



BON SECOURS  
RICHMOND HEALTH CARE FOUNDATION  
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# The Spirit

giving makes good happen.

SPRING 2015

1. St. Mary's Hospital
2. St. Francis Medical Center
3. Richmond Community Hospital
4. Memorial Regional Medical Center
5. DePaul Medical Center
6. Mary Immaculate Hospital
7. Maryview Medical Center

## Rappahannock General Hospital



## Rappahannock General Hospital joins Bon Secours

On Dec. 31, 2014, Rappahannock General Hospital in Kilmarnock officially joined Bon Secours Virginia Health System. The community hospital and Bon Secours have had a formal affiliation since 2012, with Bon Secours physicians providing clinical care at the hospital.

Rappahannock General will be Bon Secours' eighth hospital in Virginia, joining three in Hampton Roads and four in Richmond.

"We are pleased to officially extend our reach and support to the Northern Neck and Middle Peninsula communities through this acquisition," said Peter J. Bernard, CEO of Bon Secours Virginia Health System.

"It is our priority to improve access to quality health care in this region and expand services for these residents, and we will work tirelessly until these goals are realized."

As part of these changes, the Rappahannock

General Hospital Foundation will become part of the Bon Secours Richmond Health Care Foundation. A designated Rappahannock General Hospital Fund will reside in the Bon Secours Richmond Health Care Foundation, which serves as the public charity for Bon Secours Richmond Health System. This fund and all future donations will be used for the purpose of supporting Rappahannock General Hospital and the areas it wishes to champion, such as capital improvements or community programs.

*To learn more about the Rappahannock General Hospital Fund or to make a donation, please contact Sean O'Brien, senior development officer, Bon Secours Richmond Community Hospital and Bon Secours Rappahannock General Hospital, at 804-343-6422 or sean\_o'brien@bshsi.org.*

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Save the date!



Peter J. Bernard, CEO, Bon Secours Virginia, and Foundation board member

## Bon Secours Virginia CEO set to retire

Peter J. Bernard, CEO for Bon Secours Virginia and Foundation board member, announced that he will retire from Bon Secours at the end of fiscal year 2015. Since joining Bon Secours as CEO for Richmond-area operations in 2000, he has been a dedicated leader, steering the ministry through challenging economic times, encouraging innovation and empowering the management team to pursue new market opportunities.

“There is never a perfect time for this type of transition, but now is the right time for me,” Bernard said in a statement. “I have never felt more positive about the ministry and its future. Following a year of record growth, I believe Bon Secours Virginia is better positioned in terms of our market opportunities, the quality of our services, the strength of our partnerships and the caliber of the entire Bon Secours team. I am excited about the prospects for the future.”

Pictured from left to right: Melanie Green, Ph.D., RN, vice president and provost, College of Nursing; Frank D. Stoneburner Jr., M.D., Virginia Surgical Associates; Barbara Sorbello, Ph.D., RN-BC, dean of nursing, College of Nursing; Linda Angel, office manager, Virginia Surgical Associates; John Zimmerman, administrative director, Bon Secours Heart and Vascular Institute



## College of Nursing receives gift for Westhampton renovation

On Dec. 2, Virginia Surgical Associates presented a gift in the amount of \$25,000 to Bon Secours Memorial College of Nursing, making a pledge to donate a total of \$100,000 over the next four years.

“Nursing care is vital to the overall healing and health of patients and my colleagues and I have much respect for the profession,” said Frank D. Stoneburner Jr., M.D., of Virginia Surgical Associates. “We hope this donation

encourages others to do the same.”

The donation is earmarked for the renovation of the former Westhampton School, where the college will be moving in the next 3-5 years.

*To learn more about the Bon Secours Memorial College of Nursing or to make a donation, contact Audrey Thomson, senior development officer, Bon Secours Memorial College of Nursing, at 804-627-5448 or [audrey\\_thomson@bshsi.org](mailto:audrey_thomson@bshsi.org).*

## Experience with hospice care makes an impact

The Bon Secours Hospice program began in 1982 when two sisters, Millie Heltzer and Claire Rosenbaum, and their mother Amy Millhiser, created an endowment fund dedicated to care for the terminally ill in memory of Charles Millhiser, their father and husband.

Today, another set of sisters, Katherine Albicker Wilson and Kristen Albicker, and their father Robert Albicker, continue the Millhiser legacy as they spread the word about the benefits of hospice. Their mother and wife, Susan Albicker, was admitted to hospice care after enduring one round of chemotherapy and several surgeries for colon cancer.

