

*A Commitment to Mercy*

# Spirit

SPRING 2009

MERCY MEDICAL CENTER



THE VISION AND  
LEADERSHIP  
BEHIND MERCY'S  
NEWEST CENTER  
OF EXCELLENCE



## W E L C O M E

*Our progress and growth  
are inspired by the patients we serve*

**A**s this issue of “Spirit” goes to press, the concrete structure for eight of the 18 floors of our replacement hospital, The Mary Catherine Bunting Center, has been completed. This new building will bring 259 private patient rooms, 15 state-of-the-art operating rooms and space to expand programs and services to our patients and the Baltimore community. Much effort is being made to ensure that this new addition to our campus extends the tradition of hospitality that has been a Mercy hallmark since 1874.

In the past few months, Mercy has celebrated the opening of The Melissa L. Posner Institute for Digestive Health and Liver Disease, expanded the Center for Restorative Therapies, and named the Women’s Imaging Center in recognition of generous support of the Tyanna Foundation. In the following pages, you can read more about these important milestones and the philanthropic gifts that have made them possible.

Our progress and growth are inspired by the patients we serve – patients like Rose Stelmack, whose goal is to start a

support group for patients with liver disease. Rose’s wish to provide hope and encouragement is a wonderful example of one of Mercy’s core values: empowerment. We thank Rose for contributing to the well-being and comfort of others.

As we face today’s economic uncertainty, we remain steadfast in our commitment to welcome the entire community, creating an environment where each individual can be comfortable and where all are served with courtesy and respect. We are grateful to everyone, especially the individuals you will read about in this issue of “Spirit”, who has played a part in sustaining our mission of healing and service.

Sincerely,

Thomas R. Mullen  
President and CEO

**This Issue of “Spirit”  
is Printed on an  
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*A Commitment to Mercy*

# Spirit



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# POSNER INSTITUTE DEDICATED

THE MELISSA L. POSNER  
*Institute for Digestive Health  
and Liver Disease*  
AT MERCY

## Mercy Medical Center has launched a new Center of Excellence – the Melissa L. Posner Institute for Digestive Health and Liver Disease.

The vision and leadership of David B. Posner, M.D., Chief of Gastroenterology, was a catalyst for the Institute's opening in September 2008. Dr. Posner also serves on the Board of Trustees of Mercy Health Services and Chairs the Medical Affairs and Quality Improvement Committee of the Board. He and his Mercy colleagues Drs. Michael Cox, Scott Huber, Patrick Hyatt and Debra Vachon welcomed newcomers to Mercy, Dr. Paul Thuluvath as Medical Director along with Drs. Mary Harris, Sergey Kantsevov, Lisa Pichney and Richard Desi. In a few months, Dr. Sanjay Jagannath will join the group.

“These physicians have national and even international reputations for their work, from the treatment of inflamma-

tory bowel disease, to chronic liver disease, pancreatic cancer, and more. This new Institute is further evidence of our dedication to providing patients with advanced therapies so that they may enjoy a better, healthier, quality of life,” says Thomas R. Mullen, President and CEO.

The Institute, which fills the 7th floor of Mercy's Professional Office Building, has quickly become known as one of the top programs of its kind. “This Institute is a unique thing,” explains Dr. Paul Thuluvath, The Institute's Medical Director.

PICTURED RIGHT: (Top) Aleza, Jonathan, Tracy, David, Nancy and Stephen Posner. (Bottom Left) Jonathan receives commemorative gift from Tom Mullen. (Bottom Right) Nancy Posner and daughter, Aleza Posner.



“Today, we learn another aspect of David and Nancy’s remarkable character. In naming this Institute at its infant stage, without knowing where it will go, after their beloved daughter, they have shown that they are not only generous but extremely courageous. I applaud them for it and promise them that all of us will do our very best to make the Melissa L. Posner Institute one of the finest in North America. Someone once said ‘Behind every achievement is a dreamer of great dreams.’ David and Nancy, thanks for your dreams.”

