SPRING 2015  Quit smoking with our help  6  Bethesda Hospital West starts its third year  7  Safe-sleep tips for infants  8

CHARTING A COURSE through cancer

Oncology navigators help patients find their way through treatment
It has been a year since Bethesda Health and Baptist Health South Florida began exploring the idea of developing a mutually beneficial partnership. These discussions originated from a rapidly changing healthcare environment where mergers and joint ventures are an increasing trend among hospitals and other providers. Our goal is simple—to continue to provide the best quality care and to continue to grow to meet the healthcare needs of our community. Sharing similar missions for improving the health of our respective communities, Bethesda Health and Baptist Health entered a formal Affiliation Agreement last October. Now, after working to fulfill the various contingencies and necessary regulatory approvals, we expect to close the affiliation later this spring.

Baptist Health South Florida is listed by Fortune magazine as one of the 100 Best Companies to Work For in America (No. 23 in the nation and No. 2 in...
Bethesda Health is proud to celebrate National Healthcare Volunteer Week, April 12–18, 2015. Since 1957, the Auxiliary of Bethesda Hospital has been supporting the work of Bethesda through fundraising and volunteerism. Their dedication and tireless efforts are essential to Bethesda’s mission of providing quality health services in a caring manner.

Today, Bethesda volunteers serve at Bethesda Hospital East, Bethesda Hospital West and Bethesda Health City in a variety of roles, including: administrative services, clerical offices, information desks and patient care areas. They deliver flowers, greet visitors and escort patients through the hospitals. The Bethesda Auxiliary runs the gift shops at both hospitals, and the Bethesda Bargain Box, a thrift store in downtown Delray Beach. Bethesda also has a volunteer program for high school students ages 14–18.

For more information, please call 561-737-7733, ext. 84468, or visit www.MyBethesdaHealth.com under the “Ways to Give” tab. Applications are available online or in the Volunteer Services office at Bethesda Hospital East, 2815 S. Seacrest Blvd., Boynton Beach, Monday through Friday, 8 a.m. to 4:30 p.m.

**TO LEARN MORE**

**cheers for volunteers!**

Bethesda Health celebrates National Healthcare Volunteer Week in April.

**KNOW YOUR RIGHTS**

**Free-standing Emergency Departments are not hospitals.**
If you require specialized treatment or emergency surgery, you will need to be transported to a hospital—delaying your care and potentially compromising your safety.

**You have a choice for emergency medical care.** Here are three important reasons to choose Bethesda for your emergency care:

1. Free-standing Emergency Departments are not hospitals. If you require specialized treatment or emergency surgery, you will need to be transported to a hospital—delaying your care and potentially compromising your safety.

2. There is never a charge for the ambulance when you need to be admitted to a Bethesda facility. The ride to Bethesda should be covered by your insurance. You have the right to tell your EMS provider that you choose Bethesda.

3. Bethesda’s Emergency Departments are staffed by Emergency Physicians and Pediatric Emergency physicians 24 hours a day, seven days a week, with a full team of specialists always on-call.

Experience peace of mind with the quality and safety of emergency medical care that only Bethesda Hospitals can provide. Feel the difference at Bethesda!
SOME SAY THE WORLD SEEMS TO STOP WHEN ONE IS FACING A DIAGNOSIS OF CANCER. THE TRUTH IS, IT JUST BECOMES MORE COMPLICATED. LIFE'S RESPONSIBILITIES, CELEBRATIONS AND DISAPPOINTMENTS CONTINUE ON, BUT NOW PATIENTS ARE ALSO JUGGLING DOCTOR'S VISITS, TREATMENTS, PROCEDURES AND LIFESTYLE CHANGES TO HELP THEM FIGHT THE DISEASE.

FOR MANY, THIS UNWANTED, UP-CLOSE AND PERSONAL JOURNEY THROUGH THE COMPLEXITIES OF THE HEALTHCARE SYSTEM CAN BE OVERWHELMING. THAT'S WHY THE BETHESDA COMPREHENSIVE CANCER CENTER AND BETHESDA WOMEN'S HEALTH CENTER OFFER THE SERVICES OF ONCOLOGY NAVIGATORS TO HELP GUIDE PATIENTS—BECAUSE EVERY JOURNEY IS DIFFERENT.

Oncology Navigators help patients find their way through treatment

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Mapping Out a Plan

Delmarie Newman Butler, RN, BSHSA, CBHN, CN-BN, has been caring for and assisting patients at Bethesda Women's Health Center as a Breast Health Navigator since 2006. Recently, Bethesda added an Oncology Navigator, Mildreys Hereira, Ed.S, MSW, CIMI, to help patients with other cancer diagnoses as well.

