

A PUBLICATION
FOR THE FRIENDS OF
MEMORIAL HERMANN
Memorial Hermann Foundation
FALL 2024

ADVANCING THE

HEAL

To health. TOMORROW'S PROMISE.



HELLO, FUTURE

HEAL High School welcomes
its inaugural class of future
medical professionals • page 14

HOUSTON'S LEADING LEVEL I TRAUMA CARE

Ready to respond to our community's
rising trauma needs • page 3

ELEVATED CONNECTIONS

An annual gathering of Foundation
friends and supporters • page 6

DEAR FRIENDS,



In a city as large and booming as Houston, improving health across the board is a lofty mission. We are proud to support Memorial Hermann Health System in that mission.

With this in mind, it was a pleasure to join our Foundation friends and board members in Aspen for our “Elevated Connections” retreat, where we celebrated the System’s recent progress and discussed our most pressing initiatives.

Maintaining and expanding our Level I trauma services are key. So is equipping Memorial Hermann Life Flight® and our Mobile Stroke Unit for their lifesaving missions, as well as supporting TIRR Memorial Hermann and its acclaimed teams. These services give our community a full circle of excellent care as evidenced by the remarkable behind-the-scenes and real-life stories we share with you here.

We’re also pleased to update you on HEAL High School, which welcomed its inaugural class of inspired future health care professionals in August. Bloomberg Philanthropies provided an initial \$31 million Foundation gift and recently enjoyed a firsthand look at the innovative campus this investment has made possible. We are delighted to partner with Dr. LaTonya Goffney and Aldine ISD.

Your contributions truly make a difference in the health of our community. What an extraordinary gift you all are.

Thank you for your generosity and friendship.

Anne E. Neeson
Executive Vice President & CEO
Memorial Hermann Foundation

“Without strong, nonprofit, community-oriented hospitals and health systems, the fabric of our community would be thinner.”

David L. Callender, MD, president and CEO,
Memorial Hermann Health System

CREATING A HEALTHIER COMMUNITY

As a nonprofit, community-owned health system, Memorial Hermann is uniquely positioned and relentlessly committed to create and sustain healthy communities in Greater Houston.

Meeting this tremendous responsibility is a distinct privilege and opportunity. Our nonprofit status allows us to make long-term investments in community health programs and services that may not be profitable in the strictest sense of the term but are vital to advancing the health and prosperity of all Houstonians. Labor and delivery, trauma response and Memorial Hermann Life Flight® come to mind.

We are also diligently focusing our efforts to reach deep into our communities, beyond our hospital and clinic walls, to address the forces known to affect health status and outcomes—limited access to nutritious food, reliable transportation, affordable housing, and education and employment opportunities.

Memorial Hermann cannot solve these challenges alone or by simply providing medical care to people who come to us. We must solve them in partnership with other like-minded organizations, sharing our innovative mindset and programming with people where they live, work and play. This is the path to a healthier Houston, now and for generations to come.

As Houston's only integrated trauma network, Memorial Hermann provides seamless medical expertise from Life Flight's pre-hospital air ambulance care through hospital trauma care and post-acute rehabilitation at TIRR Memorial Hermann.

By the Numbers

TRAUMA CARE

126,000+
trauma and critical care patients annually

1st pediatric Level I trauma center in Houston

The nation's busiest

Level I adult and pediatric trauma centers with the best outcomes

Houston's only

verified burn center, the John S. Dunn Burn Center

LIFE FLIGHT

166,000+ total missions

4,200 missions per year

350+ units of blood administered annually

8–9 minutes between landing and first surgical cut

TIRR MEMORIAL HERMANN

1,600 patients treated per year

42,000 square-foot research center

10%–15% international patients



HOUSTON'S LEADING LEVEL I TRAUMA CARE

Advanced trauma specialists on the scene, at the hospital and through rehabilitation

With its Level I designation and more than three decades of lifesaving outcomes, the Red Duke Trauma Institute at Memorial Hermann-Texas Medical Center is nationally renowned for advanced trauma care.

To earn Level I designation, a trauma center must serve as a regional trauma resource able to provide 24-hour care for all aspects of injury, from prevention to rehabilitation. In Texas, the state defines the criteria. The American College of Surgeons verifies the presence of the resources to meet them.

The Red Duke Trauma Institute was one of the first trauma centers to earn Level I designation. It is also one of only two Level I trauma centers in Houston, serving a population of 5+ million people and the city's only one offering medical air transport, a verified burn center and specialized trauma care to young patients, thanks to a Level I pediatric trauma center under the same roof.

The Institute's streamlined scene-to-OR protocols and a trauma hybrid operating room greatly improve the speed of care. An ongoing training program involving everyone from paramedics to surgeons keeps the trauma teams well prepared to respond in any emergency.

