

# The Tallahassee Memorial HealthCare Foundation COMMUNITY UPDATE

March/April 2010

## The Tallahassee Memorial Lipid Center Welcomes Medical Icon – J. Orson Smith, M.D.

“It is my distinct pleasure to announce that J. Orson Smith, M.D. has begun a consultative practice in the newly-established Tallahassee Memorial Lipid Center located in the same building as the Tallahassee Memorial Diabetes Center at 1981 Capital Circle Northeast,” said Mark O’Bryant, president and chief executive officer of Tallahassee Memorial HealthCare. “Dr. Smith’s willingness to enter this much-needed practice field immediately following his retirement from Southern Medical Group in December is a further testimony to the strength of his character and to his care for the greater good,” added Paula Fortunas, president and chief executive officer of the Tallahassee Memorial HealthCare Foundation.

Nancy Smith – no relation – who is both a registered dietician and certified diabetes educator, will work along with Dr. Smith in treating difficult lipid management cases referred by primary care physicians, physician assistants, nurse practitioners and cardiologists. New national guidelines for lipid lowering, especially in patients with cardiovascular disease, have spurred a team approach to treatment. Further, new techniques for early detection of arterial disease have expanded the number of patients who may need aggressive treatment. This often requires a combination of lipid-lowering medications, along with improved diet and exercise. Although patients are seen only on a referral basis, all are welcome to call the Lipid Center – 850.431.5474 – for additional information.

Dr. Smith graduated first in his class at Emory University School of Medicine and completed residencies at the New York Hospital-Cornell Medical Center, Grady Memorial Hospital in Atlanta, and then completed a cardiology fellowship at Emory University Hospital in Atlanta. After two years in the Army at Fort McPherson, he moved to Tallahassee in 1962 and joined Fred Butler, M.D. and I.B. Harrison, M.D. There were only five other internists in Tallahassee at that time. Dr. Smith’s career of nearly 48 years evolved with the needs of the medical community. Faced with very few family doctors, Drs. Harrison and Smith, along with M.T. Mustian, began the Tallahassee Memorial Hospital Family Practice Residency in 1972. The graduates of this program have tended to stay in Tallahassee and comprise a great many of the primary care physicians today.

A pioneer in “telemedicine”, Dr. Smith read EKG’s for four rural hospitals with homemade equipment for a number of years. Dr. Smith was also a fundraiser. In 1972, under the chairmanship of then Florida State University President Stanley Marshall, he began a fund-raising campaign for Tallahassee Memorial’s first heart catheterization laboratory. This allowed the hospital



*J. Orson Smith, M.D. and Nancy Smith, R.D., C.D.E.*

to attract Galt Allee, M.D. and Earl McKenzie, M.D., the first “invasive” cardiologists in town. Dr. Allee also helped Dr. Smith become board certified in cardiology in 1975. In 1985 Southern Medical Group was formed through a merger of the two main medical groups in town. At about the same time, national studies began to show that heart attack and cardiac death could be prevented by significant cholesterol reduction. Dr. Smith participated in a number of these studies and began to try to limit his new patients to preventive cardiology. Also about 1985, Paul Ziajka, M.D. in Orlando, along with other interested internists and cardiologists, began the Florida Lipid Association to promote education in the lipid field. This organization expanded throughout the nation to become the National Lipid Association, which now includes the best clinicians and academicians in this field, leading to a new certification. In 2006, Dr. Smith became a Diplomate of the American Board of Clinical Lipidology.



*J. Orson Smith, M.D.*

On a personal note, Dr. Smith’s entire family has been involved in medicine. His wife Eleanor, a biology graduate of Agnes Scott College in Atlanta, served as a Trustee of the Tallahassee Memorial HealthCare Foundation from 1980 through 1994 with terms as Chair, Vice Chair and Secretary. Of the Smiths’ three sons, Ben is an R.N. in Georgia, David a Cardiologist at Southern Medical Group, and Andy a Cardiologist who heads the Emory Center for Heart Failure and Transplantation. Of their two daughters, Elizabeth Barranco is a Medical Social Worker at HealthSouth Rehabilitation Hospital and Laura McMurray is a Physical Therapist in Georgia.

