

CELEBRATE the act of GIVING

A newsletter for friends of UM St. Joseph Medical Center Foundation

Winter 2019

A Beautiful Mind

After recovering from depression at UM St. Joseph, AJ Carnaggio is shining a light on mental health awareness

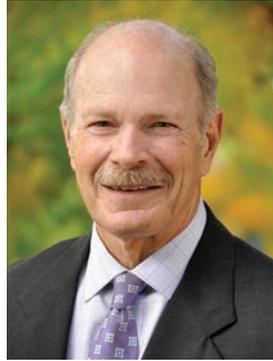
In This Issue:
UM St. Joseph
Medical Center
Foundation
**HONOR ROLL
OF GIVING**
for 2017-2018
See page 10



LETTER FROM THE HONORABLE FRANCIS X. KELLY, JR., CHAIR OF THE OPERATING BOARD, RAYMOND DAUE, CHAIR OF THE FOUNDATION BOARD OF DIRECTORS, AND THOMAS B. SMYTH, MD, PRESIDENT AND CEO



Senator Francis X. Kelly, Jr.



Raymond Daue



Thomas B. Smyth, MD

Dear Friends,

In this issue of *Celebrate The Act of Giving*, you will find our honor roll of donors for Fiscal Year 2018 that ended on June 30, 2018. The beginning of the new year is a perfect time to thank our wonderful friends who lovingly support UM St. Joseph in so many ways. Please know that each and every gift we receive is vital to our ability to provide loving service and compassionate care to all. Because of your kindness, we remain, first and foremost, a hospital that serves our community and serves it well.

To meet this end, we are on a transformational journey to ensure that not one patient who enters UM St. Joseph is harmed by an avoidable error. Each year, a quarter of a million patients die in U.S. hospitals because of preventable mistakes. This statistic is wholly unacceptable. To realize our goal of *zero patient harm*, we have had to rethink and, in many cases, rework processes. Now, every member of our team focuses on a single goal: **patient first**. If what we are doing is not bringing measurable value to the patient, we stop doing it. It is as simple as that. The results have been phenomenal. In October, UM St. Joseph was awarded an “A” by the Leapfrog Group, a national organization dedicated to ensuring optimum quality and safety in American health care.

Changing a culture is not easy, particularly in health care, but the entire staff at UM St. Joseph, 2,200 strong, has embraced the mission of *patient first* by focusing on *zero patient harm*. We are working together in a way that is truly transformational. Waste is being eliminated, our financial picture is healthier, and most important by far, our patients are experiencing superior outcomes.

This effort takes a tremendous investment of resources. We are exceedingly blessed that our friends so strongly support our mission of safety and excellence. Your thoughtfulness is beautifully reflected in Paul’s Second Letter to the Corinthians 9:12: “*This service that you perform is overflowing in many expressions of thanks to God.*” We are sustained by your faith in the work we are doing, ask that you accept our deepest gratitude, and wish you peace, health and joy in this new year.

With deepest thanks,

Senator Francis X. Kelly, Jr.
Chair
Operating Board of Directors

Raymond Daue
Chair
Foundation Board of Directors

Thomas B. Smyth, MD
President and CEO

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UM St. Joseph Medical Center

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Foundation

Samuel R. Wells III

If you have a story to share about your experience at UM St. Joseph Medical Center, we would love to hear from you. Please contact us at 410-337-1397 or email sjfoundation@umm.edu.



Good Fortune

Ozzie and Joe Cowan

Baltimore business owner Joe Cowan says, “The more I give, the luckier I get,” cheerfully summing up his philanthropic philosophy. When Joe, owner of Cowan Systems, LLC, and his wife Ozzie embrace a cause, their generosity is exceeded only by their passion. The Baltimore County couple are a whirlwind, lending their talent, treasure and time to projects that make life substantially better for our community. UM St. Joseph Medical Center is a very fortunate recipient of the Cowan’s remarkable kindness.

“St. Joe’s is the people,” says Joe. “But equal to that, it is the quality of the care they deliver. We have a world-class hospital right in our own backyard. How great is that?” Adds his wife, Ozzie, “Joe and I are all about family and that is what St. Joe’s is: a family. When you’re there, they treat you like you’re their brother, their daughter, their father.”

