Journeys to Healing

Each step forward, we take together.
Thank you for your generosity.

Shady Grove Adventist Hospital 2009
Each person’s journey to healing is memorable. Acts of gentle compassion, a soothing voice, moments of quiet reflection, assume lasting significance. At Shady Grove Adventist Hospital, we know that clinical excellence; acts of kindness and experiences can have a meaningful impact on the mind, body and spirit and encourage the patient’s healing process.

This past year, Shady Grove Adventist Hospital celebrated its 30th year in its own journey, a journey of compassionate service to the community. Over the years, our hospital has grown in size and clinical capability, and today offers care that is progressively more advanced than that of the typical community hospital, proven by the designations, awards, certifications, and other recognitions we are proud to receive.

Through the following stories, which trace our patients' journeys to healing, we shine a light on those highly human aspects of care that are not always measurable, but which matter every bit as much as state-of-the-art procedures, recognized clinical excellence, and outstanding facilities.

Thank you for your partnership in helping us bring medical care that supports health, hope and healing to our community.

Sincerely,

Dennis Hansen
President
Shady Grove Adventist Hospital
Your giving makes our Journey possible. Thank you!

I have always felt that Shady Grove Adventist Hospital is a wonderfully different kind of hospital, one that embraces a positive outlook and inner peace as vital elements of health. After all, how many clinically outstanding hospitals also dedicate themselves to nourishing mental and spiritual healing? Shady Grove does, and now with the new Barbara Truland Butz Healing Garden, our uncommon holistic approach to patient care is clearer than ever.

Shady Grove’s new rooftop healing garden embodies the hospital’s deep commitment to honor the emotional and spiritual, as well as physical, needs of people in our care. With its landscape, fountain, and walkways, the garden is carefully designed to reach soul and psyche. Here is a refuge where one’s mind can peacefully wander — even when sitting still.

Inspired by the garden’s pathways, our patients’ stories refer to “journeys to healing,” to recognize that recovery is often a moving and sometimes challenging step-by-step process. As you’ll discover, Shady Grove’s distinctive approach to treating the whole person has made a difference in each patient’s journey.

Shady Grove’s continued growth relies on you. Our current fundraising initiatives will help us continue along the path we are on now, combining clinical excellence with care that touches the heart and revives the spirit. I thank you for helping us arrive at the point we are today and ask you to join us as we move forward.

Sincerely,

Will Smith
Chief Development Officer
Shady Grove Adventist Hospital
A kind smile
A waterfall’s gentle sounds
A private space to reflect and feel restored

At Shady Grove Adventist Hospital, different people, sights, and sounds play a role in our patients’ journey to health. These are their stories.

“Having a beautiful space, where a person can just go outside and enjoy living plants is very important.” Tommy (Hap) Butz speaking about the Barbara Truland Butz Healing Garden
“We hope the Healing Garden, named in our mother’s honor, is an example of ways people can give back to the community, get involved in the community, and help others.”

— Robert Butz, donor of the Barbara Truland Butz Healing Garden along with his brothers and uncle Robert Truland
The Healing Garden and the Journey to Healing

Originating from a family of farmers, Barbara Truland Butz always believed in the healing power of the outdoors. So the idea of an easily accessible rooftop garden for Shady Grove patients, family and staff would have naturally appealed to her. In 2010, that idea will become a reality. The Barbara Truland Butz Healing Garden made possible by a generous 2009 gift from the family of Barbara Truland Butz and many other generous donors will bring an outdoor respite to our patients’ journey to health.

The four sons of Barbara Truland Butz first learned of Shady Grove’s proposed healing garden from their uncle, Robert Truland. Together, sons and brother recognized the contribution a safe and tranquil outdoor environment could make to patients’ health, and decided together to support the garden through their family foundations. They believed that Barbara, who succumbed to cancer in 2001, would have appreciated that a hospital is doing something different, something extra, to bring patients in contact with nature. This is particularly true for those with cancer, who typically are in the hospital for extended periods of time.

The garden’s circular design includes peaceful pathways, flowering trees, and quiet places to sit, read, even visit with friends and family, all against the backdrop of water’s soothing melodies.

“The ability to go outside, to check the weather, to change your environment and your day, is critically important to keeping you going and feeling renewed,” Barbara’s son Hap commented in reference to the garden.

Together the family hopes the Healing Garden will become a sanctuary for patients, a space outside away from hospital rooms and routine, that hopefully will improve their healing and peace of mind.