With these high-level qualifications, the Red Duke Trauma Institute sees more severely injured patients than any other trauma center in the country while having one of the nation's lowest mortality rates.

Memorial Hermann Life Flight

Playing an essential role in the circle of care, Life Flight is strategically positioned across the region to ensure patients' in-flight critical care and speedy transport to Memorial Hermann-TMC. It was the first to provide lifesaving blood products, extracorporeal membrane oxygenation (ECMO) and ultrasound imaging on board. Life Flight operates out of the John S. Dunn Helistop, one of the world's busiest helipads, atop the Susan and Faye Sarofim Pavilion.

TIRR Memorial Hermann

Ranked #2 in the nation by *U.S. News & World Report* for rehabilitation hospitals and recognized as a national rehabilitation innovation center, TIRR Memorial Hermann offers comprehensive inpatient and outpatient care to meet the individual needs of patients experiencing life-altering injuries and illnesses. Some of the world's leading physicians in rehabilitative medicine provide care here on their mission to transform lives and inspire hope.

LIFE FLIGHT IS CALLING ON HOUSTON

On call for us 24/7, Life Flight serves as well-equipped ICUs in the sky, saving precious lives en route from trauma scenes to Memorial Hermann-TMC, the nation's busiest Level I trauma center.

Life Flight provides trauma, diagnostic and interventional care in flight to patients of all ages, from newborn babies to seniors. Life Flight uses every available onboard resource from blood products and special heart-assist devices to ultrasound diagnostics and i-STAT blood analysis.

Teams can also bypass the ER, taking qualified patients straight to the hybrid OR, saving an average of 30 critical minutes.

"We've all seen them in the air. We've heard their patients' amazing stories. It's our turn to provide the critical support Life Flight asks of us."

Greg Garland,
Life Flight Expansion Campaign Co-Chair

Today, its aging fleet of six helicopters needs to be replaced with more modern aircraft. There is simply no way around it.

Memorial Hermann Foundation has launched a Life Flight Expansion Campaign to raise \$55 million to cover the costs. Co-chairs Greg Garland and Scott McLean, both long-time Memorial Hermann supporters, are leading the charge.

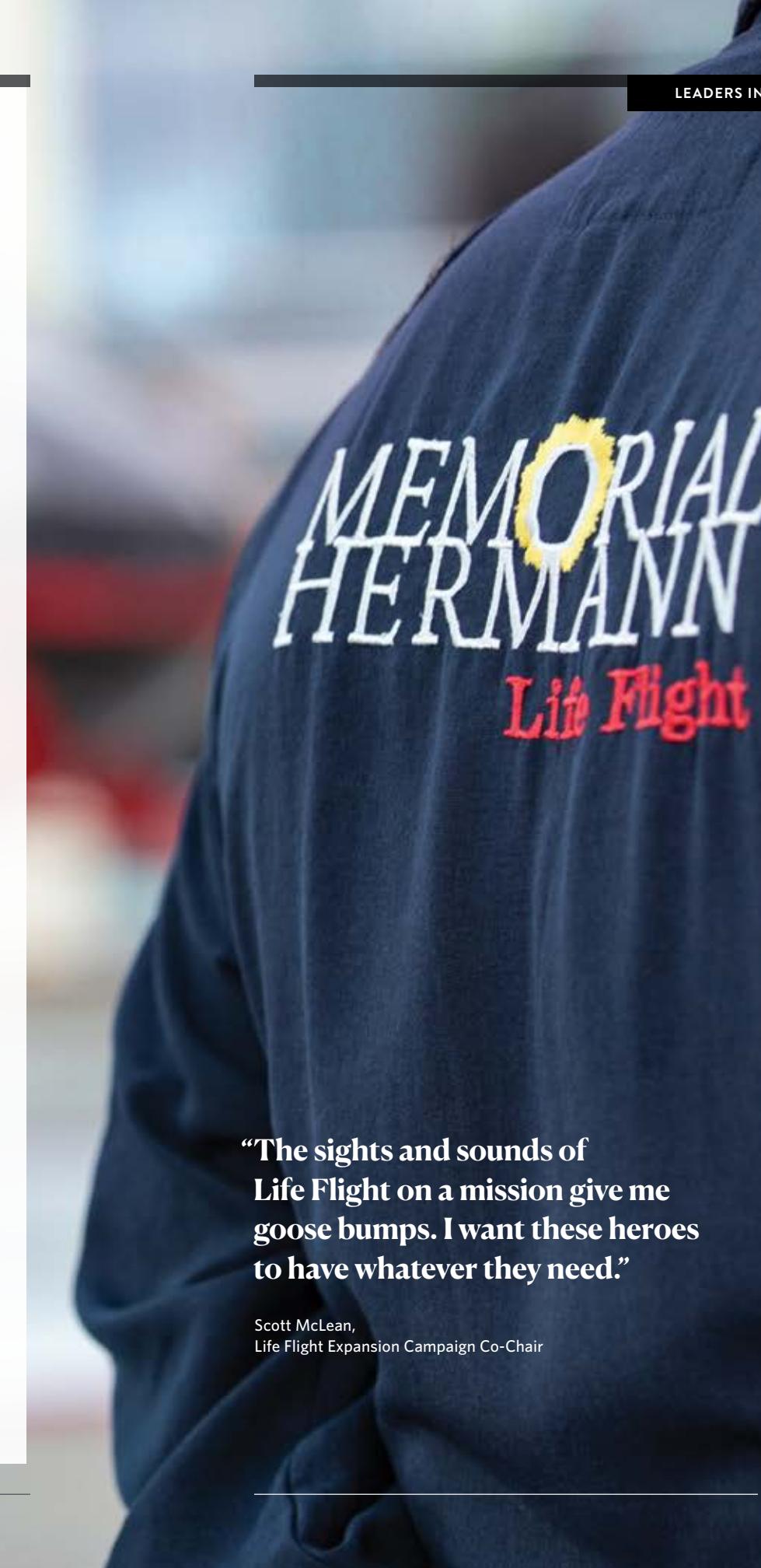
"We've all seen them in the air. We've heard their patients' amazing stories. It's our turn to provide the critical support Life Flight asks of us," says Greg.

