Nascentia Health Charitable Foundation Annual Report 2022

A Message from Kate Rolf President and CEO

We're just wrapping up our first full year as the Nascentia Health Charitable Foundation after we merged the VNA Foundation of CNY and Eldercare Foundation in 2021. It's been an incredible honor to give so many gifts of hope to patients of all ages and with all kinds of needs.

As you read the patient stories highlighted in this annual report, you can see how donations of all sizes have a life-changing outcome—on a child's health, a family's safety, a woman's quality of life, and a man's self-sufficiency. These items make a profound impact not only on the patient, but their caregivers and family members.

Nascentia Health's focus has always been on outstanding home care that improves quality of life. The Nascentia Health Charitable Foundation continues that mission by enabling patients who are financially challenged to access items that enhance their home environment and strengthen their health and wellbeing. The foundation also provides specialized training to our clinicians to ensure they best meet the needs of these patients.

Our nurses and home health aides are the ones who spend every day in our patients' homes and it is their commitment to caring that drives the work of this foundation. I am so thankful to lead what I believe is the best team in healthcare in



Upstate New York. No one can match the skill and dedication of our people—both our exceptional clinicians and our outstanding office staff who support this entire organization.

We couldn't make all of these little miracles happen without you, our amazing donors. Your support allows us to bring joy, security, and hope to so many people. This year, our 10th annual Raise a Glass event raised more than \$100,000 to continue our mission. Thank you to everyone who made this event such a huge success.

We are so blessed by your generosity,

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Kate Rolf President & CEO

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

Nascentia Health Charitable Foundation

enhance the availability of highly qualified caregivers that attend to our most vulnerable, well into the future.



Every time I hear a story about a patient whose life has been touched by one of our foundation gifts, it reminds me how much someone's life can be changed for the better through small and large acts of kindness.

Rachel Galusha Nascentia Health Charitable Foundation Board Chair



I am always impressed that an organization like Nascentia Health, that already does so much to care for people, goes above and beyond through this foundation that delivers incredible, measurable value to their patients.

Robert Galusha Nascentia Health Board Chair

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.

These items bring considerable value to each patient and their families, enabling them to maintain or increase their independence, health, and selfsufficiency.



New mattress for pediatric patient with cerebral palsy who was sleeping on an old mattress on the floor

Copayments for hospitalization and homecare services for financially challenged mother with disabilities

Compression stockings to reduce swelling and prevent sores in patient with history of deep vein thrombosis

G-tube pillow for infant with a feeding tube to allow the baby to lay on her stomach comfortably and get valuable tummy time to help with her development

 Training for a Nascentia nurse to advance skills on pediatric feeding

Amazon Alexa device and smart TV to allow an adult with severe cerebral palsy to increase independence and vocal abilities

Specialized cushion for pediatric cancer patient with severe skin breakdown so she can sit in her wheelchair without pain

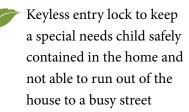
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Purewick system that allows patient to sleep through the night without having incontinence that aggravates healing wounds N

Comfort heel pillows to relieve pressure ulcers on a bed-bound patient's feet



Relief booties for a child with spastic cerebral palsy who was causing sores on his legs and feet by rubbing them together



Refrigerator to store pediatric patient medications

- New bed, mattress, and linens for a patient who was sleeping directly on a hard floor after losing her bed to a neighbor's apartment fire
- Specialty gloves and knee pads to prevent callouses and wounds on a child in a wheelchair who crawls on the floor at home

 Compression wraps to prevent painful edema in a patient's legs



Your donation makes all the 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. We 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.



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

\$50	 Custom sheet for pediatric home hospital bed
\$100	 Amazon device to give independence to a wheelchair-bound individual
\$250	 New refrigerator to keep critical medications cold and safe
\$500	 Specialized training for nurses to get the latest education for treating specialty pediatric conditions



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





Keeping Brady Safe

Nurse JP and his patient Brady laugh in the front yard where Brady loves to play.

Brady is an active 12-year-old boy with multiple special needs who keeps his mom on her toes at all times. His physical therapist, Cathy Carter, and nurse, JP Fried, work with Brady to help keep him healthy and thriving.

Brady had been getting out of his home through the front door and was at risk of getting hurt or lost. After finding out that Brady was sneaking out of their house, which sits on a busy road, Cathy looked for a solution that could help keep him safe. She came to the Foundation to nominate the family, who also have seven other children, to receive a keyless lock that opens with a combination, allowing his parents to securely keep him indoors.

His mom takes every challenge in stride and has such a positive attitude. "Bet you won't be able to figure out how to open this one, Brady!" his mom joked as the new lock was delivered by the Foundation team. Brady gave her a wry smile and continued playing with JP under the tree in their front yard.

Self-Sufficiency for Joey

Home health aid Michael and his patient Joey have an amazing rapport that includes lots of laughter.