The main responsibilities of a cancer navigator are to:

- Provide emotional support and guidance
- Provide education about cancer and treatments
- Connect patients with community resources, including financial assistance, health insurance and other support services
- Provide support for family members

“My role is to help patients through a very difficult time,” explains Butler. “I try to help make each patient’s journey a little easier by collaborating with the entire multidisciplinary team.”

There are many variables affecting a cancer diagnosis: health insurance, financial concerns, family and work-related responsibilities, the stage and type of cancer, other health concerns or conditions, treatment and the side effects of that treatment. Some patients may be most concerned about how to cover the cost of treatments. For others, transportation may be a challenge, as well as managing side effects.
"I help patients navigate the healthcare system when they need it most."

Mildreys Hereira, Ed.S, MSW, CIMI

"I help patients navigate the healthcare system when they need it most," Hereira added. "I try to eliminate some of the stress, so they can concentrate on getting better."

Charting a Course for Cancer Care

Patients are referred to the oncology navigators in a variety of ways. The level of help depends on the need. In essence, the navigator acts as an advocate, or as a liaison between the patient and the resources for treatment. She may help coordinate appointments, or connect patients with local organizations that provide services for patients undergoing cancer treatments. They can help patients anticipate and overcome challenges in their care, and educate patients about their diagnosis and treatments.

For example, Hereira recalls helping a patient who did not have health insurance when he was diagnosed with cancer. She connected that patient with the Health Care District of Palm Beach County, and within just a few weeks, he had coverage and was able to start treatment.

"Recently, a patient was diagnosed with colon cancer. His family had only lived in the area for a few months. I visited them each day, helping them find community resources and overcome cultural and language barriers," said Hereira.

"A navigator can help soothe frazzled nerves when there are more questions than answers. Education about each individual's diagnosis, testing and treatment options can really help," Butler added. "My goal is to help in any way that I can!"

Bethesda’s cancer navigators are helping patients and their families chart the course for their care following a cancer diagnosis and treatment. Bethesda’s navigators are here to give hope—and let their patients know they are not alone.

MEET THE NAVIGATORS

With more than 10 years of experience as a social worker, Mildreys Hereira is Bethesda’s new Oncology Patient Navigator. She works with patients and families who have a new cancer diagnosis or are diagnosed with recurrent cancer to help them navigate through the healthcare system. Hereira’s role is to identify potential barriers to care that patients may experience, such as psychological stressors, diverse cultural values, transportation, childcare, financial problems and end-of-life issues. Her skill in the areas of spiritual, physical, emotional and mental health make her an important member of the multidisciplinary cancer team.

Mildreys
Hereira, Ed.S,
MSW, CIMI
Oncology Navigator

A nurse for almost 30 years, Delmarie Butler is passionate about serving her breast cancer patients. She is clinically trained to identify and remove barriers to timely and appropriate breast cancer treatment. Butler has achieved certification as a Breast Patient Navigator and a Breast Health Navigator, and she has received an Advanced Breast Health Navigator Certification.

Butler is a co-founder of the Florida Coalition of Oncology Nurse Navigators and has served as the organization's president since 2011.

Delmarie
Newman Butler,
RN, BSHSA,
CBHN, CN-BN
Breast Health Navigator

TO LEARN MORE

The services of Bethesda’s oncology navigators are free of charge. To learn more, call 561-737-7733, ext. 84405, or visit www.BethesdaWeb.com.

SPECIALIZING IN BREAST CARE

A Board Certified general surgeon, Dr. Pandya is a Fellowship-trained breast surgeon who studied at Women and Infants’ Hospital at Brown University in Providence, Rhode Island. Her Fellowship, accredited by the Society of Surgical Oncology, focused solely on the treatment and management of benign and malignant breast disease.

Dr. Pandya’s clinical interests include screening and surveillance of patients at high risk of breast cancer. She also is part of the multi-modality clinic with Bethesda’s cancer care partners, South Florida Radiation Oncology. The clinic consists of a team of cancer care physicians who collaborate to develop a personalized plan for each phase of their patients’ cancer treatment journey.

To learn more about Dr. Pandya, please visit www.palmbeachbreastcare.com.
Bethesda Health is helping our community quit tobacco. So if you or someone you know is struggling with a tobacco addiction, get help today and spring into a healthier life.

Help Is Available!

Nicotine addiction is tough to overcome—but it can be done. There are a variety of programs and products to help people quit. See your doctor, or look for other community resources to see what may be best for you.