Memorial Hermann has already placed the order for four H145 helicopters and an H160 specialty aircraft, knowing such custom vehicles take years to manufacture. The new fleet will not only provide the latest technology and safety features, but also expand Life Flight's reach from 150 miles to 250 miles—and save \$8 million in operating costs over time.

"The sights and sounds of Life Flight on a mission give me goose bumps," admits Scott. "I want these heroes to have whatever they need. We should all want that."

Now is the time. Please help us answer Life Flight's call to action.

Visit memorialhermannfoundation.org/donate



"The sights and sounds of Life Flight on a mission give me goose bumps. I want these heroes to have whatever they need."

Scott McLean,
Life Flight Expansion Campaign Co-Chair

"When the unthinkable happens, we are there. For our patients, the difference is survival."

James "Red" Duke Jr., MD (1928-2015)

Advanced Trauma Network Expansion

Memorial Hermann has made a commitment to expand its advanced trauma network to provide high-level trauma care across our region.

In 2018, Memorial Hermann The Woodlands Medical Center earned its Level II trauma center verification. Memorial Hermann Katy Hospital recently began its own pursuit of a Level II designation. These achievements represent significant investments in infrastructure, equipment, technology, talent and processes to meet stringent requirements to continue to serve our community's rising trauma needs.



ELEVATED CONNECTIONS

Memorial Hermann Foundation supporters and new friends gathered in the Colorado mountains to share good times and celebrate Memorial Hermann's remarkable work.

This year's annual weekend retreat began with a gondola ride to the top of Aspen Mountain for a cocktail reception at AspenX Mountain Club, hosted by Elizabeth and Will Galtney, Stephanie and Mark Hamilton, Melissa Juneau, Aimee and Wynne Snoots, Leticia and Steve Trauber, and Loraine and Scott Wegmann.

Dr. David Callender kicked off the evening with words of appreciation for the generous support of individuals, organizations and corporations as he described many

impressive new programs and services these gifts have made possible across Greater Houston.

Steve Trauber spoke about Life Flight, a true "gem of Houston," emphasizing the tremendous opportunity of Foundation supporters to transform the health of our community through their contributions, large and small.

The following day featured a lovely Parisian café-inspired brunch at The Garden at Hotel Jerome, where guests enjoyed a brunch buffet and DJ Savy Fontana's chicly Parisian playlist.





FIGHTING FOR DEAR LIFE

Following a horrific car crash, Bethany LeVrier faced countless surgeries and nearly three years of rehabilitation at Memorial Hermann The Woodlands Medical Center. Her recovery is simply awe-inspiring.



Bethany LeVrier was driving home in Conroe with her 14-month-old son, Brayden, when a driver crossed over the double yellow lines and slammed into two cars before running head-on into Bethany's. The sudden impact smashed the front of Bethany's SUV so badly that she was pinned in, her dashboard in her lap.

Emergency responders extracted Bethany with the jaws of life and rushed her and her son to Memorial Hermann The Woodlands Medical Center, a Level II trauma center.

"You've been in an accident. You're in the hospital. You have a trach in. Don't try to talk."