Tallahassee Memorial salutes the lives, values and contributions of Orson and Eleanor Smith.



**Tallahassee Memorial  
HealthCare Foundation**



# Animal-Assisted Therapy, a Resounding Success at TMH

## *Hospital Expands Program, Develops Research Agenda*

*Chris Minardi & Hannah, Gayle Morton & Stryker*

The relationship between people and animals can have a profound effect on human health. Anecdotal evidence is clear: therapy animals tend to calm most patients and engage otherwise unresponsive ones. Now scientific studies are showing this, too.

Tallahassee Memorial first introduced animal-assisted therapy to its patients and their families in 2005 and the hospital is now launching a significant expansion of that program to reach more patients, families and friends in more hospital departments. A further objective is to document those visits and the associated outcomes.

In February 2010, TMH entered a formal affiliation agreement with the Area Agency on Aging for North Florida, the sponsor of the ComForT Pet Program, an all-volunteer, not-for-profit organization that provides animal-assisted therapy visitation teams. Stephanie Perkins, Director of ComForT, explains, "Each visitation team is subject to a rigorous training protocol and must pass nationally recognized skills and aptitude tests administered by the Delta Society, the international sanctioning organization for volunteers and animals participating in animal-assisted activities and therapies." Each animal is examined by a licensed veterinarian and certified healthy before engaging in the program. Registrations are renewed every two years.

According to TMH President and CEO Mark O'Bryant, animal-assisted therapy is relatively new, and not many hospitals are using it yet. "Originally," he said, "it began not as therapy but as a distraction for people in pain or grief for those who needed some emotional relief. But it's more than just a distraction therapy. It actually is a therapeutic service that can impact the recovery process. I give credit to ComForT, because they really came to us," said Mr. O'Bryant. "And we just embraced them and hopefully gave them a platform to do even more – which they have."

Many ComForT pets have a sixth sense that allows them to enter a roomful of people and go straight to the one who needs them most. "She's an empath," said Chuck



*Clockwise: Patty Mitchell, Sheree Porter, Chuck Mitchell and front-and-center, Rikki*

*Chuck Mitchell is the force behind Tallahassee Memorial's embrace of pet-assisted therapy and also volunteers with Rikki in other health care settings and in the court system. His wife Patty Mitchell is the volunteer coordinator for the Reading Education Assistance Dogs (R.E.A.D.) program in the Leon County Schools. Under the auspices of R.E.A.D., ComForT teams work with Leon County schools and Literacy Volunteers to teach reading to children and adolescents.*

*Adult Rehab Coordinator Sheree Porter can't wait to see more pet therapy teams at the hospital. "We could use those dogs five days a week," she said. "All day."*

Jack Silverstein & Josette,  
Julie Bogenreif & Coxton,  
Joanne Taylor & Smudge,  
Chris Herig & Sydney  
Bobbie Jo Finer & Piper Laurie



Mitchell of Rikki, the golden retriever with whom he visits TMH and Florida State Hospital. Rikki was rescued from Hurricane Katrina and now draws smiles from forensics patients who haven't smiled in years. "The dogs can sure do a little bit for a lot of people, and sometimes they do a tremendous amount for a specific individual. There's not a team that's been working at least six months that can't tell you about a flat miracle they witnessed at the other end of the leash."

TMH Director of Volunteer Services Amy McDaniel saw one such encounter in January. She was conducting an orientation for a new pet therapy team, and they entered the room of an elderly woman who'd been there for weeks. Her son was there, too. "She wasn't in a coma, but she was definitely not responding very well," Mrs. McDaniel said. "The pet came over. It was a large poodle. And the son placed his mom's hand on the poodle, and she immediately turned and looked at the dog and put a little smile on her face and the son said, 'That's the first real interaction she's had in days.'"

Jack Silverstein, whose black poodle Josette goes everywhere with him, credits TMH for its patient-friendly ethic. He should know. It was Josette at whom the elderly woman in Mrs. McDaniel's account smiled and now the big black poodle lures a cancer patient who loves dogs to her chemo treatments. "With a hospital that's been this supportive," Silverstein said, "I think a lot of great things are going to happen."



