Philanthropists Ruth Ruggles Akers, PhD and Robert L. “Les” Akers have funded a $100,000 endowment to benefit the TMH-FSU Medical Music Therapy Program. Dr. Akers is on the faculty of the Florida State University College of Music and Mr. Akers is a member of the TMH Foundation Board of Trustees and president of Legacy Toyota in Tallahassee and Wayne Akers Ford in Lake Worth. In expressing their desire to support music therapy, the Akers said, “The benefits of music therapy have been documented since Biblical times when the shepherd boy David played the harp to soothe King Saul’s physical and mental maladies. We are honored to partner with the TMH Foundation and the outstanding FSU music therapy program in this endeavor.”

The Medical Music Therapy Program was created in 1999 as a partnership between the FSU College of Music and the TMH Foundation. During the 2015 TMH fiscal year, the medical music therapists at TMH saw more than 8,000 patients for child birth, procedural support, pain and anxiety management, relaxation, improvement of communication and mood, cognitive and sensory stimulation, and neurologic rehabilitation.

Jayne Standley, PhD, FSU Robert O. Lawton Distinguished Professor and Ella Scobie Opperman Professor of Music, and Paula Fortunas, TMH Vice President/Chief Advancement Officer and TMH Foundation President/CEO, are the leaders of this program which has garnered national and international acclaim for its research and patient and family centered care focus. According to Dr. Standley, “The music therapy research with premature infants originating at TMH has had international impact on NICU care. I am deeply grateful to Les and Ruth Akers for their gift that will allow us to expand research in this exciting and innovative approach to improved medical care.”

On September 24, Tallahassee Memorial hosted a ceremony and plaque installation, honoring Ruth and Les Akers, in conjunction with the TMH Foundation Board of Trustees meeting. During the program, Mrs. Fortunas noted, “The TMH-FSU Medical Music Therapy Program is in the vanguard of clinical effectiveness and academic achievement. Ruth and Les Akers recognize this and we are profoundly grateful to them for advancing the TMH-FSU collaboration.” Mark O’Bryant, TMH President/CEO, underscored by adding, “TMH patients and their families benefit enormously from medical music therapy. Thanks to Ruth and Les, we can enhance and advance that program.”
The remarkable Rachel Rumana, 16, a junior at Maclay School, and the equally-amazing Ryan Rumana, 14, a freshman at Maclay School, launched their respective neuroscience fund-raising initiatives in 2014 – Rachel’s “Strides for Seizures” and Ryan’s “Strokes for Strokes.” Ryan was inspired by his summer of volunteering at the TMH Foundation and Rachel as a witness to a friend’s first epileptic seizure.

Rachel’s and Ryan’s fund-raising and philanthropic leadership and the generous donors who have supported neuroscience at TMH were recognized at a reception and neuroscience education program on July 29, 2015. The presenters included both Rachel and Ryan, who spoke eloquently and from the heart about their motivation; neurosurgeon Matt Lawson, MD, neurologist True Martin, MD; Stephanie McCann, parent of a newly-diagnosed epileptic; Mandy Bianchi, Executive Director of the Epilepsy Association of the Big Bend; neurosurgeon Chris Rumana, MD and Paula Fortunas, President/CEO of the TMH Foundation, who paid a special tribute of appreciation to Mara Rumana as the driving force behind Rachel’s and Ryan’s success as the CEOs of “Strides for Seizures” and “Strokes for Strokes.”

According to Mrs. Fortunas, “Rachel and Ryan are indeed a credit to their generation. Rachel’s work has already resulted in an affiliation agreement between TMH and the Epilepsy Association of the Big Bend to provide epilepsy education and resources and Ryan’s work is laying the predicate for stroke care and education within the soon-to-be constructed M.T. Mustian Center.”

Rachel Rumana, CEO

“Strides for Seizures”

“The inspiration for ‘Strides for Seizures’ came from one of my best friends, Molly, who had her first seizure at my house on my birthday. It was scary for everyone close to her. She had the best possible care at TMH but still had questions about what being diagnosed with epilepsy meant for her and her family. There was a limited supply of reliable information because epilepsy is one of the more ignored neurological diseases.

Rachel Rumana

At the time, there was nothing I could do, but a year-and-a-half after Molly’s first seizure, I decided there was something I could do and I started ‘Strides for Seizures’ to raise money for educational materials and resources to help newly-diagnosed epilepsy patients. We have now raised more than $10,000 which led to an affiliation agreement between TMH and the Epilepsy Association of the Big Bend where ‘Strides for Seizures’ and the TMH Foundation have set up an epilepsy resource center and patients also have access to other programs of the Epilepsy Association, including support groups.

* Molly and I have a common love of running and much of the money we have raised is through individual runners who...
participate in a ‘run-a-thon’ style activity. Presently, both Maclay School and Leon High School are involved and we hope to include even more high schools in the years to come. This is definitely an ongoing program and we are grateful to the runners and to our multiple corporate sponsors."