Bradley's first words to Bethany after the accident

Following multiple emergency surgeries, Bethany's care team placed her in a medically induced coma for two and a half weeks. Maureen Gibbons, MD, an affiliated emergency medicine physician told Bethany's husband that almost every bone below Bethany's waist was broken. Bethany has no memory of the accident and had no idea what was happening when she woke up. She vividly recalls Bradley's first words to her.

He told her, "You've been in an accident. You're in the hospital. You have a trach in. Don't try to talk."

"My eyes were frantic," says Bethany, "and Bradley could tell my mind was racing, wondering how our son was. He said Brayden was OK and staying with grandparents. It's a miracle he had no injuries."



Miraculously, 14-month-old Brayden had no injuries.

Bethany sustained a long list of life-threatening injuries, and by the time she left the ICU, she had nearly 20 surgeries. She had multiple open femur fractures, multiple pelvic fractures, a dislocated spine, multiple right ankle fractures and acute hypoxic respiratory failure, among other injuries.

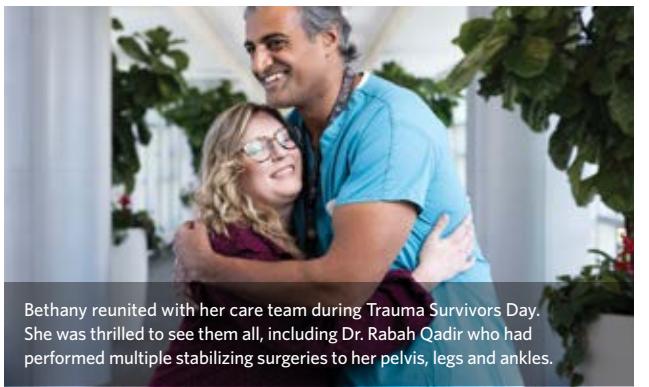
Timothy Hodges, MD, FACS, the medical director at Memorial Hermann The Woodlands, completed most of Bethany's surgeries. Affiliated orthopedic surgeon Rabah Qadir, MD, performed multiple stabilizing surgeries to her pelvis, legs and ankles.

"I love everybody who worked so hard to help me. I could have had a very different outcome," Bethany says, now aware of the sobering scope of her injuries.

Healing with an ancient therapy

Bethany's journey to leave the hospital was an uphill battle. Her ankle and foot tissue began to die, a common problem in such cases. The care team performed multiple debridement procedures, with little improvement. Their next hope was muscle and skin graft surgery.

Affiliated plastic surgeon Bryan Correa, MD, performed the delicate procedures.



Bethany reunited with her care team during Trauma Survivors Day. She was thrilled to see them all, including Dr. Rabah Qadir who had performed multiple stabilizing surgeries to her pelvis, legs and ankles.

Afterward, Bethany was in incredible pain as her body still struggled with tissue that would not heal. Skin grafts can fail as the body rejects the new tissue. That was the care team's concern. They turned to an ancient therapy to save her from losing her foot.

One of Bethany's favorite nurses, Vanessa, prepared her. "She said, 'Dr. Correa has prescribed leech therapy,'" says Bethany, remembering the shock of hearing the idea. "Leeches?" she thought.

Bethany was all for it.

"It didn't hurt, but it felt very strange, like little tickles," Bethany says. "And it worked."

Persistently pushing forward

After two months in the ICU, Bethany moved to inpatient therapy at TIRR Memorial Hermann – The Woodlands.

"When they asked me what I wanted my rehab journey to look like, I said TIRR Memorial Hermann was my number one option, and I was thankful to get in. It was wonderful. It was also hard and intense, but I didn't want to go anywhere else."

Bethany attended inpatient therapy for a month, learning how to walk again and working to regain the strength to swallow, eat and speak.

"I nominated all my doctors and many of my therapists and nurses for special awards," she says. "They were all so wonderful. They took the time to check on me at TIRR Memorial Hermann – The Woodlands to make sure I was OK. Even though it was under terrible circumstances, I am so happy and privileged to know these people."

After almost three months in the hospital, Bethany was able to go home. She continued outpatient therapy at TIRR Memorial Hermann – The Woodlands for two more years while focusing on her family, healing and recovery. Brayden, now 3, has been a big motivator in helping her push forward. Bethany walked outside her home by herself for the first time earlier this year.

"I can't be stationary for Brayden's entire life," adds Bethany. "He deserves more than that, and so do I as his mom. I want to be present for my son's childhood."