Rosebud, therapy cat for Big Bend Hospice and TMH.

"Those dogs jump-start a patient's therapy," said Sheree Porter, M.S., CCC-SLP, who coordinates the hospital's adult rehabilitation program. "The patients want to do it for the dog and not for us. Patients usually reach their goals faster when the pets are involved. It can become mundane, in therapy, for a patient to be asked to ambulate up and down the hall with a therapist next to them, but give them a leash and

### A Patient's Perspective on Animal-Assisted Therapy

Hello, I just wanted to take a few moments to let you know what a blessing Jack and his dog, Josette, have been to me the last four months. They have been visiting me at the hospital on a regular basis since October 2009. I come to the hospital every other week for my chemotherapy treatments.

Jack is a very nice man and joy to talk with. Josette is beautiful and she has such a sweet disposition. She lets me love on her as much as I want. I really enjoy their visits.

So, in short, I wanted to thank you for allowing Jack and Josette to visit me. I really believe that they bring so much comfort and happiness to so many people. I also feel that it would be beneficial if more therapy animals were allowed to come to the hospital to visit. The hospital is a huge place and the more therapy animals you allow, the more people could help.

Thanks again!  
Gerri Peterson

Excerpts from a letter received  
by TMH on February 2, 2010

continued on page 4



*continued from page 3*

*Clockwise: Haven Cook & YaYa, Janet Hastings, Pediatric Rehabilitation, Stephanie Perkins, Jack Silverstein & Josette*

*“These animals snuggle up to you, looking for ways to soothe you and make you feel better. They love you just the way you are,” said ComForT Director Stephanie Perkins. Therapy pets are mostly dogs, but ComForT teams include cats, rabbits and even a horse that visits a TMH patient, backed up to the building in a trailer.*

let them walk the dog, and they become much more not only motivated but empowered,” Porter concluded.

“We know for sure therapy pets are pleasurable and healing for children,” said Barbara MacArthur, TMH Vice President and Chief Nursing Officer. “We’ve had situations where children will talk about how they’re feeling, about their symptoms, about their fears. And they’ll tell the pet before they’ll tell a human being, because the pet will never tell them whether they’re right or they’re wrong, and so they feel safe in that communication.”

Paula Fortunas, President and CEO of the TMH Foundation who is working toward the expansion of animal-assisted therapy at TMH and its associated fund-raising activity, further describes the program’s research initiative. “Today, there is an emerging and ever-increasing body of scientific evidence that clearly identifies animals as natural therapists. Tallahassee Memorial’s goal is to build on those findings by first creating an objective format for evaluating effectiveness of animals as therapeutic agents and quantitatively measuring patient outcomes. That work will lay the predicate for the development of a robust research agenda in the field of animal-assisted therapy that will stand side-by-side with animal-assisted therapy practice at TMH.”

Chief Nursing Officer MacArthur also stresses the need for scientific data to show not just patients’ smiles but their health outcomes. “I think there’s a difference between simply the visit that makes you happy and whether it has therapeutic potential. And we want to participate in measuring that and sharing that information. It’s not difficult to measure such parameters as a patient’s pulse, blood pressure and report of perception of pain before and after therapy, said Mrs. MacArthur.



*Mitzie, a seven-year-old Schnauzer, and her humans, Ann and Ted Parke, are the lead donors in Tallahassee Memorial’s initiative to expand its Animal-Assisted Therapy Program. Mitzie further extends her generosity by regularly and graciously giving her “gently used” toys to the Humane Society.*

*To join Mitzie in supporting Animal-Assisted Therapy at TMH, please send your donations for the Animal-Assisted Therapy Program to the TMH Foundation, 1331 East Sixth Avenue, Tallahassee, Florida 32303. Or, if you prefer to make a secure on-line donation, please visit [www.tmhfoundation.org](http://www.tmhfoundation.org) and click on Make a Donation followed by a click on Secure Credit Card Donation. Select Other for Gift Designation and enter Animal-Assisted Therapy in the space provided.*

*Mitzie and her humans, Ann and Ted Parke, are the lead donors to the Animal-Assisted Therapy Program.*



