

TALLAHASSEE MEMORIAL HEALTHCARE

FOUNDATION

Meet THE BALOGS

Getting a headache isn't out of the ordinary – getting the worst headache of your life, however, can be. For Katherine Balog, who was taking care of her daughter Asher who had the flu while her husband, Scott, was out of town, slowing down wasn't quite an option – not even when she experienced a headache one Saturday night that felt like an ice pick had gone through her brain. Despite being nauseous, and having the same headache come and go, Katherine kept pushing on, convinced she was just coming down with the flu like her daughter.

On Wednesday morning, just four days after that initial splitting headache, Katherine went to work and started what would be one of the longest days of her life.

“I was drinking a cup of tea and all of a sudden the cup just fell out of my hand. I had no control over it,” said Katherine. “I remember looking at my co-workers and they were staring at me and looked confused. I tried to talk to them, but I could tell they didn't understand what I was saying. I knew something wasn't right.”

Not knowing exactly what was wrong, Katherine's co-workers rushed her to the Bixler Trauma & Emergency Center at Tallahassee Memorial HealthCare (TMH) and alerted her husband Scott. After being examined by Christopher Shaw, MD and Sam Ashoo, MD, a CT scan confirmed Katherine had a ruptured aneurysm – she was having a hemorrhagic stroke. In less than an hour, she was admitted to the Vogter

Neuro Intensive Care Unit (ICU) at TMH and prepped for emergency surgery.

“There were times, mostly in the beginning of the day, when everything was fuzzy. But for the most part, I was completely conscious and aware of what was going on,” said Katherine. “I remember getting ready for surgery and saying a prayer – just praying that I could have my life back and continue to be a mother and wife.”



Within hours T. Adam Oliver, MD, endovascular neurosurgeon at Tallahassee Memorial HealthCare, performed surgery on Katherine's brain. Using a catheter that is inserted through a vein near the groin, Dr. Oliver was able to perform an aneurysm coiling – where he identified the specific location of the hemorrhage, coiled it, stabilized the aneurysm and ruled out other sources of bleeding.

Brain aneurysm ruptures like Katherine's occur often in the U.S.

and across the region. One in 50 people across the U.S. have an unruptured brain aneurysm, and a brain aneurysm rupture occurs somewhere in the country every 18 minutes. Of those hemorrhages, nearly 40 percent are fatal – and of those who survive, around two-thirds suffer from permanent neurological deficits. As in Katherine's case, prior to the worst headache she ever experienced in her life, there are often no warning signs.

“ Katherine had a ruptured aneurysm in her middle cerebral artery that we were able to treat quickly, A ruptured aneurysm is typically a devastating event. Katherine is incredibly fortunate. ”

-Adam Oliver, MD

Because of the quick actions of Katherine's co-workers, coupled with the specialized surgeons and state-of-the-art treatment and medical technology offered at TMH, Katherine is functioning today without any neurological deficits. After the surgery, Katherine spent just 14 days recovering and being monitored in the Vogter Neuro ICU, and then was able to return back to work just two months later in August.

Looking back at what their family went through just months ago, Katherine and Scott can't help but feel grateful for their second chance at life.



"We are so thankful for God's abundant grace and many blessings, including the gift of life for Katherine so that she can continue to be a loving mother and wife and share her story with others," said Scott. "We are thankful for Tallahassee Memorial HealthCare, for their vision in establishing world-class, state-of-the-art emergency and neurosurgery centers in our community; for the physicians who utilize their skills and talents to save lives every day; for the care and attention provided by nurses, patient care assistants and housekeeping staff to patients and their loved ones; for volunteers in programs like animal therapy for their invaluable service in providing comfort; and for the chaplains who bring uplifting spiritual support and counsel to the patient bedside."

Through their experience, Katherine and Scott Balog feel not only immensely grateful, but also a sense of responsibility to support the continued advancement of neurological treatment at TMH.