**Ryan Rumana, CEO**  
**“Strokes for Strokes”**  

“Strokes are a big problem in the U.S. There are an estimated 800,000 strokes per year in America and 130,000 of those victims die. At TMH, the primary stroke center takes in 700 patients a year from all over the Panhandle of Florida, Southern Georgia, and Southern Alabama and these patients receive the best of care. That’s where ‘Strokes for Strokes’ comes in. It is a non-profit organization under the TMH Foundation that is raising money for the stroke program at TMH specifically for nursing education in stroke. There is a special need for additional funds now because TMH will soon build the M.T. Mustian Center that will enable TMH to go from 10 to 24 ICU beds for neuro patients and the stroke center will be upgraded from primary to comprehensive. With the new building and new equipment, the hospital will employ additional nurses and other staff who need to be taught how to handle the most complex stroke cases. Funds from ‘Strokes for Strokes’ will aid with the process and help the stroke center achieve excellence.

“So far ‘Strokes for Strokes’ has raised over $10,000 for stroke education and has had 1100 service hours awarded to swimmers from the Area Tallahassee Aquatic Club (ATAC) who were participants in the program. Most everyone knows I love to swim and I am involved with ATAC and I want to publicly thank Coach Terry Maul for allowing ATAC to participate in this program where swimmers track their progress during certain ‘overtraining’ sessions twice a year. At the end of the period, the swimmers can donate based on what they have accomplished. Another way we generate gifts is through lump sum donations from individuals and corporations.

“I would like to thank the TMH Foundation for helping me start ‘Strokes for Strokes’ and to manage it, and I also want to thank everybody who has donated and participated in any way, big or small."

**Mara and Chris Rumana**  

“The conditions that Rachel and Ryan have chosen to raise money for are very personal to each. Rachel watched one of her best friends have her first seizure, and Ryan has been so affected visiting his great grandmother, who has been devastated by a stroke for essentially his entire life.

“They wanted to start a charity that their friends could participate in and earn volunteer hours, and so far over 2000 service hours have been earned by their friends and teammates. We have been impressed by their poise and passion when presenting to various potential sponsors, and at their self confidence when speaking in front of large groups. They compete against each other to try to raise the most money, have the biggest impact, award the most service hours — actually they compete in almost everything.”

**Please make your secure online credit card gift by visiting TMH.org/foundation.**  
Scroll down to “Goals and Means” and click on either “Strokes for Strokes” or Strides for Seizures” or both.
“Valentine’s Day Soiree”
Starring Davis Gaines Will Be Celebrated on Valentine’s Eve, February 13, 2016, at the University Center Club

The TMH Foundation and the Florida State University College of Medicine are pleased to announce the 2016 “Valentine’s Day Soiree,” starring the world-famous Davis Gaines, a favorite of Tallahassee audiences. The event, previously known as “Curtains for a Cause,” will be held on Valentine’s Eve, Saturday, February 13 from 6:00 to 10:00 p.m. at the University Center Club, Florida State University. All proceeds will benefit the Brian Jackson Dystonia Research and Discovery Program.

The Brian Jackson Dystonia Research and Discovery Program, created with the generous gifts of Erwin and Stefanie Jackson in honor of their son, Brian, has as its ultimate goal discovering a cure for Dystonia while increasing public awareness of this debilitating neurological movement disorder characterized by involuntary muscle contractions that force the body into abnormal, sometimes painful movements or postures.

Mr. Gaines’ “Valentine’s Day Soiree” Broadway and Beyond performance will showcase a collection of Broadway pieces. He is widely known to audiences for over 2,000 performances of the Phantom in Andrew Lloyd Webber’s The Phantom of the Opera on Broadway, in Los Angeles and in San Francisco. “Gaines is a breathtaking concert artist, strong yet nuanced. The way he can express great tenderness one moment, great power the next, seems little short of miraculous,” wrote the New York Post.

The “Valentine’s Day Soiree” will feature Julie Montanaro as the evening’s host. Mrs. Montanaro is an award-winning journalist who has been anchoring and reporting at WCTV for more than 25 years. Presently, she anchors Eyewitness News at 5 and Eyewitness News at 6 each weekday. She has won more than a dozen Associated Press Awards including three distinguished “Individual Achievement Awards.” According to Paula Fortunas, TMH Foundation President/CEO, “Mrs. Montanaro is active with many charities and TMH and the FSU College of Medicine are honored that she and WCTV are willing to partner with us in support of this powerful research initiative.”

Tickets are $150 each or you may choose to sponsor a table of 10 for $1,500.

All guests will enjoy a complimentary cocktail hour, a champagne toast, a chef-inspired dinner, a rose for each lady and the performance by Mr. Gaines.