*Mitzie*



# Eleventh Annual USTA Tallahassee Tennis Challenger

April 17-24 | Forestmeadows Tennis Center

The USTA Tallahassee Tennis Challenger brings “world-class” tennis to Tallahassee to provide philanthropic support for “world-class” patient care in the D. Mark Vogter, M.D. Neuro-Intensive Care Unit at Tallahassee Memorial where patients of all ages are treated for neurological trauma such as TBI and other head injuries, stroke and life-threatening brain tumors and aneurysms. The Challenger’s proceeds are placed in the D. Mark Vogter, M.D. Endowment and the Challenger’s associated Pro-Am event generates funding for the Tallahassee Memorial Sharon Ewing Walker Breast Health Center.

According to Maria Yealdhall, Tournament Chair and member of the TMH Foundation’s Board of Trustees, “The Vogter Endowment was created as a memorial tribute to Dr. Vogter following his untimely death in 1998. Dr. Vogter loved his family, his patients, his colleagues and tennis. Dedicating the Challenger’s proceeds to the hospital is the perfect way to honor him and his life’s work and loves.”

The USTA Tallahassee Tennis Challenger is the only Professional Men’s Tournament in North Florida and South Georgia and features players ranked

100-200 in the world. “The field of players at the Tallahassee Challenger is usually the highest or second highest in the country,” explained Karen Vogter, widow of Dr. Vogter and Tournament Director. The players compete for \$50,000 in prize money and for valuable points that increase their world ranking and enable them to gain automatic acceptance into major tennis events such as the Australian Open, the French Open, Wimbledon and the US Open.

Last year’s Challenger winner, John Isner, is currently ranked number 25 in the world. The 2007 winner, Jo-Wilfried Tsonga, is ranked number 9 in the world. Tsonga advanced to the semi-finals of the 2010 Australian Open where he lost to Roger Federer who went on to win the men’s singles championship.

The first feature of the tournament is the Sharon Ewing Walker Pro-Am on Sunday, April 18, with amateurs at all levels playing with the tennis pros. Other activities throughout the week include the Boys & Girls Club/Boys Town Tennis Jamboree, Quick Start Tennis events for Leon County second graders, First Serve Tennis, Special Olympics Carnival for all special needs children in Leon County and a wheel chair tennis exhibition prior to the finals on April 24.

## Challenger Sponsorship Pledge

*I wish to Sponsor the USTA Tallahassee Tennis Challenger benefiting the Vogter Neuro-Intensive Care Unit at Tallahassee Memorial Hospital.*

- Title Sponsor \$25,000 ( )
- Presenting Sponsor \$15,000 ( )
- Grand Slam Sponsor \$10,000 ( )
- Wimbledon Sponsor \$7,500 ( )
- Draw Board Sponsor \$6,000 ( )
- Tournament Lanyard Sponsor \$6,000 ( )
- French Open Sponsor \$5,000 ( )
- Australian Open Sponsor \$2,500 ( )
- US Open Sponsor \$1,000 ( )
- Court Sponsor \$500 ( )
- Individual Sponsor \$250 ( )
- In-Kind Sponsor of \_\_\_\_\_ ( )
- I will be a sponsor, level not determined at this time ( )
- I cannot attend the tournament, but wish to make a donation of \_\_\_\_\_ ( )

## Challenger Sponsorships Include:

- Admission to the Sponsor Area for the entire tournament (Monday — Saturday)
- Covered seating in the Sponsor Area
- Complimentary beverages (including beer and wine)
- Catered dinner every evening (Monday — Friday)
- Saturday Gourmet Brunch during the Finals
- Official Programs
- Listing on the Sponsor page in the Tallahassee Democrat and Tallahassee Magazine

Pro-Am Sponsorship is \$250 per amateur. This includes playing with the men’s professional players, attending the Tournament Players Welcome Dinner and a generous goody bag of tennis accoutrements.

