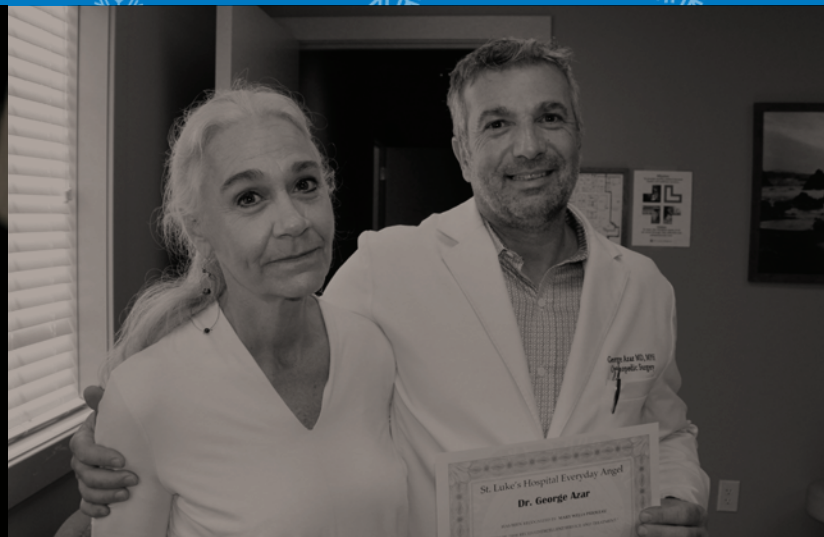




THE PHILANTHROPE

Investing in Our Community



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The Foundation for St. Luke's Hospital

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PHILANTHROPE is a mid 18th century word from Greek *philanthrōpos*, from *philein* 'to love' + *anthrōpos* 'human being'.

As a small, nonprofit, community-owned hospital in rural Polk County, NC, we survive because of the humanitarian gifts of generous donors—our *philanthropes*.

Through your goodwill, many in our community are able to realize a better life. And for that, we are forever grateful for your selflessness.

ON THE COVER: The Foundation held its 18th Annual Ache Around the Lake fundraiser at Lake Lanier, raising nearly \$25,000. St. Luke's Mental Health & Wellness Program, a virtual clinic at Saluda Family Medicine, has opened to meet the growing mental health needs of adults aged 18 and above in the community. Deserving recipients receive the prestigious Everyday Angel Award through the Grateful Patient Program.



Dear Supporters,

One of the most frequently asked questions I get as the Executive Director of the Foundation for St. Luke's Hospital is, "Why does St. Luke's need a Foundation?" The dynamics of healthcare are complex, and the federal distinction in the organizational structure and purpose between the hospital and foundation is clear-cut.

Organizationally, our foundation receives charitable contributions, which flow through to St. Luke's to help fund expenses associated with providing care. Our two organizations exist as separate but supporting institutions.

Community, foundation, and hospital partnerships are essential to fostering a healthier community. This cooperative begins with the Foundation Board, responsible for nurturing a meaningful collaboration with our community donors to grow the revenue necessary to strengthen and sustain St. Luke's. In reviewing our accomplishments throughout 2023, we are grateful to the hundreds of donors who enabled our success. And because of you, our community is a healthier place to live.

Through our world-class CT scanner and 3D mammography, new opportunities for patient care have expanded considerably:

- Through the quick and painless **calcium score test**, our community can learn if they need preventative treatment to ward off a heart attack or stroke before symptoms appear. StLukesNC.org/calcium
- **Lung cancer screening** involves a painless, low-dose CT scan of your chest that can identify lung cancer at its earliest stages before symptoms appear and when it is most treatable. No IV or oral contrast medications are needed. This scan uses up to 70% less radiation than a conventional CT scan. StLukesNC.org/lung-screen
- **The Gail Score** helps to identify those at high risk for developing breast cancer. Knowing your score and talking to your doctor about an evaluation at our **High-Risk Breast Cancer Clinic** is essential to discuss ways to decrease your risk by as much as fifty percent! StLukesNC.org/highrisk

Thank you to all who generously gave towards our year-end appeal to raise \$180,000 for patient medical equipment and hospital renovations of our inpatient shower areas. Your donations helped purchase an ultrasound for orthopedics, TEE (transesophageal echocardiogram) probe, rehab assistive devices, electric exam tables, urine analyzers, and more.

We look forward to continuing to support our community hospital in improving the health and wellness of our community in 2024.