The Cowans have a keen understanding of the critical importance of philanthropy “to make things happen.” Joe, a member of UM St. Joseph’s Operating Board, comments, “When you are on a volunteer board, you have a responsibility to support the organization

Michael J. Schultz, MD, medical director of the Breast Center at UM St. Joseph Medical Center, addresses the Cowan’s guests at a fundraiser the couple held in their home to benefit the Geraldine G. Schultz Fund for Breast Cancer Survivors.



financially as well as give your time. I believe that supporting St. Joe’s has a tremendous bearing on the way we can deliver health care in our community. Tom Smyth and his leadership team are stellar. The onus is on us to make sure they can fulfill their vision.”

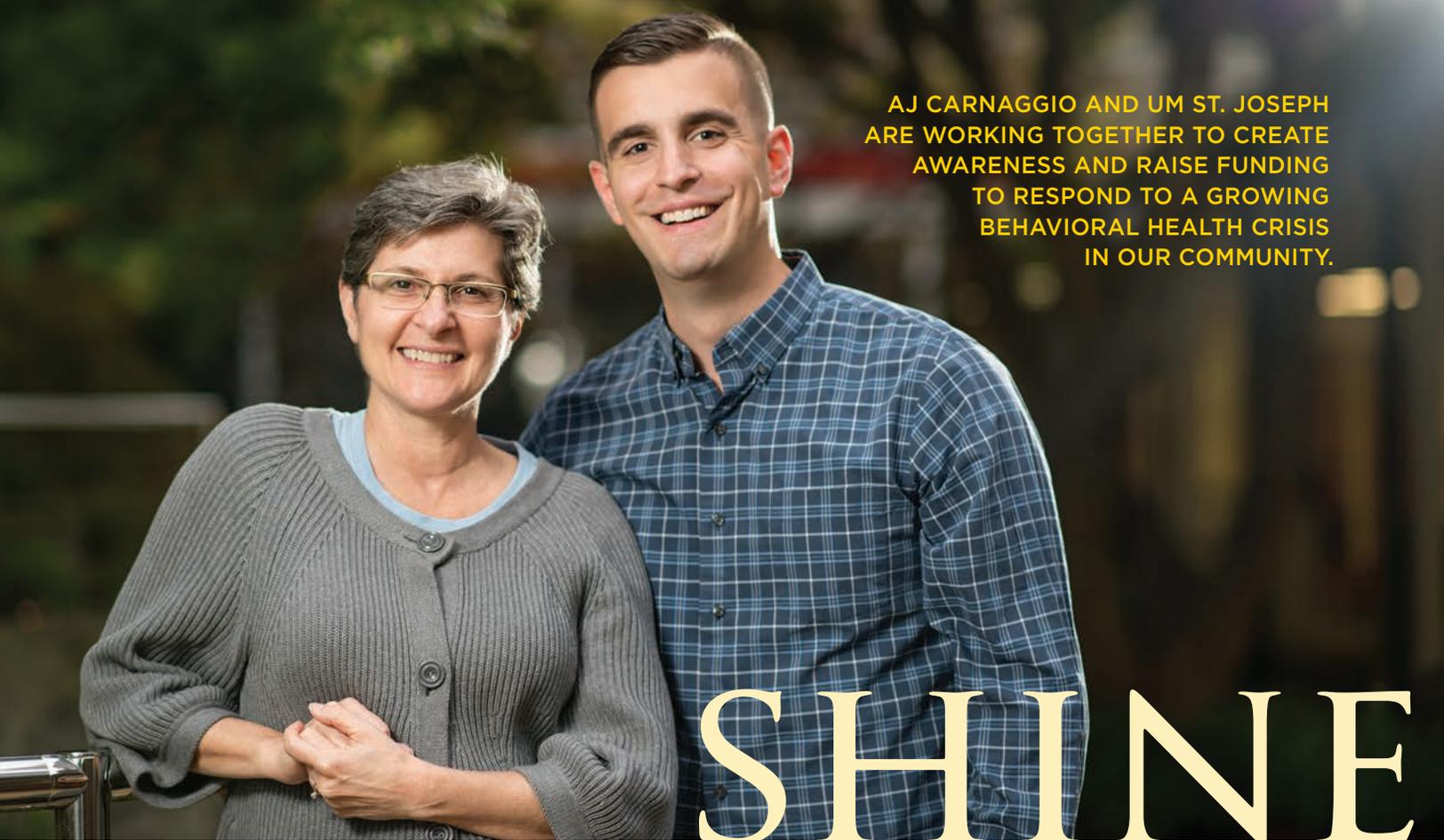
“St. Joe’s is the people. But equal to that, it is the quality of the care they deliver. We have a world-class hospital right in our own backyard. How great is that?”

