




HIGH POINT
REGIONAL
HEALTH FOUNDATION

Gratitude

2021 REPORT



Gratitude

FROM THE PRESIDENT

Dear Friends,

This has certainly been a challenging and unprecedented year. COVID-19 changed our lives in many ways. I miss our in-person interactions, the Evening of Gratitude and other face-to-face experiences. Our fundraising efforts have gone virtual as we socially distance and mask up for any face-to-face encounters. What has not changed, however, is the commitment of the High Point community to High Point Medical Center. I continue to be amazed at your generosity and engagement. We really appreciate it, and our patients appreciate it as well.

This year we have been challenged to the limits of our capabilities by a COVID pandemic. I cannot be more proud of the way our medical center has responded to the pandemic, and I cannot be more proud of the way our community has responded as well. Gifts to the COVID Response Fund allowed us to help our employees as they struggled with reduced incomes, virtual learning, or the stresses of social isolation. Your gifts to traditional fundraising opportunities like The Capital Campaign, Sun & Stars, LoveLine and Pink Ribbon have continued to come in despite the inability to host what used to be fun in-person events. These gifts are crucial to our ability to provide high quality, cutting-edge care for our patients, and to grow the patient care programs for our community.

Thank you for your support and allowing us to share with you our vision for providing High Point and the communities we serve with the highest quality health care possible.



Sincerely,

A handwritten signature in black ink, appearing to read 'Jim Hoekstra', written in a cursive style.

James Hoekstra, MD
*President, Wake Forest Baptist Health
High Point Medical Center*

Thank you

The full impact of generosity is never fully realized in the moment. Individual lives are touched and changed in ways large and small but may take many years, even decades, to be fully understood. It is always the hope that a community will be made better through giving—it is, after all, why we give.

As Nelson Henderson stated so well, “The one that plants trees, knowing that he will never sit in their shade, has started to understand the meaning of life.” And to be clear—this community plants forests!

The following pages provide a glimpse into the many ways in which the community has supported patients and staff of Wake Forest Baptist Health – High Point Medical Center. The global pandemic has offered a potent reminder of the importance and ultimate connection between the community and its hospital. The growth and health of each is improved as each supports the other.

This year has seen High Point Regional Health Foundation events canceled or changed. The incredibly beloved Pink Ribbon Luncheon was canceled last May out of an abundance of caution as information related to COVID-19 and its impact was still unfolding. It was the right thing to do but still a difficult decision. Much of the planning and fundraising efforts were largely completed. As such, many in the community asked that, even though there would be no large gathering that their contribution be used to support the Pink Ribbon program that the lunch supports. The Sun & Stars committee was working hard to prepare for an exciting 10th Anniversary event in September but as with so many events, it regrettably had to be canceled. LoveLine in December, was a low-contact drive-through event and while different than years past, was well received. Planning for other events is underway albeit with differences and safety protocols will remain.

In addition to supporting canceled or changed events, the community has been incredibly generous in answering the call in other ways. The COVID-19 Response Fund was established as needs related to the impact of patients and staff became increasingly clear. The community engaged and donated over \$180,000 to the fund. Pledge payments to the Heart and Cancer Capital Campaign continue and have made possible the renovation of facility and expansion of services. The Annual Fund Drive saw generous support for a variety of hospital needs.

The board members and staff of High Point Regional Health Foundation wish to express our sincere appreciation and gratitude.

Sincerely,

Ken Smith
Chairman
High Point Regional
Health Foundation



Leigh Ann Venable
Director
High Point Regional
Health Foundation





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Patients Served (FY 2020 Actual)

49,819	EMERGENCY VISITS
178,367	OUTPATIENT VISITS
14,789	ADULT HOSPITAL STAYS
1,409	BIRTHS

Staff Information

1,839	FULL & PART TIME EMPLOYEES
647	REGISTERED NURSES
425	VOLUNTEERS

Serving Every Member of Our Community

High Point Medical Center is dedicated to our community and provides uncompensated care for those in need.*

28.2 M	CHARITY & UNINSURED
26.8 M	UNREIMBURSED TREATMENT COSTS
1.9 M	COMMUNITY OUTREACH

* Data reflects Fiscal Year 20

FOR ADAM READE,
HIGH POINT MEDICAL
CENTER SPINE SPECIALISTS

“HAVE GIVEN ME MY LIFE BACK”

Adam Reade is not sure what may have led to the severe pain in his arm and numbness in his hand, but he knows the spine specialists at Wake Forest Baptist Health – High Point Medical Center helped him overcome it.

