ANNUAL REPORT



Nascentia Health **Charitable Foundation**

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VNA Foundation

ofCNY

A Message from Kate Rolf President and CEO

As we reflect on the life-changing events of the past few years, our role in caring for the health of our neighbors comes into sharp focus. Nascentia's outstanding clinical and administrative team stepped up and went above what anyone could have asked of them, proving themselves to be the healthcare heroes that our community needed. I am so proud of their dedication and the incredible difference they continue to make in the lives of thousands of people who rely on us across 48 counties in New York.

Going hand-in-hand with our commitment to excellent healthcare is our belief that our patients and members deserve quality of life beyond just medical treatment. That's why we are so proud to make such a significant, positive impact on the lives of people facing challenging circumstances. For decades our VNA Foundation of CNY and Eldercare Foundation have given the gift of hope to hundreds of patients by donating items that transform their lives for the better.

We are excited to celebrate that our two foundations have merged into the Nascentia Health Charitable Foundation!

Nascentia Health Charitable Foundation

This new charitable entity builds on and expands the missions of the two separate foundations to best serve our full range of patients—from pediatrics to adults to seniors.

We are so honored by the incredible generosity of our donors and supporters in our mission to help our financially challenged and under- or un-insured patients. The turnout for this year's Raise a Glass fundraiser was fantastic and, thanks to you, we raised more than \$100,000 to enable our important work! The support you have shown is truly heartwarming.

Thank you for your kind support,

Keli

Kate Rolf President & CEO



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I am so proud to chair the board for the new Nascentia Health Charitable Foundation and to support its mission. While the gifts we make can be large or small, the value we bring to the patients who receive them is immeasurable. It has been so rewarding to help bring joy and comfort to so many in need.

Anita Lombardi

Nascentia Health Charitable Foundation Board Chair



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Seeing the incredible impact that Nascentia Health has had on our community has been eye opening for me and I am honored to be a part of the amazing work going on here. The creation of the new Nascentia Health Charitable Foundation is just one example of the "Be Nascentia" core values that I see demonstrated by this outstanding team.

Robert Galusha Nascentia Health Board Chair





Our Mission

The Nascentia Health Charitable Foundation's mission is to increase awareness of our most vulnerable populations, to raise funds to address their unmet needs and to better serve their well-being across the regions that we serve. It also supports the education and development of in-home care providers, to enhance the availability of highly qualified caregivers that attend to our most vulnerable, well into the future.

Giving Back

Each year, support for our foundation enables us to improve the quality of life for countless patients and their families throughout Upstate New York. Items we have assisted with include:



Specialty baby monitor for deaf parents

- Exercise bike for teenager with Prader-Willi syndrome
- Focused training for nurses and home health aides to care for special-needs children and adults with dementia
- N



Gastronomy tube cover for a two-year-old patient

Blender that enables a patient

on a liquid diet to make

nutritious meals at home

- Specialized car seat for a child who needs extra support for her head, neck, and chest
- Central line vest to protect a child's vital medical connections

New beds, mattresses, and bedding for patients sleeping on unhealthy or dilapidated beds or the floor



- Specialty wheelchair and lift chair for ALS patients
- Equipment that allows a mother to safely get her disabled child in and out of the bathtub



Transportation for a pediatric patient traveling to New York City for specialized, lifesustaining medical care



 Entry ramp to enable a pediatric patient access to his own home



 Generator to ensure constant, reliable power for a patient's oxygen machine



How Can You Help?

Every donation toward our mission makes a difference!

The gifts of comfort, safety, and self sufficiency that we give to our patients change their lives for the better in both small and large ways. Your generosity is what enables us to continue bringing joy and security to the people we serve daily. Please consider giving the gift of hope to a local Central New Yorker. A donation to the Nascentia Health Charitable Foundation enables us to give someone in need a hand up, not a hand out. Our donations help our patients improve their own health and become more independent, and give our clinical staff the additional specialized training they need to most effectively care for them.

What your donation can support

\$50	 Blender or microwave to enable someone to prepare their own food Child's central line vest
\$100	Adaptive car seatSpecialized baby monitor
\$250	 Bed frame Mattress, sheets, and pillows Advanced training for clinical staff
\$500	 Generator to ensure constant power Patient lift system



Make a secure credit card donation: nascentiahealth.org/foundation/donate



Use the enclosed envelope to donate by check or credit card.



Changing Lives for the Better

Sheryl Welch is living with lymphedema, a painful condition that causes her legs to swell with fluid. Severe cases like hers reduce a patient's ability to move their limbs and increase the risk of skin infection and skin tearing and breaking down. Sheryl has trouble walking and lifting her legs, and also has an open wound that has been a challenge to heal. She explains that "my son has to help lift my leg onto my bed. After 2 hours, I got up to use the commode, but couldn't get back in bed on my own. I slept in my wheelchair. Not good for lymphedema legs!" She applied to her insurance company for a PureWick System, an external catheter that

would allow her to stay in bed throughout the night, but was denied. Thanks to our foundation, Sheryl finally received the system in October.