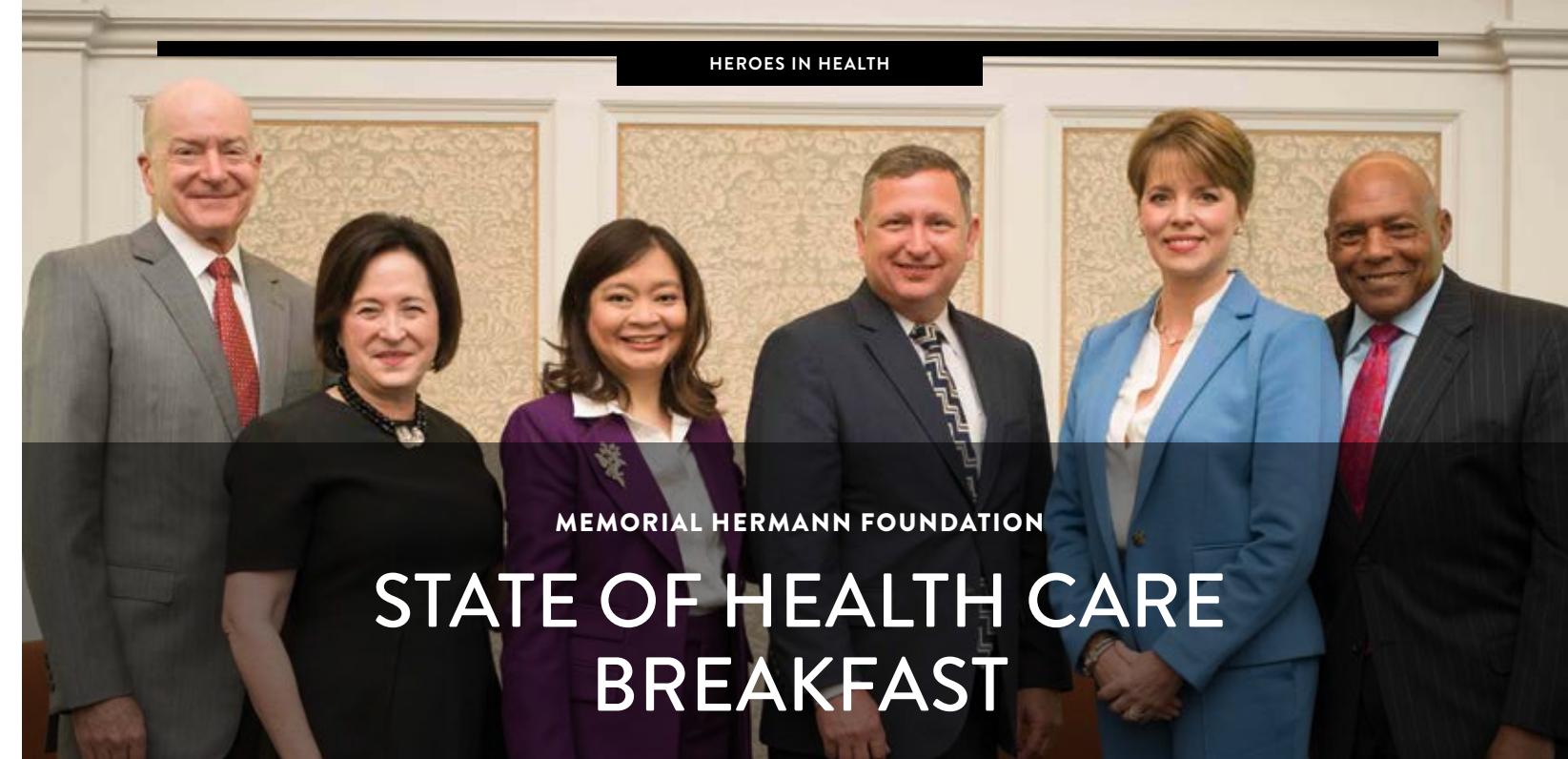
I nominated all my doctors and many of my therapists and nurses for special awards."

Bethany

In May 2024, Bethany attended the annual Trauma Survivors Day celebration at Memorial Hermann The Woodlands. Along with 10 other trauma survivors, Bethany met the emergency responders, nurses, therapists and doctors who treated her.

"I was unaware that would be happening," Bethany says. "I was completely overcome with emotion at meeting all the people responsible for pulling my son and me from the wreckage and then saving my life. I am eternally grateful."

Your gifts to Memorial Hermann Foundation support trauma care and TIRR Memorial Hermann.



MEMORIAL HERMANN FOUNDATION

STATE OF HEALTH CARE BREAKFAST

Gregg and Jo Lynn Falgout hosted this year's annual State of Health Care Breakfast. Dr. David Callender presented an insider's view of the state of health care and recognized Memorial Hermann nurses for their commitment as professionals, innovators and strategists in improving patient care and outcomes.