Linda B. Greensfelder

Linda Greensfelder
Chair

Amanda Thompson

Amanda Thompson
Executive Director

The Foundation Welcomes New Board Member Ronald Peters



The Foundation warmly welcomes Ronald Peters as its newest board member, marking a significant addition to the organization. Peters, born in Pasadena, California, and raised on an Iowa farm, brings a wealth of experience, a dedication to community service, and a strong financial background to his role. Notably, he will be contributing his financial acumen to the Finance Committee, enhancing the Foundation's strategic financial management.

Peters' professional journey is a testament to his commitment to excellence. Starting as a Staff Accountant at Peat Marwick Mitchell Public Accounting Firm, he earned his Certified Public Accountant Certificate in 1971. Peters then held various roles at Fairmont Foods Company and later spent 25 years at M&M/Mars Division of Mars, Incorporated, where he played crucial roles in accounting, finance, and management.

With a strong background in accounting, finance, procedural controls, budgeting, and reporting, Peters is well-equipped to contribute to the Foundation's financial stewardship.

Peters' commitment to community service is extensive, including a six-year tenure on the Lake Adger Board of Directors and ten years of volunteering with the Tax-Aide Foundation. He has also contributed to the boards of Tryon Arts & Crafts School and the Norwegian Elkhound Association of America, Inc. Peters' leadership and volunteerism underscore his dedication to community well-being.

Beyond his professional and volunteer commitments, Peters' post-retirement life is marked by a diverse range of hobbies. His decades-long involvement in the sport of dogs, international travel, recent pursuits in bread making, and tending to raised-box gardens showcase a well-rounded individual with a zest for life. 🐾

St. Luke's Christmas Wish: Stand Assist Chairs Spark Delight in a Heartwarming Tale of Holiday Magic!

In **St. Luke's Rehab**, where wishes gleam,
A Christmas dream, a hopeful theme.
Two stand assist chairs, their gift so dear,
Lifting spirits, spreading cheer.

Snowflakes whisper, dreams take flight,
In the clinic's warmth, a guiding light.
Christmas magic, a tale well spun,
Stand assist chairs, wishes won.

Money raised through kind donations' sway,
To the Foundation, hearts conveyed.
Patients rise with newfound grace,
In each chair, a tender embrace.

Do you want to make wishes come true?
Donate today foundationslh.org/donate 🐾



St. Luke's Hospital Extends a Warm Welcome to Palmer & Jervey Society Donors and Local Realtors for an Exclusive Tour Experience


In a gesture of gratitude towards the esteemed Palmer & Jervey Society Donors, the Foundation hosted an exclusive hospital tour and reception on October 24th. This event aimed to showcase how the generous annual contributions of at least \$1000 directly impact patient care and facilitate the introduction of new services such as 3D mammography, Rehab, CT imaging, and expanded Cardiology capacities.

The event commenced with a warm welcome to the donors, expressing sincere appreciation for their ongoing support. Catered by the renowned Hare and Hound in Landrum, SC, the attendees enjoyed heavy appetizers while mingling with Foundation Board members before embarking on enlightening tours. Small groups were personally escorted and provided in-depth tours by St. Luke's exceptional leaders, offering a unique insight into the hospital's operations and advancements.

Later in the week, a hospital 'Open House' experience was extended to local realtors. Catered by Mary Wells Prioleau, the event recognized realtors as key advocates, given their influential role in introducing

newcomers to the community. The Foundation distributed brochures and rack cards showcasing the hospital's array of services and provided hospital tours. This initiative aims to empower realtors with comprehensive information to better represent St. Luke's to their clients.

The success of the October 26th event was apparent, with attending realtors gaining a profound understanding of the world-class services offered at St. Luke's Hospital. Armed with knowledge about state-of-the-art technology, advanced medical services, and top-notch health-care facilities, realtors can confidently endorse the exceptional services available at the hospital to their clients.

For those who missed the tour or seek more information, the Foundation encourages reaching out. Whether interested in contributing, scheduling a tour, or obtaining informational packets, individuals can contact the Foundation at 828-924-2693. The event left an indelible mark, fostering a deeper connection between St. Luke's Hospital and its invaluable supporters. 





Green Blades Garden Club Sprinkles St. Luke's with Festive Bouquets of Holiday Joy

The Green Blades Garden Club blessed the patients of St. Luke's with beautiful holiday bouquets. The garden club members created the bouquets from plants grown on their own properties. Michelle Fortune shared, "The Green Blades Garden Club ladies abundantly blessed our patients through their talents, creativity, and generosity." One patient shared this surprise gift made their day and brought them joy.

