

Funding Life-Saving Mammograms Across Bexar County and Beyond

“You have breast cancer.” Those were the words that changed Laura Esparza’s life. Laura has worked as a sonographer at CHRISTUS Santa Rosa Health System for 27 years, conducting breast ultrasounds on women and men with suspicious masses found on mammograms. In 2010, Laura had her annual mammogram and when the physicians delivered the results, she discovered she was about to enter the toughest journey of her life.

“I went in for a routine annual screening at CHRISTUS Santa Rosa Hospital – Westover Hills,” said Laura. “When I got my results, I learned I had stage two invasive ductal carcinoma in my left breast – I remember the moment like it was yesterday.”

Laura had just helped her beloved dog, Mitzi, battle breast cancer two years earlier.

“I often think about my dog’s battle because it’s a good reminder that cancer does not discriminate. Breast cancer affects both women and men,” said Laura. “That’s why mammograms are so important. We should all be aware and take precaution. Early detection is key to survival.”

Laura underwent surgery and radiation therapy and was cancer-free just a few months after her diagnosis. Today she is 4-year breast cancer survivor.

“It was a very difficult time for me, but thanks to the support of my family and friends, and my strong faith, I did not let breast cancer control my life. We fought it together,” Laura said. “I was blessed to have so much support from everyone at CHRISTUS Santa Rosa – from the associates to the physicians and my radiologist. They stayed connected and were there for me very step of the way. It made my breast cancer journey a little less difficult.”

Laura says that although it was a tough battle, she sees her breast cancer diagnosis as a gift.

“This experience was a gift that allows me to help others by sharing my story,” Laura added. “People don’t truly understand the journey – the fear, the questions, the uncertainty - unless they’ve been through it themselves. When I faced my battle with breast cancer, I was the first in my family and didn’t have anyone who completely understood what I was going through. I’m so happy to be able to be that person for someone else.”

Laura is a breast health awareness advocate, often helping the Friends of CHRISTUS Santa Rosa Foundation with fundraisers that support the CHRISTUS Santa Rosa Mobile Mammography Unit (MMU), most recently speaking at the San Antonio Stars post-game jersey auction fundraiser.



Laura Esparza shared her breast cancer story with the audience at the San Antonio Stars Breast Health Awareness post-game auction.



(L-R) Cindy Sheehn-McComber and Jackie Trevino, Mobile Mammography Unit (MMU) coordinator.

“The MMU travels across Bexar County and 13 surrounding counties to more than 30 communities where we provide breast health awareness for women who might not otherwise get these services due to financial constraints or transportation issues,” said Jackie Trevino, MMU coordinator. “More than 1,000 of the screenings we provide each year are unfunded and must be covered by funds raised through grants and donations.”

“My experience with the MMU has been pleasant. It was fast and convenient, and I was able to get it done during my work day,” said Cindy Sheehn-McComber. “The staff is efficient, professional and kind. The accessibility makes it so easy to get annual mammograms – they come to you! I’ve known several women who have been affected by the disease, so I am consistent with my annual screenings. We are blessed to have this service available in our community.”

The Friends Foundation is an active partner in the mission to bring life-saving screening mammograms to underserved women in our community. Through philanthropic support, the MMU provides free mammograms to women without insurance or the ability to pay. The Friends Foundation funded an extensive technological and aesthetic transformation in March 2013, which included the installation of digital equipment and a pink outward design. Since the upgrade, the number of mammograms provided to women has doubled from 1,900 to 3,800 annually.



Jackie Trevino (left), MMU coordinator, welcomes Cindy Sheehn-McComber to her mammogram appointment.

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Breast cancer affects one in eight women. The goal of the MMU is to reduce morbidity and mortality from the disease throughout Bexar County and surrounding areas. There should not be any woman in our community who loses her life to breast cancer because she thought she could not afford screenings. To help support the Friends Foundation’s mission in the fight against breast cancer, text MMU, your name and donation amount to 41444.