“Our uncle was very committed,” Hap said, “to wanting our mother’s legacy to live on and help other people. I, too, believe that for the people who use the Healing Garden, our mother will be looking over them.”
A Life-Sustaining Journey to Healing

Just weeks after Jill Irey’s treatment for cancer began, she was rushed to Shady Grove Adventist Hospital with a severe reaction to her medications. Thus began her pilgrimage with Shady Grove, a journey now five years long — far longer than the five months Jill was first told she might survive.

When Jill Irey was diagnosed with an aggressive cancer, she was determined to fight back. She sought a treatment she hoped would be up to the job. The treatment she chose is hard on patients; life-threatening reactions that require hospitalization are common.

Her first severe reaction brought her to the hospital nearest her home, Shady Grove. “I was so out of it,” she said. Even so, she could hear the oncology nurses “singing and talking to me like there was a real person inside that shell.” Jill instantly responded to their care, to not “being treated like a number.” During this first emergency stay at Shady Grove, she met Dr. Manish Agrawal and decided to ask him to become her oncologist so she could benefit from his and Shady Grove’s expert, compassionate care.

In the many hospitalizations at Shady Grove that followed, the healing atmosphere and the “kindness and sweetness” of its people made all the difference. “I felt more at ease, happier. I smiled inside. And anything that makes me smile makes me feel better.” At night, she sometimes would find a quiet spot to read, enjoying the peacefulness of the surroundings. She felt like a whole person.

More than a year has passed since Jill’s last hospitalization, though she still comes by Shady Grove for outpatient services. “It’s crazy to love a hospital and a doctor’s office, but it’s the people. It is life-sustaining,” Jill says. “I’ve had five years of life I didn’t expect to have. Mine has been a wonderful journey.”
A vigorous Journey to Healing

Beverly Hendrix did not want to believe she was having heart problems. She had always been active, and at 60 was too young, she thought, to be a cardiac patient. But when a heart blockage was discovered and then resolved through an elective angioplasty, Beverly began her process past denial and into action. Three times a week, every week, she worked out at the Cardiac Rehabilitation Center at Shady Grove, pushing herself to limits safely set and monitored by the center’s professional staff — knowing that with each workout, she was strengthening her chances for future, better health.

“I was very frightened,” Beverly says of her initial reaction to her doctors telling her they had discovered a heart blockage. After her angioplasty procedure at Shady Grove, Beverly was even more shocked to learn she had two more partial blockages, to be treated on a later date. “Every little pain, I thought, might be a heart attack.”

Cardiac rehab eased Beverly’s mind and became a roadmap for her journey to health. Simply knowing that the center’s supportive, empathetic nurses and physiologists were watching her heart rate on the electronic monitors, lessened her anxiety and inspired her to push herself harder. Each of the 72 times Beverly “religiously” went to cardiac rehab, she worked out until she was drenched in sweat.

Part of Beverly’s fear stemmed from a sense of losing control over her body. She was always worried it might fail her. “Working out,” she says, “restores that sense of control.” “It was wonderfully reassuring,” she says. “You find out you can do more than you think you can do.” Bev also learned that simply by exercising hard, she might be able to dissolve her two remaining, worrisome blockages.

“The day I finished my sessions,” she says, “I cried. It was like leaving friends. Everyone is so kind.” Beverly continues her journey, returning to the center once a month and working out on her own six times a week. Each time, she monitors her heart beat as she has been taught to do. Now stronger, fitter and more confident than ever, she has become the rehab center’s “biggest cheerleader. It is a wonderful place.”
Margaret Smith is matter-of-fact about the painful, perilous journey that she began in early 2009. The now 17-year-old has moved on from a potentially fatal condition, and is back to playing intense games of soccer. Her father Bart says, “For her to talk about it today as if it was no big deal says a lot about the care she received.”

Margaret’s traumatic journey actually began well before she knew it. A blow during a soccer game had injured a vein, but there were no symptoms. Months later, after sitting long hours during an exam, Margaret suddenly could barely walk and felt excruciating pain in her leg.

The next morning, Margaret and her mother went to Shady Grove’s Pediatrics Emergency Department for a battery of tests, never expecting the diagnosis they would receive. Shady Grove radiologists found a deep vein thrombosis, or blood clot, that if untreated could fatally travel to her brain, lungs, or heart, an extremely unusual condition for someone Margaret’s age. Dr. Richard Silva, a vascular surgeon, performed the surgery to remove the clot, which had grown to a shocking twelve inches in length since Margaret’s soccer injury.