The Green Blades Garden Club, organized in 1958 with National Garden Clubs, Inc., is a philanthropic and educational organization for encouraging and developing gardening, conservation, and beautification for the community and the individual.

Thank you Green Blades for giving back to our community, and we look forward to future collaborations. 🌿



SAVE THE DATE for These Upcoming Events

MAR 22 Glow Easter Egg Hunt 5:30 - 8 PM Fitness Trail Behind St. Luke's Emergency Room

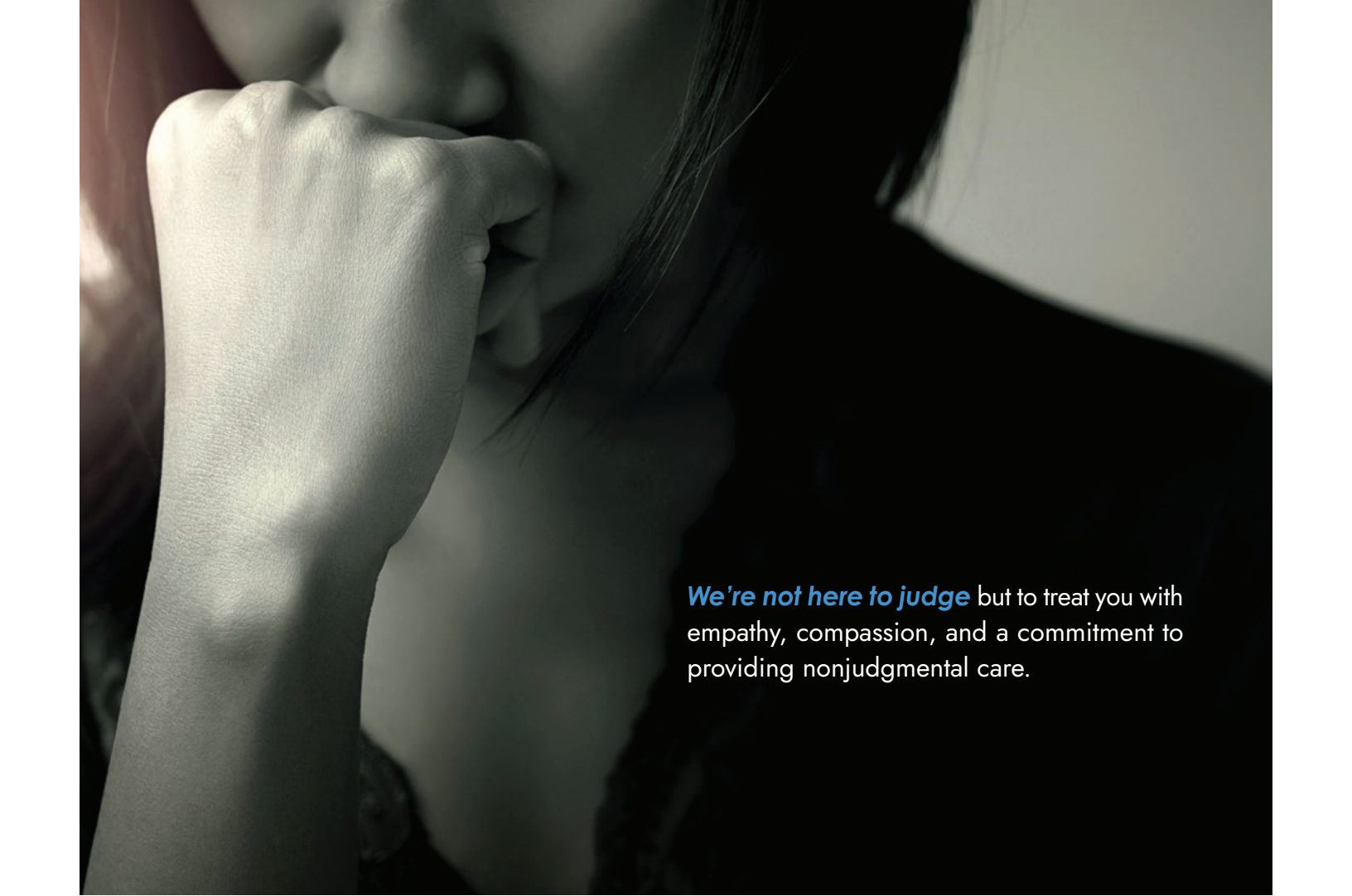
APR 23 Women's Ambassador Group 4 - 6 PM Tryon International Equestrian Center

MAY 10 Wellness Walk and Talk 12:30 pm -1:30 PM Fitness Trail Behind St. Luke's Emergency Room

JUN 8 Men's Health Tune-Up and Car Show 9 AM-12 PM Harmon Field

OCT 12 Ache Around the Lake Run 8 AM Lake Lanier

OCT 18 Wellness Walk and Talk 12:30 -1:30 PM Fitness Trail Behind St. Luke's Emergency Room




We're not here to judge but to treat you with empathy, compassion, and a commitment to providing nonjudgmental care.