*Excerpt from remarks given by Paul Thuluvath, M.D.,  
Medical Director of the Melissa L. Posner Institute for Digestive Health and Liver Disease*



# POSNER INSTITUTE DEDICATED

*“David and Nancy have made a most extraordinary philanthropic gift to Mercy in Melissa’s memory,”*



CLOCKWISE FROM TOP:  
*Sergey Kantsevov, M.D. and Paul Thuluwath, M.D.; Jonathan Posner and Sister Helen Amos, RSM; Marsha Cox and Aleza Posner; Nancy Posner and Stephen Posner.*



“Mercy is a community hospital, yet it has created a program that is equal to any that can be found at a large academic medical center. The Posner Institute offers services of great breadth and depth, plus the compassionate care that is a hallmark of the Sisters of Mercy.”

At an intimate gathering of The Institute’s physicians and staff on December 4, 2008, The Institute for Digestive Health and Liver Disease was dedicated and named in memory of Melissa L. Posner, daughter of Dr. David Posner and his wife, Nancy, and sister of Stephen, Jonathan and Aleza Posner.

“David and Nancy have made a most extraordinary philanthropic gift to Mercy in Melissa’s memory,” explains Sister

Helen Amos, RSM. “The Board of Trustees and the Sisters of Mercy thank them for this and for the many ways that they are helping us to secure the future of our healthcare mission. By dedicating this newest Center of Excellence in Melissa’s name, we celebrate and remember a remarkable and spirited young woman; we honor a remarkable group of physicians and caregivers; we add another chapter to the story of a remarkable institution; and we express our gratitude to the Posner family. David and Nancy have made a significant gift to Mercy. But they have also shared so much more – the name of their daughter.”

## A COMMON BOND

**A long-time patient of Dr. Paul Thuluvath, 56-year-old Rose Stelmack, underwent a liver transplant two years ago.**

Rose's youngest son was just 14 years old when she was diagnosed with liver cancer and became a candidate for the surgery. "I credit Dr. Thuluvath with saving my life," she says. "We caught my cancer early, thanks to him. On the day of the surgery, we had a double cause for celebration because my older son arrived home from Iraq where he'd been serving in the Marine Corps."

"After living with liver disease for many years, and then developing cancer and having a transplant, I've learned to follow doctor's orders," continues Rose. "Some patients with liver disease don't fully realize the importance of getting their blood checked on a regular basis. For me, it was a simple blood test that revealed my cancer."

Rose had her transplant two years ago and now cancer-free, feels so well that she wants to help start a support group for other patients who have had, or will have, a liver transplant. "I'm ready to do

something to help other people," she affirms. "I want to provide hope and encouragement because I truly believe that, no matter what happens, you should never give up. It's easy to think that you're the only person who's sick - but the truth is there are so many of us who have liver disease. We all have different needs but we have a common bond, and I hope this group will offer something important to each person who attends."

Another patient of Dr. Thuluvath's, 53 year-old Debra Horn, vows to join the group when it gets started - even if it means a one-hour drive from her home in Pennsylvania. "Being able to connect with others is super important," she says emphatically. "My family and girlfriends rally around me and they know what I'm going through. For patients without that kind of network, it's a lot harder. When I tell people that I have advanced cancer, they don't know what to say," she continues. "So I reassure them that it's a blessing,

because it has taught me to love being alive. I really look forward to joining Rose at these meetings, so I can share the things I've learned and perhaps make a difference in someone else's life."

Debra has astonished her doctors with her resilience and positive spirit, and will no doubt continue to do so as she pursues some of her dreams, including taking a long-awaited cruise with her husband, Nelson, to Jamaica.

### ► **The Liver Transplant Support Group**

will hold its first meeting in March, 2009. More information is available by contacting Carla Minton, Practice Manager for The Melissa L. Posner Institute for Digestive Health and Liver Disease, at 410-951-7907.

## NAMING OF THE TYANNA O'BRIEN CENTER FOR WOMEN'S IMAGING



**Pink** could be found in abundance at Mercy during October, when a series of events and activities took place to mark National Breast Cancer Awareness Month.

