



you. us. WE are the change.

INNOVATION.
EXCELLENCE.
COMPASSION.



Methodist Health Foundation



you. us. **TOGETHER**, anything is possible.

We make a great team – together, supporting the world-class care provided at Indiana University Health Methodist and University hospitals and the IU Health Simon Cancer Center. You give selflessly knowing every dollar raised goes directly to the programs you support. Now that’s teamwork with real impact.

Philanthropy is all about making special things happen – achieving and aiding through innovation; maintaining the highest standards of excellence; and delivering genuine, compassionate care.

Doing these things in spirit and support of community health. Take a look at all the special things happening this year. And know that WE couldn’t have done it without YOU.

We are inspired by your generosity to enhance health, and this is our way to thank you for joining us in this endeavor to help others.

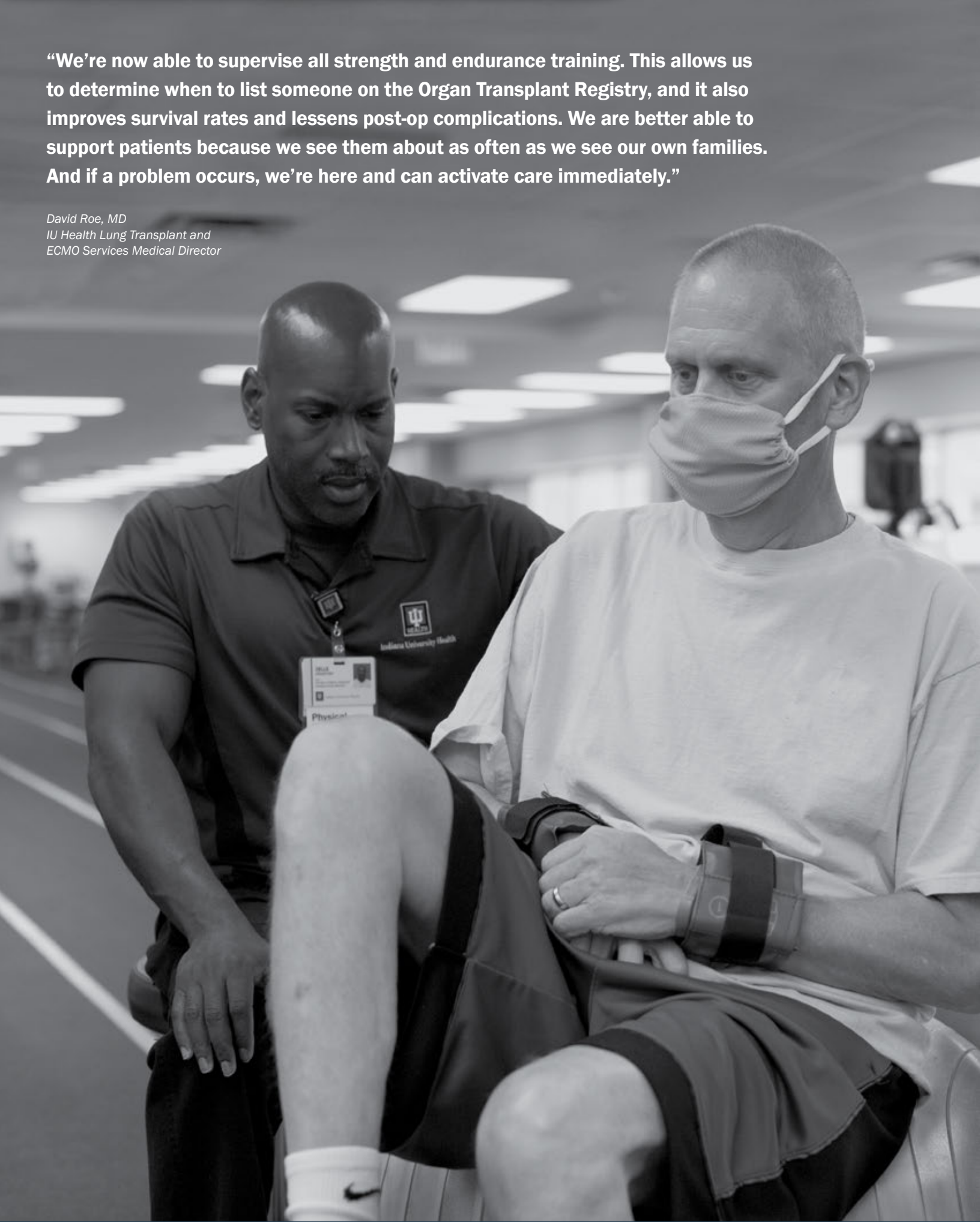
“At a time with shrinking hospital margins, philanthropy enables us to innovate and provide value-added service for our patients and their families.”