To that end, Ozzie and Joe gave a transformational gift to help establish The Geraldine G. Schultz Fund for Breast Cancer Survivors, a \$2 million endowment that, starting this year, will enhance complementary and healing therapies for breast cancer patients and their families. “So many of my friends who have experienced breast cancer have been treated by Michael Schultz, who’s the medical director of the Breast Center. He is a treasure,” says Ozzie. “The Fund’s goal to carry on his mission of emotional as well as physical care is so important. It’s a wonderful legacy.”

“There are so many worthy causes in our area,” says Joe. “Ozzie and I try to find areas that will have the greatest impact on society as a whole and can attain measurable results, led by quality people. For us, that defines St. Joe’s.”

Ozzie and Joe Cowan, who recently celebrated their 50th wedding anniversary, consider themselves to have been blessed by good luck but it can certainly be said that fortune also smiled on the medical center when this special couple, so generous in spirit, joined the UM St. Joseph family.

AJ CARNAGGIO AND UM ST. JOSEPH ARE WORKING TOGETHER TO CREATE AWARENESS AND RAISE FUNDING TO RESPOND TO A GROWING BEHAVIORAL HEALTH CRISIS IN OUR COMMUNITY.



Grace Serafini and Andrew "AJ" Carnaggio

Like most young people, Stevenson University student Andrew "AJ" Carnaggio struggled when an important relationship in his life ended in 2013.

For AJ, though, his feelings spiraled downward until he seriously contemplated taking his own life. Fortunately, he recognized the severity of his depression and came to the The Harry and Jeanette Weinberg Emergency Department at University of Maryland St. Joseph Medical Center where he was quickly referred to the hospital's inpatient behavioral health unit. After a month of therapy and proper medication, AJ's spirits returned, he graduated from college and secured a good job, working for a local Fortune 500 company as a proposal writer. Life was good.

AJ's story doesn't end there, however. Four years later, AJ was again in a toxic relationship, one that now included heavy amounts of alcohol and substance abuse. The old feelings of anxiety, depression and helplessness returned. AJ was again in a very dark place. This time, he didn't wait: he called the behavioral health unit at UM St. Joseph where psychiatric physician's assistant, Janina Bukowski, told AJ to immediately come to the hospital.

"This is when St. Joe's saved my life for the second time. There is no question that I would be dead if it were not for St. Joe's and the tools they gave me," says AJ. The first step was detox. "This was incredibly difficult. Drugs and alcohol were a crutch for me and were the center of my romantic relationship. I had a lot of hard work to do. Deb Tomney,

"This is when St. Joseph's saved my life for the second time. There is no question that I would be dead if it were not for St. Joseph's and the tools they gave me," says AJ.

cognitive behavioral therapist, worked with me in group therapy and helped me to really confront my demons. She and her colleagues made me start from scratch but gave me the tools to rebuild myself, becoming mentally and physically healthier." AJ joined a recovery program, committed to taking his medication and takes part in therapy whenever he feels the need.

AJ was not satisfied with simply being well, however. "I had to give back. St. Joe's saved my life." On May 20, 2018, a visitor to the Ashland Café in Cockeysville would have seen 100 guests attending an Open Mic Night, organized by AJ, to raise funds for UM St. Joseph's behavioral health unit. Among the guests were members of the hospital's staff. "What AJ has done is amazing," says Grace Serafini, RN, MSN, director of nursing services for behavioral health. "Instead of hiding his experience, he is shining a light on both the need for mental health services and what can be accomplished. His determination to hold this fundraiser and create awareness is as important as the money raised. We are so proud of him."