The staff at the hospice house in Cape Fear, North Carolina, where Susan was treated, managed her pain and made sure she was comfortable in the last six weeks of her life. The staff also took time to check on all the Albickers to see if they needed anything.

“It was such a welcoming family-oriented environment,” said Robert Albicker. “The staff was so well-attuned to the needs of patients as well as families.”

And, strange as it sounds, the family fondly remembers the time in hospice.

“We really had the opportunity to make a lot of positive memories during a difficult time,” Wilson said. “It was probably one of the greatest gifts that our mom gave us.”

Hospice has now become a new passion. Robert Albicker volunteers with the hospice house in Cape Fear. Kristen Albicker enrolled in the Bon Secours Memorial College of Nursing in 2014, and she and Wilson, a substance abuse therapist, can see themselves working in the field someday. And the family is also thrilled that Bon Secours will open a Community Hospice House later this year.



Kristen Albicker (left), Robert Albicker (holding a photo of Susan Albicker) and Katherine Albicker Wilson

“The Sisters of Bon Secours first provided hospice care and it’s exciting that we’re coming full circle,” Kristen Albicker said.

In addition, the sisters created “Susie’s Soldiers,” a group that honors their mother by raising funds for causes she supported, hospice among them. The group will run the Monument Avenue 10k on March 28 for the second year in a row.

“The best way to remember our mother is not only to spread awareness about hospice but to honor the fact that she was able to die the way she lived — with dignity and surrounded by love,” Kristen Albicker said. “And that is something we can never be more thankful for.”

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*To learn more about the Community Hospice House or to make a donation, contact Wendy Pestrue, J.D., senior development officer, Bon Secours St. Francis Medical Center and Bon Secours Cancer Institute, at 804-897-4163 or [wendy\\_pesttrue@bshsi.org](mailto:wendy_pesttrue@bshsi.org). To learn more about Susie’s Soldiers, visit [facebook.com/susiessoldiers](https://facebook.com/susiessoldiers).*



To follow the progress of the Community Hospice House, visit [www.bsvaf.org/hospicehouse](http://www.bsvaf.org/hospicehouse).

## BOARD OF DIRECTORS

The Bon Secours Richmond Health Care Foundation owes much gratitude to its Board of Directors. Below is a list of current board members who donate their time and resources, which contribute to our success.

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## nurses for good



**“I joined Nurses for Good because I wanted to be a part of the impact that a \$100,000 grant by nurses, for nurses would exact.”**

**- VICTORIA RICHARDSON**

### **Nurses for Good names second grant winner**

This was an outstanding inaugural year for Nurses for Good, a unique giving circle run by nurses and for nurses. The circle offers an opportunity for nurses within Bon Secours Virginia to create a transformational project to receive a \$100,000 grant that will impact all nurses.

In 2014, two grants were chosen from 33 proposals submitted in three focus areas: community health, workplace and lifelong learning. The first grant went to BSV Certification University to assist nurses who wish to pursue professional nursing certification.

The second grant was awarded to Nonviolent Crisis Intervention Trainers Program, submitted by Victoria Richardson, RN-BC, clinical informatics manager at Bon Secours St. Mary's Hospital. The nurse-led Bon Secours Virginia nonviolent crisis intervention “Train-the-Trainer” effort is designed to support safe and caring work environment and will use CPI de-escalation techniques.

The program began in January 2015 with an assessment of current trainers to determine who needed to be re-certified and how many new trainers were required. Not only will the program expand and enhance the current training practice, it will help staff develop intervention competencies and learn to defuse anxious, hostile or violent behaviors at the earliest possible stage. It will also help key staff learn to conduct in-house programs on their own and evaluate the effectiveness of the teaching.

For Richardson, Nurses for Good and its grants prove the power giving can have.

“I joined Nurses for Good because I wanted to be a part of the impact that a \$100,000 grant by nurses, for nurses would exact,” she said.

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*To learn more about Nurses for Good or to join the giving circle, please contact Patricia Ambler, annual giving and grateful patient philanthropy program manager, at 804-287-7169 or [patricia\\_ambler@bshsi.org](mailto:patricia_ambler@bshsi.org).*

### **Compassionate care deserves its due**

We've all experienced it. The doctor who spends 20 minutes answering your questions when she only has five to spare. The nurse who brings an extra blanket to make sure your spouse is comfortable in a sleeper chair. The radiology technician who pats your child's hand before an X-ray begins.