If your gift is by check, please make it payable to the TMH Foundation/Vogter Unit and mail it, along with this form, to the TMH Foundation, 1331 East Sixth Avenue, Tallahassee, Florida 32303. If you prefer to make your gift by credit card, please call the Foundation at 850.431.5389 or visit [www.tmhfoundation.org](http://www.tmhfoundation.org) and click on 11th Annual USTA Tallahassee Tennis Challenger followed by a click on Become A Sponsor/Register for Pro-Am.

*Please visit the Challenger website, [www.tallahasseechallenger.com](http://www.tallahasseechallenger.com) or call Maria Yealdhall, 850.933.6580, Karen Vogter, 850.545.8740 or the TMH Foundation, 850.431.5389 with your Challenger questions or comments.*

## Energetic and Engaged Fund-Raising Committee Works to Benefit Tallahassee Memorial's Pediatric Unit

The newly-established Tallahassee Memorial Pediatric Unit Fund-Raising Committee is a dynamic group of individuals committed to Tallahassee Memorial and to the patients it serves in both the Pediatric Unit and the Pediatric Intensive Care Unit.

"Individually and collectively, the Committee members have expressed a variety of heartfelt and compelling reasons for donating their time and effort to fund-raising activities," said Kathy Waleko, R.N., Ph.D., who serves as the Administrator of Women's and Children's Services at Tallahassee Memorial. "This is exciting and I welcome the opportunity to work closely with these community leaders who are eager to address the needs of pediatric patients and their families." Pediatric Unit Nurse Manager Ann McClean, R.N., B.S.N., M.S.H.S.A., added, "The Fund-Raising Committee will be a great asset to the Pediatric Unit. Its membership includes amazingly strong advocates for children."

Sara Brown, who chairs the Pediatric Unit Fund-Raising Committee said, "I am thrilled to be working with the TMH Foundation and the Pediatric Committee. I look forward to the positive impact we hope to make on the comfort and care provided to the hospitalized children and their families in our area".

"The first major initiative of the Pediatric Unit Fund-Raising Committee is refurbishing of the Pediatric Unit Waiting Area and adjoining restroom facilities," noted Judi Taber, TMH Foundation Annual Fund Officer. "The first two major gifts designated for this project have been received and will be publicly announced when the renovation work commences."

The Committee will also actively pursue gifts of toys and games for Pediatric Unit patients. "Children are comforted by the normalcy of having bright and colorful toys to provide distraction while being hospitalized. Due to infection control concerns, all gift toys must be brand new," said Nurse Manager McClean.

Please contact Judi Taber for "Ways to Give" information by either telephone 850.431.5904 or e-mail judi.taber@tmh.org. To make a secure on-line donation, please visit [www.tmhfoundation.org](http://www.tmhfoundation.org), click on Make a Donation and then click on Secure Credit Card Donation. Select Other for Gift Designation and enter Pediatric Unit in the space provided.

## Meet the Pediatric Unit Fund-Raising Committee



**Sara Brown, Chair** – Sara Brown has been a resident of Tallahassee for 15 years. She and her husband, Brewser Brown, have two children ages eight and four. She is active with the Parent Association of Holy Comforter Episcopal School, and has served on the Board of Directors for Tree House of Tallahassee, Inc. for several years.

**Mike Askari** – Mike, the President of Fortune Homes, has resided in Tallahassee since 1980. He and his wife Christy are the proud parents of three-year-old twins who spent the first four months of their lives in TMH. The family is deeply grateful to TMH for the service and health care provided.

**Tenley Barnes** – Tenley is a native Floridian, born at TMH and married to Stan Barnes. They have two sons, ages 21 and 19 – both attend the University of Georgia. She supports numerous city and community projects, has served on the Board of Maclay School and often works as a TMH volunteer for the USTA Tallahassee Tennis Challenger and Golden Gala.

**Carmen Cummings-Martin** – Carmen is a former news anchor and reporter for WCTV and the hometown face on the evening news for over eighteen years. Carmen now serves on the Executive Team of Florida A & M University and as the Executive Director of Alumni Affairs. Carmen is the wife of Dexter T. Martin and proud mother of two sons.

**Amanda Clements** – Amanda is the Vice President for Strategic Initiatives at the United Way of the Big Bend. A native Tallahasseean and graduate of Florida State University, Amanda is the current President of the Junior League of Tallahassee. Amanda and her husband Bruce McCullough live in Midtown.