PICTURED LEFT (clockwise from top):  
Bridget Mink, Megan Lewis, Sara O'Brien, Katie O'Brien,  
Barbara Jaeger M.D., Director of The Tyanna O'Brien Center  
for Women's Imaging, Anne O'Brien and Neil Friedman, M.D.,  
Director of The Hoffberger Breast Center.



Of special significance was the naming of the Women's Imaging Center in memory of Tyanna O'Brien, which took place during a private gathering of her family and friends on October 10, 2008. Tyanna O'Brien lost her battle with breast cancer in 1990 at the age of 48. To honor her memory, her five daughters founded the Tyanna Foundation and made a commitment to promote awareness and prevention of breast cancer. The Tyanna Foundation's largest fundraising event of the year, BreastFest, took place the following day at Nick's Fish House in South Baltimore and was attended by 1,100 people. Over the past nine years, the Tyanna Foundation has raised nearly \$500,000 for The Hoffberger Breast Center and has recently pledged an additional \$500,000 to help bring digital mammography to Mercy.

"Today, we join another name to our ongoing Mercy story - Tyanna O'Brien," Sister Helen told a hushed room of guests during the dedication ceremony. Many of us at Mercy didn't have the good fortune to know Tyanna O'Brien. But, we do know Tyanna, because we know her daughters, Anne, Bridget, Megan, Sara and Katie. What these five sisters have done to celebrate their mother's life is simply remarkable. We are blessed to add the O'Brien name

to the litany of "Mercy-saints" who have joined with us to educate and empower women to advocate for and take responsibility for their health and the health of their families. Generations will know of Tyanna O'Brien because of what her daughters have done, and continue to do: to give of themselves in service to others. Through their efforts, they have made a remarkable gift to Mercy, which will help make digital mammography available to our patients."

#### **Pink Promises Campaign**

In support of National Breast Cancer Awareness Month, in October 2008, every Mercy employee was invited to participate in the Pink Promises campaign - an effort to spread the message that early detection of breast cancer, followed by prompt treatment, saves lives. Employees were invited to remind at least three women to schedule an annual mammogram, with a goal of reminding 10,000 women of this important annual health check. Adding to the month-long festivities, Dunkin' Donuts sold pink-ribbon sprinkle donuts, donating a portion of sales from stores in the Baltimore region to the Tyanna Foundation and Mercy Medical Center.



*Wandaliz Colon, Receptionist for the Medi-Spa at Mercy, completes a Pink Promises pledge card as part of Mercy's month-long celebration of National Breast Cancer Awareness Month.*



# CENTER FOR RESTORATIVE THERAPIES EXPANDS

On January 5, 2009, the newly created Center for Restorative Therapies at Weinberg opened in specially remodeled space on the second floor of the Weinberg Center at Mercy. It will serve as a satellite to the award-winning Center for Restorative Therapies at Mercy, located in the Burk Building, and will accommodate the tremendous growth in cancer-related rehabilitation services offered at Mercy.

Featuring four private treatment rooms, administrative space, a patient changing room, private conference/office space, a waiting area and a small gym, the new center is conveniently close to the main entrance of the Weinberg Center and its adjacent Saratoga Garage.

Setting the standard of care for cancer rehabilitation and lymphedema treatment in Baltimore and the region, the Center for Restorative Therapies at Weinberg offers the latest and best approaches to early intervention and proactive treatment of cancer-related issues. Each of its physical and occupational therapists specializes in caring for patients with cancer and is certified in lymphedema management.

“We offer pre-operative evaluations and education, lymphedema management and pain management, and a great variety of services to assist patients with improved range of motion, strength, mobility and wellness so that they can enjoy work, leisure and exercise activities,” explains Debbie Feldman, Director of the Center for Restorative Therapies. “This new location is of tremendous benefit to our patients because they can now receive all their cancer-related services under one roof. We’re also excited that the expansion will allow us to help women with osteoporosis, pelvic pain and other conditions that can benefit from specialized therapies.”