“I’m very grateful to everyone involved,” says Reade, a 38-year-old insurance broker from Greensboro. “Whatever happened, it stole a year of my life. I was able to come to the spine specialists at Wake Forest Baptist Health, and they have given me my life back.”

Adam woke up one morning in 2019 with excruciating pain in his arm and numbness in his hand. Although he suspects a previous automobile accident may have caused the problems, he’s not sure. He dealt with the pain for months, hoping it would go away, all while his work and his life suffered.



"The pain got to the point after four months where I was sleeping maybe 45 minutes a night if I was lucky," Adam says. "Sometimes I have to drive hours for my job, and there was no way I could keep doing that safely."

Finally, he called Wake Forest Baptist Health for help and was quickly seen by the experts at Orthopaedic and Sports Medicine – High Point. They discovered his problem: A massive herniated disc in his neck was pinching his nerves, causing pain and numbness.

Not wanting to rush to surgery as a first option, Adam and his medical team tried nonsurgical approaches. When medication and physical therapy failed to relieve his problem, surgery was scheduled within two weeks.

"They fit me in the schedule quickly, which was amazing," Adam says. "I had never been in the hospital before or had surgery, and my experience was so phenomenal with the care and attention, it was beyond anything I could have expected."

"The relief was immediate," Adam says. "I have heard tales from people who have had neck surgery and wake up in pain," he says. "When I got up, I had my full voice and was eating three hours after surgery. The pain and the numbness in my arm was gone. I shed a tear or two of joy because I was at a 9.5 to 10 on the pain scale for several months, and to be suddenly out of pain was life-changing and unimaginable."

He says he has regained the arm strength and strong hand grip he has known throughout his life. He recovered without needing physical therapy and has full range of motion with no tension, pain or limitations. He's back doing his favorite activities, like bowling and four-wheeling, that pain forced him to give up.

"The main thing was the feeling of being broken," Adam says. "I was not picking things up, helping my family and friends move things, carrying in groceries or participating in anything because we were so afraid of hurting me. I got back to being me."

His advice to others suffering back or neck pain: Seek professional help, and trust the spine specialists at High Point Medical Center.

"Every single person there treated me like family," he says. "I never once felt like just a patient. Everyone made me feel like they cared, and I am so thrilled with the outcome."

"TO BE SUDDENLY OUT OF PAIN WAS LIFE-CHANGING"

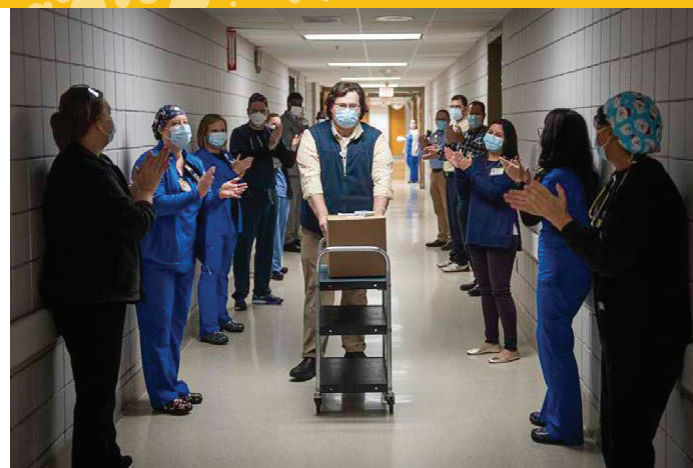




COVID-19 *Update*

THE VACCINE

Wake Forest Baptist Health was among the first in the nation to receive our initial shipment of Pfizer COVID-19 vaccines in December. Since then, thousands of frontline health care workers and members of our High Point community have received the vaccine.





“ IT'S SO IMPORTANT.
TO PROTECT OUR FAMILIES,
OUR LOVED ONES, OUR CHILDREN
AND OUR ELDERLY PARENTS. ”

LINDA TAYLOR, MD

Emergency department physicians Dr. Chad Sheldon and Dr. Linda Taylor were the first from High Point Medical Center to receive the COVID-19 vaccine. Both have been serving on the front lines fighting the coronavirus. Dr. Sheldon, a two-time cancer survivor was proud to lead the way for his fellow frontline teammates. Dr. Taylor was excited to serve as a role model for the African American community in getting the COVID-19 vaccine.