"I used to always be in a rush, but now I've learned to slow down and realize how much of a blessing it is to be here — to be alive," said Katherine. "I've found myself asking how much good can I do since I'm still here? How do I give back to the community and help others?"

In an effort to help support the Tallahassee Memorial Neuroscience Program, the Balogs have created the Balog Family Fund for Stroke and Aneurysm Education & Patient Care – a fund that will bring awareness and education to aneurysms and strokes.

"I think if people understood the prevalence of aneurysms and strokes, then they would have a better sense of urgency," said Scott. "Not ignoring any unusual symptoms, listening to your body, and taking actions immediately are all key things for people to know. And we really want to help spread that message."

To learn more about the Balog Family Fund for Stroke and Aneurysm Education & Patient Care, please contact the TMH Foundation at TMHFoundation.ORG or call 850-431-5389.

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ANIMAL THERAPY



Animals not only help us to live happier lives, but also healthier lives. The Tallahassee Memorial Animal Therapy program is the only of its kind in the Big Bend and has been fostering therapeutic bonds between people and animals since 2005. With more than 150 teams, the animals and their handlers that make up the program visit nearly 50 different facilities a year, making a powerful impact on the community.

In efforts to help keep this program strong and growing, the Tallahassee Memorial Animal Therapy team – coupled with volunteers, the TMH Foundation and community partners – hosts multiple events throughout the year to help generate awareness and share this service with those in need.

One of the most memorable members of this program is Rikki Mitchell, the late golden retriever who was a groundbreaker in animal therapy. While Rikki is gone, she is not forgotten – her spirit and legacy lives on through many Animal Therapy programs.

This past September, Rikki was once again honored during the unveiling ceremony of a bronze sculpted bust of the golden retriever, which lives on display outside of the Tallahassee Memorial Rehabilitation Center. This symbolic gesture was made possible thanks to the combined efforts of many people – including the TMH Foundation who helped raise the funds, Sandy Proctor who sculpted the bust, Chuck and Patty Mitchell who were Rikki’s owners, and of course all of the donors and volunteers of Animal Therapy.

In October, the community extended another helping hand as many came together to make the “Friends of

Rikki” event a success. Hosted by Hearth & Soul, the local store selected TMH’s Animal Therapy program as their “Not-For-Profit” partner for October, and not only donated the proceeds from the sale of their fall candle, but also matched the amount raised.

“We were honored to have this incredible program as one of our Nonprofit Partners and appreciate the wonderful volunteers and fur babies who bring comfort to so many,” said Susie Transou, owner of Hearth & Soul and former board member for Tallahassee Memorial HealthCare. “We applaud the positive impact Tallahassee Memorial’s Animal Therapy program brings to our community.”

To help Rikki’s legacy live on and ensure that the Animal Therapy program has sustainability in the years to come, Chuck and Patty Mitchell worked with the TMH Foundation to set up an endowment in Rikki’s name – the Friends of Rikki Endowment. To learn more about how you can support or get involved with Animal Therapy, please visit TMH.ORG/AnimalTherapy or contact the TMH Foundation at 850-431-5931.



TALLAHASSEE MEMORIAL HEALTHCARE AND ITS FOUNDATION SALUTE AND HONOR THE

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whose generous support benefits the Proctor Endowment for Children with Diabetes and the Tallahassee Memorial Children's Center

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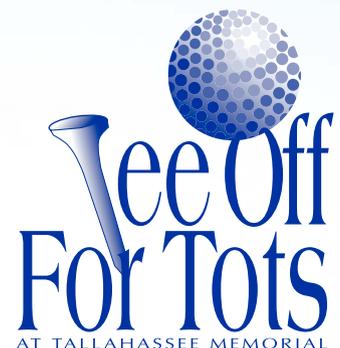
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Welcome

New Board Officers

The Tallahassee Memorial HealthCare (TMH) Foundation welcomes the newly appointed officers of the 2017-2018 Board of Trustees. Members of the TMH Foundation’s Board of Trustees are community leaders charged with developing philanthropic support for TMH and generating a high level of community understanding and involvement in TMH’s vision, mission, goals and objectives. From assisting the TMH Foundation team with fundraising initiatives to providing oversight for policies and procedures, board members and officers alike have a helping hand in TMH’s vision of leading the community to be the healthiest in the nation.