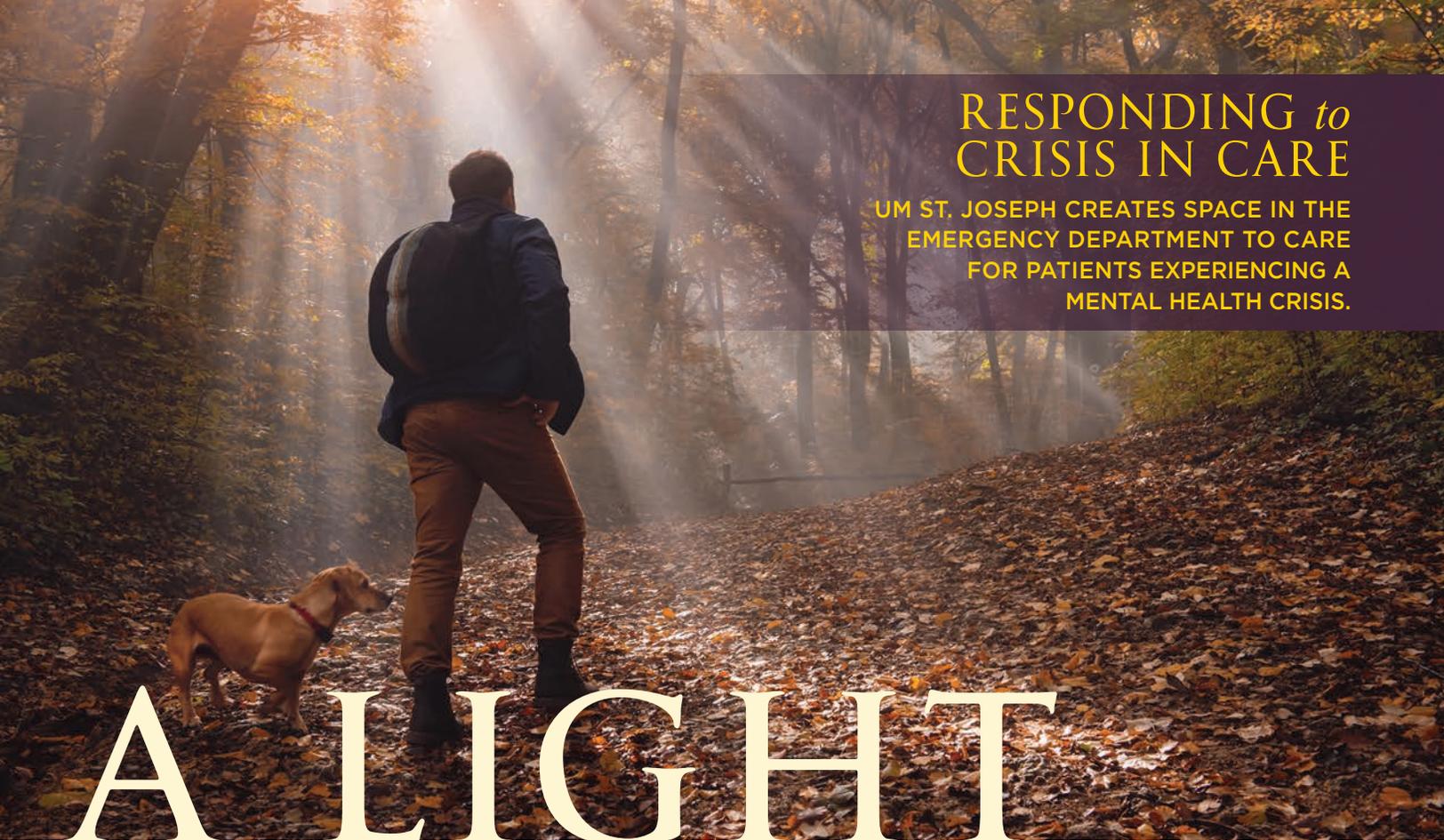
A talented poet who participates in event-based poetry, commonly known as "slam," AJ read one of his poems at the May fundraiser. A verse poignantly describes AJ's journey back:

*"Oh! One day - I will ascend
One day - I will transcend!
One day...One day...
I'm gonna wake up singing!"*

Beautiful words, indeed.

RESPONDING to CRISIS IN CARE

UM ST. JOSEPH CREATES SPACE IN THE EMERGENCY DEPARTMENT TO CARE FOR PATIENTS EXPERIENCING A MENTAL HEALTH CRISIS.



AU G H T

In October 2017, a patient came into the Harry and Jeanette Weinberg Emergency Department at UM St. Joseph Medical Center. He was in crisis. Unable to communicate effectively, he acted out violently and staff were challenged to figure out how best to care for this very fragile patient. His small, windowless room, co-mingled among the organized chaos of the rest of the department, is where he would stay for the next 21 days, as there was no other place available for him to go and seek care. His age? Nine years old. The situation? Not unique, but rather representative of a growing crisis facing not just the state of Maryland, but also the nation.