Health care workers from across High Point Medical Center also received their vaccines and shared why it was so important to them. Followed by members of our High Point community.



“ THIS IS NOT ONLY TO KEEP MYSELF
SAFE BUT ALSO THE PEOPLE I LOVE
AND CARE ABOUT SAFE. IT WAS A
VERY EASY DECISION FOR ME. ”

SIMANTA DUTTA, MD



TAKING THE COVID-19 VACCINE WILL HELP US END THIS PANDEMIC: **#thisisourshot**



A Positive Impact

IN THE
EMERGENCY
DEPARTMENT

In 1989, while still leading a successful insurance company, Schultheiss & Associates, Barry Schultheiss made the decision to volunteer at High Point Medical Center. During his time as a volunteer, Barry was able to offer help in many different departments and provide a wide range of services to the patients he served. He then had the opportunity to volunteer in the Emergency Department and that was the beginning of a long and kindred relationship.

People visiting the Emergency Department are often unsure about what to expect and may have concerns regarding the nature of the visit. For Barry, his experience provided him the opportunity to help people and support them during a time of crisis. "I want to help because I have been so supported by so many people. It is so gratifying to be able to help people during an unsure time."

In 2012, Barry decided to retire, at least for a few years. While continuing to volunteer in the Emergency Department and loving every second, he approached leadership to express interest in working part-time in the department. In 2015, he became part of the High Point Medical Center staff and as such, is often the first face many see when entering the department.

In addition to serving the community in this capacity, Barry and his wife Bonnie, offer annual financial support for many needs within the department. Their gifts support transportation resources for patients, training for nurses and staff as well as equipment purchases as needed. "Barry not only gives his time but he jumps in to address real issues whenever they arise. He has provided so much for our patients and our department, from blanket warmers, to ultrasound machines and numerous wheelchairs, etc. He is such a tremendous blessing for our patients and families and our ED team! Barry stays close by and pops in if he sees we are busy. He is committed to providing patients the best experience possible! Thank you for your support and helping us get funding for necessary updates to enhance our patient experience," Whitney Bradshaw, Emergency Department Nurse Manager.

Barry's positive impact is immediately felt, from the warm, comforting greeting that he offers to all who walk through the Emergency Department doors, to the financial support that he and Bonnie provide. Beth Stanley, Network Director of Emergency Services, offered the following, "Barry and Bonnie have shared so much and remain a constant support to our patients, families, team, and community!"

Thank you!



THE KANTER TRUST: CONTRIBUTING TO THE NEEDS OF THE COMMUNITY AT LARGE THROUGH A DEFERRED GIFT IS AN ACT OF FAITH, COURAGE AND YES, *Hope.*

There are many ways in which communities are positively changed, individuals impacted and all are made better. One of those ways is when individuals imagine the benefit they can offer their community during their lifetime and even beyond. Contributing to the needs of the community at large through a deferred gift is an act of faith, courage and yes, hope.

Harvey Kanter held such a belief and understanding. A local businessman, Harvey loved nothing more than helping others, never seeking outward recognition and was often very quiet about the manner in which he offered assistance.

Much of his adult life was spent providing care for his parents, and as such he became well acquainted with health care providers in High Point. He was always complementary and appreciative of the expert and compassionate care his parents received over the years. His appreciation grew even more when he was admitted to High Point Medical Center.

It was during his time as a patient in the hospital that Harvey was introduced to the incredible care that the nursing staff at High Point Medical Center provides. As was his way, he got to know the nurses who provided his care and learned much about them. Several of them indicated that they hoped to further their education, or wanted to add a needed certification, or had a child who wanted to become a nurse, but the financial commitment

was proving too much to overcome. Harvey Kanter saw a need and he did what he was known to do. He offered help!

The Kanter Trust provides nursing staff at High Point Medical Center with the opportunity to further their education. From 2006 through 2020 the Kanter Trust has offered over \$900,000 in scholarships to High Point Medical Center nurses. These funds have helped over 500 nurses begin their career, receive additional certifications needed as health care becomes increasingly specialized, and offered the opportunity to attend medical learning conferences.