Margaret’s journey would ultimately include two challenging surgeries in just four days, and another surgery two weeks later. Her mother Barbara was with her every step of the way. Barbara was able to stay overnight in the hospital, dozing on a sleeper chair by her daughter’s bed. Barbara says, “The nurses made me feel at home, and I was so thankful — I would have gone crazy not being there.”

From the nurse who used a flashlight to avoid disturbing Margaret to the cafeteria workers who were there to serve mid-night snacks; from the nurses whose gentleness made Margaret’s pain easier to bear to the radiologists who went out of their way to help Margaret feel comfortable. Margaret’s parents carry with them memories of the many people at Shady Grove who helped them through their ordeal. “Everyone made Margaret feel special,” her father says. “As if she were almost the only one there.”
A newborn’s cool Journey to Healing

For the first 24 hours of Remy Cooperstein’s life, her parents didn’t know if she would survive. For the next two days, all they could do was watch her lie completely still, immobilized by special medications, on a cooling blanket in the hospital’s Neonatal Intensive Care Unit (NICU). Thanks to the cutting edge treatment of the cooling blanket, Remy is today, at two years old, completely, spectacularly normal, her journey to healing now an energetic typical toddler life.

Lisa and Danny Cooperstein realized something was wrong with their newborn daughter almost immediately after her delivery. Remy seemed too quiet, a light shade of blue and wasn't breathing. Doctors rushed in and began performing CPR as the terrified parents held each other, crying and praying. Danny quietly talked to his deceased mother, who had passed away years ago, asking her help, as the infant was whisked off to the NICU for Shady Grove’s very first use of the cooling blanket treatment.

Although CPR had started Remy’s breathing, early loss of oxygen can start a chain reaction that can quickly lead to permanent brain damage. The cooling blanket lowered Remy’s body temperature to 91ºF, safely slowing her body processes down and stopping any chain reaction cold.

As they tensely waited, the Coopersteins became instant NICU celebrities, with physicians and staff wanting to see the innovative treatment in action. Other parents and the “awesome” NICU nurses formed a community of support. “Hugs aren’t in the job description of a nurse,” Danny says, “That’s the person inside the nurse.”

After what seemed like an eternity of 72 hours, Remy’s temperature was slowly returned to normal, and she was able to go home. Her parents fearfully watched for signs of long-term issues, until at six months, Remy began rolling over regularly, and then crawling, cruising, and walking. Remy now has an extraordinary, milestone-beating vocabulary.

“I know,” says Danny, “if Remy had been born in another hospital, she might not have had an opportunity to have the cooling blanket treatment and this outcome. She’s a miracle to me” — a miracle named for Danny’s mom.
Unexpected turn in the Journey to Healing

Just weeks after Marie Priest underwent elective bariatric surgery, a procedure to help her conquer her life-threatening obesity, she discovered a lump in her left breast. It was soon diagnosed as stage one cancer. Another surgery and another ordeal lay just ahead, that of beating breast cancer. Instead of feeling worried and worn down, Marie felt fortunate: her doctors told her that if not for the weight she had lost as a result of her first surgery, she might never have detected the lump at such an early, treatable stage. Her weight loss surgery had saved her life.

Throughout Marie’s journey from suspecting cancer, to surgery, to eventual recovery; she maintained a positive attitude. “It’s going to be okay,” she reassured friends and family. “I never really cried a lot. I knew that if I fell apart so would everyone else.”

The take-charge eldest of eight siblings, Marie is the kind of person who needs to make up her own mind, even when it comes to choosing the specific surgical treatment for her cancer. So when early diagnostic radiology films not only confirmed her breast lump, but also revealed something suspicious; something that might have required follow-up radiation therapy, Marie decided on the surgery she wanted. She chose to have a mastectomy, rather than the more limited surgery of a lumpectomy. “For me it was better to remove the whole breast and not have to worry.”

After her mastectomy surgery, Marie felt terrific. She walked the hospital hallways dozens of times, keeping her weight down and her spirits up. Marie decided to delay breast reconstruction until she had lost more weight.

Marie has realized that humor helps in her recovery, as does reaching out to other patients. She has become an enthusiastic member of patient support groups — a chance for her to give back and help others get through their journeys more easily.
Our latest steps in the Journey to Healing

Thanks to our community, in 2009, Shady Grove was able to introduce a number of new and exciting services for patients and their families, including more spacious and comfortable facilities and new medical technologies. These are some of the latest advances in our own journey, our ongoing commitment to deliver the best of care and the best experience for the unique individuals who are our patients and their families.

