



**2023**

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# **ANNUAL REPORT**

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Nascentia   
Health  
Charitable Foundation

# A Message from Kate Rolf

*President and CEO*



Nascentia   
Health  
Charitable Foundation

Reflecting on the incredible journey we've had as the Nascentia Health Charitable Foundation. It has been a year marked by unwavering dedication to our mission of enhancing the quality of life for our patients and instilling hope in their hearts.

Within the pages of this annual report, you will immerse yourselves in the touching stories of our patients. These narratives are a testament to the profound impact that contributions of all sizes have had on their lives. From improving a child's living conditions, ensuring the safety of our field staff and empowering a woman's mobility, to supporting a man's ongoing recovery. These acts of kindness ripple through to our patients' caregivers and loved ones. It's a reminder that our collective efforts create a tapestry of compassion and transformation that extends far beyond individual moments.

At the core of our organization stand dedicated nurses, therapists, and home health aides, the heartbeat of our mission. Day in and day out, they provide unwavering support to our patients, offering not only medical care but also a comforting presence that uplifts spirits and fosters healing. Their commitment is the cornerstone of our success, and I am endlessly proud of the incredible work they do.

The Nascentia Health Charitable Foundation remains steadfast in our commitment to supporting Nascentia Health's core mission of providing outstanding home care. We believe that everyone deserves access to the highest quality care in the comfort of their homes, and your support allows us to make this belief a reality.

I would like to express our heartfelt gratitude to all the friends and supporters of the Nascentia Health Charitable Foundation. Your unwavering dedication and generosity, exemplified by the \$130,000 raised at our 11th annual Raise a Glass event for our patients and their families, stand as a testament to the incredible impact we can achieve when we unite for a common cause. None of this would be possible without you—our donors, supporters, and friends. Your compassion and commitment are the driving force behind every success story we celebrate today. As we continue our journey, let us carry forward the spirit of hope, resilience, and unity that defines our foundation.

With deepest gratitude,

Kate Rolf  
*President & CEO*





“The Nascentia Health Charitable Foundation embodies the extraordinary kindness of our community, making a profound impact on the lives of patients and their families. Through our collective efforts, we can be beacon of hope in their most challenging moments.”

Rachel Galusha  
*Nascentia Health Charitable Foundation  
Board Chair*



“The Foundation plays a crucial role in bolstering our mission, ensuring that every individual receives the exceptional care and support they rightfully deserve. Through their unwavering commitment, we can continue to make a meaningful difference in the lives of those we serve.”

Robert Galusha  
*Nascentia Health Board Chair*

# Nascentia Health Charitable Foundation

## 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. The Foundation 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.

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



Protective sleeve to prevent a non-verbal pediatric patient from biting himself out of frustration



Adjustable bed rails to prevent falls or slipping out of bed for an elderly patient



Scale for a congestive heart failure patient's Hoyer Lift to monitor their weight



Stroller for a mother to transport her child to and from doctor's appointments with a C/O monitor, oxygen, and enteral feeding pump



Training for a Nascentia nurse to advance skills on pediatric feeding



Beasy transfer board for a wheelchair bound patient to slide between surfaces easily with safety and efficiency



Compression stockings to decrease edema in a patient's lower extremity wound



Stackable tops to help improve a toddler's developmental growth



Rubber floor mat to assist with therapy on the floor of a home with unsafe conditions



Books titled "Zero to Five" to assist our first-time mothers with needed care tips for their infants



Safety belt to hold a cerebral palsy patient in place on their shower chair



Foley catheter for a paraplegic patient to avoid skin breakdown and improve their overall quality of life



Light up visual doorbell to let a patient who is hard of hearing know when someone is at his door



Specialized assessment kit for our pediatric speech therapists to use with kids who need extra help with language skills



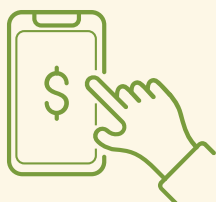
Baby gate to keep an active child safe while her father recovers from cardiac surgery





# 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.



## Donate Online

Make a secure credit card donation:  
[nascentiahealth.org/foundation/donate](https://nascentiahealth.org/foundation/donate)

\$50

- Playpen to give a toddler a safe place for play and therapy activities in an otherwise unsafe environment

\$100

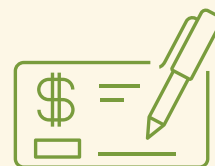
- Specialized machine that monitors blood clots at home while a patient waits for a heart transplant

\$250

- Stroller with the space to carry all of a pediatric patient's medical equipment to and from appointments

\$500

- Hoyer Lift scale to monitor the weight of a patient who is unable to stand



## Donate by Mail

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







## Katana Safety Boosts Sense of Security

Thanks to the generosity of our Nascentia Health Charitable Foundation donors, we were able to purchase Katana Safety devices for all Nascentia Health staff. This device is an innovative personal security solution for staff as they live and work in the community. It's a multi-functional device attached to a smartphone with a panic button for immediate alerts, GPS tracking for real-time location, and a "walk with me" feature to share their location with a trusted contact.