Ryan Nagy, MD, Chief Medical Officer



“We’re now able to supervise all strength and endurance training. This allows us to determine when to list someone on the Organ Transplant Registry, and it also improves survival rates and lessens post-op complications. We are better able to support patients because we see them about as often as we see our own families. And if a problem occurs, we’re here and can activate care immediately.”

David Roe, MD
IU Health Lung Transplant and
ECMO Services Medical Director



innovation●



your gifts keep us on the front lines of innovation

World-class care happens in world-class facilities, and that’s exactly what’s happening at the newly-opened Center of Life for Thoracic Transplant (COLTT). Doors opened this spring, and patients waiting for or recovering from a lung transplant couldn’t wait to get in. “Thirty-eight days seems like 3,800 when you’re on oxygen and struggling to breathe,” says John Leemhuis (pictured at left), an Indianapolis resident, who was one of the first to experience pre-habilitation, a form of strength training to build his stamina and readiness for the double lung transplant he received on June 12, 2016.

John is one, among many, whose lives are better because of people like you, our donors, and also the clinical team members whose titles say “doctor,” “physical therapist” and “rehab tech,” and who also serve as “cheerleader” and “coach.”

Good teams and healthy patients aren’t built by coaching and therapy alone. It takes resources, too. COLTT’s 300-foot indoor track, with separate rooms for oxygen storage, nutrition and wellness education, physical therapy, and therapeutic equipment, don’t happen without many generous gifts.

together, we did.

Dr. John and Catherine Kohne not only share their lives together, they served and retired from the same hospital system – Indiana University Health. The Indianapolis couple may have hung up their full-time doctor and nurse stethoscopes, but they remain passionate about health, innovation and clinical care. “While employed full-time with IU Health, I was focused on what I could do to motivate caregivers. Now that this phase of leadership has passed, my wife, Catherine, and I want to consider how to invest that which we don’t need for family and retirement. We’re investing to help clinicians do their work in more effective and innovative ways, and at a lesser cost, so people can more easily access healthcare.”



“One thing that distinguishes our center is that it’s PT-driven – meaning that physical therapy is driving the standard of care, and more than half our physical therapists have Certified Wound Specialist advanced training. Financial support for continuing education is essential, especially in an age when we seldom have enough budget resources for education.”

*Pauline Flesch, executive director,
IU Health Rehabilitation and Fitness Services*

excellence ●



your support inspires excellence in all we do

To win, you have to be the best. And being top dog requires work. Just ask IndyCar driver James Hinchcliffe. Hinch, as he’s known to his fans, knows a thing or two about excelling. That’s why he was able to recognize excellence when he saw it in action at IU Health Physical Therapy and Wound Care Clinic. Hinch found himself under the care of IU Health physicians and therapists after a practice run leading up to the 2015 Indianapolis 500 left him fighting for his life. Excellence became more than something to strive for on the track – it became the key to getting back on the road to recovery.

What makes the wound care clinic unique is not just the team’s commitment to excellence – it’s the hours of training, education and specialized focus that go along with it. Patients travel from near and far to the clinic because they know they will receive the best treatment. The best care. The best results.

together, we can.

Julie LaFore was just revving up her career when she received a life-altering diagnosis – Hodgkin’s lymphoma.