Memorial Hermann executives Brian Sisk and Erin Aspre, MD, Chief Nursing Officer Southwest, Gillian Alexander and Foundation board member Samuel Golden, served as panelists for an enlightening discussion about the latest nursing initiatives and insights about the future.

Top photo: Dr. David Callender, Anne Neeson, Erin Aspre, Brian Sisk, Gillian Alexander, Samuel Golden



Monica Roberts, Valerie Golden, Marques Roberts, John Abraham



Dr. Callender addresses the crowd



Jo Lynn Falgout, Gregg Falgout



Sara Wagner, Don Wagner



Gary Petersen, John Eads



Steve Trauber, Myron Blalock, Scott Holstead

HELLO, FUTURE

A first-of-its-kind community partnership puts high school students on the fast track to rewarding careers in health care.

On Aug. 12, 2024, with teachers, school leaders and a host of community partners from Memorial Hermann cheering them on, students from the Health Education and Learning (HEAL) High School in Aldine Independent School District enjoyed a back-to-school day they'll likely never forget.

HEAL High School is a unique partnership between Memorial Hermann and Aldine ISD supported by a \$31 million gift to Memorial Hermann Foundation from Bloomberg Philanthropies.

A part of Bloomberg Philanthropies' \$250 million national investment in health care education, HEAL High School will train students for future careers in health care. The program launched this fall with 150 first-year students and will grow to serve nearly 800 students by 2027.

"Through this important partnership, students in our region will receive a first-class, hands-on educational experience in health care and help securing well-paid employment after graduation," says David L. Callender, MD, Memorial Hermann's president and CEO.

Helping others fuels my success.

welcome
Class of
2028

"HEAL High School represents a powerful bridge between health and education systems, inspiring young people to pursue careers they might otherwise not have considered."

Dr. LaTonya Goffney, AISD superintendent



ON THE ROAD AGAIN

Memorial Hermann Foundation provided funds to put a new Mobile Stroke Unit back in service after an accident sidelined it.



Strokes are perilous medical emergencies. They come on suddenly and often with no warning.

Swift medical intervention with a wonder drug known as tPA can mean the difference between full recovery and permanent disabilities. The Memorial Hermann Mobile Stroke Unit provides vital care to stroke patients onboard as they are transported to the hospital, saving precious time and lives.

Neurologist James Grotta, MD, brought the nation's first Mobile Stroke Unit (MSU) to Houston in 2014. Since then, the unit has evaluated and treated more than 1,000 strokes in the field, saving lives and enabling better long-term outcomes. Today, ours remains the busiest mobile stroke program in the world.

When the MSU was involved in an accident, an investment from Memorial Hermann Foundation expedited the crucial purchase of a new MSU, which has treated and transported more than 175 stroke patients in the past 18 months.

Time is of the essence

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. The brain needs a steady supply of blood to keep it alive. During the first minute of a stroke, a patient loses 2 million brain cells, and that brain cell death continues every minute until the block is cleared.

"Once a stroke patient arrives in the emergency room, it typically takes an hour to receive treatment, and that's not counting transport time. In these situations, every minute, every second, counts," Dr. Grotta explains.

Any minute past what's known as the "golden hour" can be devastating. Once brain damage occurs, if the patient survives, they can be left

with varying degrees of irreversible paralysis, inability to communicate, memory loss and depression.

Revolutionary tPA treatment saves the day

As important as speed can be, so is the treatment itself. Clot-busting drugs using a tissue plasminogen activator (tPA) and catheters threaded into the arteries of the brain can remove offending blood clots, but again, minutes matter. Administered quickly and expertly, these treatments can double the rate of complete or near-complete recovery. They do no good once brain damage occurs.

"I had 15 minutes between life and death or permanent disability."

Kimberly Phipps-Nichol, stroke survivor saved by the Memorial Hermann Mobile Stroke Unit

Kimberly Phipps-Nichol, a 45-year-old stroke survivor, found out firsthand the amazing advantage MSUs provide. She had 15 minutes between life and death, she learned later from the Emergency Center care team at Memorial Hermann-Texas Medical Center. The MSU saved her life.

"Having the paramedics administer tPA before I was on the way to the hospital absolutely made a difference, 100%," Kimberly says.

Future promises worth keeping

Memorial Hermann is committed to providing high-quality care to every corner of our community, including bringing the emergency room closer to stroke patients through the Mobile Stroke program. It is an expensive enterprise, requiring \$1 million each year to maintain. There is no denying its value in saving lives and preventing permanent disabilities.

Gifts to Memorial Hermann Foundation fuel the lifesaving work of the Mobile Stroke Unit.