- Bethesda is excited to be a site for the IQUIT program with the Area Health Education Center (AHEC). The Florida AHEC is a statewide network working to strengthen Florida’s healthcare system to deliver effective, evidence-based, tobacco-use treatment, cessation and prevention services. Bethesda Hospital East hosts “Quit Smoking Now,” a free six-week course to help patients quit smoking. The class is held Tuesday evenings at 5:30 p.m. in the Bethesda Heart Hospital. Call AHEC at 877-819-2357 for more information or to register for the next session.

- Nicotine Anonymous Support Group: This group meets Friday evenings at 7 p.m. at Bethesda Hospital East. Attendees discuss the challenges of quitting smoking while offering support, and sharing ideas and information. Call 561-364-0922 to learn more.

- Nicotine replacement products: There are a variety of nicotine replacement products available on the market today, including gum and patches. Some health insurance companies may help cover the cost of these products. There are also community programs that can help with free or reduced-cost products.

As a not-for-profit, community hospital, Bethesda Health is invested in the health of the families, friends and neighbors in our area. Our mission to provide quality health services in a caring manner doesn’t just apply to patients within our walls, but it extends to the people living in our community who are seeking to live healthier lives. Celebrate spring with a healthy new life!
There is much to celebrate for Bethesda Hospital West—now in its third year of delivering quality health services in a caring manner to the residents of the western communities. Called the “Jewel of the West,” the hospital, which opened in January 2013, is in the final stages of its first expansion.

This month marks the opening of The Eloise Kimmelman Foundation Center for Interventional Treatment and Research. This unique hybrid operating room is capable of diagnostic cardiac catheterizations, endovascular procedures and interventional radiology procedures. Equipped with the latest technology, this specialized surgical suite offers patients with cardiac or vascular disease minimally invasive treatment options closer to home.

Bethesda Hospital West’s Emergency Department continues to grow and expects to care for 25,000 patients in the coming year. The hospital’s “Door-to-Care” philosophy means that patients don’t need a waiting room. Instead, patients are taken directly to a treatment room where triage, registration and care are all done at the bedside. Patients only need to explain their ailment one time; and physicians can begin ordering tests immediately, making the delivery of care more efficient.

Bethesda’s Pediatric Emergency Department is here for even the littlest patients, caring for families with children of all ages. Staffed with Pediatric emergency physicians 24 hours a day, seven days a week, Bethesda Hospital West is always ready to help children through all sorts of illnesses and injuries.

Patients are also pleased with the all-private rooms, order-on-demand meals and other amenities that make a hospital stay more comforting. In addition, many community members have learned more about current health topics, such as heart health or advances in orthopaedic surgery, by attending Bethesda Health’s “Ask the Physician” lecture series held in the hospital’s education classrooms. (See the back cover for a calendar of upcoming lectures.)

The physicians and staff at Bethesda Hospital West are honored to serve the healthcare needs of the western communities and look forward to growing with the community in the years to come.

Bethesda Hospital West is proud to be certified as:

- A Bone and Joint Center of Excellence
- An Advanced Primary Stroke Center
- An Accredited Chest Pain Center
- An Accredited Heart Failure Center
- 24-Hour Emergency Care for Adults and Children

Bethesda Hospital West is located at 9655 W. Boynton Beach Blvd., Boynton Beach. To learn more, visit www.BethesdaWest.org or call 561-737-7733, ext. 84405.
Welcome a new baby is an exciting time for any family. As new parents prepare their home for a newborn, they receive advice from family and friends on how to care for their precious little one. Along with decisions about feeding and childcare, sleeping arrangements are usually high on the list of priorities.

As part of a national Safe Sleep Quality Improvement Campaign developed by TodaysBaby through Boston University, Bethesda’s Center for Women and Children is helping to promote the latest research and recommendations from the American Academy of Pediatrics (AAP).

“Part of our job is to educate parents on the best ways to keep their babies healthy and safe so they can make informed decisions based on current recommendations,” explains Colleen Virgins, R.N., Director of the Bethesda Center for Women and Children. “Accidental sleep-related deaths are still the leading cause of death for infants between 1 month and 1 year of age.”

In 1992, the AAP first released their recommendation to put babies to sleep in the supine position (on their backs) in order to reduce the risk of Sudden Infant Death Syndrome (SIDS). A national awareness campaign ensued, and it was very successful in reducing incidents of SIDS. However, more than 20 years later, progress has slowed and there are still more than 4,000 infants who die each year due to accidental sleep-related causes, including suffocation, asphyxia and entrapment.