These are the health care providers who treat us not just as patients, but as people, with respect and compassion. Whether it's a physician, nurse, social worker, therapist, chaplain, each makes a difference in our lives and the lives of those we love when we find ourselves in a hospital setting.

So take a moment to remember the caregivers who made a difference to you by donating to the Bon Secours Richmond Health Care Foundation in their honor. For that, they — and we — say thank you.

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*For more information about how to honor a caregiver, visit [bsvaf.org/waystogive/honorcaregiver](http://bsvaf.org/waystogive/honorcaregiver).*



Sister Vicky V. Segura, M.D., CBS, medical director of Bon Secours Richmond Hospice and Palliative Medicine



## Volunteer funds provide much-needed support

April is National Volunteer Month and to celebrate, we want to highlight the invaluable contributions of all of our volunteers.

The St. Mary's volunteers were founded more than 50 years ago to help support the hospital five years before its opening. In 2014, 630 St. Mary's volunteers provided 59,496 hours of service to our patients, families and visitors.

In addition, St. Mary's volunteers raised \$170,000 through proceeds from the flower shop, gift shop, Starbucks, baby pictures and special sales in 2014. The funds went toward anything from a simulation infant mannequin to knitting supplies for newborn caps to wheelchairs to scholarships for college students. The Sister Mary Monica Good Samaritan Fund, which assists patients after they leave the hospital (there are similar funds at all Bon Secours hospitals), raised additional money for prescriptions and medical equipment.

*The funds from St. Mary's went toward anything from a simulation infant mannequin to knitting supplies for newborn caps to wheelchairs to scholarships for college students.*

"The volunteers at St. Mary's Hospital are a very special group of people," said Christine DeLaughter, director of volunteer services at St. Mary's. "Through their thoughtful actions and kind words, they personify 'good help to those in need.'"

Patients at St. Francis Medical Center also benefit from a dedicated and active group of 330 volunteers, says Dede Foerster, director of volunteer services. The volunteers serve in almost every unit of the hospital and in 2014, raised \$120,000, of which, more than \$60,000 went to the St. Francis Care fund, which assists patients upon discharge. The rest of the funds went toward medical equipment and hospital programs.

The volunteer corps at Richmond Community Hospital has grown to 30 dedicated members who work in areas throughout the hospital including the front desk, emergency department and inpatient and outpatient clinical areas.

Memorial Regional volunteers surround respiratory educator Kathy Laffoon as she holds the ParaPac medic MRI ventilator purchased from funds they raised.

Memorial Regional Medical Center's Volunteer Auxiliary impacts that facility as well as they work throughout the hospital, says Emmitt Owens, manager of volunteer services.

In 2014, the group of 303 active volunteers raised \$97,000 through proceeds from the gift shop and a used-book sale. The funds were used to purchase medical equipment, including a ParaPac medic MRI ventilator and an ergonomic desk for radiologists and a Verathon bladder screener.

"My volunteers work harder than a lot of paid people," Owens said. "They do it because they want to. They take their positions very seriously, perform their duties well and tell me where we need to improve."

*To make a donation to one of the Patient Care Funds at any of our hospitals, visit [www.bsvaf.org/patientcarefund](http://www.bsvaf.org/patientcarefund).*



# Music therapist joins health care team

*“Wouldn’t it be nice if we walked into a hospital and heard live music wafting down the halls?”*

Stephanie LaCagnin, a board-certified music therapist, gladly puts to rest the stereotypical image some might associate with her profession.

“Music therapy is not me strumming my guitar as I walk through the hospitals,” she said.

LaCagnin, who currently works eight hours a week at Memorial Regional Medical Center and eight hours a week at St. Mary’s Hospital with the Cullather Brain Tumor Quality of Life Center, serves as part of a patient’s interdisciplinary health care team.

## Annual gala raises more than \$300,000 to help area children

On Feb. 21, nearly 400 attendees gathered at The Jefferson Hotel for the annual forty one Gala to benefit Noah’s Children and Richmond Hope Therapy Center. The festivities included a raucous live auction featuring items such as trips to Tuscany, Napa Valley and Costa Rica; the ultimate Washington Redskins’ fan package; an intimate catered dinner for 12 and private skeet shooting lessons. More than \$300,000 was raised for these two worthy causes. Thanks to all our sponsors and generous auction bidders!