The current mental health crisis is a result of the decades-long reduction in behavioral health crisis beds. Patients now use hospital emergency departments as their first option for care. “This is not an ideal scenario,” says Beth Nash, nurse manager of the Emergency Department at UM St. Joseph. “Our ED nurses are trained in emergent care, not psychiatric care. Behavioral health patients have distinct needs and they often stay quite a bit longer than general medical patients, so

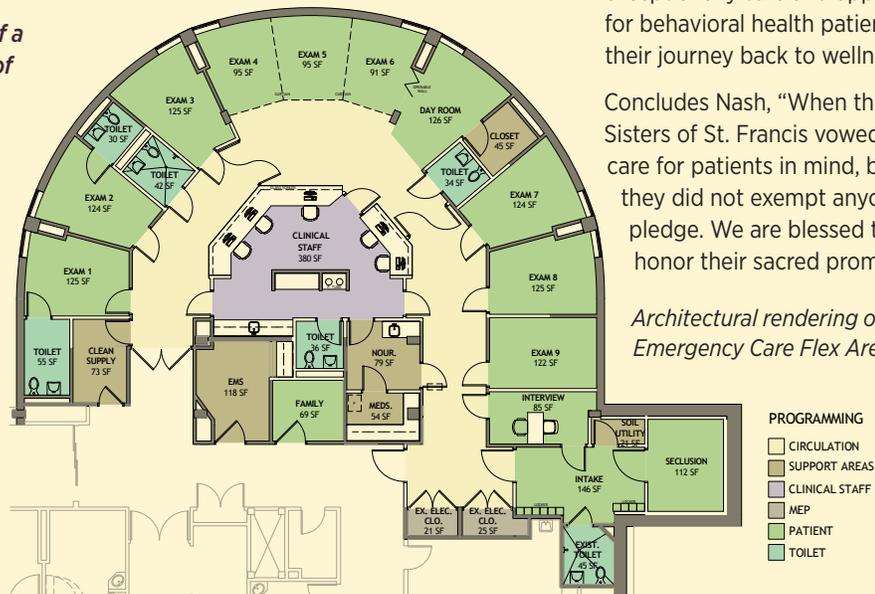
they need a better space to begin treatment. We see nearly 300 behavioral patients per month at St. Joseph, meaning this is a crisis.”

UM St. Joseph is responding to the crisis in mental health care by renovating a nine-bed space—the Emergency Care Flex Area (ECFA), in the hospital’s emergency department that will be designed to accommodate patients with behavioral health issues. The rooms will be larger than standard emergency department cubicles and have a protective window so that patients can view the outside,

an important component in mental health. A day room, where patients can safely spend time outside of their rooms, is part of the new design. The ECFA will be staffed 24/7 and include behavioral health nurses, a social worker and specially trained security staff. Depending on patient census, the ECFA can easily transition to general emergency care. With construction beginning in summer 2019 and due to be completed in nine months, UM St. Joseph will have an exceptionally safe and appropriate space for behavioral health patients to begin their journey back to wellness.

Concludes Nash, “When the founding Sisters of St. Francis vowed to lovingly care for patients in mind, body and soul, they did not exempt anyone from this pledge. We are blessed to continue to honor their sacred promise today.”

Architectural rendering of the proposed Emergency Care Flex Area





Nick and Stephanie Meittinis with Bally

SEVEN WEEKS AFTER OPEN HEART SURGERY, NICK MEITTINIS, DVM, RETURNS TO CARING FOR THE HORSES HE LOVES.

Equine veterinarian Nick Meittinis is no stranger to stress. He has cared for 26 of the last 28 Preakness winners and moves easily between the high stakes world of thoroughbred racing and caring for the horses on neighboring farms in Northern Baltimore County. Nick still becomes emotional when he talks about treating the revered *Barbaro*, one of the most beloved horses in a generation, who shattered his leg at the 2006 Preakness, ending the horse's promising career, and ultimately his life.

Nick's ability to handle tremendous pressure did not help, however, when he was facing open-heart surgery in March 2018. With a family history of heart disease, and his own high blood pressure, Nick was careful about routine check-ups with his cardiologist. A cardiac catheterization revealed blockages of 98% in three arteries in his heart. Open heart surgery would be necessary but Nick wanted to put it off for eight weeks until after the Preakness,

always held the third week in May. Stewart Finney, MD, chief of cardiac surgery at UM St. Joseph, was succinct in his response to Nick's request. "I don't want to put your surgery off," said Dr. Finney. "That's when my wife Stephanie and I realized I was in serious trouble," says Nick.

Because of Nick's complicating factors, including sleep apnea, high blood pressure and diabetes, his quadruple bypass was very high risk. Fortunately for Nick and his family, the care he received at UM St. Joseph was so outstanding that seven weeks after surgery, Nick was back to work fulltime and happily attending Preakness 2018.

