had snapped in two but also where the breaks had occurred. That information helped Randall Graham, MD, neurosurgeon on the hospital medical staff, minimize the surgical area, shave three hours off Jennifer's surgery time, and plan for two repairs in one day. "The operation isn't the hard part — it's figuring out how you're going to operate," he says. "EOS makes it easy to come up with a plan."

Life is easier for Jennifer, too. She looks forward to returning to work, traveling, and enjoying her marriage. For the generous anonymous donor who helped make EOS possible, she has nothing but thanks. "Every hospital should have EOS technology," she says. "It's wonderful that Methodist made this kind of investment to make things easier for people like me."

Neurosurgeon Randall Graham, MD (above), says hundreds of patients have benefited from EOS imaging since fall 2018. His next hope for advancing neurosurgery at Methodist Health System is equipment that can produce images of the spine and brain during surgery.







We're dedicated to giving people access to the care they need.

can. By all the means you can. ... In all the places you can. With recent projects in Dallas, Grand Prairie, Midlothian,

LEVEL III ADVANCED TRAUMA FACILITIES.

FROM MAMMOGRAPHY SCREENINGS ON METHODIST'S MOBILE MAMMOGRAPHY UNIT, WHICH BRINGS THIS SERVICE DIRECTLY TO LOCAL WORKPLACES AND EVENTS.





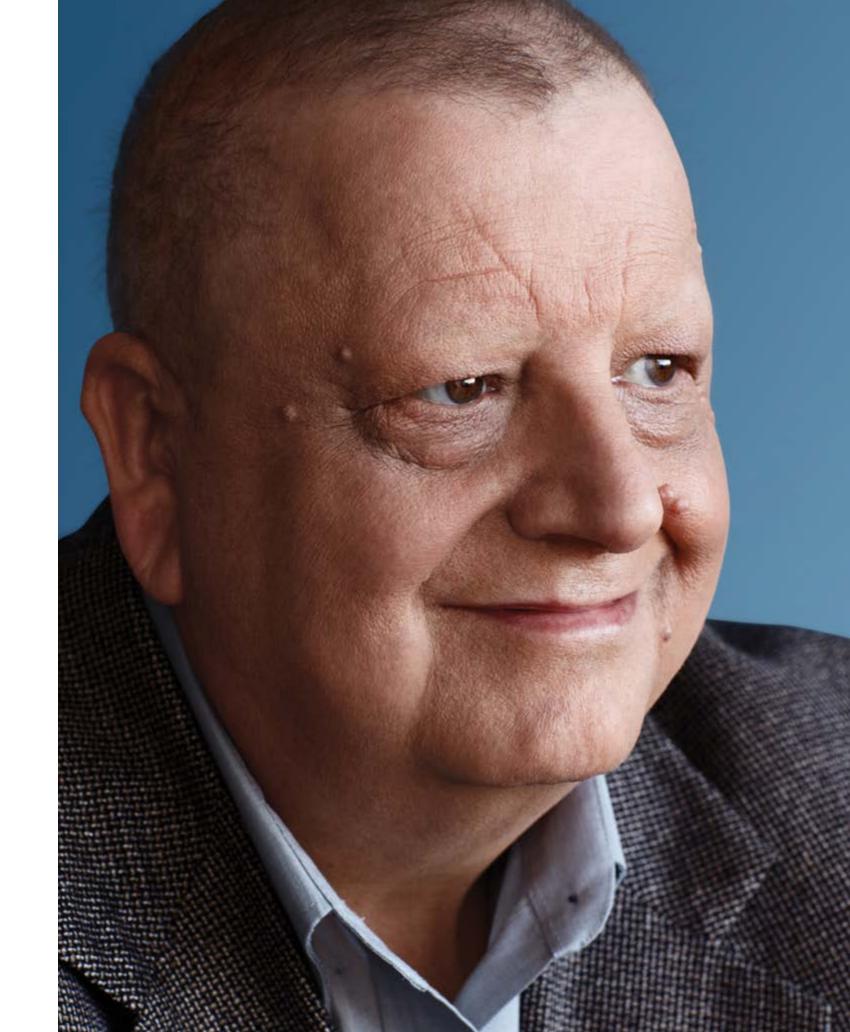
People are driving miles outside their community for the cancer care they need.