Please visit either www.valentinesdaysoiree.com or TMH.org/foundation or call the TMH Foundation at 850-431-5931 to purchase tickets or table sponsorships or to make a donation if you cannot attend or to obtain additional information.
Tallahassee Memorial HealthCare, its Foundation and the Tallahassee Memorial Cancer Center Salute and Honor the Donors, Sponsors and Volunteers who Supported The Ride for Hope 2015 with Special Thanks to the Honorary Chair, John P. Fogarty, MD, Dean, College of Medicine, Florida State University and Hero of Hope, Sue Semrau, Head Coach Women's Basketball, Florida State University

WELLNESS SPONSORS
Linda Alexionok
Big Bend Transit, Inc.
Bird Legs Bicycles
Avon & Louie Doll
Gulf Winds Track Club
Higher Ground Bicycle Co.
LAT Creative, LLC
Jimmy Martin
Pathway Wellness
Matt Sherer
Silver Digital Media
Tallahassee Democrat
Tallahassee Family Magazine, LLC

JERSEY SLEEVE SPONSORS
John C. Kenny Law Firm
Tallahassee State Bank

JERSEY SPOT SPONSORS
Coldwell Banker Hartung and Noblin, Inc.
Forms Management, Inc.
PATLive
Prime Meridian Bank

WATER STOP SPONSORS
The Apprenticeship Center
Capital City Cyclists
CBIZ - In honor of Bill Giudice, Rob Moss and the TMH Finance Department
The Diamond Divas
The Florida State University College of Medicine
Hancock Bank of Florida
Lewis, Longman & Walker, PA.
Pak Mail
Tyndall Credit Union
Wacissa Pentecostal Holiness Church

ADVOCATE SPONSORS
Marpan Supply Company, Inc.
Refreshment Services Pepsi
Whole Foods Market

FRIENDS OF HOPE
Ajax Construction Company
Gayle and Richard Arbes
Big Bend Hospice, Inc.
Bike SAG
Laura Brock
Chris Clements
Costco

PRESENTING SPONSOR
Southeastern Dermatology

SUPPORTERS
Badass Fitness
BioPhotonic/Pharmanex
FastSigns
First Commerce Credit Union
Vanessa Fuchs
Kendric Harley
Mark Hillis
Krispy Kreme Doughnut Company
Little Caesars
Alma and Gentle Littles
Laurye and Jim Messer
William Moncrief
National Ovarian Cancer Coalition
Theresa Shannon
SunTrust
Daniel Van Durme
Judi and Herb Wills
Traditionally, as the year draws to a close, the TMH Foundation expresses its gratitude for your generosity and offers gift planning information for consideration with your family and professional advisors. And, 2015 is no exception. Your kind and generous acts and gifts have again positively influenced the hospital and the care of its patients and their families, along with the health of the community at large. TMH is profoundly grateful to you, one and all, and respectfully requests your continued support.

While taxes are rarely the primary motivation for a charitable gift, tax considerations may influence the size, timing and form that a gift takes. Consequently, it is important to become familiar with the pertinent tax law provisions, their role and bearing on your charitable planning goals.

Timing and type of asset donated really matter with respect to favored tax treatment and can often significantly reduce the donor’s "cost" of making the contribution. To illustrate, gifts of property such as stocks, bonds and real estate that have increased in value can result in extra tax savings. If such assets are held for longer than one year, the donor can give them and claim an income tax charitable deduction for the full fair market value. Furthermore, the donor incurs no tax on the capital gain. If one owns securities that have decreased in value, selling those securities and making an income tax deductible gift of the cash proceeds should be explored. The sale creates a loss which may be deductible from other taxable income.

Toward the end of the year is also a good time to review long-range estate and financial plans. Wills, living trusts, life insurance policies, retirement accounts and other planning vehicles frequently offer exceptional opportunities for leaving a lasting legacy. Many donors prefer to fund meaningful future gifts while retaining a life income and enjoying immediate income tax savings and other benefits.

Honor Family, Friends and Business Associates:
Evidence points to increased giving to charities in lieu of traditional holiday presents. If that is your choice, the TMH Foundation will welcome your contributions and will promptly and appropriately notify each honoree of your generosity on their behalf. Also, during the season of special giving, you may want to make a gift in memory of a family member or friend you have lost.

A special message for donors who have attained age 70 1/2: The IRA charitable rollover provisions that expired with the 2014 tax year have not been extended to the 2015 tax year by the U.S. Congress as of September 16, the date this article was submitted for publication. We will continue to monitor this legislation and will inform you of any new developments so you can take advantage of this exceedingly beneficial charitable giving strategy.

A Reminder: December 31 is the last day to make a contribution for which you may claim a 2015 income tax charitable deduction. If mailed, gift checks must be postmarked by December 31 and the deadline for online donations is 11:59 p.m. on December 31. To make gifts other than cash, such as securities or real property or to discuss a gift within your estate plan, please call or email the TMH Foundation – contact information appears below.

Note: The contents of this article and any materials you request and receive from the TMH Foundation are general in nature and are not intended as either legal, financial or tax advice. You should consult your own professional advisors before making a final decision with respect to gift plans and agreements.

To Make a Secure Online Donation:
Please visit TMH.org/foundation and click on DONATE NOW

1331 East Sixth Avenue, Tallahassee, Florida 32303
Telephone: 850-431-5389 Facsimile: 850-431-4483
Email: paula.fortunas@tmh.org
Website: TMH.org/foundation