The Planning Committee for the forty one Gala gathers on The Jefferson Hotel’s Grand Staircase.

Doctors, nurses, social workers and chaplains refer patients to LaCagnin. Before she meets with a patient, she asks the team what clinical problem needs to be solved. Like all music therapists, she relies on measurable goals, whether they are physical, social, psychological or spiritual, to ensure the best results.

For example, if the team wants a patient's heart rate reduced, "I'm going to peek up from time to time to watch the monitor and notice if the heart rate is increasing or decreasing and if the patient is responding to the music," LaCagnin said.

If a patient needs positive social interaction because he or she hasn't had any visitors, that can be harder to measure. But at the beginning of a session, if the patient has bad posture and is not looking at her and at the end, is sitting up straight and making eye contact and smiling, "I can see the difference and know that there's been a change," LaCagnin said.

Like other members of the health care team, LaCagnin must document each

patient session and record her findings.

She began seeing patients at MRMC in July 2014 and at the Cullather Center in January 2015. After an established "Harping in the Hospitals" program in which harpists performed in public areas of MRMC garnered praise, the idea emerged to hire a music therapist to bring music directly to patients. It serves as another example of one-on-one patient care the hospital offers, says Mary Alig Houston, administrative director of mission for Bon Secours Richmond Health System.

"The music therapy program has been so well-received," Houston said. "There is unanimous appreciation for the gifts Stephanie brings from doctors and other caregivers. So much so, that we'd love to expand the program further."

LaCagnin sees 3-4 patients in a four-hour span. Already, she has more referrals than she can schedule.

"With certain patients, the goals I have require an hour-long session," she said. "And I never want to rush through it. It's difficult to turn people away because everyone in the hospital is a priority."

Even the most challenging patients can benefit from music therapy, says LaCagnin.

"Everyone can agree that music touches our emotions," she said. "Music therapy creates a nonthreatening environment for patients and provides an additional avenue toward their recovery."

LaCagnin sings and plays guitar during her sessions and also incorporates a variety of rhythm instruments. Someday, she hopes to add a keyboard into the mix. Ultimately, her goal is to hear music beyond patient rooms.

"Wouldn't it be nice if we walked into a hospital and heard live music wafting down the halls?" she said. "I think it would make the community better if we did."

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*For more information about the music therapy program at Bon Secours Memorial Regional Medical Center or to make a donation, contact Angie Dempsey, senior development officer, Bon Secours Memorial Regional Medical Center, at 804-764-7655 or [angie\\_dempsey@bshsi.org](mailto:angie_dempsey@bshsi.org).*



## Employee Giving Campaign reflects generosity at work

Over two weeks in October, the 2014 Bon Secours Employee Giving Campaign raised more than \$150,000 for more than 100 organizations. Stay tuned for the next campaign, scheduled to occur later this year.



BON SECOURS RICHMOND HEALTH CARE FOUNDATION

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## Save the date!

Join us for one or all of our upcoming events! For more information, visit [bsvaf.org/newsandevents](http://bsvaf.org/newsandevents).

### May 7, 2015

Rockin' on the Avenue

*Evelyn D. Reinhart Guest House*

### May 9, 2015

Bon Secours Memorial Regional Medical Center Nursing 5K RUN/WALK

*Pole Green Park*

### Sept. 20, 2015

Wine, Women & Shoes

*Hilton Richmond Hotel & Spa/Short Pump*

### Sept. 29, 2015

An Evening with Patch Adams

Featuring nationally known speaker Patch Adams, M.D., and supporting the St. Francis Care Fund  
*Salisbury Country Club*

### Oct. 5, 2015

The 24th Annual Bon Secours Richmond Foundation Charity Golf Tournament  
*The Country Club of Virginia James River and Tuckahoe Creek Courses*

Support Nursing Excellence at MEMORIAL REGIONAL'S NURSING 5K CHALLENGE

May 9, 2015

Pole Green Park Eastern Hanover

Register at [www.bsvaf.org/mrmc5k](http://www.bsvaf.org/mrmc5k)

wine women & shoes

Be there. Be giving. Be fabulous!

24<sup>th</sup> Annual Bon Secours Richmond Foundation Charity Golf Tournament

MONDAY, OCTOBER 5, 2015