One of our home aides, Michael Hartman, cares for Joey, a 27-year-old man with profound disabilities from cerebral palsy who depends on others for care and mobility. After his father passed away from COVID, his twin sister became solely responsible for his care. Michael suggested that Joey and his sister could benefit from Amazon Alexa devices to increase his independence and improve his speech and articulation. This would take some of the burden off his sister, and improve his ability to do things for himself.

The Foundation purchased an Alexa Echo Dot and Alexa-compatible smart TV and Alexacompatible smart plug for Joey's bedroom to allow him to control his lights and TV,

change channels, and make phone calls in the event of an emergency. Joey calls his Alexa "Ziggy," a name he can better pronounce. "Ziggy! Play Kelsea Ballerini," Joey says enthusiastically as he's showing off his new device. "Ziggy! Tell me a joke!" "Ziggy! What is the weather?" He loves interacting with the device and is learning to better articulate his words so the device can understand him.



These items greatly improved his ability to be more selfsufficient with everyday small tasks. Michael says, "it's just totally different than before he had the Alexa. It's really helped increase his independence and self-esteem. He's way more willing now to say, 'I got this. Let me keep trying.' Before, he was constantly having to ask everyone to do it for him. And now he can do it for himself. It's really nice to see his confidence grow."

Continuous Learning

Cathy Carter is a pediatric physical therapist who works with our homecare patients. The Foundation funded continuing education courses for her to hone her skills to better care for our patients. "I am able to take continuing education courses in pediatrics to deepen my skills as a pediatric physical therapist. I have already completed one course in effective early intervention to improve my skills with babies who qualify for early intervention. I am taking another course on infant positioning and handling, which focuses treatment of infants who have developmental delays. I am grateful for the VNA Foundation and the opportunity it has provided me to become more of a well-rounded pediatric physical therapist."



Gary's bed is in the living room so that he can get lots of interaction time with his family. This 5-year-old boy, has quadriplegic cerebral palsy, developmental delays, and seizures. He is medically fragile and uses a gastronomy tube for all feedings. His family is low income and Gary spends most of the day laying down in his bed or on the sofa. He is completely dependent on his caregivers for every need. His cerebral palsy is spastic and he rubs his feet and legs together chronically, causing the skin to break down and lead to open wounds. The Foundation purchased special pressure-relieving booties that are comfortable for him to wear around the clock and protect his skin from the friction that damages his fragile skin. Since getting the boots earlier this year, his existing wounds and raw skin have already healed and the boots are preventing new injuries from occurring. His nurse, Margaret Narolis, says, "the booties not only improve Gary's quality of life by preventing him from getting painful sores, but they also ease the burden on his family caregivers who previously had to care for his chronic wounds on top of his other needs."

His family is so grateful to the Foundation for significantly improving his quality of life and reducing his pain and discomfort.

Healing support for Gary

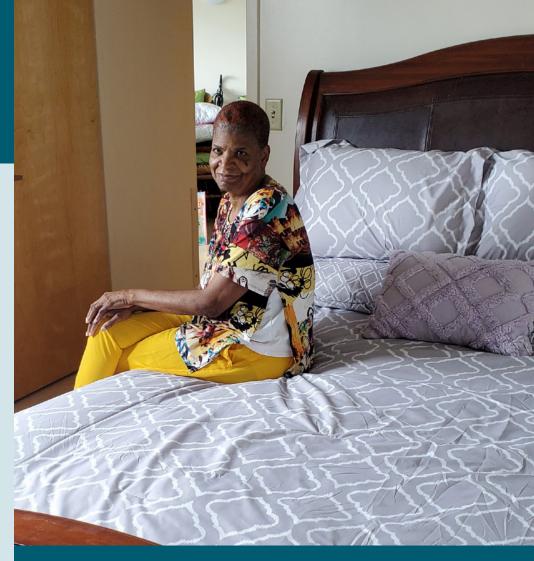
Nurse Margaret with pediatric patient Gary and his relief booties



Comfort for Carolyn

When our home aide Marcia began caregiving for a 65-year-old woman named Carolyn earlier this year, she discovered that she was sleeping on the hard floor of her apartment on just a pile of blankets. Months earlier, smoke and water from a neighbor's apartment fire ruined almost all of her possessions, including her bed. Without renter's insurance or the means to purchase new items, she couldn't replace what she lost. Marcia brought up Carolyn's conditions to her clinical team, and the Foundation got to work getting her a proper bed. We purchased a brand-new queen mattress and linens and were fortunate to work with a local organization to also find a gently used sleigh bed frame and side table.

The difference in her quality of life is enormous. She now enjoys a comfortable and supportive night's sleep, which greatly contributes to her overall health and wellness. The smile on her face since receiving this life-changing gift is amazing! Marcia says that the new bed has improved Carolyn's health greatly. "She loves her new bed, and it relieves her pain to have a comfortable mattress. She has peace of mind with better rest and is thankful to not have to sleep on the floor. Carolyn truly appreciates this gift and what the Foundation has done for her."



(top) Carolyn is so thankful to have a supportive bed and mattress after spending months sleeping on the floor

(bottom) Home health aide Marcia, philanthropy administrator Rebecca Lerman, and patient Carolyn celebrate her new bed delivery





10 Amazing Years of our Raise a Glass Event

Thank you to everyone who made this year's event a huge success!