"I felt like it was Christmas! Thank you sooooo much for this game changing device. Now when I get in bed for the night, I can stay in bed...Much appreciated!!"

After using the system for just one month, Sheryl has already experienced a 40% reduction in her wound size, a 5-point improvement in her wound score, and lost 20 pounds. "We work with patients every day who need more and more help that insurance companies won't provide. As a clinician, I see myself as a bridge, trying to connect the insurance benefits to the needs of the patient. But bridges only work if they connect completely across. The Foundation serves as that missing piece. We provide for all kinds of expenses that are small, reasonable, and justified but that were denied by insurers. In addition, the Foundation pays for other expenses that may seem unrelated at first, but are actually a keystone to care."

-Patrick Remenicky, Physical Therapist and Certified Wound Specialist

Nascentia Health physical therapist Patrick Remenicky and his patient, Sheryl Welch, have seen incredible results from her new external catheter system.



Frank Jones was sleeping on an extremely old and poor condition mattress that didn't support his body effectively and negatively affected his sleep because it was so uncomfortable and unsafe, causing him to fall out of bed.

Our foundation purchased a brand new bed and queen mattress for him, greatly improving his comfort and sleep quality.

"After he received the mattress, I followed up with him and he conveyed how blessed and grateful he was for the support. He was sleeping better than ever and reported no falls off bed since receiving a new mattress."

- Marcy Lake PT, Physical Therapist

Caidence Morrison was diagnosed with stage 3 kidney cancer in 2017. She received home care from Nascentia's pediatric team as she bravely fought her way through treatment, which included chemotherapy 7 days a week, 8 hours a day, one week per month. At the holidays, we surprised the large blended family with gifts for Caidence and her 9 siblings so they could all have a joyful Christmas. Caidence rang the chemo bell at Golisano Children's hospital in May 2018 and has thankfully been completely cancer free ever since! Since her treatment ended, Nascentia staff have continued to visit the family, treating them to a day at Chuck E Cheese, a play date and picnic at the park, and giving them a little something around the holidays. We also worked with Make A Wish to build an outdoor play house for Caidence and her siblings.

"She just went for her 3-year cancer free check up in September (scans are every 6 months now) and everything is well—all scans free and clear!" -Monica Yost, *Caidence's mom*



Raise a Glass Raises a Record Amount!

Your generosity helped us raise more than \$100,000 to benefit our patients in need.

Thank you to everyone who came out on Sunday, October 3, to celebrate and support the Nascentia Health Charitable Foundation! We welcomed more than 250 guests to the Lakeshore Yacht & Country Club in Cicero the perfect new venue for our annual fundraiser.

Laura Serway, a Nascentia Health board member, entertained the lively crowd as our emcee, highlighting the dozens of fantastic auction items available for bid. Our employees outdid themselves by donating more than 25 exceptional raffle baskets ranging from delicious food and drinks to hand-made artwork to local experiences. The event also featured a silent auction with amazing trips and prizes, a gift card drawing, and wine tasting by Kendall-Jackson. Continuing our tradition of honoring people who have contributed to the health and well-being of our community, President and CEO Kate Rolf presented awards to three local individuals.

Onondaga County Executive Ryan McMahon received the Civic Engagement Excellence Award, which recognizes a person who excels in addressing public concern and making a difference in the lives of those in the community. McMahon was chosen for his leadership and commitment to making Onondaga County a safe and thriving place to live and work.

Clover and Adam Weitsman received the Community Champion Award, which is presented to those who have made an outstanding contribution to the community. They were selected for their significant philanthropy efforts through their CNY Tuesdays give-back campaign and many other charitable donations they make in support of local organizations.





(top left) 25+ amazing raffle baskets were donated by our employees.

(bottom left) Amy Davis was just one of the many employees who volunteered to make this event a success.

(right) Emcee Laura Serway drives up bids at the silent auction.





(top left) Onondaga County Executive Ryan McMahon accepts the Civic Engagement Award and (top right) Adam and Clover Weitsman accept the Community Champion Award from Nascentia Health President and CEO Kate Rolf. (bottom) A very supportive and excited crowd turned out for our first in-person event since 2019.



Nascentia Health Organizational Update

2021 was a very successful year for Nascentia Health, thanks to the incredible work of our outstanding employees and their dedication to our mission of being the premier home and community-based care system for the regions we serve.