Johnny Adams is one of the lucky ones. He has had a lifelong career as a grocer, is insured, and is surrounded by a close-knit family. His Hodgkin lymphoma was caught early, and with the help of Methodist Charlton Medical Center, he is now months into remission. "They had such a positive attitude that you couldn't help but trust that what they were going to do would be the best for you — and it was," he says.

Methodist Charlton knows that Johnny is one of thousands of local cancer patients needing quality cancer care. Several live in poverty and are uninsured. Their cancer is often caught later, when it's harder to treat and patients are more prone to sickness. "We're the only hospital in this area, so we're really trying to meet the needs of our community," says Amber Long, MBA, BSN, RN, OCN, CPHQ, director of cancer program administration at Methodist Charlton (shown above).

In coordination with the hospital, Methodist Health System Foundation is raising awareness and support for a dedicated cancer unit, which would be the only one of its kind in this community. Here, oncologycertified nurses and specialized physicians will help patients recover from intensive surgeries and overcome the effects of chemotherapy. "Cancer patients have unique needs, and it takes special people to care for them," Long says. "These patients tend to have longer hospital stays, so this unit will be a temporary home for them, where they'll really get to know the people caring for them. Our mission is to help them and their families and support them on their journey."

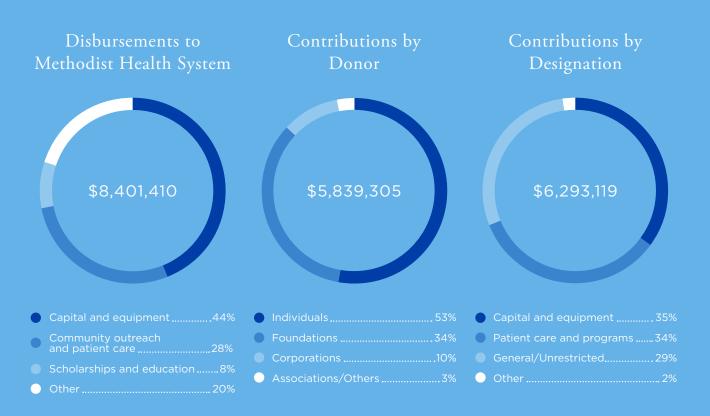
Johnny Adams was diagnosed with stage III Hodgkin lymphoma in March 2018. "Donors who support the new cancer unit at Methodist Charlton are giving people like me an opportunity to increase their quality of life," Johnny says. "You need to be surrounded by people who care in a place where you feel you can heal and be healed."



Methodist by the numbers.

These numbers help tell the story of Methodist Health System and the work of Methodist Health System Foundation. Financial numbers are derived from our fiscal year 2018, which ran from Oct. 1, 2017, through Sept. 30, 2018.

\$127.3 million METHODIST HEALTH SYSTEM FOUNDATION'S TOTAL ASSETS.



8.219

91 years

SERVING NORTH TEXAS.

\$150 million HOW MUCH METHODIST HEALTH SYSTEM PROVIDED IN UNREIMBURSED CHARITY CARE

For the past 15 years, Methodist Health System has been named among the 'Best Places to Work' by the Dallas Business Journal.

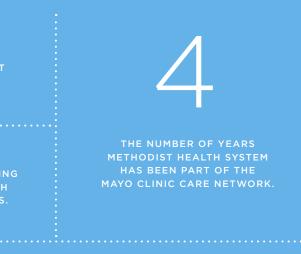
2ncMETHODIST HEALTH SYSTEM'S

RANKING ON THE NATIONWIDE

DIVERSITYINC TOP HOSPITALS

AND HEALTH SYSTEMS LIST.

\$411,796



NUMBER OF KIDNEY TRANSPLANTS MEDICAL CENTER IN 2018, 17 OF WHICH WERE FROM LIVING DONORS.

PROCEDURES THAT HAVE BEEN PERFORMED AT METHODIST DALLAS

NDATION DISTRIBUTED \$222,351 TO THIS PROGRAM.