With the help and encouragement of her oncologist at IU Health Methodist Hospital, Julie won her battle with cancer and gained a new outlook on life. But she also gained a significant amount of weight “I didn’t know it at the time,” she says, “but my blood pressure got so bad the American Heart Association’s recommendation was to seek emergency care immediately.”

Julie, a long-time racing fan, started noticing IndyCar driver James Hinchcliffe tweet workout updates from PitFit, a fitness center just a few minutes from her work.

She says, “I started attending classes at PitFit and, by May, I was down 35 pounds. My blood pressure is now on the low end of the charts, and I am even stronger than before, which greatly increases my chances of staying healthy for the long run.”

Julie was so inspired by her experience, she decided to make a gift to traumapitcrew.org – a partnership between Hinch and Methodist Health Foundation to support the IU Health Physical Therapy & Wound Care Clinic. Julie’s donation was the last gift to push us past goal. Gifts to traumapitcrew.org will impact the lives of countless wound therapy patients.



“I firmly believe these programs in CompleteLife, such as yoga and art therapy, help patients better cope with their disease. What we know for sure – it definitely has a positive impact on the patient in their outlook on life and the way they cope. It does make a difference.”

Jose Azar, MD
IU Health Medical Director,
Quality & Safety



compassion ●



your generosity grows limitless compassion

Patients are more than their illnesses. They’re more than a diagnosis. And, they are more than a list of symptoms and treatments. They are people – whole and complete. And to care for them, we have to care for all of them. The CompleteLife program is a series of unique non-clinical programs that do just that. Therapies, from yoga to art to music, give patients the opportunity to interact with a variety of therapists who treat their illnesses with a holistic approach.

Breanna Eubank wasn’t in the greatest place when she first met IU Health Music Therapist Tony Madieros. Having received a late diagnosis of Cystic Fibrosis, Breanna was told she wasn’t likely to live past the age of 20. Facing an uncertain future and battling infinite personal demons, Breanna turned to the only thing – besides friends and family – that helped her cope: music.

“[Tony] was nothing at all like I expected,” she says. “No white coat. No clinical jargon. No judgment in his eyes. Just a dude with a guitar, who wanted to know if I was willing to jam out. Which, of course, I was. And it was amazing.”

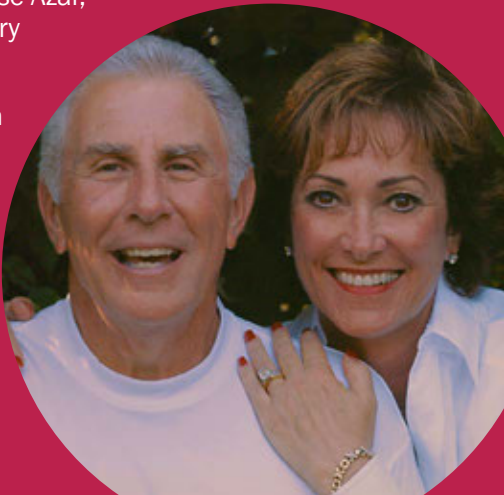
Breanna says she could tell Tony things she hadn’t shared with anyone, and the friendship and openness she felt with him gave her an incredible sense of relief. The two even collaborated to write a song to express the feelings Breanna has had to process in dealing with her illness. The CompleteLife program has given Breanna an outlet, a voice, and a renewed outlook on her life.

together, we will.

“Enjoy every day.” Words to live by, and words that will resonate with Sanford “Sandy” Levinson for the rest of his life. Sandy’s wife, Elaine, was reminded of those words by her oncologist, Jose Azar, MD, every time she saw him. In fact, Sandy says she painstakingly journaled, counting every single day she had found enjoyment – and that was all of them.

Tragically, Elaine lost her fight with cancer, but her strength, courage and legacy will live on in the CompleteLife program. Sandy says Elaine was told at the time of her diagnosis that she could expect to live for six months – and instead she lived for two years. He attributes that longevity to the various CompleteLife programs they experienced, like in-room yoga, art therapy and the soothing sounds and experience of a harpist playing for them.

