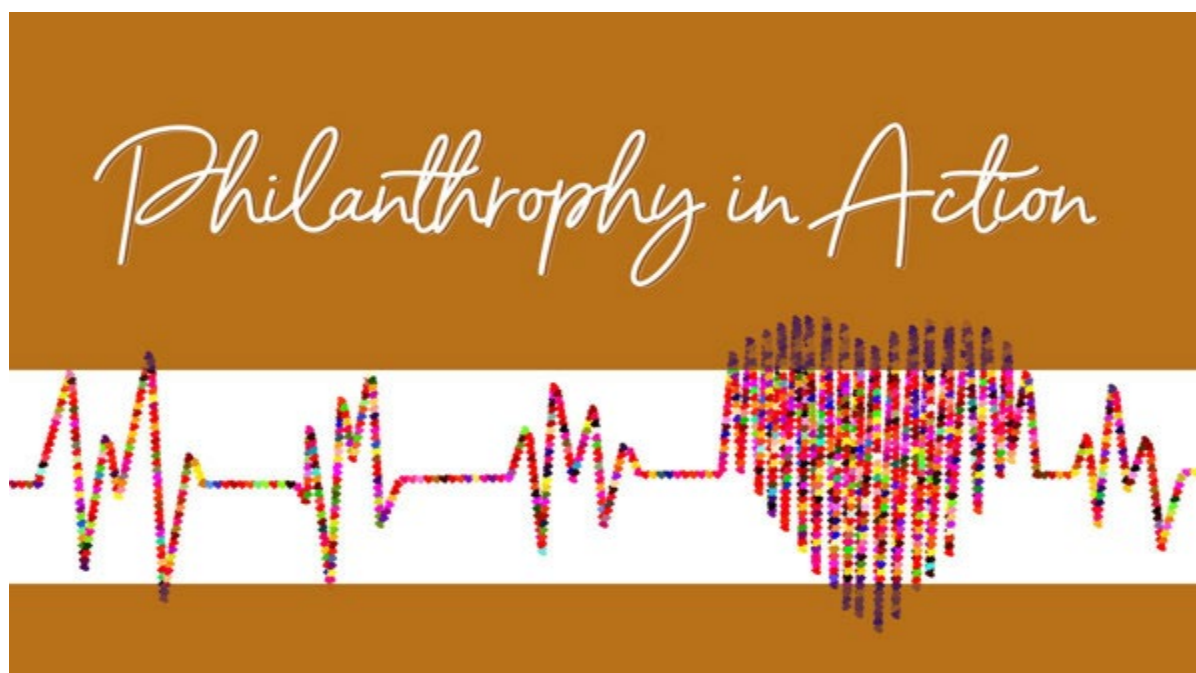


February 2023



February is American Heart Month—a great time to send a message from the heart. It is no secret YOU are the driving force behind innovation in healthcare. Your generosity ensures we can continue to build on our shared vision to create a community where healthcare transforms lives, elevates the quality of life and restores hope and healing for those navigating challenging diseases.

So from our hearts to yours, thank you for believing in our work and putting that faith into action through your kindness, generosity and loyalty. In support of healthy hearts everywhere, we have included a short article on healthy lifestyle tips and the Cardiovascular Center of Excellence you helped to build. Our goal is to ensure everyone knows this level of care is available right here in our community—so when they need it—they know our doors are open to serve them.

Thank YOU for your trust — it means the world to us and those in our care.

Jared A. Langkilde, MBA, CFRE
President & CEO

Nurturing our frontline caregivers

Nurses are the backbone of the medical community. To support their vital care and ensure exceptional healthcare in a changing landscape, the Foundation and HonorHealth nursing leadership have created the Nursing Excellence Endowment. This fund will directly support our exceptional front-line healthcare heroes through cutting-edge educational opportunities and the resources they need to deliver patients and our community the best care.



Our nurses already prove they are at the top of their profession. HonorHealth Medical Centers have achieved nursing Magnet status, the gold standard for nursing care. Your investment in their training ensures we continue to meet the highest standards for nursing *in the country*.

Upcoming educational priorities for nurses include a summit to introduce Human Centered Leadership in Healthcare, a grounded theory specific to nursing that is different from traditional leadership theories in that the leader is embedded in the system.

One way your support of the Nursing Excellence Endowment will touch the lives of patients includes an initiative to increase the number of nurses with Bachelor of Science in Nursing (BSN) degrees, as well as advancing the education of our nurses with associate degrees. Our aspirational goal is that greater than 80 percent of our nursing workforce will hold a BSN or higher degree.

Every staff member and patient experience is enhanced because of your philanthropy. Thank you joining in our mission to deliver innovative care today and into the future for those who need us most!

To learn more, please [request an informational brochure](#) or talk with your gift officer.

A patient gets her life back

Imagine having a disease so rare that doctors don't know how to help you. A debilitating condition that causes extreme pain with no known relief.

Meet Carly, who suffers from Chronic Inflammatory Demyelinating Polyradiculoneuropathy (CIDP), a slowly developing autoimmune disorder in which the immune system attacks the myelin that insulates and protects the body's nerves.



Carly came to [HonorHealth Research Institute](#) and met with neurologist, Dr. Todd Levine, hoping to find answers. Given the rarity of her condition she was granted a compassionate use study. This is a way to provide an investigational therapy to a patient who has a serious or life-threatening illness for which other treatments are not available.

HonorHealth Research Institute collaborates with physicians across the Valley and with organizations and universities across the nation. The institute additionally partners with medical, pharmaceutical and device companies to develop and test the latest treatments for some of the most serious health challenges facing human beings.