Care for Newborns, Children, and Their Parents

This past year Shady Grove debuted new facilities and advanced care for our community’s growing families at every stage of their young lives.

Delivery. Shady Grove’s Birth Advisor, Susan Hine, continues to transform parents’ momentous journey towards their baby’s birth. Meeting personally with all expectant parents before delivery and remaining in touch with them, Susan becomes parents’ coach and advisor. Parents become more confident, feeling that throughout their journey, there is someone at the hospital who understands them and the life-changing experience ahead.

Newborns. For those families such as the Cooperstein’s, whose newborns require the most advanced intensive care, the journey to health now travels through Shady Grove’s newly expanded state-of-the-art Level III-B Neonatal Intensive Care Unit. The new NICU is specially staffed and equipped to handle the most complex and high-risk situations. Quiet, comfortable, and soothing, the new larger space can accommodate 30% more babies, and each infant’s birth has its own supplies cart, refrigerator for breast milk, and recliner for skin-to-skin mother’s care. The new NICU also features a nesting room where families can stay with their infants prior to discharge. The benefit of this room is privacy, with added medical support if needed. This room eases the transition for mother and baby to life on their own outside the hospital.

Pediatrics. Amid colorful walls and playful décor, our community’s children can now receive emergency care in our new Pediatric Emergency Department (ED). Its sixteen treatment bays make it one of the largest dedicated Pediatric EDs in the state. The Pediatric ED is only part of Shady Grove’s exceptional pediatric care, which also includes the county’s only Pediatric Intensive Care Unit and a child friendly Pediatric Same-Day Surgery Unit.

Care for Those Battling Cancer

In 2009, Shady Grove brought the power of two new professionals to assist those traveling the difficult and oftentimes confusing journey that persons with cancer, such as Jill Irey travel. Our oncology certified registered dietitian (one of only four in the state of Maryland), counsels patients one-on-one about their nutritional needs during and after treatment. She combines her specialized knowledge of nutrition, cancer, its treatment, and lifestyle demands into practical “do-able” recommendations. Our new cancer navigator, a journey-defining expert makes everyday life easier by providing authoritative, personal answers and creative solutions.
Care for People Moving on from Cardiac and Vascular Diseases

Cardiovascular disease is an all too common affliction for people in our community. In 2009, Shady Grove began performing elective percutaneous coronary intervention — the procedure that Beverly Hendrix experienced — which opens blockages in the artery before they result in a heart attack. Construction began on two new Cardio Vascular Interventional Radiology (CVIR) rooms for performing this and other complex cardiac, vascular, and electrophysiologic procedures, bringing patients the healing advantage of new medical technologies in a larger, more comfortable space.

Shady Grove’s newly dedicated vascular laboratory uses ultrasound and physiological equipment to detect circulatory issues that can affect health and increase risks. Blockages and clots, such as Margaret Smith’s, as well as aneurisms, venous insufficiency and other once-hidden issues, can now be identified, along with conditions that affect wounds and foot health or cause varicose veins and pain.

Last year, Shady Grove also received two important new cardiovascular designations, as a Cycle II Chest Pain Center and the 2009 Silver Performance Achievement Award from the American College of Cardiology Foundation, which recognizes hospitals for their commitment and success in implementing high standards for heart attack patients. Both designations stem in part from the clinical excellence of our care and our integrated emergency response system.

Care for Patients Undergoing Surgery and Their Families

2009 was the first full year of Shady Grove’s expanded surgical space, now one of the largest surgical facilities in the County. The larger space and high-tech surgical equipment provides patients with greater scheduling flexibility and access to the very latest surgical procedures. Inside its 16 new surgical suites, leading surgeons supported by highly skilled colleagues are performing surgeries at the frontier of their fields.

At Shady Grove, we also consider the stressful journey that the families of patients travel. Last year, we introduced a new service to bring them greater peace of mind. Our surgical department’s new nurse liaison provides families with timely, compassionate word on their loved one’s status throughout the surgical process. From pre-op through recovery, waiting families know where and how their family member is doing, and when they can see their loved one for themselves.
We look to our community to help us continually enhance each patient’s journey and outcome.

Here is how we hope to grow ....
Looking ahead on the Journey to Healing

This year, Shady Grove’s vision of a healing, outdoor space will become realized, as the Barbara Truland Butz Healing Garden takes root. Ahead are other advances, some already under construction, others in planning, and many others in view. With our community’s generous support, these initiatives also will become a reality, just down the road. Here is where we are heading.