SWEETEST DREAMS

Create a safe sleep environment for your baby

Until babies are 1 year old, they should be placed on their backs to sleep.
“The risk factors for SIDS are very similar to those of other sleep-related accidental deaths,” Virgins continues. “Fortunately, these risks can be significantly reduced by following recommendations to create a safe sleeping environment for infants.”

Always Place Your Baby on His or Her Back to Sleep

Until babies are 1 year old, they should be placed on their backs to sleep, even for naps. Placing a baby on her side or stomach increases the risk of sleep-related death because it can restrict airflow to the baby’s face and increases the risk of choking.

Swaddling a baby at sleep time is recommended until she is 3 to 4 months old, or until she begins to wiggle out of the swaddle, or tries to roll over. As a baby begins to learn to roll over, she should be repositioned on her back until she can roll on her own from back to tummy and tummy to back.

Use a Firm Mattress and No Soft Bedding

Babies should sleep on a firm mattress, covered by a fitted sheet, in a crib, bassinet or portable crib/play yard that meets current safety standards. There should be no pillows, bumpers (even mesh bumpers), loose blankets or other soft materials like stuffed animals in the sleep space with the infants. Loose bedding and toys increase the risk of suffocation or strangulation. A sleep sack or wearable blanket can be used to keep baby’s limbs tucked in if parents are concerned about arms and legs getting caught between the slats of the crib.

Room Sharing Without Bed Sharing

Sharing a bed or other sleep space with an infant is dangerous. Babies can suffocate or get trapped in beds, chairs or sofas that were not designed with infant safety in mind. To keep babies close, it is recommended that infants sleep in the same room, but not in the same bed, with their parents. According to the AAP, there is evidence that this arrangement decreases the risk of SIDS by as much as 50 percent. Co-sleepers are not recommended.

Offer a Pacifier at Sleep Time

Once breastfeeding has been established, babies can be offered a pacifier when it is time to sleep to lower the risk of SIDS. The pacifier should not have cords or clips that might be a strangulation risk. If the pacifier falls out when the infant is asleep, there is no need to replace it. If baby refuses the pacifier, he should not be forced. Parents can try again in a few weeks.

There are other factors that can lower the risks of sleep-related infant deaths. It is important to avoid smoke exposure during pregnancy and after birth. Breastfeeding is also associated with a lower risk of SIDS, and make sure baby is dressed appropriately for the temperature of the room.

“Parents are also encouraged to discuss health and safety concerns with their pediatricians during well-child check-ups and immunizations,” adds Virgins.

Learning about the recommendations for a safe sleep environment empowers parents to make the best choices for their babies. Creating a safe sleep environment for a newborn is an achievable goal for every family, and can help protect the most precious little ones.

THE BETHESDA CENTER FOR WOMEN AND CHILDREN

The Bethesda Center for Women and Children is located at Bethesda Hospital East, 2815 S. Seacrest Blvd., Boynton Beach. Delivering more than 3,000 babies each year, our team of Board Certified physicians, nurses and midwives is here to provide comprehensive care to families in our community. From prenatal education to our Level III Neonatal Intensive Care Unit and Family-Centered Maternity Care—our mission is to provide quality health services in a caring manner during this exciting time.
The Bethesda Health Physician Group is here for you.

The Bethesda Health Physician Group is a premier physician group providing quality care for your family. Our team of Board Certified physicians in a range of specialties can provide the personalized, quality healthcare you expect from your community hospital.

For more information about any of the physicians listed here, visit www.BethesdaHealthPhysicianGroup.com, or call toll-free, 855-257-DOCS (3627).

**J. Acey Albert, M.D.**  
Internal Medicine/Pediatrics  
2875 S. Ocean Blvd., Suite 208  
Palm Beach, FL 33480  
561-588-0411

**Michael S. Burke, M.D.**  
Family Medicine  
237 George Bush Blvd.  
Delray Beach, FL 33444  
561-272-5373

**Elana R. Deutsch, M.D.**  
Obstetrics/Gynecology  
10301 Hagen Ranch Rd., Suite B740  
Boynton Beach, FL 33437  
561-734-0188

**Matthew J. D’Alessio, M.D.**  
Surgical Oncology  
229 George Bush Blvd.  
Delray Beach, FL 33444  
561-272-1234

**Aaron B. Deutsch, M.D.**  
Maternal Fetal Medicine  
1325 S. Congress Ave., Suite 109  
Boynton Beach, FL 33426  
561-364-0200