"I owe everything to the stellar care I received," says Nick. "The nursing care in St. Joe's Cardiac Intensive Care Unit is not to be believed. I was not an easy patient. Because of pre-existing conditions, I was in a great deal of pain. Not only were the nurses incredibly kind to me when I was not on my best behavior, they taught me

how to relax my muscles which brought tremendous pain relief. Ryan, Noah and Joanne cared for me like I was a family member. They also helped me reorder my priorities a bit. Now it is family first, always. St. Joe's is blessed to have these amazing nurses."

Nick was so grateful for the care he received that he made a generous gift to UM St. Joseph's Foundation for the purchase of flat screen TVs for each private room in the Cardiac ICU. "Even when you are quite sick, the familiarity of a TV show can be so comforting. I am glad I was able to give back with something so tangible for other cardiac patients."

Last May, when Nick and Stephanie watched Kentucky Derby winner, *Justify*, win the Preakness, there was a special guest in their box: Nick's UM St. Joseph nurse Ryan who had always wanted to attend the famous race. For the Meittinis family, it was a day to celebrate true champions.

2018 Candlelight Reception of Honor

The annual Candlelight Reception was especially festive this year as the St. Joseph The Worker Award, the medical center's highest honor, was presented to the entire staff of UM St. Joseph. More than 330 guests attended the celebratory evening. Eight new members were inducted into the Tau Society, UM St. Joseph's legacy society honoring those who have indicated their intent to leave a planned gift to the medical center. These treasured donors are creating a personal legacy to ensure that UM St. Joseph will always be able to deliver loving and compassionate care. We are most grateful for their kindness.



Top, left to right: New Tau Society members Senator Francis X. Kelly, Jr., Janet Kelly, Shirley Marconi, John Egger, PhD
 Middle row, left: Nursing leaders Grace Serafini, Kelly Archer, Stacy Colimore, Leigh Chapman, Jill Brown-Hong, Carol Ellis, Lisa Hargett, Kristen Chamberlain
 Middle row, middle: Ray Daue, chair, Foundation Board
 Middle row, right: Sister Evelyn Grudza, OSF, Sister Michele Kriczky, OSF
 Bottom row, left: Senator Kelly, Ray Daue and Tom Smyth, MD, with employee representatives receiving the St. Joseph the Worker Award
 Bottom row, right: Daphne Goodall-Clennon and Conroy Clennon



BETTER NEVER STOPS

UM St. Joseph fosters a culture of leadership and process improvement to elevate the patient experience.



The Noppenberger Auditorium at UM St. Joseph Medical Center in Towson was filled to capacity on the evening of Tuesday, October 2, 2018. More than 115 business and community leaders, along with stakeholders in UM St. Joseph, attended a dinner and lively talk given by Thomas B. Smyth, MD, president and CEO of the medical center. Dr. Smyth presented “Better Never Stops,” a model for developing and fostering a culture of leadership and process improvement to elevate the patient experience. Adopting the highly successful Toyota Production System (TPS) model, UM St. Joseph has been able to enhance outcomes for patients and improve patient safety, while reducing costs.

The tenets of the TPS include continuous improvement, standardization of process, respect for others and developing talent from within an organization. Dr. Smyth explained how these principles can be applied to any organization and gave examples of successful applications within UM St. Joseph Medical Center. “Being involved in this journey to adopt the tenets of the Toyota Production System, which we have named the UM St. Joseph Medical Center Value Delivery System, is the most excited I have been in my 30-plus years in health care,” Dr. Smyth told the audience. “We are changing the paradigm of health care moving forward to act in the best interests of our patients in a truly revolutionary way.”

The success of “Better Never Stops” received national recognition in November when UM St. Joseph was awarded an “A” from The Leapfrog Group. This highly esteemed national, non-profit organization focuses on measuring and publicly reporting

hospital performance through the annual Leapfrog Hospital Survey. The survey is an evidence-based national tool in which nearly 2,000 hospitals voluntarily participate. The Leapfrog Group advocates for public access to quality and safety data from all U.S. hospitals.

“We are certainly delighted to receive the Leapfrog recognition, but I am most thrilled at how enthusiastically our staff is adopting the Toyota Production System model,” says Dr. Smyth. “It takes a great deal of hard work and faith that we are on the right track. The way everyone is working together to ensure the best possible patient experience is nothing short of phenomenal. I am so proud of our team.”