HOUSTON MOBILE STROKE UNIT PROGRAM BY THE NUMBERS

Launched in 2014

1st in the country, busiest in the world

1,000+ stroke patients treated across the city

Provides lifesaving treatment in the "golden hour"

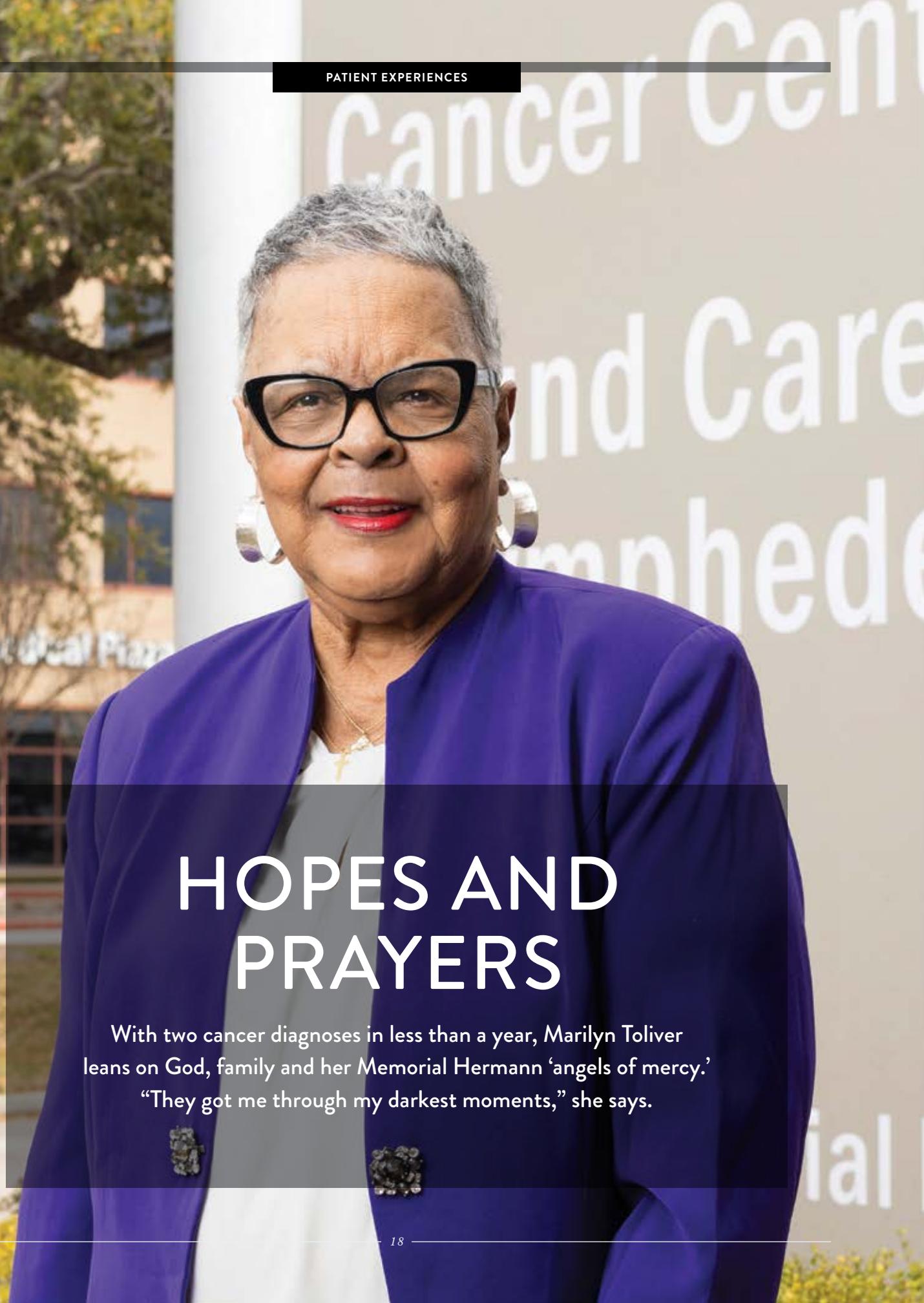
STROKE FACTS

#5 cause of U.S. deaths and leading cause of long-term disability

Stroke kills 2 million brain cells every minute

tPA doubles the rate of full recovery

~87% are ischemic, cutting off blood to the brain



HOPES AND PRAYERS

With two cancer diagnoses in less than a year, Marilyn Toliver leans on God, family and her Memorial Hermann 'angels of mercy.'

"They got me through my darkest moments," she says.

In 2005, Marilyn Toliver got a scary surprise after having a CT scan in preparation for back surgery. Doctors discovered a tumor in her left lung. Marilyn had a successful lobectomy, a surgery to remove the affected part of her lung, and she was ready to move on with her life. Grateful, she quit smoking that year.