Harvey Kanter's vision, his deep commitment to assisting those with whom he interacted and his willingness to offer financial assistance have benefitted many. For the nurses at High Point Medical Center, his support has meant increased professional opportunities. For the High Point community, his support has allowed the nursing staff to continue to increase their expertise and knowledge and we all benefit.

It is amazing what can happen when a giving heart reacts to individual needs. Harvey Kanter understood that and on behalf of the nursing staff at High Point Medical Center, we offer our deepest gratitude.



Nursing is more THAN A PROFESSION *—it is a calling.*



Lauren Smith, NURSING DIRECTOR

Lauren Smith grew up surrounded by adults who used their skills and talents to serve others. She is the daughter and granddaughter of ministers and her life was very much influenced by their dedication to others. As high school approached, Lauren began to seriously consider where her own leading and interest would take her. At that time, one of her youth ministers was entering nursing school and Lauren found herself fascinated and for the first time considered nursing as a possible career path.

In January 2007, Lauren began working at High Point Medical Center as a certified nursing assistant. Lauren was just beginning her career and had no experience, but her love of people and a desire to serve others proved to be the perfect starting point. She is so grateful that High Point Medical Center took a chance on her and has continued to encourage her to grow and develop in her chosen profession. While working on 6 North, Lauren began taking classes to complete her Bachelor of Nursing degree.

Through the use of funds provided from the Harvey Kanter Trust, it was possible for her to continue her education and gain additional expertise. "Our patients, the community and the hospital benefit as nurses gain a greater understanding of their craft.

With my associate degree I had a limited understanding of nursing, but through experience and increased education I have come to understand the greater impact that nurses have. The Kanter funds have been incredibly impactful, reduced some of the stress associated with taking classes and working full-time and allowed me to focus on what is important, my patients."

In 2015 Lauren became nurse manager of 6 North and in 2020 was named Associate Director. At the same time, she began course work to complete her Master of Nursing degree. She continues to understand the importance of human connection between nurse, patient and their families. When asked what she likes most about her career, she responded, "It is learning the patient's story. I have talked with World War II veterans and nurses who have long since retired. I have learned so much just by taking the time to listen. It is my honor to help them and their families during a difficult time."

Nursing is more than a profession—it is a calling. It takes years of education as well as an understanding and desire to approach each day and each patient with compassion as well as knowledge. For high school students or others who may be considering nursing as a profession, Lauren offers the following, "It can be a hard road, the education required, the time spent studying, the exams but it is so worth it. I go home every day knowing I have had an impact and touched another person's life. That is a gift."



I GO HOME EVERY DAY KNOWING I HAVE HAD AN IMPACT AND TOUCHED ANOTHER PERSON'S LIFE. *That is a gift.*

Top: In July 2009 Leslie Durm, RN, Whitney Bradshaw, RN Manager ED, Ashley Lohr, Recruiter, Lauren, Smith, RN, Associate Director 6th Floor began their career at High Point Medical Center. In 2021, they are continuing to serve the community of High Point.

Right: Lauren Smith, RN fondly remembers this picture of fellow co-workers being taken and the support that all shared with one another.



Grat·i·tude

noun: \ gra-tə-tüd \

THE STATE OF BEING THANKFUL;
READINESS TO SHOW APPRECIATION
FOR AND TO RETURN KINDNESS.

When a patient experiences extraordinary care at Wake Forest Baptist Health, there is often a final step in the healing journey: the expression of gratitude. For some patients and families, moving forward involves giving back. Sometimes that means expressing appreciation for their care by providing philanthropic support to improve the health of future generations and recognize special caregivers.

As part of our family, you know what a difference it makes to have the best doctors and nurses, access to leading-edge treatments, and pioneering research. The charitable giving of our patients and donors makes this possible for our community.

Thank you for your generous donation to our Heart and Vascular department at High Point Medical Center. Your donation has touched numerous families and friends in the surrounding community and has left a lasting impact on individual's lives. With your help, we continue to advance the care and technology to fight against heart and vascular disease. Your token of gratitude is a blessing.