Cardiac & Vascular Services

The completion of the two Cardiovascular Interventional Radiology Laboratories along with support areas that will house patients, staff, and physicians will be completed in July of 2010. When completed, the newly relocated department will include a total of fifteen designated bays, providing a more peaceful, healing environment before, during, and after procedures. The department also will include updated electrophysiology equipment. A third CVIR lab is planned and shell space is available for a fourth lab. Ultimately, with the community’s support, the finished, larger, greatly advanced Cardiovascular Interventional Radiology Department will meet our area’s rapidly growing need for immediate, diagnostic, and elective cardiac and vascular procedures.

Plans to increase the size and capacity of our noninvasive vascular laboratory are being considered as the continued growth of this service demonstrates our communities growing need for early diagnosis and treatment of vascular disease.

Shady Grove’s Cardiac Rehabilitation Center is an essential component in our cardiac patients’ journey to health, and we hope to expand it. The current cardiac rehab center is filled beyond capacity with recovering patients eager to improve their heart health. With a larger, even better equipped center, Shady Grove will be able to accommodate an anticipated 50% growth in the number of recovering patients. Plans are to increase the facility’s space from 3200 sq.ft. to 5700 sq.ft., acquire more of the specialized, monitored equipment needed for recovering patients’ workouts, and add to our more than 100 educational programs.

Women’s & Children’s Services

Thanks to your support, Shady Grove has been able to renovate and expand its facilities for expectant parents, newborns, and children. From our large Neonatal Intensive Care Unit to our family-friendly suites for labor, delivery, and recovery, from our extensive pediatric in-patient facilities to our Pediatrics Emergency Department, Shady Grove is fully prepared to offer outstanding care to new and growing families in our community.
Surgical Services

Advancements in surgical techniques are making previously impossible procedures practical, minimizing invasiveness, and improving patient outcomes. With your support, we can continue to keep pace with these advances, so our talented surgeons can maintain the very high level of sophisticated care they bring to our community. Among the acquisitions we hope to make for surgical services are high-definition monitors, high-tech microscope, visioning system, operating table, portable X-ray unit, and portable ultrasound guidance system. On behalf of family members and neighbors who may need our surgical services in the future, we thank you.

Oncology (Cancer) Services

Cancer care is of enormous importance to our community, and is a major focus of Shady Grove's present and future. Work is ongoing to consolidate the hospital’s breadth of valued cancer services in a new facility, The Michael Aquilino Cancer Center. The center will house the most advanced technologies for diagnosing and treating cancer, as well as services that help patients and families cope with a cancer diagnosis. Here, in one facility, will be the hospital’s powerful support services that honor the patient as a whole person, providing, for example, psychosocial support, art therapy, and complementary alternative therapies. Here, too, will be our Life Beyond Cancer Program, which guides patients and their families to information and resources essential to maintaining their daily life. Faced with the enormous challenges of cancer, many patients informed us that the Life Beyond Cancer Program made the most catastrophic event of their lives much easier, that it helped them reclaim their lives. With the advent of the Integrated Cancer Center, located near our large, comfortable oncology suites and our new healing garden, Shady Grove's comprehensive, holistic care becomes more convenient — a single location for services needed to ease their progress along their journey.
Our thanks to the community for traveling this road with us,

A place where personal as well as clinical dimensions of healing are respected and provided,

And the needs of each person — patient and family member alike — are honored.

Our journey continues ….
Family legacy to our community’s
Journey to Healing

Edna Goldberg was straightforward about her exceptionally generous gift to Shady Grove Adventist Hospital. “If you’ve got it, you give it,” she said. Edna had learned from her son, Dr. Dan Goldberg, a cardiologist with Shady Grove, that the hospital needed a new department for state-of-the-art Cardiovascular Interventional Radiology (CVIR), and that her gift would make two new catheter labs possible. “I hope it will help the people who need it,” she said. For Edna, it was as simple as that. She knew there was a need to be fulfilled, and she knew she had the ability to help, and so she did. In ill health herself for a year since her return to the area from Florida, Edna passed away while this report was being produced. Her legacy, her loving family, her philanthropy throughout her adult life, and her gift to those members of the Shady Grove community who will benefit from sophisticated cardiovascular diagnosis, prevention, and treatment will accomplish just what she had hoped. Her legacy will greatly “help people,” thousands of them, and touch the lives of families she never met.