St. Luke's Introduces Mental Health & Wellness Program at Saluda Family Medicine, Providing Compassionate Care for Adult Community Members

St. Luke's has established the St. Luke's Mental Health & Wellness Program at Saluda Family Medicine to meet the growing mental health needs of adults aged 18 and above in the community. Led by Practice Manager Katheryn Lowrie, MSW, LCSW, the program offers virtual consultations with a focus on empathy, compassion, and nonjudgmental care.

Practitioners at St. Luke's Mental Health & Wellness include Dr. Thabit Al-khateeb, MD, and Anna Watkins, LCSW. Dr. Al-khateeb, based in Charlottesville, VA, completed his adult psychiatry residency at Harlem Hospital Center in June 2023. Known for his friendly and compassionate approach, he prioritizes understanding psychopathology to best assist patients in overcoming mental health challenges. Anna Watkins, an LCSW in Fayetteville, NC, holds a master's in social work with a concentration in children and family services, bringing a wealth of expertise to the practice.

Services offered encompass psychosocial assessment, psychiatric evaluation, medication management, and evidence-based Cognitive Behavioral Therapy. Patients can choose virtual sessions or visit the office at Saluda Family Medicine. St. Luke's Mental Health & Wellness addresses various conditions, including anxiety, depression, trauma, addiction, stress, relationship issues, and more.

Ms. Lowrie urges individuals not to wait for overwhelming symptoms and provides emergency contact information. The practice operates Monday–Thursday, 8:00AM–4:30PM, with possible after-hours appointments. To learn more, visit StLukesNC.org/mentalhealth or call (828) 894-0853. 



Heartwarming Initiatives:

Floral Partnerships, Cheerful Deliveries, and the Ongoing Impact of the Kirby Cheer Cart



POLK COUNTY
COMMUNITY
FOUNDATION

Throughout the year, the Kirby Cheer Cart, generously funded by the Kirby Endowment Fund at Polk County Community Foundation, made its rounds providing comfort and cheer by allowing patients to choose a gift to make their stay more pleasant from items such as fleece blankets, crossword puzzles, and coloring materials.

In November, the Foundation initiated a heartwarming collaboration with Bunny's Blooms Flower Shop & Gifts in Tryon, NC, aiming to bring joy to hospitalized patients. Every week, enchanting floral arrangements were distributed to patients on the Kirby Cheer Cart, drawing smiles and providing a lift after challenging days.

As the holiday season approached, our collaboration extended to Neva, an invaluable hospital volunteer in the hospital's gift shop. Neva not only adorned gifts with joyful balloons but also personally delivered them to every patient.

These efforts, inspired by a shared commitment to brightening the hospital experience, have not gone unnoticed. A patient who underwent a surgical procedure took a moment to express their gratitude, sharing, 'It was a pleasant surprise to receive this beautiful vase of fresh-cut flowers. I wanted you to know your kindness was certainly appreciated and did not go unnoticed. This was my first experience with St. Luke's, and I certainly could never say enough great things about my experience; the care and attention were fabulous!'

We're thrilled to announce that the Kirby Cheer Cart will continue its heartening visits throughout 2024. As we reflect on the enduring impact of these initiatives, the Foundation remains steadfast in its commitment to fostering moments of joy and comfort within the St. Luke's community. 🌿



Everyday Angels Shine at St. Luke's:

Celebrating Exceptional Care



April Wease and Susan Boeggeman

In a heartwarming tribute to exceptional care and kindness, St. Luke's Hospital extends a special shout-out to April Wease, CNA the deserving recipient of the prestigious Everyday Angel Award through the Grateful Patient Program. April, the first non-provider to receive this honor, was nominated by Susan Boeggeman for the extraordinary kindness she demonstrated during her visit. This recognition underscores the profound impact frontline staff can have on patient's experience.