Sharon G. Hanes, RN BSN
Clinical Manager, HP Heart and Vascular

I myself am extremely grateful for the significant contributions and donations that have been made to The Fitness Center directly or indirectly. There have been over \$1,000,000 donated to The Fitness Center in the past 5-7 years. The main benefactors are York Family, Frosty Culp DDS, David and Kay Maynard, David Horney, Tommy Langley, the Jo Woody Shaw family, and Dr. Dale Williams. The generosity of these individuals and families has allowed TFC to continue impacting our members, the Health System and the community in a positive way. I'm enterally humbled by their philanthropy.

Rodney Simpson, BS
Coordinator, The Fitness Center

TO SHARE A STORY OF GRATITUDE TO LEARN MORE ABOUT HOW YOU OR YOUR EMPLOYER CAN MAKE A DIFFERENCE, CONTACT US AT 800-899-7129 OR PHILANTHROPY@WAKEHEALTH.EDU.



USE THE QR CODE TO VIEW ANNUAL AND CUMULATIVE DONOR LISTS



the Pink Ribbon Luncheon:
how it all
Started

EACH SPRING, MORE THAN 500 WOMEN AND MEN DONNED IN THEIR FINEST PINK OUTFITS, GATHER AT THE HIGH POINT COUNTRY CLUB TO DINE TOGETHER AND ENJOY AN AFTERNOON OF ENTERTAINMENT.

High Point Regional Health Foundation's Pink Ribbon Luncheon is a cherished event in the community, and one many have attended year after year. It is a treat to receive an invitation and each guest leaves with a lighter heart. What many people may not realize is how this beloved fundraising event got its start.

Bert Wood, a High Point native and Pink Ribbon Committee Chairwoman, is responsible for its success in High Point. Bert brought the event to our community following in the footsteps of a similar event created by her dear friend Alyson Barnard in Wilmington, North Carolina.



Bert Wood, Pink Ribbon Committee Chairwoman

THE PINK RIBBON LUNCHEON IS ALWAYS FUN-FILLED AND INSPIRING.

Thank you to all who have helped plan and have attended the Pink Ribbon Luncheon over the last 19 years!



Bert and Alyson met at a nine-day North Carolina Outward Bound excursion in Morganton in 1985. A camper at heart, Bert wanted to challenge herself with an outdoor survival experience. The two became fast friends, she says, bonding over falling out of a boat. After the trip, the women kept in touch, with Bert living in High Point and Alyson living in Cincinnati. Alyson later relocated to Wilmington and soon after was diagnosed with breast cancer. Alyson is small in stature, but Bert fondly refers to her as mighty. She survived her battle and wanted to give back to the medical community responsible for supporting her victory. In 1998, Alyson launched the Pink Ribbon Luncheon in Wilmington to recognize the need for funding breast cancer treatment and to honor the fight all cancer patients undertake, the accomplishment of survivors and the memory of those no longer with us.

After several years of success, Alyson convinced Bert to bring the Pink Ribbon Luncheon to High Point in 2002. The ladies met with Rick Blake and later Jeff Miller who agreed this event would be ideal for the High Point community and High Point Medical Center. Julie Samuels worked at High Point Medical Center at the time and she took on the project with enthusiasm. Of the hospital, Bert says, "[High Point Medical Center] has always been supportive."

That first year, Bert pulled together a list of all the High Point women she could think of and after a day of calling around, secured thirty of her friends to serve as hostesses. What made the Pink Ribbon Luncheon unique from other luncheons was that a table hostess would be responsible for their own invitation list. This was a great way to ensure all the event participants had a fun-filled day, surrounded by friends and loved ones. The first Pink Ribbon event committee was made up of a wonderful group of women, which included Kay Phillips, Marsha Slane, Evelyn Wood, Sarah Kemm, Ann Eichhorn and Kathy Ragsdale. When called on, Bert remembers their enthusiasm to begin the work at hand.



Bottom of page:
*Bert Wood, co-chair Pink
 Ribbon Committee, Karen
 Mills, Keynote Speaker 2018
 and Emilee Brigman, co-chair
 Pink Ribbon Committee*



Bert remembers fondly the speaker at the very first Pink Ribbon Luncheon, Lynne Hinton. Janet Forrest, the former Director of Oncology Service Line, knew of Lynne and thought her story was compelling. Bert says, "After speaking for a few minutes, [Lynne] began singing "Amazing Grace" and you could hear a pin drop. She then talked about her experience with breast cancer and that's when I knew this luncheon would work." Some of her favorite speakers include Celia Rivenbark, Susan Sparks and Geralyn Lucas, author of *Why I Wore Lipstick at my Mastectomy*. Bert remembers the whole audience laughing heartily during the story about Lucas's experience of being in a cab after being diagnosed and having the cab driver comfort her through his own experience with testicular cancer.