Sandy’s generous gift, made in Elaine’s memory, supports the CompleteLife program so many other patients can benefit from these uniquely holistic therapies. Sandy says, “I don’t know that you ever get closure, but it makes me feel very good that we’re going to be able to do something that will help a lot of other people.”



community initiatives

your involvement impacts our community

Without generous people, none of it matters.

YOU are the reason we do this.

YOU are what keeps us going.

YOU are helping us help your fellow Hoosiers.

Free Heart Scans for IMPD Officers

Indianapolis Metropolitan Police Department officers received free heart scans as part of a program between Methodist Health Foundation and IU Health and was sponsored by Anthem, Inc. Indianapolis Police Sgt. Bob Pearsey took advantage of the program, and was surprised when his scan revealed a blockage that needed immediate treatment. “Without my heart scan, the blockage wouldn’t have been diagnosed,” he confides. “I didn’t have any symptoms, so I would’ve eventually had a heart attack.” Luckily, Sgt. Pearsey underwent a procedure to place a stent in his artery. Since then, he has been an advocate for family members to schedule scans of their own.



477
IMPD OFFICERS
recieved heart scans

TOTAL FUNDS RAISED
\$21,389

104 DONORS

Gary Brackett’s Gotcha Covered Program

When accidents occur, victims are often cut out of their clothing to allow emergency responders and clinicians quicker access to their injuries. This often leaves them without anything to wear once they’re discharged from the hospital. Former Colts



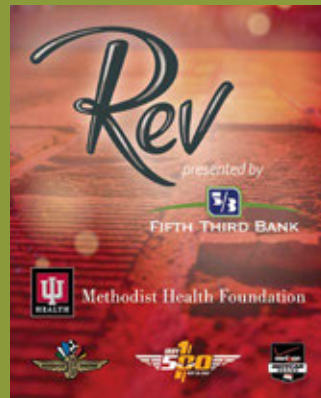
linebacker Gary Brackett has made it his mission to ensure every patient leaves IU Health Methodist Hospital in fresh, clean clothing. His initiative helps to maintain a locker in the emergency department that’s stocked with a variety of clothing items to make sure that every patient is always covered.

hundreds of patients benefitted

Rev 2016

Rev, which takes place at the Indianapolis Motor Speedway in conjunction with IndyCar and Indiana University Health, features delicious samplings from dozens of area restaurants, created out of partnerships among the finest chefs and the fastest race car drivers you’ll find anywhere in Indy. Rev is, at its core, a night for giving back.

Thank you to everyone who made Rev a success this year. Funds raised will support the trauma crews and programs at IU Health Methodist Hospital, the IU Health Emergency Medical Center at IMS and statewide trauma programs.



\$533,336
total net funds raised

933 VIP ELITE attendees
2088 PREMIERE attendees
550 VOLUNTEERS & CHEFS

AEDs for IPS

An automated external defibrillator (AED) is a life-saving device that can diagnose and treat sudden irregularities in the heart’s rhythm. These devices can prevent fatalities, but they are an expense many local schools can’t afford. Thanks to those who gave to this campaign, six Indianapolis Public Schools are now equipped with these emergency devices. And already, more than one life has been saved.



6 IPS schools
recieved AEDs

MANY LIVES
PROTECTED



TOGETHER

we impact the experience of many patients
we save lives and change lives
we work towards a healthier future for all



Life changing care in the heart of our state.



As an academic health center, IU Health and IU School of Medicine work together to train physicians, blending breakthrough research with the highest quality of patient care. In 2015, IU Health Methodist and University hospitals, and IU Health Simon Cancer Center admitted about 40,900 patients, had about 104,800 emergency department visits and delivered nearly 3,100 babies.

As a national leader in critical and complex care, we are home to the largest Level I Trauma Center, the nation's largest neuroscience critical care unit and a nationally recognized organ transplant center. IU Health is the only healthcare system in Indiana nationally ranked by *U.S. News & World Report* 19 years in a row.



Methodist Health Foundation

1800 N. Capitol Avenue | Noyes Pavilion | Indianapolis, IN 46207 | methodisthealthfoundation.org

We invite you to learn more about these stories and others at methodisthealthfoundation.org/blog-news.