The experience caught her off guard. "I never was a person who got sick," says Marilyn. "Nobody in my immediate family had cancer, and I always went to the doctor."

Now 82, Marilyn is a retired widow who spent 32 years teaching second grade. She has lived an active life, taking cruises, being involved in her church and volunteering to help others.

Unfortunately, Marilyn never followed up with a pulmonologist after her lung surgery so long ago. During a routine physical in 2022, Marilyn's primary care doctor urged her to see one. She recommended Akinyinka Ajelabi, MD, who ordered a CT scan, followed by a biopsy, which revealed another mass on Marilyn's left lung. He referred Marilyn to an oncologist affiliated with Memorial Hermann Cancer Center – Northeast. This became her first experience with Memorial Hermann Health System.

Further test results confirmed that Marilyn had malignant stage III non-small cell carcinoma. She could hardly believe it.

"I had no symptoms," Marilyn says, "No coughing, no fatigue. I was just doing my regular routine. That's why I feel so blessed by my primary care doctor, her nurse practitioner and Dr. Ajelabi. They literally saved my life."

She immediately began chemotherapy and radiation. Despite an aggressive care plan, Marilyn's cancer quickly spread to her right lung, progressing to stage IV. She stopped chemotherapy and began immunotherapy, feeling overwhelmed by everything happening so quickly.

Marilyn turned to the oncology staff for extra support. She passionately believes that everyone from the receptionists and nurse navigator to the social worker and oncologist played a big part in her treatment by helping maintain her emotional well-being.

"I'm so grateful for all the resources and caregivers at Memorial Hermann," she says. "I call them my 'angels of mercy.' They got me through my darkest moments."

"Shernette Sherrill, the nurse navigator, would always come into my appointments. She would rub my shoulders and hold my hand when there was news, good or bad. And at that time, most of it was bad."

"I'm so grateful for the resources and caregivers at Memorial Hermann. I call them my 'angels of mercy.'"

Marilyn Toliver

In July 2023, more bad news arrived after Marilyn's annual mammogram. "I had stage I breast cancer in my right breast," explains Marilyn. Luckily, the breast cancer hadn't spread to any lymph nodes. Affiliated breast surgeon Emily Robinson, MD, performed Marilyn's mastectomy to remove the cancerous tissue.

During recovery, her oncologist suggested genetic testing on her lung tumor. Marilyn tested positive for epidermal growth factor receptor (EGFR), a genetic mutation linked



Marilyn's son has been her "rock" throughout her cancer journey.

to lung cancer and sometimes breast cancer. She began taking a drug called Tagrisso, a targeted drug therapy for EGFR-positive lung cancers. Four months into treatment, there's a bright spot in all of this. The drug appears to be working.

"I feel so blessed by my primary care doctor, her nurse practitioner and Dr. Ajelabi. They literally saved my life."

Marilyn

"I'm extremely tired, although I still don't have a lot of pain," says Marilyn. "I have good days and I have bad ones. But I always have someone to talk to. I call the social worker or nurse navigator."

Marilyn also credits her strong support system of family, friends and God for guiding her through the diagnosis and caring for her when she needs it most. Her son, who lives with Marilyn, takes her for her exams, tests and treatments. He also does most of the cooking and cleaning. "He is my rock," she says. "I just thank God for him every day."

After treatments for lung and breast cancer last year, Marilyn has high hopes of being in remission.

After two follow-up PET scans, there is no evidence of cancer spreading. Marilyn will continue taking daily Tagrisso pills for two years, in addition to daily pills for breast cancer treatment for five years. She'll also receive PET scans every three months.

Marilyn remains eternally optimistic for good outcomes—and maybe even grandkids in the future. "I told my son I want him to get married so I can have grandchildren while I'm still here," she laughs.

"Through the grace of God, I'm thankful to be alive," says Marilyn. "I may be in remission. We're praying and hopeful for it. I am so grateful for where I am now."

For anyone else undergoing cancer treatment, Marilyn offers this advice: "When you're in this situation, you need support from others. I've learned that there is nothing to be ashamed of but that took me a while. I'm hoping my story will help someone else."

Your gifts to Memorial Hermann Foundation support Memorial Hermann cancer care centers.

When we stand together, there's no mountain high enough.

Your generous gifts to Memorial Hermann Foundation support innovative partnerships and educational initiatives, inspire young people to build rewarding careers, fuel the System's vital talent pipeline, enable 24-hour emotional support to an invaluable workforce, share life-changing resources that break down barriers to healthy living and make it possible to improve the health of our community, now and for generations to come.

The mission is great. Your impact is astonishing.

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Memorial Hermann Foundation

929 Gessner, Suite 2650
Houston, TX 77024
memorialhermannfoundation.org

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To health. TOMORROW'S PROMISE.