Two generous gifts have been pledged that helped this expansion project go forward. The first is in memory of Karen McCarthy, who was a patient of the Center for Restorative Therapies. Karen inspired countless

others to join in her efforts to raise money for the Lymphedema Assistance Fund, which is used to purchase medical equipment and supplies for patients who would not otherwise be able to afford them. Proceeds from sales of Karen’s cookbook, “Cooking for a Cause with Karen and Friends,” plus charitable donations to the fund, now total over \$20,000. The second gift for the expansion project is from the Mercy Medical Center Auxiliary, whose tremendous generosity reflects their ongoing commitment to the mission and example of the Sisters of Mercy.

*If you would like to make a gift in support of the Center for Restorative Therapies at Weinberg, or to the Lymphedema Assistance Fund, please contact Sarah Fawcett-Lee, CFRE, Senior Director of Development, at 410-332-9871 or sfawcett@mdmercy.com*

PICTURED: (left) Maureen McBeth, PT, CLT, demonstrates a compression sleeve. (below) Debbie Feldman, PT, works with a patient on strength and range of motion.

## MERCY RECEIVES TOP HONORS

The HealthStream Research Excellence through Insight awards for 2007 were presented, with Mercy’s Center for Restorative Therapies earning top honors nationally for Overall Patient Satisfaction. One hundred and nine hospitals of a similar size to Mercy were eligible for the award, and Mercy was the only hospital to receive this impressive recognition. Mercy’s Surgery Center at Weinberg was also honored for Overall Patient Satisfaction in outpatient surgery.

HealthStream is a leading provider of learning and research solutions for the healthcare industry. Through HealthStream Research, executives from approximately 1,100 healthcare facilities gain insight into patients’ experiences, workforce challenges, physician relations, and community perceptions of their services.



# A TRIBUTE IN CELEBRATION OF RICK BERNDT



IT WAS ON NOVEMBER 11 IN 1874 THAT SIX SISTERS OF MERCY ARRIVED AT THE CORNER OF CALVERT AND SARATOGA STREETS, THE VERY SITE THAT A MUCH EXPANDED MERCY MEDICAL CENTER CAMPUS STILL COVERS TODAY. EXACTLY 134 YEARS LATER, THE 11TH OF NOVEMBER GAINED EVEN GREATER SIGNIFICANCE IN THE STORY OF MERCY, WHEN OVER 400 PEOPLE GATHERED FOR AN EVENING OF CELEBRATION IN TRIBUTE TO LONG-TIME MERCY TRUSTEE, RICHARD O. “RICK” BERNDT.

“Mercy is one of a select group of institutions fortunate enough to have benefited enormously from Rick’s skills,” Sister Helen Amos, RSM, told the audience that night. “Unquestionably, his guidance and support have contributed in a singular way to the hospital’s success.”

During the event, held at the newly opened Hilton Baltimore, Sister Helen presented Rick with The Catherine McAuley Leadership Award – the highest award given by Mercy Health Services for outstanding volunteer leadership. The handsome framed award, which was hand-crafted by Mercy employees, bears text describing how Rick’s style of leadership and his compassion, integrity and innate sense of fairness resonate with the character of Catherine McAuley, the founder of the Sisters of Mercy. Sister Helen read aloud the following final lines:

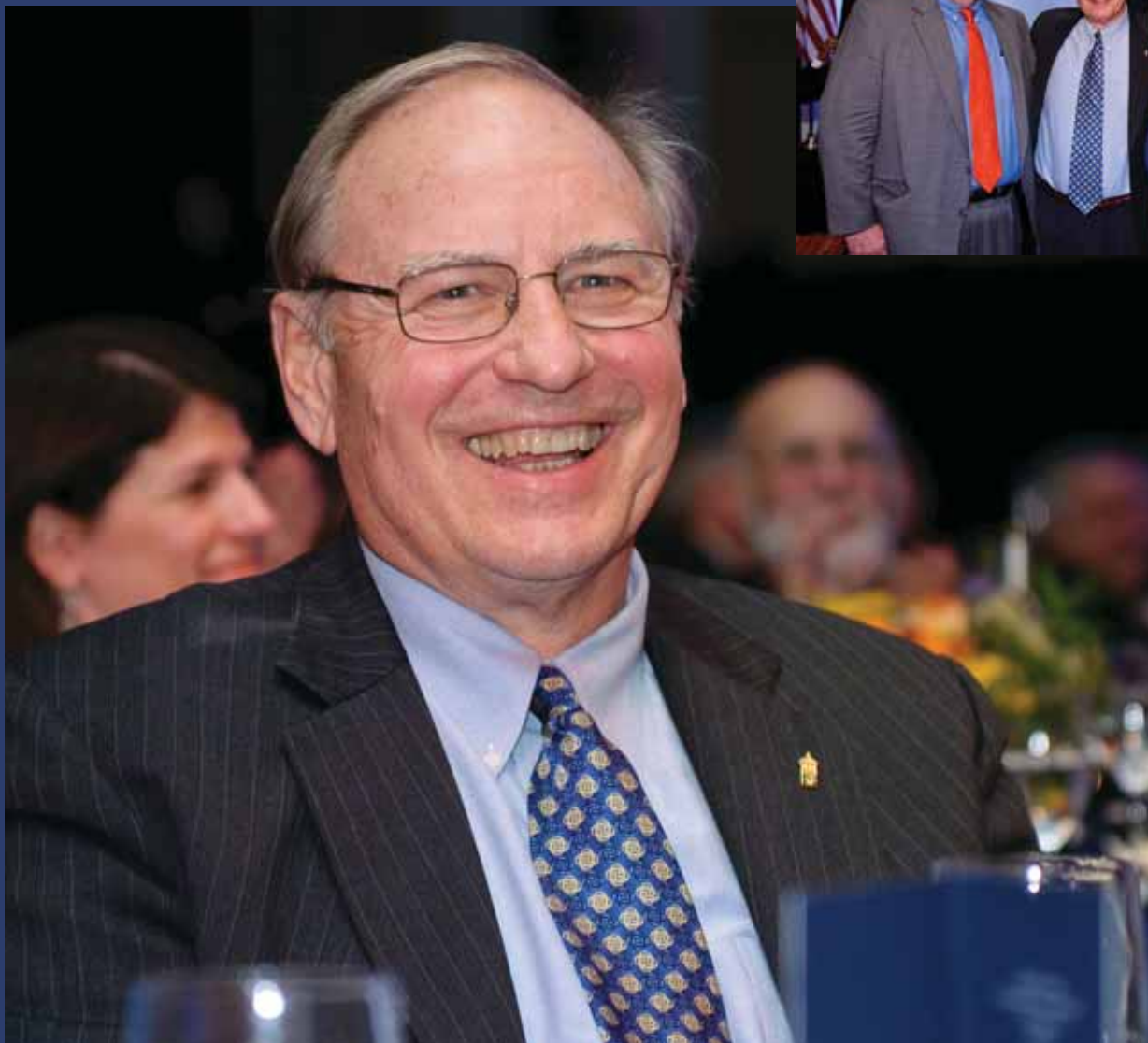
“Catherine McAuley worked diligently, yet patiently, to ensure that the work of mercy would flourish well beyond her own lifetime. As architect of hope, she had confidence in the enduring power of Mercy. Vision, dedication, and altruism mark the leadership of Rick Berndt. Without self-serving ambition, Rick has become a tireless builder, matching innovative ideas with talented people to form practical solutions, thereby serving as the catalyst for sustainable good at Mercy Health Services and throughout Baltimore and Maryland.”

Many more words were spoken in tribute to Rick during the course of the evening, but nothing could top the final gift presented to him by his wife, Rita – a home-made yellow cake with boiled chocolate frosting. As Rick is known to say, it was a perfect reason to “keep smiling.”

## **Excerpt of Rick Berndt’s remarks upon receiving The Catherine McAuley Leadership Award**

“I have been so blessed to be part of the incredible Mercy family...The Sisters of Mercy are a phenomenal band of committed women. They live out the very best of our Judeo-Christian values and are a beacon of social justice within the Catholic Church. They do so much good and motivate so many others to engage with them...Together, Sister Helen and Tom Mullen have led Mercy to new heights – you can literally watch it rise above St. Paul Place as Whiting-Turner performs its magic...Mercy has a feel and a tone and a warmth that comes directly from the Sisters who founded it exactly 134 years ago today and that spirit lives on in its doctors, nurses, staff, management and Board. To say that Mercy is a special place is an enormous understatement. I am so very proud to have been part of its life these past 40 years.”