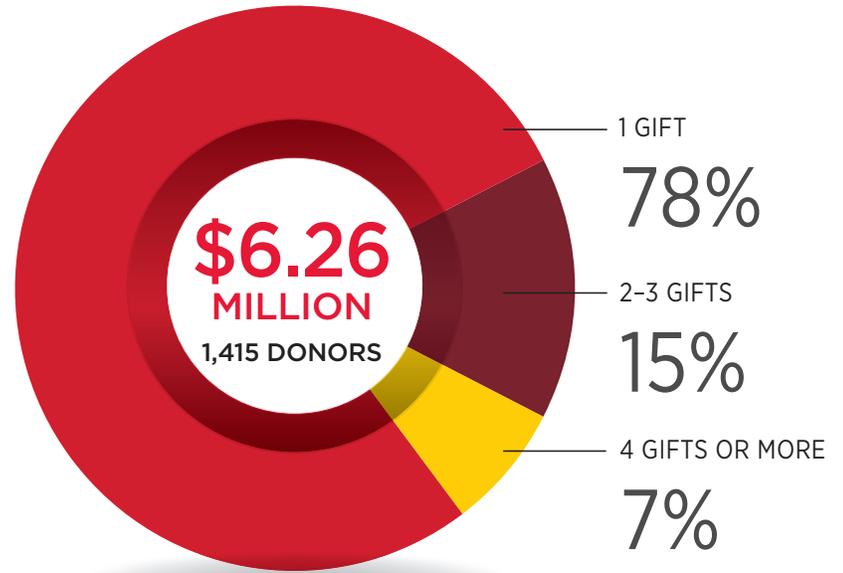
Top: Thomas Smyth, MD, addresses guests at Better Never Stops October event



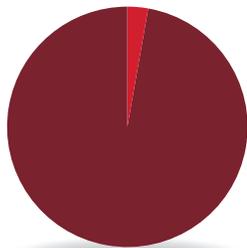
PHILANTHROPY DASHBOARD

UM St. Joseph Medical Center Foundation was fortunate this year to receive funding from many generous supporters. Your commitment to our mission allows us to expand on current programs as well as advance new initiatives.

DONOR SNAPSHOT



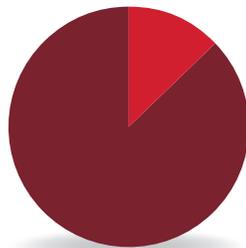
DONATIONS BY FUND DESIGNATION



3%

of dollars raised designated to the

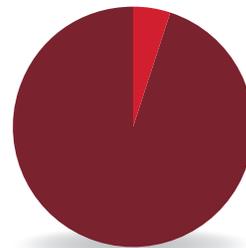
AREA OF GREATEST NEED



13%

of dollars raised designated to our

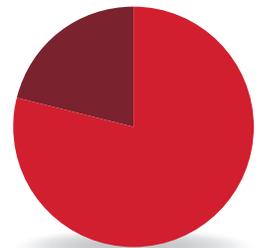
CENTERS OF EXCELLENCE



5%

of dollars raised designated to

SPIRITUAL CARE and CARE FOR THE UNDERSERVED



79%

of dollars raised designated to

SURGICAL EXCELLENCE

DONATIONS BY TYPE/GROUP



\$2 million goal met

to support the Geraldine G. Schultz Fund for Breast Cancer Survivors

568

new donors represented \$962,278 in new contributions

\$420,000

grant from the Maryland Hospital Association for construction of the Hybrid OR

RECORD

7-figure largest gift from an individual donor



HONOR ROLL OF GIVING

JULY 1, 2017 – JUNE 30, 2018

SINCE ITS FOUNDING IN 1864, UM ST. JOSEPH MEDICAL CENTER HAS RELIED ON THE DEVOTION THAT OUR FRIENDS AND SUPPORTERS HAVE HAD FOR THE MEDICAL CENTER. THE CONSTANCY OF PHILANTHROPY FOR MORE THAN A CENTURY AND A HALF HAS SERVED OUR PATIENTS WELL. THE INDIVIDUALS AND ORGANIZATIONS LISTED ON THE FOLLOWING PAGES ARE TRULY DESERVING OF HONOR. YOUR CONTRIBUTIONS HAVE SERVED AS A FOUNDATION TO PUT OUTSTANDING PROGRAMS AND SERVICES IN PLACE, CREATING A HEALTHIER AND HAPPIER COMMUNITY.

WE ARE GRATEFUL TO EACH OF YOU.

*Above, "Grace" by Michio Ihara at University of Maryland St. Joseph Medical Center
in loving memory of Erin Kathleen McCarthy*



TAU SOCIETY

Named for a letter in the Greek and Hebrew alphabets and a symbol that St. Francis of Assisi cherished, the Tau Society honors a committed and special group of individuals. Benefactors who choose to include the UM St. Joseph Medical Center Foundation in their estate plans—or in any planned gift arrangement—are invited to become members of the Tau Society.