**Rachel S. Eidelman, M.D.**  
Cardiology  
10301 Hagen Ranch Rd., Suite B5  
Boynton Beach, FL 33437  
561-244-7720

**Mariano M. Faresi, M.D.**  
Colorectal/General Surgery  
2800 South Seacrest Blvd., Suite 200  
Boynton Beach, FL 33435  
561-736-8200
TO LEARN MORE

Find a doctor with Bethesda’s FREE Physician Referral Service, Monday–Friday, 8:30 a.m. to 4:30 p.m., 561-737-7733, ext. 84499. Or, select “Meet our Physicians” at www.MyBethesdaHealth.com.
FROM THE CHAIRMAN

Mary Blum
Foundation Chairman

Last month, the Bethesda Hospital Foundation proudly celebrated the 60th anniversary—the Diamond Jubilee—of the Bethesda Ball. This grand tradition began when the residents of southern Palm Beach County came together with a vision to create a not-for-profit community hospital. In 1955, four years before the hospital opened, they held the inaugural black-tie gala to help raise funds for what is now Bethesda Hospital East.

As the community has grown, so has Bethesda. Providing the most comprehensive healthcare services in Palm Beach County, our Centers of Excellence are recognized for outstanding quality care. The accolades and accreditations are made possible by Bethesda’s dedicated physicians, nurses and clinicians, and the generous support of the community.

My husband, Peter Blum, and I were honored to be Chairs for the Bethesda Ball’s 60th anniversary. We were also thrilled to learn that funds raised at this year’s ball would be

MAGNIFICENT MAGNOLIAS

Supporting Bethesda’s Center for Women and Children

ike the beautiful magnolia bloom, The Magnolia Society symbolizes the perseverance and dignity of the inspirational women for whom the program was established in 2003. It all began when 12 Bethesda Hospital Foundation donors came together, contributing $500 each to underwrite the annual Women of Grace luncheon and support the Bethesda Center for Women and Children. Today, The Magnolia Society has more than 120 members and is a Platinum Sponsor of the Women of Grace Luncheon.

With a foundation set in the spirit of volunteerism, The Magnolia Society raises funds through membership and special events to benefit all areas of Bethesda’s Center for Women and Children. They have purchased a transport incubator and multiple “Giraffe” incubators equipped with technology critical to help support premature infants in their first days of life. The Magnolia Society has also funded the renovation of the Maternity Unit and the creation of Bethesda’s Obstetrical Triage Unit.

Most recently, The Magnolia Society has focused on raising funds to create a new Parent Education Center. The space will be used for classes for new parents before and after their little ones arrive. The group will celebrate this accomplishment with a special dedication ceremony later this year.

Thank you to all of our 2014–2015 Magnolia Society members. Your dedication and support make it possible for Bethesda Health to have the latest technology and exceptional facilities to provide quality health services in a caring manner.

TO LEARN MORE

For more information about The Magnolia Society, visit www.BethesdaHospitalFoundation.org or call 561-737-7733, ext. 84429.

THANK YOU TO OUR MAGNOLIA SOCIETY MEMBERS

Diamond Members
Eileen Augustyn
Amy Crompton
Stacey Hallberg
Carrie P. Hill
Anne B. Jackson
Dale D. Kirk
Penny Kosinski
Kelly M. Liguori
Geralyn A. Lunsford
Hilary C. Lynch
Beatriz Mavlios
Brenda G. Medore
Sheila O’Boyle
Nicole Pasqual
Karen M. Rogers
Candace Rojas
Phyllis M. Spinner
Kramer
Yvonne S. Templeton
Margot E. Watson
Bettina M. Young

Emerald Members
Kimberly H. Beaumont
Sylvie Bergeron
Maria Castaneda
Shirley C. Cleveland
Margaret J. Dolan
Dawn Edwards
Judith M. Hanrahan
Linda E. Harper
Ann P. Heilakka
Margot Heininger
Lynelle Kirby
Astrid Klein
Cynthia Krebsbach
Joan W. Leslie
Sheila C. List
Evelyn Manes
Stephanie A. Milord
Lisa Morgan
Jacqueline
Moaco-Maloney
Gail F. Murphy
Noreen Payne

MAGNIFICENT MAGNOLIAS
Supporting Bethesda’s Center for Women and Children
Carol A. Selig  
Ida May Tafel  
Ellen C. Walton  
Billie Jo Wanink  
Pamela R. Weekes  
Sharon M. Weekes  
Nancy Zarcadoolas