COVID Response | In 2020, Onondaga County partnered with us to staff COVID testing centers and test vulnerable senior populations at home. Our clinical team quickly stepped up to balance this critical community need while continuing to care for our existing patients. The county reached out again in spring 2021 to ask Nascentia to lead Upstate New York's first in-home vaccine program. In just the first week of the program, we administered 300 doses to our home-bound clients. Working with clients in 6 counties, we have now administered more than 2,000 vaccines and boosters to our most vulnerable citizens.

A Decade of Leadership | We celebrated the 10th anniversary of Kate Rolf as our president and CEO, reflecting back on a decade of her vision and leadership as she steered our historic home care agency into the diverse business it is today—offering comprehensive nursing, therapy, and home health aide services, as well as managed long-term care plans and Medicare Advantage Plans.

New Offices | We moved into two new office spaces in 2021—in Tonawanda, just outside of Buffalo, and in the Rochester suburb of Greece. These offices help us best serve our large network of members and providers in Western New York and the Finger Lakes as we continue to grow and diversify our services. Leadership Recognized | Chief clinical officer Andrea Lazarek-LaQuay was named CNY Business Journal's Outstanding Healthcare Executive of 2021 as part of the 10th annual Excellence in Healthcare awards. Andrea led our partnership with Onondaga County to staff COVID testing sites for over a year and a half. She spearheaded Upstate New York's first at-home vaccination program and worked to provide antibodies to seniors critically ill with COVID, but not yet hospitalized.

Best Place to Work | We were recognized for the third year in a row as one of the Best Companies to Work for in New York by the New York State Society for Human Resource Management and Best Companies Group. Nascentia was ranked as the 29th best large company to work for in New York state because of our outstanding benefits, practices, and policies; and the positive feedback from our employees on the Best Companies survey.

New Senior Housing | Nascentia Health partnered with Rochester-based Home Leasing on the new Gardens at St. Anthony senior apartments in Syracuse. This former school and convent was completely updated and transformed into 54 modern apartments. Nascentia is managing tenants for 27 units through a grant from the Empire State Supportive Housing Initiative (ESSHI) to provide quality housing for low-income seniors over age 55 who are homeless or at risk of becoming homeless.

(left) Nascentia nurse Maria Giannino administers one of Upstate New York's first in-home COVID vaccinations in March 2021.

(right) The new Gardens at St. Anthony offers safe, modern apartments to seniors who are homeless or at risk of being homeless.



(top right) Rendering of the new Revere Copperroofed entrance to the historic mansion house.

(bottom right) Kate Rolf, Nascentia board member Laura Serway, Dr. Jeffrey Amidon, and Nascentia Chief Medical Officer Dr. Joel Amidon.

(bottom left) A crowd of more than 150 joined us on November 17 to celebrate the project.







Nascentia Neighborhood at The Beeches

A major accomplishment in 2021 was our purchase of the The Beeches complex in Rome, NY. This picturesque 52-acre property features a stone mansion house built in the 1910s, conference and events center, active business park, and inn. The new Nascentia Neighborhood at The Beeches will expand the function of this locally significant property to a mixed-use development with independent and supportive housing options for seniors.

The first phase of the project, which started in late fall 2021, centers on the historic mansion house and its attached conference center, which will be renovated to again serve as a communal gathering space for meetings and events. The existing inn building and other parts of the campus will be repurposed to a true community for seniors to "age in place," allowing them to continue to live independently with support from a wide range of healthcare professionals. The project will bring valuable healthcare jobs to the area, including nurses, occupational therapists, physical therapists, home health aides, and more.

"This is an exciting opportunity for Nascentia Health to adapt this beautiful and historic estate for the future in a meaningful way that exemplifies the importance of The Beeches to the Rome community." -Kate Rolf.

Thank you to our donors

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Financial Report

Fiscal Year End December 31, 2020

VNA Foundation of CNY	2019	2020
Event and contribution income	\$94,149	\$52,483
Net assets released from restrictions		\$344
Investment Income	\$24,782	\$34,824
Total Revenues	\$118,931	\$87,651
Fundraising Expense	\$51,689	\$36,790
Other Expense	\$11,602	\$11,798
Total Expenses	\$63,291	\$48,588
Annual Revenue	\$55,640	\$39,063
Eldercare Foundation	2019	2020
Event and contribution income	\$52,673	\$31,462
Net assets released from restrictions		\$138,092
Investment Income	\$17,003	\$7,922
Total Revenues	\$69,676	\$177,476
Fundraising Expense	\$28,976	\$2,036
Other Expense	\$9,534	\$9,717
Total Expenses	\$38,510	\$11,753
Annual Revenue	\$31,166	

From 2017 through 2021, our foundations have given nearly **\$200,000** in assistance to our patients





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