**Allison Deison** – Allison was born and raised in Alabama and attended the University of Alabama for her undergraduate and law degrees. She moved to Tallahassee after her marriage to Tom Deison, who is originally from Tallahassee. Allison practiced law and is now the proud mother of three children.

**Lori Fitzpatrick** – Lori is a Tallahassee native who became involved with the Pediatric Unit at TMH through a close friend of her two daughters. With the support of her husband Michael, Lori served as fund-raising chair for the FSUS playground project. She serves as the Minister of Senior Adults and Families at Immanuel Baptist Church.

**Melanie Knight** – Melanie is currently the Director of Elementary Ministries at Wildwood Presbyterian Church in Tallahassee. Melanie has been married for 23 years and has two children. She currently serves on numerous local committees and is an advocate for support of children.

**Amy Newell** – Amy moved to Tallahassee ten years ago with her husband Dr. Charles Newell, of Southern Vitreoretinal Associates. They are the proud parents of four children who attend Holy Comforter. She is actively involved with several organizations in Tallahassee, including Holy Comforter Episcopal School and the American Cancer Society.

**Bernadette Sigman** – Bernadette has been a resident of Tallahassee for the past five years with husband, James, of thirty-three years. They are the proud parents of three children and members of Good Shepherd Catholic Church. The Sigman family, along with the staff of the State Attorney General's Office and the Hour Glass, annually present a winter Holiday Party for patients in the Pediatric Unit and PICU.

**Jeanie Wood** – Jeanie is a native of Tallahassee and born at TMH. She graduated from FSU with a degree in Fashion Merchandising. Jeanie is married to John Wood and they are the proud parents of two sons, ages 22 and 19. She is a member of Wildwood Church and is employed as a bookkeeper.

# The Blue Foundation for a Healthy Florida Awards “Improving Access to Health Care” Grant to Tallahassee Memorial HealthCare

The Blue Foundation for a Healthy Florida, the philanthropic affiliate of Blue Cross and Blue Shield of Florida, has awarded a \$75,305 Improving Access to Health Care grant to Tallahassee Memorial to expand the work of its Family Medicine Residency Improved Pregnancy Outcomes Clinic in the counties of Gadsden, Jefferson, Madison, Taylor and Wakulla.

According to Jared Skok, Senior Manager of the Blue Foundation, “The Improving Access to Health Care grant program is highly competitive. Only TMH and ten other non-profit health organizations were selected for awards from an applicant pool of more than 100. The Blue Foundation is truly proud to partner with TMH and its Family Medicine Residency Improved Pregnancy Outcomes Clinic.”

Lisa Jernigan, M.D., Associate Director of TMH’s Family Medicine Residency Program

and the lead provider of care in the Improved Pregnancy Outcomes Clinic said, “Our offering prenatal care in rural areas for more than twenty years confirms our ability to prevent severe problems before they occur and the importance of monitoring high risk women is becoming only more evident. Now, with this grant funding, we have established two very specific goals to be accomplished over the next two years: reduce infant mortality by five percent and reduce pre-term births by five percent.”

Mark O’Bryant, president and chief executive officer, Tallahassee Memorial HealthCare, noted, “This generous grant from The Blue Foundation for a Healthy Florida will be used to purchase a portable ultrasound machine and to increase physician availability by 100% in the Improved Pregnancy Outcomes Clinic, which operates out of each county’s health department.”

“Besides standard and group prenatal care, the Clinic offers health education, post-partum contraceptive counseling and care and referrals for high-risk evaluations, social services and diabetes management,” said Paula Fortunas, president and chief executive officer of the TMH Foundation. “The Clinic truly represents health care access for the expectant mothers in the targeted counties.

“The success of this grant application is a credit not only to the remarkable Dr. Jernigan but to the standards of excellence set and observed by her now Tallahassee Memorial Family Medicine Residency colleague, A. D. Brickler, M.D., who has delivered over 22,000 babies during his more than fifty years of continuous obstetrical and gynecological practice. Janet Borneman, director of planned giving, TMH Foundation and Sue Littlewood, administrator, Tallahassee Memorial Family Medicine Residency also deserve special recognition for their exceptional work in developing the compelling grant proposal that generated this important funding for expansion of the Improved Pregnancy Outcomes Clinic,” concluded Mrs. Fortunas.