This year marked the nineteenth year of the Pink Ribbon Luncheon, which Bert calls "a most blessed thing". We celebrated this year in a unique way, offering hostesses and sponsors a variety of opportunities to engage, including hosting their guests in their homes, off-site, virtually, or by making a gift to the Pink Ribbon Program. This year's event was pre-recorded and featured New York Times bestselling author and cancer survivor, Kelly Corrigan.



**SAVE-THE-DATE FOR PINK RIBBON'S
 20TH ANNIVERSARY ON MAY 4, 2022.
 TO FIND OUT MORE, CONTACT ERIN
 GIBSON BY PHONE AT 336-878-6293
 OR AT EGIBSON@WAKEHEALTH.EDU.**



Providing support for cancer patients in so many ways

Pink Ribbon event proceeds are used for Pink Ribbon Comfort bags, for women and men newly diagnosed with cancer, to provide relief during a difficult time. Comfort bags include personal health care items, as well as items for relaxation and reflection: a fleece blanket, a journal, a thermometer, just to name a few. In 2020, 325 bags were given to patients after their diagnosis. The time immediately following a cancer diagnosis can be frightening and stressful for individuals; this small gesture is the first example of the thoughtful care and attention they will receive at Hayworth.

Funds are also used to purchase supplies for the volunteer knitting group, affectionately known as *Stitches with Love Knitting and Crocheting*. Thirty volunteers meet every Wednesday in the Cancer Center Resource Room to create hats, lap blankets, prayer shawls and scarves for patients. These are proudly displayed in the Resource Room, and hats are also included in the women's Pink Ribbon Comfort Bags.

The Cancer Center provides a Gentle Yoga Class for survivors and patients that meets on Mondays in the Resource Center. Class fees are paid through Pink Ribbon funds, and props such as lovely yoga blocks are provided to all participants. The class is led by Susan Rostand, the wife of retired Dr. Rostand.

CancerFITT is a 12-week fitness program and support group offered at HPMC. Thanks to funding from the Pink Ribbon event, the program is free of charge to cancer patients to help fight fatigue during treatment. As a result of COVID-19, 23 participants were served through a virtual program this year, which offered Zoom workouts and virtual Q&A sessions.

The Pink Ribbon Luncheon event is responsible for raising funds for the Pink Ribbon Program.

LoveLine

Patti Arthur, a Certified Nursing Assistant (CNA) for 26 years, never expected to be on the receiving end of treatment for an illness, let alone a cancer diagnosis.

At the end of 2018, Patti began to feel unwell and visit after visit to her doctor yielded no relief. She was diagnosed with Gray's Disease, then had her gallbladder removed, followed by a diabetes diagnosis, but continued to feel bad. In August of 2020 she ended up in the Emergency Department for the third time that year. While at work that day she noticed her eyes were yellow and realized she was jaundiced. After yet another trip to the doctor, her tests came back quickly but the results were devastating. A mass had been found on her pancreas.

“I thought, I am not going to see my grandbabies,” SHE SAYS.



She was admitted that day and the following day she received a stent to relieve the pressure of her pancreas pressing on her liver. The now retired Dr. Lester Hurrelbrink had taken a biopsy when placing the stent and found that Patti had cancer. Immediately following her surgery, he made her an appointment with an oncology surgeon at the Hayworth Cancer Center.

Patti described herself as “shell-shocked” at her first appointment with Hayworth Cancer Center Oncologist, Dr. Jason Huff. “I was in a different world. My brain had not even computed. As a CNA, cancer was more real.” Dr. Huff encouraged her to undergo treatment because without it, he was not sure she would live more than a year or two. Patti’s late husband had undergone chemotherapy for leukemia and survived five years, as was predicted. This emphasis on time frightened her more than anything. “I thought, I am not going to see my grandbabies,” she says. She decided to fight and underwent surgery and began chemotherapy for her cancer.