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The initial trustee term is three years and trustees may be eligible for additional three year terms. In addition to helping with oversight of the Foundation initiatives, trustees serve on at least one committee — governance and nominations, finance or development. For more information on the Foundation’s Board of Trustees or how to get involved, please visit TMHFoundation.ORG or contact the Foundation at 850-431-5389 or Foundation@TMH.ORG.



Mickey S. Moore,
TMH Foundation
President

FOUNDATION FOCUS

2017 in Review – Plans for 2018

As my first full fiscal year came to a close recently at the TMH Foundation (TMHF), I couldn't help but look around to my teammates and say, "Whew, that was fast!" They agreed.

Recognizing many things happened in 2017 that haven't before – mostly positive, but not perfect – and realizing the urgent pace at which we worked daily, we have taken a few moments to pause in celebration of a great year of helping donors meet their charitable goals and in bringing needed investments to TMH's mission and vision. In that light, here are some highlights from 2017 and a few plans for 2018:

In my first article of 2017, I emphasized our goals to focus on team building and culture right out of the gate, and we did. Kudos to the TMHF team for dedicating positive time and energy to process reviews, to critical conversations on individual/group activities, and to taking risks in order to reap rewards. Together, we have clarified roles, developed strategies and objectives and solidified relationships on the team. Today, we are clicking on all cylinders when it comes to engaging our community, but we know opportunities for improvement always exist and we value input from each other and our partners in that growth discussion.

Additionally mentioned in that first article was our goal of hosting a board & staff retreat for purposes of creating a strategic plan. During the summer of 2017, we embarked on the planning journey in partnership with Tolnay Team Solutions (Becky Tolnay, CPF) and we mapped an aggressive schedule to complete our first-ever strategic plan at the TMH Foundation by the end of the year. From the group session through the many meetings thereafter, we cemented our mission & vision, established specific objectives and activities, and created buy-in at both the staff level and the trustee level. In November, we all were excited to have the final draft approved at our annual meeting. There were many more happenings, of course, for 2017 – e.g. Golden Gala XXXIV success, new trustees joining the board, exceeding fundraising goals, increase in TMH colleague giving, establishment of giving societies and more. For a successful 2017 - thank you to our team, our volunteers, our TMH leadership and colleagues, our partners/vendors, and most

of all, thanks to our generous donors/investors putting their time, talent and treasure toward our organization's mission of "Transforming Care. Advancing Health. Improving Lives."

As we look ahead to 2018, we are continuing the momentum and are tackling those "to-do's" from our two year strategic plan – many of them earmarked for completion in 2018. One of the most important organizational strategies/objectives is the complete review and update of our by-laws. Being as exciting as governance is in the land of nonprofits, we know expectations of all involved start with the language in those documents. Clarity and accountability are paramount to our success - our by-laws provide the structure within which to accomplish both, consistently and transparently.

While we attempt to reach the TMH Foundation's vision of "Connecting & Participating Toward a Culture of Philanthropy," our day-to-day efforts will always align with our mission of bringing philanthropic support to TMH. The initiatives for 2018-2019 deserve attention and focus – e.g. executing an RFP for our investment portfolio, creating a council of past chairs, training for trustees on development practices and finalizing our development/outreach plan for the year – and we recognize the time and energy it will take for them to be completed successfully. Mission creep is always lurking in the gray areas, but our living, breathing strategic plan will keep us on track.

Cheers to all for a great 2018!

The TMH Foundation Update is produced by the Tallahassee Memorial HealthCare Foundation
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To make a secure online donation, we invite you to visit TMHFoundation.ORG.