“Tallahassee Memorial HealthCare Foundation’s efforts in increasing access to prenatal services is vital to improving the overall health of mothers and babies in our community,” said Susan Towler, vice president, The Blue Foundation. “By supporting their hard work, The Blue Foundation is fulfilling its mission of enhancing access to quality health-related services for all Floridians, especially the uninsured and underserved.”



*Jared Skok (right), Senior Manager of The Blue Foundation for a Healthy Florida presents grant check to Mark O’Bryant, President/CEO of Tallahassee Memorial HealthCare, Paula Fortunas, President/CEO of Tallahassee Memorial HealthCare Foundation and Lisa Jernigan, M.D., Associate Director of the Tallahassee Memorial Family Medicine Residency Program.*

# Protocols for Philanthropy



Paula S. Fortunas  
President/CEO  
TMH Foundation

## *Pass On Your Values — Create a Legacy with a Charitable Bequest for TMH*

You have worked hard to accumulate assets throughout your life. However, without a valid will or trust, those assets will be distributed after your life in accordance with the laws of your state of residence. Wouldn't you rather determine that distribution yourself so you can include specific bequests to individual beneficiaries and to charitable organizations such as the Tallahassee Memorial HealthCare Foundation?

As you contemplate making a charitable bequest under your will or trust, the first step is to confer with your family. Next, speak with representatives of the charitable organization that will be the object of your generosity and then seek the counsel of a qualified estate planning attorney to draft your provisions. Remember that bequests of this nature are revocable – you can change your mind if your circumstances change. Furthermore, a charitable bequest in your will or trust does not affect your use of the designated assets or their associated income during your life.

### *Why Include a Bequest in Your Will or Trust?*

The reasons that donors make charitable bequests are generally as varied as the donors themselves. That notwithstanding, there is a common denominator among all – a genuine desire to support the vision, mission, goals and objectives of the donor's charity of choice.

Charitable bequests made to the Tallahassee Memorial HealthCare Foundation, Inc., the legal entity designated by Tallahassee Memorial HealthCare to accept contributions on its behalf, may be large or small, restricted or unrestricted. An unrestricted gift provides Tallahassee Memorial with the flexibility to use the funds where the need is greatest. A restricted gift can be used for a specific hospital treatment area, to memorialize the family name, a friend or colleague, to create an endowment for nursing and medical scholarships or it can be placed in the TMH General Endowment. There are also naming opportunities for locations within the hospital and its ancillary structures. The potential of your generosity and foresight is endless. You can shape the future of TMH. Representatives of the Tallahassee Memorial HealthCare Foundation will be happy to meet with you to explore how you can perpetuate the tradition of excellence at TMH.

### *Your Generosity Will Inspire Others*

Although a charitable bequest is a personal matter, we hope you will share your intentions with the TMH Foundation so it can recognize you and your gift. By allowing the TMH Foundation to acknowledge your planning, your generosity will inspire others to act on behalf of TMH.

To learn more about making a gift to Tallahassee Memorial under your estate plan, please use the contact information provided below. The contents of this article and any materials provided by the TMH Foundation are general in nature and are not intended as legal or financial advice. You should consult your own qualified advisor(s) before making a final decision to proceed with any gift arrangements.

*Thank you very much.*

**Note:** As we go to press, the estate and generation-skipping transfer taxes have been suspended for 2010 with a possible retroactive or prospective re-enactment for 2010. Timing of this legislation by the U. S. Congress remains uncertain. The gift tax remains on the books for 2010.

**To: TMH Foundation**

**Please Either Clip and Mail, FAX or make your request via E-Mail.**

- Please provide complimentary year-end financial and estate planning information.
- Please contact me to schedule a personal visit.
- TMH is already included in my gift and estate plans.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

E-Mail \_\_\_\_\_



**Tallahassee Memorial  
HealthCare Foundation**

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