During her cancer treatment, Patti was approached about receiving LoveLine funds. She was living paycheck to paycheck and could no longer work while undergoing chemotherapy. She lost her insurance and was not sure how she would pay for her prescriptions or her bills. She says she could have felt degraded, but everyone involved in the LoveLine process was so kind. “It felt like they were saying ‘It is ok. Everyone goes through things. We’re here to help you.’ I do not know how I would have made it through without that.”

After recovering, Patti plans to return to work and one day hopes to give back to LoveLine.



LoveLine Funds are raised through the Annual Treelighting Celebration of Life Event in December, as well as through annual gifts, honorariums and memoriams. Last year, 217 patients received assistance for things such as bills, transportation and food.

FOR ADDITIONAL INFORMATION ON LOVELINE, CALL THE HAYWORTH CANCER CENTER AT 336-781-4080. TO MAKE A GIFT TO LOVELINE, CONTACT HIGH POINT REGIONAL HEALTH FOUNDATION BY PHONE AT 336-878-6011 OR VISIT THE WEBSITE AT HIGHPOINTREGIONALHEALTHFOUNDATION.COM.



7TH ANNUAL

Andy Albertson & Steven Hall MEMORIAL GOLF TOURNAMENT

Community hospitals such as High Point Medical Center celebrate their success in large part due to the dedication and loyalty of the community they serve. This reality is never more apparent than when local organizations and businesses choose to support the philanthropic and programmatic needs of the hospital with their time and resources.

Throughout the year, there are many groups who show their appreciation and dedication by supporting third-party fundraisers for specific areas of the hospital. One such organization, High Point Elks Lodge #1155, has found a way to honor the memory of two of its former members through event proceeds raised by their annual golf tournament—the Annual Andy Albertson & Steven Hall Memorial Golf Tournament, which was most recently held on November 7, 2020.

Each year, the families of Andy and Steven take turns choosing a recipient of the event proceeds. In 2020 the families decided the funds would benefit Heart Strides at High Point Medical Center. Heart Strides is a cardiac and pulmonary rehabilitation program located at the High Point Medical Center's Fitness Center, serving patients who have received treatment at High Point Medical Center.



In 2020 the families have chosen to dedicate the funds raised to Heart Strides at High Point Medical Center.

The golf event has raised over \$48,000 in the last seven years and hosts an average of 26 teams each year. This year's tournament was another success, raising \$12,000 in support of Heart Strides, due to the many volunteers, sponsors and event participants, as well as a preliminary silent auction.

Community fundraisers have a tremendous impact on the success of High Point Medical Center by engaging diverse groups to raise awareness about the many programs and opportunities offered at their own local hospital.

THANK YOU TO ALL WHO SUPPORT HIGH POINT MEDICAL CENTER AND THE MANY WAYS IN WHICH YOU DEMONSTRATE SUPPORT FOR OUR COMMUNITY.





THANK YOU:

To our wonderful Donors,
Because of your gracious gift to Heart Strides and The Fitness Center, we have been able to upgrade our computer system for our patients in cardiac and pulmonary rehab. This new system allows us to more accurately monitor patient's heart rates and rhythms. The new system has more capabilities that we will be able to use in the future, like monitoring a patient's oxygen saturation. Being able to monitor our patients more accurately allows us to find and report any issues to the patient's doctors in a timely manner. Our patients have benefited from your gift in more ways than one. We have also been able to upgrade some of our exercise equipment. The new equipment is not only pleasing to the eyes, it is easier for our patients to learn how to use on their own.

Melissa Weavil MHA/MBA
Program Coordinator
HP Cardiac Rehabilitation

Thank you for your kind donation to The Fitness Center and Heart Strides Cardiac and Pulmonary Rehab programs. Your generosity has given us greater resources needed to provide an even better service to the members and patients in our community.

Tanesha Dirks
Exercise Physiologist

Thank you so much for your generous donations to the Fitness Center. Your contributions have helped us become one of the leading facilities in this area. This fitness facility means so much to the health and wellness of the community. I always have a sense of pride that we have donors that value the importance of exercise. Everyone who walks through our doors are always "wowed" by the cleanliness of our updated equipment. Thank you for all you have done to enhance the community.