Pearl Members
Daphney  
Antoine-Boylan  
Barbara J. Armour  
Elizabeth C. Armour  
Helen M. Babione  
Barbara Backer  
Mary Blum  
Frances M. Botos  
Suzanne Bower Frias  
Anne S. Bright  
Christie Cade  
Linda M. Callaway  
Pamela R. Carey  
Chiara J. Clark  
Ann M. Davis  
Joanne R. Day  
Dorothy B. Denault  
Caron J. Dockerty  
Susan T. Duane  
Kelly C. DuBois  
Betty J. Finneny  
Debra Ghostine  
Joan Gobrecht  
Ruth E. Goldstein  
Andrea Love Goodman  
Stefanie Gugelot  
Marlis L. Hadeed  
Julie G. Hagnauer  
Judith M. Hodge  
Christine M. Hubiak  
Catherine Jacobus  
Patricia A. Jones  
Stephanie Kahler  
Marina Kaiser  
Rema J. Kaleel  
Ana L. Kenefick  
Mary J. Kientzy  
Patricia Knobel  
Rosemary G. Krieger  
Lynne H. Kucera  
Jan M. Kucera  
Carrie S. LaNoce  
Peggy L. Martin  
Joanne C. McAdams  
Iris McDonald  
Katherine G. Metzger  
Catherine Mouw  
Nicole J. Mugavero  
Lisa Mulhall  
Susan S. Mulin  
Catherine R. Murphy  
Jo H. Neal  
Joan K. Orthwein  
Susan U. Paulus  
Karen A. Phillips  
Laura K. Pugliese  
Gail A. Queeney  
Lenore  
Raborn-Boonstra  
Nancy Reagan  
Susan A. Ridgley  
Deborah Sargeant  
Kari A. Shipley  
Michele N. Siben  
Elizabeth W. Sigel  
Shelly J. Sipp  
Susan N. Skinner  
Jorgette D. Smith  
Therese M. Snyder  
Kirsten B. Stanley  
Patricia C. Stewart  
Jane M. Surpless  
Suanne B. Taylor  
Mary Alice Underwood  
Luane Venables  
Norma P. Walsh  
Lisa H. White  
Barbara L. Whittaker  
Amelia H. Wilson

TO LEARN MORE

The Bethesda Hospital Foundation is grateful for the generosity of the Rollers and all of our donors supporting not-for-profit healthcare in our community. For more information about the many benefits of Benefactors Pavilion Society membership, call (561) 737-7733, ext. 85448, or visit www.BethesdaHospitalFoundation.org.

WARMING TREND

George and Emma Lee Roller, residents of Hunters Run, understand the connection between “hospital” and “hospitality.” Grateful for receiving care with kind hospitality as Bethesda patients, they made a generous pledge to the Bethesda Hospital Foundation’s “Caring for Our Community Campaign” at the Benefactors Pavilion Society donor level — but have not stopped there. During a recent overnight stay at Bethesda, Mr. Roller requested an extra blanket when he began experiencing chills. “I don’t like to be cold, so a warmed blanket would have been even better,” Roller recalled, “so I decided to make an additional donation to fund a blanket warmer for the Benefactors Pavilion Unit. We hope others will join us in improving Bethesda in ways large and small.”

Upon admission to Bethesda, Benefactors Society level donors receive various “thank-you” courtesies, including access, as available, to the Benefactors Pavilion private suites with well-appointed rooms, their own kitchen and food service, and a lower nurse-to-patient ratio.

Benefactors Pavilion Society members George and Emma Lee Roller donated a blanket warmer, dedicated to the Benefactors Pavilion Unit at Bethesda Hospital East.

I thank you all for your support of the Bethesda Ball and the Bethesda Hospital Foundation. Your generosity has a tangible effect on the families in our community. Just like it was for those who attended that first Bethesda Ball 60 years ago, your support is part of the legacy of quality, not-for-profit healthcare in our community.

Mary Blum

dedicated to the Bethesda Center for Women and Children, specifically the Level III Neonatal Intensive Care Unit (NICU). Of the 3,000 babies delivered at Bethesda each year, more than 300 require the specialized care of the NICU. The Bethesda Ball was an excellent opportunity to raise the $1 million needed for a renovation project giving the physicians and nurses new advanced technology and a renovated space to help save babies born too early or with serious illnesses. With this renovation, we can help these infants survive and thrive!
A BEACON FOR THE FUTURE

Scholarship fund helps Bethesda employees and their children

The Bethesda Hospital Foundation proudly welcomes Russell and Ginger Clayton to the elite status of Beacon Society members with the establishment of the Russell T. Clayton Scholarship Fund. Their $1 million gift will provide academic scholarships for Bethesda employees and their children who are pursuing degrees in a healthcare-related field. “We are honored by the Claytons’ generous commitment to Bethesda and its employees. Their support will provide a legacy of excellence,” said Mary Blum, Bethesda Hospital Foundation Chairman.