*Keep smiling!*



CLOCKWISE: Rick Berndt unveils his wife Rita's surprise gift; Baltimore City Council President Stephanie Rawlings Blake and Linda Jones, Esq. with their table companions; Rita Berndt; Tom Mullen, Rick Berndt and Sister Helen Amos, RSM



# The Sisters of Mercy Welcome

Construction is well underway for Mercy's new patient tower, The Mary Catherine Bunting Center, slated to open in late 2010. Reaching 18 floors and encompassing 686,000 square feet, the new building will feature the very latest design and technology to ensure patient comfort, and to welcome all who come to our doors for help.

#### **Convenient Entrances**

A covered passenger drop-off and pick-up area on St. Paul Place, along with convenient valet parking, will provide an attractive entrance to The Mary Catherine Bunting Center. Other points of access include all-weather pedestrian skywalk connections from Mercy's existing main lobby and from the Pleasant Street Garage. All visitors and patients will be welcomed to Mercy in the same way they are now – with warm greetings from staff, and helpful way-finding signage.

#### **Lobby, Café, Shop and Chapel**

The Mary Catherine Bunting Center's lobby will be a large, open space offering comfortable seating and easy access to a gift shop and full-service café. Prominently located near the lobby will be the Mercy Chapel of Light – a peaceful space for meditation and spiritual reflection.

#### **Beautiful Gardens**

Along St. Paul Place, planted gardens will welcome visitors to the front doors of The Mary Catherine Bunting Center. Above street level, patients and visitors may access three beautiful rooftop terraces, complete with seating, which will help connect patients, staff and visitors to the natural environment.

#### **Private Patient Rooms**

The Mary Catherine Bunting Center will include 259 private patient rooms, each with its own bathroom, carefully designed to provide comfort and privacy to patients and their families. Each room will accommodate the latest in-room technology for bedside medical care, as well as plentiful seating for visitors and striking views of Baltimore's skyline.

# You



Hospitality – the warmth, welcoming, kindness and generosity of the Sisters of Mercy – imbues itself throughout the public spaces of Mercy Medical Center. As Mercy began to expand its campus in early 2008, an all-out effort was launched to ensure its buildings would remain as welcoming as possible during the construction of The Mary Catherine Bunting Center. That effort will continue as the new patient tower opens in late 2010.

Step into any Mercy Medical Center building, and you'll be greeted with a smile and, if needed, an offer of help. "The first impression is the most important impression," explains Sister Elizabeth Anne Corcoran, RSM, Assistant to the President for Hospitality. "Within the first few seconds, we pass judgment on one another, or a building, or a place. Once the first impression is made, it's almost impossible to change."

"Once The Mary Catherine Bunting Center is open, the graciousness and ability of our employees to help people will continue on in that new space, just as it did when we opened The Harry and Jeanette Weinberg Center five years ago," continues Sister Elizabeth Anne. "I feel very strongly that we will be able to do that – to look after people in the ways that we always have, and always will."

"Once The Mary Catherine Bunting Center is open, the graciousness and ability of our employees to help people will continue on in that new space."



Christmas comes but <sup>Twice</sup> once a year

A Benefit for Mercy's Neonatal Intensive Care Unit  
June 25, 2009  
The Center Club

Mercy Medical Center is proud to announce St. Nick and you, the fourth annual event to benefit our Neonatal Intensive Care Unit (NICU). Our NICU is an important resource that saves the lives of hundreds of children each year.