We're dedicated to honoring the legacy of Robert S. Folsom.

in making a lasting, positive change in the Dallas community

51.6m FUNDS RAISED THROUGH THE 2018 FOLSOM AWARD EVENT, WHICH WILL SUPPORT THE NEW CANCER UNIT AT METHODIST CHARLTON MEDICAL CENTER.

700

NUMBER OF PEOPLE EACH YEAR WHO WILL BENEFIT FROM CANCER TREATMENT IN THE NEW METHODIST CHARLTON CANCER UNIT.





Since 1992, state Sen. Royce West has been a tireless supporter of North Texas.

In the 27 years since Sen. Royce West was elected to the Texas Legislature, he has played a powerful role in state and local politics, law, and community service. He has been an advocate for educational opportunities for people of all ages and supported legislation to protect at-risk youth and their families as well as law enforcement officers. For these reasons and more, Methodist Health System Foundation was pleased to honor West with the 2018 Robert S. Folsom Leadership Award.

The festivities in honor of West kicked off on Oct. 17, when Nancy Ann and Ray Hunt hosted a patron party of Leadership Circle donors and special guests at the Hunt Consolidated headquarters in downtown Dallas. Then on Oct. 25, the Folsom Award dinner at the Hilton Anatole Hotel was a tribute to the leader, who chose to dedicate proceeds from his event to a new cancer unit at Methodist Charlton Medical Center. Every detail of the dinner was tailored to West, including a meal featuring his daughter's meatloaf recipe and a gospel choir performance of his favorite hymn.

"I am deeply humbled and honored to receive the Folsom Leadership Award," West said that night. "It's special not only because of the highly distinguished prior recipients, but also because of the man it's named after, Bob Folsom. This truly is a special night for me and my family, and I am so appreciative."

To learn how you can support the new cancer unit at Methodist Charlton, visit MethodistHealthSystem.org/Foundation.

Methodist Charlton's new cancer unit will include 12 patient rooms, with the capacity to serve more than 700 patients a year. Staffing the unit will be specialized physicians and oncology-certified nurses, and accommodations will offer a spa-like feel, artful décor, and comfortable seating for visitors.





2018 Folsom Award Dinner

PAST ROBERT S. FOLSOM LEADERSHIP AWARD RECIPIENTS

2005 Robert S. Folson
2006 Nancy Ann Hunt
2007 Troy Aikman
2008 Laura Bush
2009 Norman Brinker
2010 Pat and Emmitt S
2011 Trevor Rees-Jone

2012 Michael M. Boone
2013 Rev. Mark Craig
2014 Bobby B. Lyle
2015 Jack Lowe Jr.
2016 R. Gerald Turner, P
2017 David B. Miller

- Royce West with his wife, Carol; Marilyn and Stephen L. Mansfield, PhD, FACHE; and 2018 Folsom event co-chairs
- 2 Jim Johnston; Royce West; Steve Folsom; and Stephen L. Mansfield, PhD, FACHE
- 3 Pete Schenkel; Ray Hunt; Royce West; and R. Gerald Turner, PhD
- 4 Dallas Mayor Mike Rawlings and Royce West with the Roycesters, a Temptations tribute band
- 5 Royce Wes

6 Stephen L. Mansfield, PhD, FACHE, with Serita and Bishop TD Jakes
7 Magnus Wetterstrand and Sylvia Hargrave, MD
8 Brint and Amanda Ryan with Carol and Royce West
9 Pat and Pete Schenkel with Sharon and Steve Folsom
10 The Hon. Tennell and Marshella Atkins; Regina Montoya; the Hons. Delia and Juan Jasso; Carol and Royce West; the Hon. Theresa Daniel, PhD; and the Hon. Elba Garcia, DDS















- 6 Selly and Joyce Belofsky

Our Donors

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The Methodist Health System Foundation 30 Minute Club consists of health system employees (marked in blue) who voluntarily contribute a portion of their salaries to projects supporting the welfare, purpose, and mission of Methodist, its employees, and its patients. Anonymous

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Claudia Ahuta

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