To Learn More

For more information about the Bethesda Hospital Foundation’s Beacon Society, please visit www.BethesdaHospitalFoundation.org or call 561-737-7733, ext. 84445.

A LIVING TRIBUTE

Trudy Willms and Jane Timm were friends as well as dedicated Bethesda volunteers. In addition to giving of their time and talents, both ladies supported their local, not-for-profit, community hospital as benefactors of the Bethesda Hospital Foundation.

Trudy Willms, who passed away in January 2015, logged an unprecedented 82,000 volunteer hours at Bethesda. While she was well known by many for her volunteerism, Willms was quietly making charitable contributions as a core member of the Bethesda Hospital Foundation’s “Magnolia Society.” Her donation was in the form of a Charitable Gift Annuity and designated to benefit Bethesda’s Center for Women and Children, specifically the hospital’s Maternity and Neonatal Intensive Care Units.

A Charitable Gift Annuity is a mutually beneficial way to make a charitable donation that gives the donor a guaranteed income for life. The minimum Gift Annuity is $10,000. While alive, the donor receives a fixed rate of return based on his or her age, calculated using the rates established by the American Council on Gift Annuities (ACGA). When the donor passes away, what has not been paid out to the donor in life, along with any accrued growth, goes to Bethesda’s charitable purposes.

Willms was inspired to make her Gift Annuity contribution by her long-time friend, Jane Spoonable Timm, who passed away in 2009. After losing a loved one to cancer, Timm, a retired

GIFT ANNUITY RATES

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Bethesda Hospital Foundation uses as a guideline the rates set by the American Council on Gift Annuities (ACGA) www.acga-web.org.
EVENT ROUNDUP

BETHESDA WEST
JEWELS & JEANS
GALA

November 8, 2014
Bethesda Hospital West

The 2nd Annual Jewels & Jeans Gala welcomed more than 150 guests for a gourmet barbecue dinner and dancing. Palm Beach County Sheriff Rick Bradshaw led a live auction to highlight the event. Chaired by Marie Bedner, the gala raised more than $40,000 for Bethesda Hospital West. Thank you to our sponsors: GL Homes, Bedner Farms, BB&T and RBC Private Wealth Management.

15TH ANNUAL
WOMEN OF
GRACE
LUNCHEON

November 12, 2014
Mar-a-Lago Club

With more than 650 guests, this sold-out event honored five women whose outstanding service is an inspiration to our community. This year’s honorees were Barbara Backer, Fonda Huizenga, Una James, Laurie Raber Gottlieb and Anne Vegso. Chaired by Nilsa McKinney, the luncheon raised more than $450,000 for Bethesda’s Level III Neonatal Intensive Care Unit. Thank you to Northern Trust, our title sponsor, and to the Magnolia Society, Wells Fargo, BB&T, Bella Reina Spa, Brenda Medore, Caring House Project Foundation and EAU Palm Beach Resort & Spa for sponsoring this event.

BETHESDA PRO-AM GOLF
TOURNAMENT

January 21, 2015
Pine Tree Golf Club

LPGA and PGA greats gathered with community members at Pine Tree Golf Club to tee off in support of Bethesda Health. Co-chaired by LPGA greats Beth Daniel and Meg Mallon, the day’s festivities included a brunch reception and golf tournament, followed by a cocktail reception and auction where players could mingle with the pros. Raising more than $250,000, we thank all of our event sponsors, including Coalesco, Mr. Jerome A. Rich, UBS 440 Group, Eastern Metal Supply, Weekes & Calloway, Ascent Medical Group and Michele & Gary Siben.

BETHESDA BALL

March 7, 2015
The Breakers

Surrounded by crystals and candlelight, Bethesda’s Diamond Anniversary Ball was a glamorous black-tie evening of dinner and dancing to celebrate the 60th anniversary of one of Palm Beach County’s oldest galas.

Mary and Peter Blum, longtime supporters and members of the Bethesda Hospital Foundation’s Board, served as chairmen for the event. “We were pleased to chair this landmark event in support of our community hospital,” said Mary Blum, “and we were thrilled to honor former hospital CEOs Robert Hill and his wife Carrie, and Russell Clayton and his wife Ginger.”