On Sunday, September 18, we celebrated the 10th annual Raise a Glass fundraiser, which raised more than \$100,000 for the Foundation. Board member Laura Serway served as emcee for the event, which featured dozens of raffle baskets, silent auction items, gift card raffles, Kendall-Jackson wine tastings, Western Sun cocktails, and food. KeyBank and Hayner-Hoyt were the Diamond sponsors.

Each year, individuals making a difference in our community are recognized through two annual awards. Dr. Linda LeMura, president of Le Moyne College, received the Civic Engagement Excellence Award, which recognizes a person or group that excels in addressing public concern and making a difference in the lives of those in the community. Dr. LeMura has shown incredible leadership and has contributed greatly to Le Moyne College's stellar reputation and growth. At the same time, she serves as the co-chair of the Central New York Economic Council, which helps encourage economic growth and diversity throughout our community.

Jan Maloff, founder of CNY Bicycle Giveaway, received the Community Champion Award, which recognizes persons or organizations who have made an outstanding contribution to the community. Jan began giving away bicycles to children and adults 26 years ago and has donated more than 50,000 bikes during that time. He works with local police departments and community organizations to change lives for the better through the freedom a bicycle brings.

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Jan Maloff (left) and Dr. Linda LeMura (right) with Nascentia president and CEO Kate Rolf

Nascentia Health Update

2022 was a very successful year for Nascentia Health thanks to the outstanding commitment and effort of our amazing employees, and their dedication to our mission of being the premier home- and community-based care system for the regions we serve. Our 500+ workforce is growing and we are actively recruiting for clinical positions to serve our growing base of homecare patients and insurance members. Our project at the former Beeches complex in Rome is underway, with major renovations to the new Nascentia Health Event Center at the Beeches set to be complete in spring 2023. We can't wait to invite everyone back to celebrate their milestone events. Our plans for new senior housing on the property are developing, with

Award-winning culture, people, and projects

#31 Best Places to Work in Healthcare—Nascentia Health was recognized by *Modern Healthcare Magazine* as one of the top healthcare organizations to work for in the U.S.

#21 Best Companies to Work for in New York—For the fourth year in a row, Nascentia Health was named one of the best large companies to work for in New York.

Joan Anne McHugh Award for Leadership in LTSS Nursing—Andrea MacDonald, RN, Nascentia's clinical operations manager, received this national award from LeadingAge for her outstanding leadership and team building skills. The award recognizes a director of nursing who creates a supportive and engaged workplace environment by displaying excellent leadership skills.

Employee of Distinction, LeadingAge NY—Dea Kuiper, RN, was recognized as an employee of distinction because of her decades of work as a home pediatric nurse, caring for some of the most fragile and challenging patients.

Professional of the Year, LeadingAge NY— Amy Davis, LPN, Nascentia's director of older adult services, manages the Gardens at St. Anthony's, a housing complex for seniors experiencing homelessness. She works directly with tenants to address social determinants of health and improve their outcomes and stability. design underway to convert the existing inn to apartments and construct new housing units. The ultimate vision is a community that supports aging in place and overall

wellness and features multiple amenities for seniors.

The banquet room at the Nascentia Health Event Center at the Beeches



Innovation of the Year, LeadingAge NY—Nascentia Health and Upstate University Hospital's collaborative Hospital at Home Program was honored for our innovative approach to delivering hospital-level care in patient homes. This program allows patients to leave the physical hospital and receive top-level care in the comfort of home, freeing up needed hospital beds and improving outcomes for people and their families.

40 Under Forty, CNY Business Journal—Two Nascentia staff were honored as young leaders. Ryan Blehar is VP of human resources and has helped the organization grow considerably while maintaining its strong culture. Joe Chevrette is VP of information security and technology. He oversees a team dedicated to improving connectivity and productivity while protecting patient data and keeping networks secure and reliable.

Excellence in Nursing Award, CNY Business Journal Excellence in Healthcare Awards—Gail Carmichel, RN, our the recently retired VP of patient services was honored for her 42-year career with the Nascentia, where she steadily worked her way up through multiple departments to help diversify and strengthen clinical services.

Nonprofit Collaboration Award, CNY Business Journal Nonprofit Awards—Nascentia Health and Onondaga County were honored for our collaboration on COVID testing and the state's first home COVID vaccine programs.

Thank you to our donors!

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Financial Report

Fiscal Year End December 31, 2021

	2020	2021
Event and contribution income	\$83,945	\$ 146,673
Investment Income	\$42,746	\$48,528
Net Assets Released from Restrictions	\$138,436	-
Total Revenues	\$265,127	\$195,201
Fundraising Expense	\$38,826	\$36,823
Other Expense	\$ 21,515	\$ 65,019
Total Expenses	\$60,341	\$101,842
Annual Revenue	\$ 204,786	\$ 93,359

In the past five years, we have given nearly \$225,000 in assistance to our patients



Helping one person might not change the world, but it could change the world for one person!



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