Tickets: \$50 in advance, \$60 at the door  
Thursday, June 25, 5:30 p.m. – 8:00 p.m.  
The Center Club, 100 Light Street, 16<sup>th</sup> Floor  
Complimentary Parking at The Center Club  
[www.centerclub.org](http://www.centerclub.org)

Be merry and bright. Make good cheer. Old St. Nick will soon be here. Save the date and invite a friend for a summer evening of yuletide delights. Come and taste seasonal treats with a summer twist, provided by Baltimore's best restaurants. The season of goodwill comes early this year...

For sponsorship opportunities, to purchase tickets or for additional information, visit [www.mdmercy.com](http://www.mdmercy.com), send us an e-mail at [nickandyou@mdmercy.com](mailto:nickandyou@mdmercy.com) or call 410-332-9290.



Eat



Drink



Be merry



And go home  
with gifts!

# Good News

While it may not seem possible that the world's recent economic challenges have resulted in anything positive, there is one piece of good news. In fall 2008, a two-year extension of the IRA Rollover Bill was signed into law as part of the economic bailout bill.

The provision allows individuals to make direct transfers of up to \$100,000 from their standard or Roth IRA to qualified charities of their choice without tax implications. This applies to gifts made between January 1, 2008 and December 31, 2009.

**The following limitations apply:**

- The donor must be age 70 1/2 or older.
- The cap on annual IRA rollovers is \$100,000.
- The contribution must be a direct gift to a charity (no planned gifts).

**We want to make sure you know about this important legislation because it can help you:**

- meet your required minimum distribution from your IRA(s)
- reduce taxes on your Social Security income
- reduce the phase-out of your itemized tax deductions

**Example:**

Mary Ann is a 71-year old retired government worker. After her husband died a few years ago, Mary Ann moved from the Mid-Atlantic to the West Coast to be closer to family. She is deeply grateful to the Sisters of Mercy for the education she received at Mount St. Agnes College, as well as the excellent care her father was given at Mercy Medical Center. To express her thanks, Mary Ann makes regular gifts to Stella Maris and Mercy Medical Center.

When Mary Ann retired, she rolled over her retirement plan into a self-directed IRA. In 2007, Mary Ann made a very generous gift to Mercy by taking advantage of the IRA Rollover Bill. She contacted the financial company that manages her IRA and instructed it to make a "qualified charitable distribution" to Mercy. The company transferred the amount Mary Ann indicated directly to Mercy. Her generous gift qualified her to become a member of The Mercy Society, which recognizes individuals who make annual gifts of \$1,000 or more to Stella Maris or Mercy Medical Center

"This was a simple and convenient gift to make, and it was also of great benefit to me," explains Mary Ann. The amount she donated to Mercy was not reported as income on her income tax form, and she did not have to itemize her tax return in order to take the deduction. "I will certainly consider doing this again in 2009, when I have to take my next minimum distribution. And, I hope this legislation will encourage others to make gifts to their favorite charities through their IRA."

*If you would like to make a gift to Mercy through your IRA, please call Nicholas Koas, Senior Vice President for Institutional Advancement, at 410-332-9875 or Sarah Fawcett-Lee, CFRE, Senior Director of Development, at 410-332-9871. We also urge you to contact your legal or tax advisor before you make a final decision to transfer funds to Mercy directly from your IRA.*

# A Classic Gift



An end-of-year gift of \$17,000 was presented to Neil B. Rosenshein, M.D., Director of The Weinberg Center for Women's Health and Medicine at Mercy, by representatives of the Baltimore Women's Classic. In recent years, the race's success has meant that sizeable contributions could be made to some of Baltimore's most prestigious medical institutions. Mercy Medical Center is delighted to be a recipient of a portion of the proceeds from the 2008 race. The gift will be used to provide support and assistance to women undergoing treatment for ovarian and gynecological cancer.

The Baltimore Women's Classic is dedicated to promoting fitness and healthy living among all women while increasing awareness of women's health issues. The race promotes a healthy spirit where runners, volunteers and race organizers help women of all ages and abilities take strong steps toward a healthier lifestyle.