Medical Center

Hazel and Fred Kingman Education and Conference Center Unveiled

“My dad was a great man. We respected him and admired him,” said Bill Kingman of his late father, neurosurgeon Dr. Fred Kingman.

Dr. Kingman had a private practice in San Antonio and performed surgeries at Santa Rosa Hospital in the late 60s and 70s. His wife, Hazel, was a volunteer at Santa Rosa for many years. In 1982, they passed away only six months apart. The couple left a generous gift, first received by the Friends of CHRISTUS Santa Rosa Foundation as a bequest in 1997. The gift was placed in a temporary endowment and grew to \$492,000. The funds were recently used to cover the renovation costs of The Orthopedics and Neurosciences Center as well as the Hazel and Fred Kingman Education and Conference Center at CHRISTUS Santa Rosa Hospital – Medical Center (CSRH-MC). The Friends Board approved the use of funds after consultation and consent by the Kingman family.

CHRISTUS Santa Rosa associates, physicians and community members gathered at CSRH-MC this summer for a special blessing and ceremony to unveil the newly expanded and renovated Orthopedics and Neurosciences Center, which is now comprised of 12 all-new, private patient rooms and a brand new nursing station featuring evidence-based design to enhance the healing environment. Special upgrades include non-slip, vinyl wood flooring, pressure-relieving mattresses, bed alarms and built-in weight scales.



Bill Kingman spoke on behalf of the Kingman family at the unveiling of the newly renovated Orthopedics and Neurosciences Center at CSRH-MC.



Several members of the Kingman family attended the special ceremony and blessing of the Orthopedics and Neurosciences Center and the Hazel and Fred Kingman Education and Conference Center at CSRH-MC.

The Hazel and Fred Kingman Education and Conference Center is a fully-equipped multimedia education and conference center dedicated to providing pre-operative patient education, patient activities and team conferences. The center will be a teaching space for all patients receiving care at The Orthopedics and Neurosciences Center.

The Kingman family was especially excited about the addition of the education and conference center because Dr. Kingman was passionate about rehabilitation and educating patients and families so

that they could take care of themselves at home.

“This facility will provide a long-term legacy of my parents – their contribution to the city and the love of San Antonio and the love of Santa Rosa,” Kingman added. “This is a great honor.”

Westover Hills

Celebrating Five Years of Continued Growth and Excellence

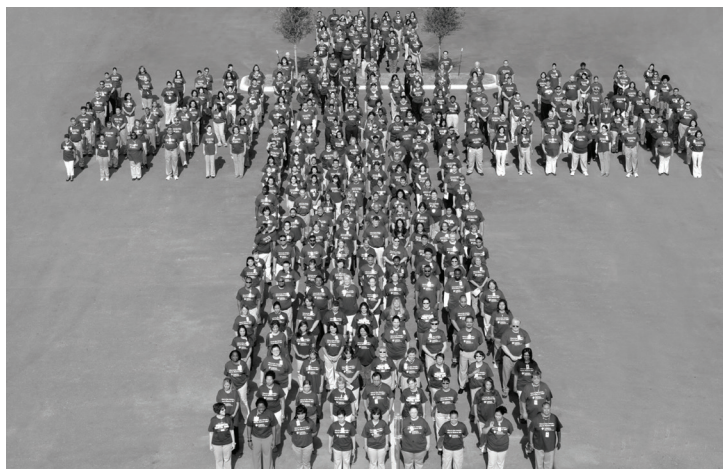
CHRISTUS Santa Rosa Hospital – Westover Hills (CSRH-WH) celebrated its five year anniversary since opening its doors in 2009. In celebration of the milestone, CSRH-WH hosted *Live Well – All Things Family*, a community event featuring several panel discussions and one-on-one conversations with CSRH-WH physicians. Attendees were educated on health topics for all members of the family, had the opportunity to participate in health screenings and were even treated to a fashion show featuring patients from the CHRISTUS Weight Loss Institute – Westover Hills.

“CHRISTUS Santa Rosa is committed to expanding access to much-needed health care services in the vibrant Westover Hills community while continuing to extend the healing ministry of Jesus Christ to the patients we are privileged to serve,” said Pat Carrier, president and CEO, CHRISTUS Santa Rosa Health System.

