

TALLAHASSEE MEMORIAL HEALTHCARE

# FOUNDATION

*Welcome*

**NIGEL ALLEN**

**PRESIDENT/CHIEF ADVANCEMENT OFFICER OF TMH FOUNDATION**

Tallahassee Memorial HealthCare (TMH) and the TMH Foundation are thrilled to share the announcement of the new President/Chief Advancement Officer for the TMH Foundation – Nigel Allen.

In this role, Allen leads the Foundation’s fundraising efforts while working directly with donors to help increase the impact of their charitable giving and benevolence goals. He is responsible for cultivating relationships with philanthropists in our area and strengthening current donor and board relationships. Allen also manages the Foundation staff and directs day-to-day operations in support of the TMH Foundation’s mission to develop and sustain philanthropic support for TMH, and generate community understanding and involvement as a means to accomplish TMH’s mission, vision, goals and objectives.

“The TMH Foundation’s Board of Trustees and the staff are fully committed to the TMH mission of transforming care, advancing health and improving lives,” said Sam Lester, TMH Foundation Board Chair. “We look forward to Nigel’s leadership and vision to achieve our goals.”

With an extensive background in fundraising, Allen’s experience includes the areas of capital campaigns, endowments and charitable gift annuities. He has been a part of several philanthropic initiatives and non-profits in Tallahassee, most recently at the Big Bend Hospice Foundation where he successfully led a capital campaign resulting in \$2.8 million to medically upgrade the Margaret Z. Dozier Hospice House and build the Jean McCully Family House. He also increased the overall annual fundraising revenues by 93 percent in his first six years.



“ Nigel has an accomplished history in the non-profit and fundraising industry with a strong understanding of healthcare. ”



NIGEL ALLEN STORY

“Nigel has an accomplished history in the non-profit and fundraising industry with a strong understanding of healthcare,” said Mark O’Bryant, President & CEO of Tallahassee Memorial HealthCare. “These skills coupled with his ability to establish and grow relationships with donors makes him an excellent fit to lead the TMH Foundation.”

Allen earned his Bachelor of Arts from Binghamton University in New York. He is a member of the Tallahassee Regional Estate Planning Council, and a board member for the Tallahassee Association of Fundraising Professionals and the Tallahassee Symphony Orchestra. He was a member of the Leadership

Pensacola Class of 2012 and is a member of the Tallahassee Downtown Rotary. Allen was named Tallahassee’s Association of Fundraising Professionals 2015 Fundraiser of the Year.

“It is such an honor to join the TMH family as so much of the care TMH provides to our community is made possible through the extraordinary generosity of many deeply committed donors,” said Nigel Allen. “I look forward to hearing their stories, honoring their support and working with them to help provide the best possible healthcare in the community we love.”

## Community Events



### TEE OFF FOR TOTS

Tallahassee Memorial HealthCare and its Foundation want to send a sincere thank you to everyone who came out and supported the 25th Annual Tee Off for Tots Par-Tee & Raffle and Golf Tournament. The proceeds from both events will be divided equally between the Proctor Endowment for Children with Diabetes who are served at the Physician Partners – Metabolic Health Center and Tallahassee Memorial Children’s Center, both of which will help children with a variety of conditions and treatment requirements. Thanks to the generosity, support and participation in this year’s events from the sponsors, donors and attendees, Tee Off for Tots will positively influence the lives and medical outcomes of thousands of infants and children and their families.

### J. MCLAUGHLIN

This September, the wonderful team of J. McLaughlin, a new women’s boutique located on Market Street, held a fundraising event for the Tallahassee Memorial Animal Therapy program. Of all the purchases made during the evening, 15 percent of proceeds were donated back to the program through the TMH Foundation. The event consisted of an evening of light fare and refreshments, chatter among friends, neighbors and the community, and of course, showcasing the Animal Therapy program with a few furry friends. Thank you to everyone who attended this event and to our friends at J. McLaughlin for their contributions!





# Cards for a Cure

## TALLAHASSEE MEMORIAL HEALTHCARE AND ITS FOUNDATION SALUTE THE 2018 Cards for a Cure Sponsors, Donors, Volunteers, Committee and Honoree - Betsy Burgess

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**A Special Tribute of Thanks** to the Students, Faculty, Staff,  
 and Administration of Leon High School



# Gifts AT WORK

## Lifeline Services

With Lifeline from Tallahassee Memorial HealthCare (TMH), help is just the press of a button away. TMH is pleased to provide members of Tallahassee's senior community with America's most trusted medical alert service, and is able to do so thanks to the TMH Foundation and those in the community who help support the Foundation. For more than 40 years, Lifeline has enabled millions of people to live with greater independence, peace of mind and dignity in the place they feel most comfortable – their own homes.

"Lifeline impacts the community in response and safety. If someone falls, the time frame that help arrives to assist them to the hospital or just assist them off the floor could be the difference between life and death," said Felicia McCoy, Program Manager for Lifeline at TMH. "I have heard stories of people falling and staying on the floor for days before someone would do a wellness check on them and discover what happened. Some of the outcomes were injuries that were far more critical because of the lapsed time, and some have even been death."