“My mother had spoken over the years about helping a hospital,” Edna’s son, Dr. Dan Goldberg, remembers. He had come to the Shady Grove area decades ago, when the Shady Grove Adventist Hospital we know today was still open farmland. “There was no hospital here. Now it’s one of the more dominant hospitals in the region.” As a cardiologist whose entire family has had personal experience with cardiovascular disease, Dr. Goldberg suggested to his mother the gift to Shady Grove’s new Cardiovascular Interventional Radiology Department after contributing to the project himself. “Cardiovascular disease is one disease that can be treated… and treated effectively,” he says.

“My practice is dedicated to it and to Shady Grove. I want to be involved in continuing to make it an even better place. That’s what my mom saw me doing, and why she wanted to contribute, as well. Her gift means better health for the community and those who need the care.”
In April, the hospital lost two of its dearest friends and strongest champions. Milton “Sonny” Clogg passed away on April 5th. Sonny was a founding member of the Shady Grove Adventist Hospital Foundation Board, begun in 1982. He joined the Foundation staff in 2004, and was beloved by his fellow staff members and Foundation Board members. His humor and charm added sparkle to every occasion, and his dogged persistence and determination on behalf of the Hospital were much admired. Even at the end of his illness, Sonny was actively recruiting a committee to help raise money to support the Hospital’s Emergency Cardiac Program. Sonny believed this Hospital is a vital part of the community and he devoted a major part of his life to support its mission. We shall truly miss him.

Doris Fishman passed away on April 15th, following an extended illness. Doris was a long-time member of the Shady Grove Adventist Hospital Foundation Board, joining the Board in 1983. She valued her association with the Hospital and the Foundation Board as one of the most important commitments in her life. Doris was such a strong advocate for this Hospital, constantly telling others of the great care and compassion Shady Grove provided for others. We are most grateful for having known and loved her, and thankful that she was able to touch our lives in so many ways.
Fundraising Milestones in the Journey to Healing

The 2009 Fundraising Journey

On previous pages, you have read about vital equipment brought from the frontiers of medical technology to the Shady Grove community. You have read about realized or projected department expansions that replace congested space with larger, more comfortable and soothing space. Finally, you have read about new support services that transform the journey to healing for patients most in need.

These advances will improve the health of our community, and are made possible only by donations from the community. Gifts, large and small, mean that the best of medical care and a healing patient experience are right here, in the neighborhood where you live or work.

Shady Grove Adventist Hospital Foundation is the fundraising vehicle for the hospital, charged with encouraging the community to contribute to the hospital’s continual growth in size, services, and sophisticated care. Every dollar donated to the Foundation goes to delivering and improving care. This past year, the Foundation was able to transfer $2 million to the hospital, and raise $3 million in new gifts and pledges.

Our thanks for your support past, present and future. With your continued recognition of the role Shady Grove plays in your life and the life of your family, we can meet our growing community's needs and highest expectations into the future.

Our Thanks to Donors Giving Millions, Quarters, and Time

Support for Shady Grove Adventist Hospital comes in all shapes and sizes. Some, like Edna Goldberg and Dr. Dan Goldberg, provide a vital legacy of generous funding. Others donate by participating in our fundraising events. And still others donate by volunteering their services or sharing gifts given to them. These are a few of our favorite fundraising stories from 2009 ....

Last year's 24th Annual Golf Classic brought together more than 300 golf and Shady Grove enthusiasts to benefit the hospital’s cardiac program. The tournament raised $450,000 to complete Shady Grove’s Cardiac and Vascular Center of Excellence. Needed to relieve current, overburdened facilities, the new center will consolidate expanded diagnostic and treatment facilities, a larger Cardiovascular Rehabilitation Center, and advanced imaging equipment for the Electrophysiology Lab.

Nine-year-old Chance Leo stepped forward to make his own donation to the hospital. Chance donated his birthday money — $235 in 2008 and $165 in 2009 — to Shady Grove's Pediatrics Department, his only goal was to help other children. Chance was honored at the hospital's 2008 annual Christmas tree lighting ceremony, where he personally lit the tree.

Another child, who prefers to remain anonymous, celebrated the holidays this year by donating $5.39 in pocket change to Shady Grove. Thank you!

And a heartfelt thanks from the heart to Bonnie Frederick, a 17-year volunteer in Shady Grove’s cardiac rehabilitation program. Bonnie has served as the facilitator of the Heart to Heart Support Group, connecting cardiac patients and their families with each other in a caring and healing environment.
Join Your Neighbors

The Shady Grove Adventist Hospital Foundation invites you to join the community’s many generous residents and businesses who understand we travel this journey of healing together. Our excellence depends on your support. To donate online, please go to www.ShadyGroveAdventistHospital.com. If you would like to join our President’s Circle of Friends with a donation of $1,000 or more within the calendar year, please contact the Foundation at (240) 826-6570. Thank you!