Susan Boeggeman's nomination illuminates April's exceptional qualities that set her apart. April's acts of kindness embody the spirit of the Everyday Angel Award, making a difference and bringing joy to patients. St. Luke's Hospital takes pride in acknowledging individuals like April who go above and beyond in making a positive impact on the lives of those they serve.



Mary Wells Prioleau and Dr. David Biggers

In addition, Dr. David Biggers, Emergency Room Physician, received heartfelt appreciation from Mary Wells Prioleau. Mary vividly recalls Dr. Biggers' exceptional bedside manner and kindness during her visit. The compassionate care provided by Dr. Biggers and his staff left a lasting impression on Mary, showcasing the dedication to patient well-being at St. Luke's Emergency Room.



Celebrating Exceptional Care and Kindness




Mary Wells Prioleau and Dr. George Azar

The acknowledgment of these dedicated individuals as St. Luke's Everyday Angels highlights the commitment of St. Luke's Hospital to providing exceptional healthcare experiences. The recognition not only honors the medical expertise but also values the personal touches that create a positive and supportive environment for patients.

Mary Wells Prioleau extends her gratitude further by recognizing other Everyday Angels in the medical field. She expresses appreciation for the outstanding contributions of Dr. Joshua Knolhoff — General Surgeon, Dr. George Azar — Orthopedic Surgeon, and Dr. Steven Punzell — Pain Center Physician. Each of these medical professionals stands out as Everyday Angels, either through going above and beyond in their care or by taking the time to notice and appreciate the extra moments that make a difference.



Mary Wells Prioleau and Dr. Joshua Knolhoff

St. Luke's encourages the community to participate in recognizing unsung heroes by nominating individuals who demonstrate exceptional care and kindness. If you know someone deserving of acknowledgment for the impact they make in the lives of others, please visit foundationslh.org/grateful 



Dr. Steven Punzell and Mary Wells Prioleau

St. Luke's Sparkles with Festive Magic:

Stocking Showdown, Cocoa Cart, and Donut Delight Make 2023 Unforgettable!



'Twas the month of December at St. Luke's Hospital, where stockings were hung with flair from the Rehab Hall windows, hopeful that the Foundation Board soon would be there to pick the merriest of the bunch. Christmas cheer echoed through the hospital's halls, commemorating loved ones with the Memorial Cardinal Tree and donning festive Christmas socks and hats.

In the spirit of Secret Santas, laughter and cheer abounded in parties held across departments and clinics. The Foundation and Board Members orchestrated a stocking competition, each department receiving the same basic red stocking. Creativity flourished, but in the end, the Board selected winners for Best Overall, Most Creative, and the coveted Fan Favorite.

The Fan Favorite, a fierce competition, ultimately saw Surgical Services emerge victorious. St. Luke's Orthopedic and Sports Medicine clinched the title of Most Creative, while the Best Overall honor went to Patient Access. Foundation Staff and Board Members spread warmth and glad tidings to every outpatient clinic and the hospital's day and night shift staff. A cheerfully decorated cart, laden with cinnamon and orange glazed donuts, music, and hot chocolate with whipped cream and sprinkles, brought joy wherever the Foundation ventured, making 2023 a truly memorable year for all. 🎁





Ache Around the Lake 2023: A Jubilant Triumph



October 14, 2023, marked the Foundation's 18th Annual Ache Around the Lake at Lake Lanier. This annual event, the Foundation's largest fundraiser, witnessed a record-breaking turnout with 236 racers, an increase in sponsors, and a remarkable \$24,967 raised.




The Ache Around the Lake features three challenging courses: the Ache 8K, the family-friendly Ouch 2-miler, and the free Kids Fun Run, a 1-mile race. A virtual race option allowed participants to engage with the event on their terms, making it an inclusive experience for all. Runners of all ages gathered to navigate the scenic routes around the beautiful mountain lake, presenting a unique and exhilarating experience for participants.

The festivities extended beyond the race itself, with EMSI providing Ache snacks and drinks to keep participants fueled.

The dedication of the Foundation Board, volunteers, and the support of our sponsors, along with the Ann Jacob Toms Fund at Polk County

Community Foundation, played a crucial role in the success of this year's Ache Around the Lake. The Ache Around the Lake 2023 was not merely a race; it was a testament to the resilience, dedication, and community spirit that defines the St. Luke's Hospital Foundation.

As the sun set on this year's Ache Around the Lake, we are already preparing for next year's race on Saturday, October 12th. Sign-ups are open now and for those interested in supporting the cause through sponsorship opportunities, please visit foundationslh.org/ache 



Madelyn Lawter is our most recent recipient of the special scholarship.