TMH offers two different Lifeline services, including a medical alert system – that offers different options to suit your lifestyle – and medication dispensing systems, to remove the guesswork from managing medications. No one wants anything to get in the way of their independence – not an accidental fall, not a medical issue, and not their caring loved ones concerned about them living alone. With Philips Lifeline Medical Alert Service, users get fast, easy access to help 24 hours a day, 365 days a year – allowing users to continue enjoying life in the comfort of their own home, and having the freedom to go anywhere with confidence.

"Lifeline is a service to protect and give security," said Felicia. "And thanks to the TMH Foundation and the donors who support the Foundation and this program, the Foundation is able to provide financial assistance to individuals who meet a certain income qualification and are in need of Lifeline Services but can't afford the service."

There are both on-the-go and in-the-home solutions. No matter what fits your lifestyle, you have comfort knowing that not only do you have 24/7 access to a trained professional from the Lifeline Response Center, but you also have a local TMH representative to help with any questions you may have.

Because the Lifeline service also helps family caregivers to balance the needs of their loved ones with the demands of their own busy lives, Lifeline is of immense benefit to them as well.

"Lifeline saves lives but also gives caregivers and family members a sense of ease when they need it most, which allows them to go about their day and do daily things since they can't always be with their loved ones every minute of the day," said Felicia. "It also continues to give the elderly independence and a sense of comfort that allows them to stay comfortable in their own homes."



*“Lifeline is a service to protect and give security.”*

For more information on Lifeline Services at TMH, please visit [TMH.ORG/Lifeline](https://TMH.ORG/Lifeline).  
To learn how you can support programs like Lifeline, visit [TMH.ORG/Giving](https://TMH.ORG/Giving).



# Gifts AT WORK

## Music Therapy

### WHAT IS MEDICAL MUSIC THERAPY?

Medical music therapy is an established health profession using music and music interventions to address physical, emotional, cognitive and social needs of children and adults with disabilities or illnesses. Music therapists participate in interdisciplinary treatment planning, ongoing evaluation and follow-up.

### TARGET POPULATION/ WHO CAN BENEFIT:

Music therapists target patients identified as having a specific physical, emotional, cognitive or social need. Some examples of individuals who may be targeted include people who are:

- Anxious
- Depressed
- Confused
- Agitated
- Understimulated
- Having difficulty communicating
- Having difficulty coping
- Experiencing pain
- Undergoing a non-invasive procedure

Music therapy interventions are beneficial for people of all ages – infants, children, adults and seniors. Music therapists provide services on all inpatient units (including intensive care units) and many outpatient areas.

### WHAT KIND OF MUSIC IS USED IN MUSIC THERAPY SESSIONS?

Age-appropriate, patient-preferred music is most often used during music therapy sessions. Research has shown familiar, preferred music to be most effective in achieving desired goals.

### WHAT IS THE UKULELE CHOIR?

One of the many services TMH's Music Therapy department provides is the Ukulele Choir. The group was originally started as a way to teach patients at the Tallahassee Memorial Cancer Center healthy and positive coping skills, develop support systems, and increase overall quality of life in a fun, non-threatening environment. It has expanded to provide support to staff, family and friends, and supporters throughout the Tallahassee community. This group has been made possible by the TMH Foundation, which purchased the 20 ukuleles used to start the group. The TMH Ukulele Choir meets at the Tallahassee Memorial Cancer Center Gathering Place from 5-7 pm on the first and third Thursdays of each month.

If you're interested in supporting the Music Therapy program, please visit [TMH.ORG/Donate](https://www.tmh.org/donate).





# DONATING IRA ASSETS TO THE TMH FOUNDATION

As 2018 draws to a close, please know how grateful the TMH Foundation is for all of your support. Last year, our donors made it possible for us to support essential patient and family programs such as music therapy, spiritual care, animal therapy, nursing scholarships and much more.

We would like to remind you that anyone over age 70½ can now make yearly gifts to the TMH Foundation without paying taxes on the amount transferred, when using the IRA Charitable Rollover. Under the “Protecting Americans from Tax Hikes Act” of 2015, charitably minded individuals like you can make gifts directly from their IRAs and exclude the amount of their gifts from gross income.

**To qualify, the following requirements must be met:**

- The donor must be 70½ years of age or older
- The transfer must be made directly from the IRA to a qualified charity
- Gifts cannot exceed \$100,000 per taxpayer per year
- Gifts must be outright, not to donor advised funds, charitable remainder trusts, or charitable gift annuities

A gift from your IRA also counts toward your required minimum distribution. A direct transfer from an IRA is an effective, tax-free way to support the mission of Tallahassee Memorial HealthCare and the TMH Foundation. For your convenience, please go to [TMH.ORG/Giving](https://TMH.ORG/Giving) and click on IRA Charitable Rollover to access the IRA charitable distribution letter to administrator and the IRA charitable distribution form letter, to initiate this process.

Thank you for your support of the TMH Foundation. We are grateful for our donors who give so generously so that others may have a healthier life. For more information or questions on IRA gifts, please call 431-5389 or email [Nigel.Allen@TMH.ORG](mailto:Nigel.Allen@TMH.ORG).

The TMH Foundation Update is produced by the Tallahassee Memorial HealthCare Foundation  
1331 East Sixth Avenue, Tallahassee, FL 32303 | 850-431-5389 | [Foundation@TMH.ORG](mailto:Foundation@TMH.ORG)

To make a secure online donation, we invite you to visit [TMHFoundation.ORG](https://TMHFoundation.ORG).

