

The Spirit

giving makes good happen
Spring 2019



Bon Secours volunteers

“We all have unique opportunities to donate our time, money, experiences, skill and talents to create a better world.”

Sandy's volunteerism provides healing and hope

At several Bon Secours hospitals across Virginia, you will see volunteers in blue coats ready to help patients and their families. They often direct visitors to the area they're looking for, and they assist discharged patients as they are leaving the hospital. It's a very rewarding service, but it can be extremely tough for the volunteers when a discharged patient clearly has nowhere to go, or no one to pick them up. Sometimes the patient cannot

afford the medicine that will aid in their recovery once they leave the hospital, or they are going to a home where the electricity has been turned off.

Volunteers like Sandy Cash have a passion for this work. "We can help them continue healing beyond our walls," she says. Sandy has been a volunteer at St. Mary's Hospital since 2012. She is a cancer survivor and a retired occupational therapist. In addition to the day-

to-day volunteer needs, Sandy and the other volunteers are raising funds and donating personal contributions to help vulnerable patients through funds like the Good Samaritan Fund at St. Mary's Hospital. Some of the volunteers have also included Bon Secours Richmond in their estate plans.

"This is an important fund to meet patients' needs; it meets their immediate needs. It helps with expenses not covered by insurance or other funding sources." Examples include clothing to the behavioral health and pediatric emergency departments, prescriptions, transportation needs, meal cards to the hospital cafeteria, and utility bills.

Sandy reminds each of us, "We all have unique opportunities to donate our time, money, experiences, skill and talents to create a better world."

Each Bon Secours hospital relies on volunteer support, and each hospital has its own patient care fund to provide financial assistance to our most vulnerable patients.

If you'd like to learn more about becoming a Bon Secours hospital volunteer, or would like to support their patient support efforts, please visit bonsecours.com/richmond/community-commitment/volunteer.



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Life's unpredictability leads Molly to receive and provide blessings

Molly described her condition as “living with a time bomb in your body.” A brain arteriovenous malformation (AVM) can be present at birth with no symptoms or warnings, but if it ruptures, can cause bleeding in the brain or spinal cord. Molly Frost just thought she had a bad headache in 2006, but found herself in ICU at St. Mary's Hospital for weeks and received additional medical care in the following months

recovering from a hemorrhage. She was in her mid-20's and had been married only a few months before learning about her condition. She had two similar episodes, one in 2010 and one in 2014. Treatments over the years for her condition led to an AVM that was the size where it was operable, meaning a full removal and it won't return!

Through the support of her loved ones and the community, funds have gone to brain AVM research as well as the Evelyn D. Reinhart Guest House at St. Mary's Hospital. What's unique about that is Molly's family or friends never used the Guest House. “I've been so fortunate,” Molly says. “My family would see other families from out of town sleeping in the hospital. They had nowhere to go and they couldn't afford a hotel. We are very much in support of what the Guest House offers.” Molly volunteers at the Guest House and visits patients who come to the hospital with similar brain injuries. “This all has been a blessing in disguise. I feel that I can give these families hope.”

The miracles in Molly's life have continued. In July 2018, she gave birth to a little boy! She credits St. Mary's Hospital for saving her life several times, and her son was born there. “The Bon Secours mission is an asset to our community. You don't realize you need it until you need it. Life is unpredictable.”

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THANKS TO YOU, A BRAND NEW CARE-A-VAN IS ON THE ROAD

A young boy came to the Care-A-Van for his back-to-school physical with his mom. Pediatrician Paula Young noticed that he wasn't walking properly, and dug a little bit into his medical history, with the help of several Care-A-Van team members. Dr. Young knew that he wasn't able to run and play with his friends and she wanted to make sure he was getting the care he needed. With the expertise of a neurologist, he was diagnosed with a type of Muscular Dystrophy. He is now seeing specialists who are able to help him reach his full potential.

This is just one story of the 20,000 annual patient visits of the Bon Secours Care-A-Van, celebrating its 25th year of service. Families from throughout Metro Richmond who are uninsured are able to get primary care, help with chronic disease management and immunizations. A new Care-A-Van vehicle joined the fleet in late 2018 with special customization that has the care providers and patients in mind.



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Good Help to Those in Need.®
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Does your company offer a matching gifts program for your financial donations or your volunteer hours? Matching gifts programs allow you to maximize your contributions to Bon Secours Richmond, and are often available to both current and retired employees and their spouses. Visit bsvaf.org/matchinggifts to see if your employer participates in a program to encourage your philanthropic endeavors.

You can be **good help** today!

- Stay up-to-date on what's happening — like us on Facebook: facebook.com/bonsecoursrichmondfoundation
- Collect donations with your friends or church group; tangible donations are always needed in the Bon Secours emergency rooms and at the Reinhart Guest House
- Make plans to attend one of our events:
 - **Children's Hope Gala — April 13**
(benefiting pediatric departments)
 - **Rockin' on the Avenue — June 6**
(benefiting the Reinhart Guest House)
 - **Lexus of Richmond Champions for Charity Golf Tournament — June 10**
(benefiting Bon Secours East End initiatives)
 - **Wine Women & Shoes — October 27**
(benefiting Bon Secours Forensic Nursing)