Our staff frequently face challenging situations during the course of their work. Katana Safety not only safeguards our staff but also enables better patient care by reducing the risks associated with their work. Carrying Katana Safety with them

during patient visits boosts their sense of security, ensuring their vital work is carried out with confidence and peace of mind.

On one occasion, while our clinicians were tending to a patient in an upstairs apartment, the patient's two daughters engaged in a heated verbal altercation downstairs. Unfortunately, this dispute unfolded with two small children present in the midst of the argument, raising concerns about the children's safety. The clinician informed the patient that they were activating the "walk with me" feature as a precaution, in case it became necessary to involve law enforcement to intervene. The patient understood, and thankfully, the situation did not escalate to that point.



# Zendaya's Special Surprise

Zendaya (right) and her cousin (left) enjoying the new bed

Zendaya is a 5-year-old girl who was born prematurely and with cerebral palsy, but is now able to walk. She has microcephaly and requires extra feedings via her G tube. Due to the fact that both her mother and grandmother are unable to provide the care she needs, Zendaya is in the loving care of her great-grandmother. Even though her great-grandmother's resources are very limited, and her own health is not the best, there is never a shortage of love and care for this little girl.

Our clinician quickly realized that Zendaya was sleeping on a small mattress on the floor of her great-grandmother's bedroom, or, at times, shared the bed with her. Her great-grandmother didn't have the money to buy her a bed of her own and was too shy to ask for help. A bed of her own would give Zendaya a better night's sleep and significantly increase her overall quality of life. Our clinical team knew exactly where to go for help and asked the Foundation for a twin bed and new bedding.

Dea Kuiper, a pediatric nurse with Nascentia for over 20 years, reflected on the experience by saying, "We threw



a surprise party for Zendaya after the new bed arrived. You had to see her happy face when she walked into the bedroom and saw her new bed, all done up and decorated with balloons. It melts my heart when I think back on that happy afternoon and the big hugs received by her great-grandmother. To be able to do something extra for families that are in need thanks to the Charitable Foundation makes this such a wonderful job."

## Continuous Learning

The Nascentia Health Charitable Foundation plays a pivotal role in advancing the education and development of Nascentia's in-home care providers, ensuring the sustained availability of highly qualified caregivers for our most vulnerable patients. By supporting continuous learning, the Foundation helps provide caregivers the tools necessary to ensure comprehensive and compassionate in-home care. This support not only elevates the quality of care but also promotes career growth for caregivers, fostering a skilled and dedicated workforce for the long term. The Foundation's commitment to caregiver development is an investment in the well-being of our most vulnerable, ensuring they receive the exceptional care they deserve well into the future.





Connie is the kind of person that you just don't forget. She's a retired teacher who will treat you like family and tell you a good story. She is always ready to lend some helpful life advice or share an intriguing fact about her past, and she absolutely beams when speaking about her dear husband, Pete. Connie has a zest for life but disability has slowed her pace over the past few years. She has been a client with Nascentia a handful of times, and always demonstrates such motivation to regain her independence. With the help of Nascentia clinicians and her supportive family, Connie has developed countless new skills and the strength needed to perform her daily activities. She recently expressed concerns with her ability to utilize her standard slide board for transfers. Connie is wheelchair bound and hated burdening her husband or family with the extensive level of assistance

necessary to transfer between her bed and chair. It was imperative for her to find a way to move with the least amount of help from others. She was immediately interested when her occupational and physical therapy team proposed the idea of a Beasy transfer board. This special slide board features a disc on a track, which allows individuals to glide between surfaces easily. The board reduces the amount of effort required and improves the safety and efficiency of transferring.

Much to Connie's pleasure, the Foundation was able to help! Connie was ecstatic. She even went the extra mile and sent a hand-written note to thank Nascentia: *"This compels me to write a complimentary thank you note about all the care I have received... All of your employees 'went the extra mile,' were caring to me and kind to my family and the family dog, Maggie."*

## Increased Independence for Connie

Occupational Therapist  
Kelsey with patient  
Connie and her slide  
transfer board





# New Doorbell for John

Clinician Jared (left), home aide Cindy (middle), and John (right) showing off the new doorbell



John faces severe hearing impairment, rendering him incapable of hearing when his caregivers or other visitors are at his door. To address this challenge, our clinician initiated a Foundation request for a visual doorbell system. This thoughtful addition now ensures that John is alerted whenever someone is at his door. The introduction of the visual doorbell has proven invaluable in simplifying the care process, eliminating the need for our clinicians to rely on the assistance of apartment building staff to access John's apartment. John has expressed his gratitude on numerous occasions, highlighting the positive impact the visual doorbell has had on his daily life and his ability to maintain independence while receiving the care he needs.