19th Annual Donor Recognition Event

At the 2009 Donor Recognition Event for the President’s Circle of Friends, the Foundation honored outstanding members of our generous community.

2009 President’s Award — Outstanding Corporate/Foundation Contribution
Robert Truland and the Truland/Butz Foundations

2009 President’s Award — Outstanding Physician Contribution
Associates in Radiation Medicine

2009 Outstanding Individual Contribution
Michael Aquilino

Previous years’ honorees

President’s Award — Outstanding Corporation Contribution

Lockheed Martin (2008)
Healthcare Initiatives Foundation (2007)
Whiting-Turner Contracting Company (2006)
W. M. Rickman Construction Company (2005)
Foulger Pratt Development (2004)
Cohen, Rutherford, Blum + Knight, PC. (2003)

President’s Award — Outstanding Physician Contribution
Cardiac Associates (2008)
Simmonds & Simmonds, Chartered (2007)
Shady Grove Radiological Consultants (2006)
First Colonies Anesthesia Group (2004)

Lifetime Giving Award
Shady Grove Orthopaedics (2008)
The Pettit Family Foundation (2007)
Pat & Thiel Sullivan (2006)
Marilyn M. & James D. Ward (2005)
Shady Grove Adventist Hospital Auxiliary (2003)

Heritage Society Award
Constance & Roscoe Whipp (2007)
Dorothy A. Farmer (2006)
Alice C. & Milton F. Clogg (2005)
Doris* & Sydney Fishman (2004)
Nancy & Todd Ackerman (2003)
**2009 Donor List**

**MAGNOLIA SOCIETY**

500,000

Medical Emergency Professionals
- Poopak Bakhtiari, M.D.
- Joel Buzy, M.D.
- Michael Cetta, M.D.
- William Dooley, M.D.
- Scott Freedman, M.D.
- David Friedman, M.D.
- Brett A. Gamma, M.D.
- Emily Gordon, M.D.
- John Jones, M.D.
- Amit Kalaria, M.D.
- Tamara Kile, M.D.
- David N. Klein, M.D.
- Thai S. McGreivy, M.D. *
- Patsy McNeil, M.D.
- Leslie Mitchell, M.D.
- Julian Orenstein, M.D.
- Orlee Panitch, M.D.
- Alex Rosin, M.D.
- Erik Schobitz, M.D.
- Deborah Sherrill, M.D.
- Aaron Snyder, M.D.
- David G. Sroun, M.D.
- Nicole Vetere, M.D.
- Jonathan Wenk, M.D.

**MAPLE SOCIETY**

50,000 - 99,999

- Edna A. Goldberg *
- Healthcare Initiative Foundation
- Lockheed Martin Corporation
- Farid Srour
- Truland Service Corporation

**CEDAR SOCIETY**

25,000 - 49,999

- Cardiac Associates, P.C.
- Sean C. Beinart, M.D.
- Michael R. Castine, M.D.
- Michael S. Chen, M.D.
- Randy Cohen, M.D.
- Gregory H. Fisher, M.D.
- Dennis C. Friedman, M.D.
- Robert L. Gold, M.D.
- Daniel J. Goldberg, M.D.
- D. Leonard Griffen, III, M.D.
- Thomas J. Odar, M.D.
- Alberto Rotsztain, M.D.
- Eric S. Tannenbaum, M.D.
- Thomas H. Wang, M.D.
- Richard Weinstein, M.D.
- John M. Yackee, M.D.
- Alice C. & Milton F. Clogg *
- EagleBank
- Joanne & Peter Harrigan
- Inpatient Specialists
  - Jude Alexander, M.D.
  - Brian Carpenter, M.D.
- Eugene I. Kane Foundation
- Ruppert Nurseries
- Simmonds & Simmonds, Chartered
  - Wayne Bernstein, M.D.
  - Kalpana Helmbrecht, M.D.
- Thomas Martin, M.D.
- Albert C. Simmonds, IV, M.D.
- Cara Simmonds, M.D.
- The Truland Foundation & Family
  & The Butz Foundation & Family

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Adventist HealthCare
Healthy Community Impact Fund

Taking Care of Our Community. The mission of Adventist HealthCare (AHC) is to improve the health of people and communities through a ministry of physical, mental and spiritual healing. Every dollar donated through the Healthy Community Impact Fund (HCIF) is used to assist the community with their health needs.