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 Mr. David A. Anderson and
 Dr. Karen Q. Anderson
 Kelly Archer, RN
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 Mr. and Mrs. Andrew Biagioni
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 Patricia Bosse and Frank Gunther III
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 Mr. Carmen F. Deyesu † and
 Ms. Victoria A. Deyesu
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 Mr. and Mrs. Alan C. Duckworth
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 Mrs. Cheryl Slaski
 Mr. and Mrs. Charles G. Smith
 The Honorable and Mrs. James T. Smith Jr.
 Mr. Kirby C. Smith
 Mr. and Mrs. David H. Wells Jr.
 Mrs. Suzanne Windsor
 Mr. and Mrs. Frank Wright *

† deceased * November 2019 inductees



CARPENTER'S SOCIETY



Established in honor of Sister Marie Cecilia, OSF, in recognition of her beloved leadership as president and CEO of UM St. Joseph Medical Center from 1975 to 1994, this society honors supporters who make a generous annual contribution of \$50,000 or more.

Mary B. Bernhardt Irrevocable Trust
Mr. and Mrs. Joseph W. Cowan
Crothall Healthcare
Dr. and Mrs. David F. Dalury
Mr. Carmen F. Deyesu † and
Ms. Victoria A. Deyesu
Dr. and Mrs. Daniel D. Dietrick
R. C. Stewart Finney, MD, and Mrs. Cheryl Finney
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The Slitzer/LaPausky Foundation
Tina T. and Thomas B. Smyth, MD
St. John Properties, Inc.
Susan and Michael Stitcher
Dr. and Mrs. Mohan Suntha
Towson Orthopaedic Associates
University of Maryland St. Joseph Medical Center
The Whiting-Turner Contracting Company



Eldest daughter of a wealthy family in Assisi, Italy, Clare was inspired to a life of poverty and prayer through her companionship with Francis of Assisi. Members of the St. Clare Society contribute \$25,000 to \$49,999 annually.

The Auxiliary and Alumni of
UM St. Joseph Medical Center
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Debby Schwaber and Cole Rubin
Stuart and Faye Silberg
Dr. and Mrs. Robert M. Stroud
Leonard and Helen R. Stulman
Charitable Foundation, Inc.
Helen and Stuart Vogel



The medical center's namesake, St. Joseph, is often referred to as "The Worker." He is the patron of working people, of craftsman and of the poor. Membership in this society is reserved for donors who contribute \$10,000 to \$24,999 during the year.

Anonymous
Apartment Services, Inc.
The Estate of Robert A. Armstrong
The Phyllis L. and Leonard J. Attman Foundation
Steven R. Axe, MD
Drs. David Brinker and Elizabeth Allen

Thomas N. and Claudine C. Biddison
The Estate of Carryl Calvert
Craig and Mary Beth Carmichael
John P. Coale, Esq.
Norma and John H. Cook III
Dr. Gail P. Cunningham and Mr. David C. Sutphen
Brent W. Dailey
Mr. Raymond C. Daue
Kenneth W. and Donna C. DeFontes Jr.
The Carmen and Victoria Deyesu
Family Foundation, Inc.
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The High Rock Foundation
The Emmert Hobbs Foundation, Inc.
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Irv and Jeannie Lazinsky, Stephen and
Abby Lazinsky and Family
Robert A. Lindner, RN
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Rosemary and Chirantan Mukhopadhyay
Mr. James P. O'Connor
The Palmer Family
Jeremy and Elizabeth Pollock
Radiology/ RadNet
Dr. Keith L. Riddle
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Dr. Rawn Salenger and Dr. Lilja Solnes
SJMC Medical Staff Education Fund
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Dr. Frederick G. Smith
Sodexo Health Care Services
Stewart - Canady Family
Mr. Jon W. Wells
Dr. and Mrs. David M. Wheeler
Bruce and Wendy Wolock

The following reflects gifts made to the medical center between July 1, 2017 and June 30, 2018. They are correct to the best of our knowledge. We deeply regret if there are any errors in this annual report.



 *Sister Pierre*
SOCIETY

Sister M. Pierre, OSF, administrator from 1956 to 1974, provided critical leadership during the closure of Saint Joseph Hospital on Caroline Street and its reopening at the present site in Towson. Members of the Sister Pierre Society contribute \$5,000 to \$9,999 annually.

Steven Adashek, MD, and Ms. Aimee Adashek
Sundri Alim, MD
Alpha Landscape Contractors, Inc.
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