Since opening in Westover Hills, the CSRH-WH team has continued to expand its services while providing the highest level of care for residents in the area. As the first and only acute-care hospital in the fast-growing community, the 150-bed hospital is part of a full-service health care campus with state-of-the-art technology offering a full scope of specialized services including cardiology, emergency, orthopedics, weight loss surgery and more.



(L-R) John E. Bel, vice president/chief development officer for CHRISTUS Santa Rosa Health System and Jeff Bourgeois, vice president and administrator for CSRH-WH, celebrate five years in July 2014.



Associates joined together in a cross formation to celebrate the grand opening of CHRISTUS Santa Rosa Hospital - Westover Hills in 2009.

“The Friends Foundation was instrumental in providing funding for CSRH-WH in the early stages of our cardiovascular services, which provided a solid foundation for us to build on,” Jeff Bourgeois, vice president and administrator, CSRH-WH added. “We are excited about our bright future and look forward to continued growth to meet the needs of the Westover Hills community and beyond.”



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If you received more than one copy of this, please give one to a friend and notify us.

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Creating a Distinguished Environment of Care

The environment of care at CHRISTUS Santa Rosa Hospital – New Braunfels (CSRH-NB) has been carefully planned and executed with the comfort and safety of patients and their families in mind. The hospital recently underwent an extensive 12-month renovation with the goal of creating a homelike, modern facility, with private rooms. Non-slip, non-glare vinyl rubber floors were installed throughout the patient rooms, public areas and hallways to help prevent falls and control noise levels. The furniture is designed for infection control, but is also comfortable and functional for family members.



Left: A beautiful mosaic hanging in the main lobby at CSRH-NB.

Right: A newly remodeled private patient room.

“Our new look is beautiful; and although it’s cosmetically appealing, all of the changes we made are also functional and much more comfortable for our patients and their family members,” said Jim Wesson, CSRH-NB vice president and administrator. “We are focused on family-centered care. Patient rooms include sleeper sofas and we’ve made other changes for increased convenience, including adding charging stations for computers and mobile phones and light dimmer switches.”

The art on the walls is also hung with intention. Artwork displayed throughout the hospital is spiritual and references scripture to reflect CHRISTUS Santa Rosa’s faith-based heritage and nature scenes help bring the outside in, which is proven to be beneficial in the healing process.

Music Therapy is another element of the environment of care, designed to alleviate pain, elevate mood and provide relaxation for patients.

“Music Therapy brings the healing power of music to the bedside,” Jim added. “The music therapist will tailor her music to the patient’s specific needs and interests to help them accomplish their individual goals. It has proven to be successful by lowering stress, helping with pain management and providing patients with an outlet if they are having trouble sleeping or feeling anxiety, depression or anger. It is also helpful for patients who are confused due to Alzheimer’s or dementia.”

“Hospitals have a reputation for being sterile and impersonal,” said Deon Hobbs, RN, chief nursing officer at CSRH-NB. “We worked to create an updated version of the patient room and bring the facility into the new age. Our building improvements match the high quality of care we provide.”



Music Therapy intern Caitlin Ward plays her guitar for patients at CSRH-NB.

Through the efforts of the Friends Foundation, CHRISTUS Santa Rosa Hospitals in the South Texas Medical Center, at Westover Hills and in New Braunfels have been able to enhance programs, provide new equipment and support outreach efforts that uphold the ministry of this faith-based, non-profit health care organization.

If you are interested in supporting our cause with a monetary donation, you may call 210.704.2800 Monday - Friday, 8 a.m. - 5 p.m. or visit us online at FriendsFoundation.org.

For more information about upcoming events and fundraisers, follow us on Facebook and Twitter or join our mailing list at FriendsFoundation.org.