“I was given the opportunity to participate in a single-subject compassionate study and this drug was a life changer for me—my nerve pain was gone, my hand strength increased dramatically, I felt very close to the way I felt prior to getting my diagnosis,” said Carly. “Although this is an extremely rare illness, it makes my heart happy to know that there are doctors like Dr. Levine that have not given up on me. I want to thank the doctors at HonorHealth Research Institute for giving me my life back.”

Thank you for *your* support of HonorHealth Research Institute. You are offering hope to patients who have not responded to the current standard of care, and those like Carly with rare conditions.

Photo: Dr. Levine and staff with Carly.



Dollar-for-Dollar State Tax Credit

The Arizona Charitable Tax Credit gives you the chance to make a donation to support the urgent, life-changing work of HonorHealth Desert Mission and to **get your donation back as a dollar-for-dollar credit** on your Arizona state taxes.



Don't FORE!get

Register today and secure your tee time for the HonorHealth Foundation Pro-Am at Grayhawk Golf Club! Join us **Friday, April 21** for a great time on the links, and help make great care possible for patients and families in our community.

This means that you can:

- Help feed a family in need
- Offer early childhood education
- Provide Adult Day Healthcare

AT NO COST TO YOU.

[Make your donation today!](#) Deadline for the 2022 tax year is April 17.

Your registration or sponsorship will support HonorHealth's [Greatest Needs Fund](#) and [Desert Mission Endowment](#), two critical programs that help ensure our community is nimble in the face of a changing healthcare landscape and can provide support to our vulnerable neighbors.

Pro-Am [registration](#) includes a choice of morning or afternoon shotgun start and a player gift package.

A gift from the heart

When Sheila and Bill Harris spoke at the Foundation's recent Legacies of Distinction brunch for donors who have included HonorHealth Foundation in their estate plans, they captured the audience through their heart-full words. Their connection to the HonorHealth mission is inspiring and their gratitude evident with a commitment to the Greatest Needs Fund. Long before they became [Legacies of Distinction](#) donors, they shared anecdotes about the seemingly random connections that inspired them to include HonorHealth in their estate plan.



From a casual introduction to attend a stroke presentation with Dr. Smita Kapoor at the HonorHealth Osborn Medical Campus that left them “impressed,” to moving into the Desert Mountain community, which holds an annual HonorHealth fundraiser, to becoming a grateful patient when medical care was needed—it is as if they were destined to connect to HonorHealth in a meaningful way. And that they did—with a legacy of care that will help support healthcare needs for future generations.

“I worked in healthcare for 40 years and no one touches the HonorHealth philosophy,” states Sheila. “It is all about the patient here.”

Sheila and Bill’s gift to the [Greatest Needs Fund](#) gives HonorHealth the ability to stay nimble and meet community needs that arise unexpectedly and may otherwise go unfulfilled. Needs such as germ-zapping robots or wrap-around patient services not covered by insurance.

“You just never know what medical needs will surface over the next several decades,” states Bill. “We feel good that our gift will help future generations get the healthcare they need, when they need it.”

Join us for free Estate Planning seminars

You can leave a legacy of care through your planned gift. Please join us at one of our free Estate Planning seminars starting Friday, February 24.

These comprehensive sessions will be led by Keith Wibel, HonorHealth Foundation Financial Health Advisory Council Chair and Lynn Badura, AVP of Planned Giving at HonorHealth Foundation. All attendees will receive a complimentary Estate Planning Guide and have the opportunity to ask questions in a group or one-on-one with the HonorHealth Foundation team.

The seminars will take place at five different HonorHealth hospital locations from 11 am to noon. [Register](#) on-line at [Estate Planning Seminars | HonorHealth Foundation](#).

Upcoming dates: March 9, April 7, May 3 and June 9.



#HEARTMONTH - ASK OUR EXPERTS

Maulik G. Shah, MD	Rahul N. Doshi, MD	David G. Rizik, MD	Robert D. Riley, MD	Venkatesh G. Ramaiah, MD

Free virtual event with heart and vascular experts

Your cardiovascular health should be a top priority, no matter your age. Your heart is the crucial engine that works 24 hours a day, seven days a week to keep your body functioning.

As part of Heart Health Month in February, HonorHealth invites you to join this interactive session where you'll get to meet with a team of heart and vascular specialists from the [HonorHealth Cardiovascular Center of Excellence](#).

Learn more about:

- A heart-healthy lifestyle
- Heart disease prevention
- Heart surgery myths
- The latest treatments

When: Tuesday, February 28

Time: 6 - 7 pm

How: [Register today](#) to receive your personal link.

Keep your heart happy

February celebrates the heart and since heart disease is the number one killer of adults in the US, we offer a few reminders to incorporate healthy lifestyle choices, diet and exercise to help keep your heart healthy.



Movement – it's all about exercise

It is never too late to develop good exercise habits. Any type of activity that allows you to get your heart rate up for an extended period of time is a good choice – brisk walking, tennis, hiking or riding a bike are all great options. Start with 30 minutes most days of the week.

The power of food: dietary choices are critical

As a whole, stick with raw vegetables, fruits, chicken and fish that are high in omega-3 fatty acids, which benefit heart health in many ways.

Limit lifestyle choices that increase heart disease risk

No one likes to hear this, but: stop smoking, limit your alcohol intake and reduce your stress. Healthy lifestyle choices, along with diet and exercise, reduce your risk even with a family history of heart disease.

Care that's made with you in mind

If you need heart care, the [HonorHealth Cardiovascular Center of Excellence](#) will design and deliver personalized and advanced care to you. With the mission to deliver innovative care today and into the future for those who need it most, the center has assembled top-of-the-line physician teams, technology and tools to introduce cutting edge treatments, even before they are widely available.

Thank YOU to our generous donors who make innovative and comprehensive care and technology available to our community!