The HCIF is an annual giving program designed to join with our efforts to improve the health of our friends, family and neighbors. This fund will streamline our efforts and create an opportunity whereby one gift will maximum support of the programs to all the entities across Adventist HealthCare.

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Help us to continue to grow programs and services in the area of oncology, heart/cardiac, rehabilitation, behavioral health, and children and family services. For additional information or to join Adventist HealthCare as a business partner in improving the health of our community, please contact Teresa Witt, Business Partner Development Officer at (301) 315-3313.
Ways to Give

As a not-for-profit organization, Shady Grove Adventist Hospital directly applies every donation to caring for patients and delivering critical services throughout the community. The hundreds of gifts received each year help ensure that our hospital continues to provide the best facilities, treatments, and clinical care.

There are many ways to give.

Contribute Online:
You can choose the amount and also the designation at any time by going to www.shadygroveadventisthospital.com.

Bequests:
By naming the hospital as a charitable beneficiary of your estate, you’ll become a member of our Heritage Society. Call and we will help you make arrangements.

Charitable Gift Annuity:
The charitable gift annuity is an opportunity to make a charitable gift to support Shady Grove Adventist Hospital and receive lifelong income at the same time.

The President’s Circle of Friends:
This membership club includes esteemed individuals and businesses who donate an outright gift of $1,000 or more to Shady Grove Adventist Hospital in a calendar year.

Commemorative Gifts:
These gifts honor or are given in memory of a person important to you.

Gifts of Stock:
Giving a greatly appreciated gift of publicly-traded stock that you have owned for more than one year may provide greater tax benefits than giving cash.

Matching Gifts:
Many companies offer a matching gift program to their employees as a benefit. The company matches the employee’s donations to charitable organizations, such as Shady Grove Adventist Hospital.

Additional gift options include Appreciated Assets, Cash, Named Funds, and even your own gift idea. If you’d like to make a contribution or would like to learn more about giving opportunities, please call us. For information, call the Shady Grove Adventist Hospital Foundation at (240) 826-6570 or visit www.ShadyGroveAdventistHospital.com

Vehicle Donation:
Our Vehicle donation Program is a free convenient service for converting an extra car, truck or RV into a tax-deductible donation that benefits the hospital.

Volunteering:
Shady Grove Adventist Hospital seeks volunteers to help us provide our community with the best of care.

Workplace Contributions:
Shady Grove Adventist Hospital participates in the Combined Federal Campaign of the National Capital Area and the United Way workplace campaigns.
About Shady Grove Adventist Hospital Foundation

Since 1981, the Shady Grove Adventist Hospital Foundation’s sole purpose has been to raise funds to support the hospital. We are committed to the advancement of Shady Grove Adventist Hospital, whose mission is to provide health care excellence and service to the people of our region.

As we raise funds on behalf of Shady Grove Adventist Hospital, we transfer those funds directly to the hospital for programs, equipment, and services on an as-needed basis. This enables our community hospital to meet the needs of its patients every day. Shady Grove Adventist Hospital is a not-for-profit hospital but, nonetheless, must still demonstrate a profit on an annual basis to be able to acquire the latest equipment and expertise, as well as, to grow to meet expanding community needs. The work of the Foundation contributes to the positive bottom line of the hospital every year — improving community care.
Shady Grove Adventist Hospital Foundation
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Our Mission

We demonstrate God’s care by improving the health of people and communities through a ministry of physical, mental and spiritual healing.

Our Values

Respect: We recognize the infinite worth of the individual and care for each one as a whole person.
Integrity: We are above reproach in everything we do.
Service: We provide compassionate and attentive care in a manner that inspires confidence.
Excellence: We provide world class clinical outcomes in an environment that is safe for our patients and caregivers.
Stewardship: We take personal responsibility for the efficient and effective accomplishment of our mission.

For more information on how to support Shady Grove Adventist Hospital, please contact the Foundation office at (240) 826-6570 or visit www.ShadyGroveAdventistHospital.com.

• Fully Accredited For Quality Care
• Ernest Amory Codman Award for excellence in the use of outcomes measurement to achieve improved quality and safety
• Workplace Excellence Award, Maryland Work-Life Alliance, for being a great place for employees, volunteers and medical staff to work
• Health & Wellness Trailblazer Award, Maryland Work-Life Alliance, for our commitment to our workforce’s health and wellness.