Melissa Moore
The Fitness Center

HEART STRIDES

 **Wake Forest Baptist Health®**
High Point Medical Center

MAKING STRIDES IN HEART HEALTH

The Heart Strides Cardiac and Pulmonary Rehabilitation Program at High Point Medical Center is designed for people who are suffering from heart and lung disease. Participants work toward a healthy recovery supervised by a team of skilled professionals. Through exercise, nutrition, counseling, education and behavior modification, cardiac and pulmonary patients in our community are making great strides toward independent and healthy lifestyles.

Heart Strides is funded primarily through proceeds raised from the Heart & Sole 5K and Charity Walk and serves a diverse population. Between January and December 2020, 221 people were served by the program. During the pandemic, class sizes were reduced, but the Program Coordinator actively monitors and updates the class availability to continue to meet the needs of the population they serve, while keeping all participants safe. There is currently a waiting list to participate in the program.

FOR ADDITIONAL INFORMATION ON HEART STRIDES, CALL THE HIGH POINT MEDICAL CENTER FITNESS CENTER AT 336-878-6914. TO MAKE A GIFT TO HEART STRIDES, CONTACT HIGH POINT REGIONAL HEALTH FOUNDATION BY PHONE AT 336-878-6011 OR VISIT THE WEBSITE AT [HIGHPOINTREGIONALHEALTHFOUNDATION.COM](https://www.hprhf.com).



Runnnning Towards a Full Recovery




DAVID WILLIAMS WAS A SEEMINGLY HEALTHY 55-YEAR-OLD MAN IN 2007 WHEN SYMPTOMS OF A COMMON COLD LED TO A FRIGHTENING DISCOVERY.

Williams, a furniture designer in High Point, was preparing for a routine international work trip and decided to visit his physician for his annual physical before his departure. His doctor reported his test results and levels were all very good. But his physician became concerned when Williams mentioned he had been treating some cold-like symptoms and as a precaution, referred him to a cardiologist. At his initial appointment, the cardiologist conducted a nuclear stress test, asking Williams to run briefly on a treadmill; an easy assignment since, as an avid runner, Williams ran 3 days a week, logging 3-5 miles at a time. After just a few minutes on the treadmill, the cardiologist told him the test was completed. Williams remembers the cardiologist saying he had “major issues” and scheduled a heart catheterization immediately. They discovered he had two arteries with 100 percent blockage and two others with seventy-five percent blockage. Williams underwent a quadruple bypass and after recovery, was enrolled in High Point Medical Center’s Heart Strides Program at the Fitness Center, which provides group exercises and educational sessions designed to meet the needs and goals of participants recovering from a cardiac or pulmonary incident.

His experience with the program was a positive one and as a result, he has been going to the Fitness Center ever since. He remembers Fitness Center Coordinator, Rodney Simpson from his earliest days there saying, “[Rodney] was very visible even then. He did my workup and my regiment, he brought it down to my level which made it easy for me to follow and implement.” David and his wife of fifty years, Abby, visit the Fitness Center regularly and since his experience they have prioritized eating healthy and increasing their physical fitness. Williams said this was most important to insure more years of being with and loving on their kids and five grandchildren.

“I have nothing but the kindest things to say about the Fitness Center. The staff is so consistent. Many have been there for so long, they know everyone and can really bring the workouts down to a level anyone can understand.”



HIGH POINT MEDICAL CENTER'S 34TH ANNUAL HEART & SOLE 5K AND CHARITY WALK LOOKED A LITTLE DIFFERENT IN 2020 DUE TO COVID-19



With so many other community events being cancelled or postponed, the Foundation was grateful to be able to conduct the race as a virtual event to include more runners and allow for the safety of all volunteers and participants.

The event ran from October 19–31, 2020 to allow for participants to run or walk a 5K route on their own, then track their progress and submit their time to the race website for placement and recognition.

Through the generosity of the event sponsors, 115 participants and loyal donors, High Point Regional Health Foundation raised more than \$12,000 for High Point Medical Center's Heart Strides Program. Top sponsors included Carolina Kia and Hyundai of High Point and Graphic Connections, LLC. This year we also recognized two groups of individuals for their support and dedication through the years. The Carolina Kia and Hyundai of High Point Spirit Award was given to Darlene McDaniels for her enthusiasm and promotion of the event. The Graphic Connections Loyal Donor Award was presented to Don and Aaron Webb for their years of participation in the event.



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