Should you no longer wish to receive fundraising mail from the Friends of CHRISTUS Santa Rosa Foundation, please call our office at 210.704.2800, write us at Friends of CHRISTUS Santa Rosa Foundation, 100 Northeast Loop 410, Suite 706, San Antonio, TX 78216, or email at SantaRosaFoundation@ChristusHealth.org

COMMUNITY SPOTLIGHT

It is an exciting time for the Friends Foundation! We are grateful for the ongoing support we gain from our donors and community partners throughout the year.



INCARNATE WORD HIGH SCHOOL ATHLETICS

The Incarnate Word High School (IWHS) Athletics Department presented the Friends Foundation with a \$8,000 check in support of the CHRISTUS Santa Rosa Mobile Mammography Unit (MMU). Half of the funds were raised by IWHS student athletes who sold breast cancer awareness t-shirts throughout the year. The funds were matched by IWHS athletic director, coach April Fricke, who completed a 250-mile bike ride from Freeport to San Antonio for the 2014 Sister’s Trail Ride. The check was presented at the annual IWHS “Dig Pink” volleyball game in September.

SAN ANTONIO STARS AND SILVER & BLACK GIVE BACK

The San Antonio Stars donned pink uniforms when they faced-off against the Connecticut Sun on August 1. They played the game on a pink court and a portion of ticket sales benefited the Friends Foundation in support of the MMU. The Stars and Silver & Black Give Back also held a special post-game pink jersey auction and raised an additional \$21,000. A special check presentation was held on-court on August 15.





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Our Mission: "To Extend the Healing Ministry of Jesus Christ."

SAVE THE DATE

Harleys & Habits

MOTORCYCLE RIDE CHARITY EVENT



*Saturday, April 11, 2015
Downtown New Braunfels | 12 p.m.*

Starting with a parade of Sisters in sidecars at the Plaza in downtown New Braunfels, meandering through the Texas Hill Country and ending with a wrap-up party, this charity ride raises funds to benefit health and wellness initiatives at the CHRISTUS Santa Rosa Hospital - New Braunfels.

Join us! For sponsorship or registration information, call 210.704.2800 or email SantaRosaFoundation@ChristusHealth.org.



MONDAY, JUNE 5, 2015
HYATT HILL COUNTRY GOLF CLUB | 7 a.m.

Join the Friends of CHRISTUS Santa Rosa Foundation on the green to help fund comprehensive health and wellness programs at CHRISTUS Santa Rosa Hospital - Medical Center.

Sponsorship opportunities are available! For more information, call 210.704.2800 or email SantaRosaFoundation@ChristusHealth.org.

Board Profile: One-on-One with Laurie Griffith, Board Chair



Laurie Griffith joined the Friends of CHRISTUS Santa Rosa Foundation Board of Directors in 2001. She is a passionate, active member, serving as treasurer from 2005 to 2009 and currently holding the Chair position, a role she has been in since 2010. We had the opportunity to sit with her one-on-one and learn about her experience over the years.

What was your first impression of CHRISTUS Santa Rosa and the Friends Foundation?

"My first impression was that there was a devoted core group of board members who were trying to make a difference in our community. Their dedication was inspiring."

What has surprised you most about working with the Friends Foundation?

"I learned that there's a real void in our community for the support of adult services. Many people focus on individual disease-related organizations, such as cancer or heart programs, and that is great. But there's also a big need to support general medical services for unfunded adults."

What do you want to share with others about the Friends Foundation?

"I want others to understand the wonderful work the Friends Foundation does in our community. For example, the MMU is a great benefit to women in our community and surrounding areas who are unfunded, but the wider public doesn't know or understand that the Friends Foundation raises money to fund the program. We also do so much to fund other causes such as mother/baby programs and heart disease. These programs would suffer without the support of the Friends Foundation."

What would you tell someone who is thinking about donating to the Friends Foundation?

"I'd tell about all of the Friends Foundation's accomplishments. I'd explain how they could help save lives simply by donating. If one woman detects breast cancer because of the care she receives via the MMU, then it's all worth it. Donors support innovative health and wellness programs and we couldn't continue making a difference in our community without them. If you don't have money, but have heart, we need that, too. We would also love to see the younger generation get involved."