Guests were treated to a flashback to the 1960s by The Nowhere Band, a Beatles tribute band. Guests could also participate in the “Diamond Raffle” for a chance to win a stunning 4.41-carat round European-cut diamond!

In addition, the Bethesda Hospital Foundation, family and friends paid special tribute to longtime title sponsor, the late Lady Sheila Germain. Additional sponsors include BB&T, Kidz Medical Services, Dr. and Mrs. George Mueller, Ascent Medical Group, Mr. and Mrs. James L. Gerard, Jr., Hospital Physician Partners, NuVista Living at Wellington Green, and Mr. and Mrs. Edgar Otto.

teacher and member of the New York State Retired Teacher’s Association, wanted to do something to support Bethesda’s Comprehensive Cancer Center. She contacted the Bethesda Hospital Foundation with her wishes and decided to contract for four Charitable Gift Annuities.

There are many advantages to making a donation through a Charitable Gift Annuity. To learn more about how you can make an impact on healthcare in your community through the Bethesda Hospital Foundation, call 561-737-7733, ext. 85448. Our planned giving director can discuss your interests and review the options and benefits available to you.
# CELEBRATING WOMEN’S HEALTH

Join Bethesda Women’s Health Center to celebrate all women this May—mothers, sisters, daughters—all the women in your life! Schedule your screening mammogram today!

- No appointment or prescription necessary
- 3-D mammography available
- Self-pay available—call for details about our special discounts in May!
- Select Saturday hours

**TO LEARN MORE**

To schedule an appointment, call 561-374-5700. For more information, call 561-374-5300. The Bethesda Women’s Health Center is located at Bethesda Health City, 10301 Hagen Ranch Rd., Boynton Beach.

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## COMMUNITY LECTURES

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>LECTURE</th>
<th>PRESENER</th>
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<tr>
<td>APR</td>
<td>21</td>
<td>Tuesday</td>
<td>2 p.m. Cardiac Disease Prevention: Heart Healthy Tips from Your Neighborhood Cardiologist</td>
<td>Charles L. Harring, M.D.</td>
<td>Bethesda Hospital West</td>
<td>Please call 561-731-CARE (2273) or visit <a href="http://www.MyBethesdaHealth.com">www.MyBethesdaHealth.com</a> to register. For more information, call 561-737-7733, ext. 84405.</td>
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<td>22</td>
<td>Wednesday</td>
<td>3 p.m. Advances in Green Light Laser for Enlarged Prostate</td>
<td>David Weinstein, M.D.</td>
<td>Bethesda Hospital West</td>
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<td>23</td>
<td>Thursday</td>
<td>4:30 p.m. The Latest in Hip and Knee Replacement</td>
<td>Elvis Grandic, M.D.</td>
<td>Bethesda Hospital East</td>
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<tr>
<td>MAY</td>
<td>13</td>
<td>Wednesday</td>
<td>10 a.m. Measles: What Parents Need to Know</td>
<td>Julie A. Konowtiz-Sirkin, M.D.</td>
<td>Bethesda Hospital West</td>
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<td>14</td>
<td>Thursday</td>
<td>4:30 p.m. Hip and Knee Replacement: Fact and Fiction</td>
<td>Robert B. Zann, M.D.</td>
<td>Bethesda Hospital East</td>
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<td>20</td>
<td>Wednesday</td>
<td>2 p.m. Guard Against GERD</td>
<td>David C. Hellman, D.O.</td>
<td>Bethesda Hospital West</td>
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<td>27</td>
<td>Wednesday</td>
<td>4:30 p.m. Cardiology: Frequently Asked Questions</td>
<td>Lawrence M. Weinstein, M.D.</td>
<td>Bethesda Hospital East</td>
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<td>28</td>
<td>Thursday</td>
<td>10 a.m. Shoulder Pain: Rotator Cuff Tears and Shoulder Arthritis</td>
<td>Michael A. Cohn, M.D.</td>
<td>Bethesda Hospital West</td>
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<tr>
<td>JUNE</td>
<td>2</td>
<td>Tuesday</td>
<td>1 p.m. Digestive Disorders Demystified</td>
<td>Stephen M. Miller, M.D.</td>
<td>Bethesda Hospital West</td>
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**ADDRESS**

- Bethesda Hospital East Clayton Conference Center 2815 S. Seacrest Blvd. Boynton Beach
- Bethesda Hospital West Education Classroom 9655 W. Boynton Beach Blvd. Boynton Beach

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**ADDRESSES**

Bethesda Hospital
2815 S. Seacrest Blvd.
Boynton Beach, FL 33435
www.MyBethesdaHealth.com