St. Luke's Nursing Scholarship Fund Continues to Make Dreams Come True for Dedicated Staff

In a commitment to nurturing healthcare professionals, the Andra and Patricia Herriott Nursing Scholarship through Polk County Community Foundation, provides funding to selected St. Luke's staff pursuing a nursing degree.

Madelyn Lawter, a certified nursing assistant for Med/Surg and ICU since November 2022, is our most recent recipient of the special scholarship. Madelyn's passion for the medical field, cultivated since a young age, is fueled by personal experiences, having been diagnosed with type one diabetes at the age of eight. Madelyn shared, "I always had great nurses, and I realized that nurses do so much to keep the world spinning. I truly appreciate all the nurses that played a role in my care whilst growing up, and I feel as if I want to return the favor and help others."

Madelyn started the nursing program in the fall of 2023 at Isothermal Community College.

Madelyn's application quotes vividly convey her commitment to nursing and the positive impact she aims to make. "I believe that teamwork and the compassion of my peers are what make St. Luke's such a great place to work at," she states, reflecting the collaborative and compassionate culture at St. Luke's.

This scholarship not only supports educational endeavors but also embodies St. Luke's commitment to fostering a community of skilled and compassionate healthcare professionals. 



Madelyn and her service dog, Coda



Dr. John Hutto is a seasoned cardiologist with more than thirty years of experience.

Dr. John Hutto's Heartfelt Gift: Bringing Pacemaker Expertise to St. Luke's this Holiday Season

In a dedicated effort to share groundbreaking insights into pacemakers and the latest technology available at St. Luke's Hospital, Dr. John Hutto, a seasoned Cardiologist with over 30 years of experience, engaged with the residents of Tryon Estates. Dr. Hutto's compassionate and knowledgeable approach to cardiac care has been revolutionary, consistently making a positive impact on patients' lives.

As a general invasive cardiologist, Dr. Hutto possesses a deep understanding of the heart's electrical system. This intricate network follows a common pathway in the heart, ensuring an orderly and efficient rhythm. Dr. Hutto's expertise lies in diagnosing and treating electrical issues within the heart, aiming to comprehend irregular rhythms and abnormal pathways of electrical signals.

St. Luke's Cardiology at Foothills Medical Associates stands as a testament to world-class heart care. The clinic goes beyond addressing heart issues; it accompanies patients throughout their healing journey, offering peace of mind through comprehensive care. Critical to managing heart disease, surgically implanted cardiac devices play a pivotal role in this advanced clinic. Dr. Hutto specializes in the insertion, monitoring, and maintenance of these devices, ensuring optimal functionality and patient well-being. In December, Dr. Hutto marked a significant milestone by performing the first pacemaker insertion at St. Luke's Hospital.


Key cardiac devices managed at St. Luke's Cardiology Device Clinic:

Pacemaker: A small device placed in the chest that utilizes electrical pulses to prompt the heart to maintain a normal rhythm.

Implantable Cardioverter Defibrillator (ICD): A compact device in the chest stabilizes critically atypical heart rhythms, preventing cardiac arrest.

Device Checks & Monitoring: Dr. Hutto diligently monitors pacemakers, ICDs, or loop recorders, ensuring their efficient operation. This monitoring occurs through both office visits and remote monitoring from patients' homes, providing a comprehensive and convenient approach to care.

Dr. Hutto, alongside Dr. Kemp, prioritizes patient understanding, ensuring a thorough grasp of each case before developing a customized course of treatment. From screenings and preventive heart care to cardiac disease treatment, both doctors guide patients through every step of their healing journey.

For those seeking unparalleled cardiac expertise, St. Luke's Cardiology stands as a beacon of advanced care and compassionate support. To schedule an appointment, please call 828-894-5627 or visit stlukesnc.org/heart for more info. 

Please consider making a gift
to support your community
hospital!

Use this QR code
to donate online:



Donations may be mailed to:
The Foundation for St. Luke's Hospital
89 W Mills Street, Suite B
Columbus, NC 28722

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A TEN MINUTE INVESTMENT OF TIME
that can save your life



This painless and fast heart scan detects the amount of calcium in your coronary arteries. The value of the screening is that it helps to determine if you need preventative treatment to ward off a heart attack or stroke.

The heart scan is offered FREE through a grant from Carolina Foothills Foundation. To qualify for the FREE test, you must be uninsured and live in Polk or Rutherford Counties. It's that simple.

Have your Primary Care Provider send an order to St. Luke's Hospital today.

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