## Transforming Trinity's Living Environment

Trinity, a pediatric patient, was navigating the challenges of spending her time on the floor in her family's cluttered apartment, an environment filled with safety and health hazards for a child. Our clinician submitted a request for a playpen in efforts to keep Trinity off the floor and safe from harm. The introduction of a new playpen has brought a transformation to her living situation. This playpen now provides Trinity with a secure and nurturing space in which she can engage in play and therapy activities. It serves as a sanctuary in her home, effectively mitigating the safety concerns that once plagued her daily life.



Trinity enjoying her new playpen





# 11 Amazing Years of our Raise a Glass Event

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

On Sunday, September 17, we celebrated the 11<sup>th</sup> annual Raise a Glass fundraiser, which raised more than \$130,000 for the Foundation. The event was held at the beautiful Timber Banks Golf Club and featured dozens of raffle baskets, silent auction trips and items, gift card raffles, door prizes, drinks, and food. KeyBank and Hayner-Hoyt were the Diamond sponsors.

We extend our heartfelt gratitude to each and every individual who played a role in this achievement. Whether you volunteered your time, generously contributed to our cause, or graced us with your presence at the event, your unwavering support has left its mark.

This achievement not only highlights the generosity of our supporters but also underscores the power of collective action and a shared commitment to making a positive difference in the world. We look forward to building on this success and continuing our vital work with renewed energy and purpose. The funds we raised will undoubtedly make a significant impact on our Foundation's mission and the lives it touches.

Thank you once again for being a part of this incredible journey and for helping us realize our vision of a brighter future for those that we serve.







# Nascentia Health Update

Nascentia Health achieved remarkable success in 2023, largely attributable to the commitment and tireless efforts of our exceptional workforce. With now over 600 employees, our team continued to expand, as we looked to bring in clinical and office staff who shared our vision of delivering top-notch services to our homecare patients and insurance member base. One of our significant achievements in 2023 was the establishment of an Article 28 community care clinic, which now operates within our Syracuse office.

Another highlight of the year was the successful completion of the major renovation project at the former Beeches complex in Rome. This transformed space has been reborn as Beeches Manor, a cutting-edge event venue that opened its doors to the public in May. The unveiling of Beeches Manor Pub, nestled within the heart of Beeches Manor, allows us to offer delightful cuisine and beverages to the Rome community, enriching the local dining scene.

Our vision for the rest of the Nascentia Neighborhood property continued to evolve in 2023. Plans for a new active adult retirement community on the property are beginning to take shape and design efforts are already underway to renovate the existing inn. Our ultimate goal is to create a vibrant, all-encompassing community that fosters aging in place and overall wellness. This project will feature mixed use housing on the property as well as a plethora of amenities specifically designed to cater to the needs and desires of all residents, promoting an enriched quality of life and well-being.

The main entrance to Beeches Manor



Beeches Manor Pub serves up delicious food and drinks



The Board Room inside Beeches Manor



## Award-winning culture, people, and projects

**#68 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.

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

**Caring Award, Home Care Association of New York**—Janet Sovik, a home health aide, received this award for her exemplary compassion, skills and service in home care.

**40 Under Forty, CNY Business Journal**—Robert Wimler, AVP of business analytics, oversees a team dedicated to transforming critical healthcare data to support executive business decisions, process efficiency, and regulatory reporting requirements.

**Business of the Year, Rome Area Chamber of Commerce**—Nascentia Health was presented the Business of the Year Award for significant contributions to the economic vitality of the Rome, NY community.

# Thank you to our donors!

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# Financial Report

Fiscal Year End December 31, 2022

	2021	2022
Event and contribution income	\$ 146,673	\$144,940
Investment Income	\$48,528	-\$66,282
Net Assets Released from Restrictions	-	
Total Revenues	\$195,201	\$78,658
Fundraising Expense	\$36,823	\$34,574
Other Expense	\$ 65,019	\$105,622
Total Expenses	\$101,842	\$140,196
Annual Revenue	\$ 93,359	-\$61,538

In the past six  
years, we have  
given nearly

**\$250,000**

in assistance to  
our patients



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

Postage

# Nascentia Health

Charitable Foundation

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