Pictured Left: *Neil B. Rosenshein, M.D. accepts a generous gift from Baltimore Women's Classic Board Members, Melissa Glover and Tom Amatucci.*



## Save the Date The New Balance BWC 5K

Baltimore Women's Classic  
A Women's Distance Festival Event

**Sunday, June 28, 2009**

For more information, visit  
[www.baltimorewomensclassic.com](http://www.baltimorewomensclassic.com)

## Save the Date 7th Annual Golf Tournament

The DeCesaris/Prout Cancer Foundation will hold its annual golf tournament on June 26, 2009 at the Twin Shields Golf Club in Dunkirk, Maryland. In 2008, the Foundation gave its first gift to Mercy Medical Center in support of services to patients with lung or ovarian cancer, and to fund research into the causes and early detection of lung cancer. Mercy is deeply grateful for this generous support.

For more information about the 2009 tournament, visit  
[www.dpcancerfoundation.org](http://www.dpcancerfoundation.org).

June 26, 2009  
Twin Shields Golf Course  
Dunkirk, MD



## Save the Date National Cancer Survivors Day

A Celebration of Life

All are welcome to join the Sisters of Mercy, physicians and staff of The Institute for Cancer Care at Mercy for our annual observance of National Cancer Survivors Day.

Sunday, June 7, 2009

2:00 p.m.

Hyatt Regency Hotel  
300 Light Street  
Baltimore, Maryland

Program includes remarks by cancer survivors, reflections, musical selections and entertainment.

# Sitting Pretty

A handsome white chair, covered in signatures of breast cancer survivors, is now on prominent display in The Hoffberger Breast Center's waiting area thanks to the generosity of Garon's-Ethan Allen Home Interiors. During the October 2008 running of the Susan G. Komen "Race for the Cure" in Baltimore, three such chairs were autographed by breast cancer survivors. Each "survivor chair" was then presented to a local hospital, with Mercy Medical Center included as a recipient.

"We are deeply touched by this special gift," said Marsha Oakley, R.N., Nursing Coordinator for The Hoffberger Breast Center, and herself a breast cancer survivor. "I recognize the names of several of the women who signed our chair, including patients we've known at Mercy for a long time. Seeing their names each day will be an inspiration for us all."

Jordan Levine, Chief Operating Officer for Ethan Allen stores in the Baltimore region, was on hand for the presentation of their gift. "Our company brings three chairs to the Baltimore race to be signed," he says. "It has become an annual ritual for some survivors, so I get to see the same faces year after year. It's an emotional thing to connect with these amazing women and celebrate another year of life and healing with them."

Since 2005, Mercy Medical Center has received \$373,000 in grants from Susan G. Komen for the Cure – from both the national organization and its Maryland affiliate. These funds have been used by the Prevention and Research Center at Mercy to underwrite research into the treatment of persistent fatigue in breast cancer survivors. Studies evaluated the effectiveness of holistic intervention to improve overall health and decrease fatigue using strategies such as stress reduction and ways to improve nutri-



tion, physical activity, and sleep. Based on this success, a clinical program, "Be Well, Stay Healthy" was created with funding from Komen, as well as other initiatives for the children and caregivers of breast cancer survivors. Susan G. Komen for the Cure has also funded education and discussion groups at Mercy to help patients cope with the physical and emotional problems surrounding the cancer experience.

Mercy Medical Center is delighted to partner with Susan G. Komen for the Cure, which is now the largest source of nonprofit funds dedicated to the fight against breast cancer in the world. Together, we can save lives, empower people, ensure quality care for all and energize science to find the cure for breast cancer.

*(Left to right) Marsha Oakley, RN, The Hoffberger Breast Center at Mercy; Elaine Foard, Race Manager, Komen Maryland Race for the Cure.*

**GIFTS TO MERCY MEDICAL CENTER ENABLE US TO CONTINUE THE MISSION** of Catherine McAuley, the first Sister of Mercy, who dedicated her life and her fortune to meeting the needs of her community. We appreciate every gift, large or small. The support we receive from you, and many others, helps Mercy maintain high standards of excellence in patient care for all who come to us for help.

**Gifts have been received  
in Honor of...**

*September 1, 2008 to December 31, 2008*

Sister Margaret M. Beatty, RSM  
Mr. and Mrs. Richard O. Berndt  
Dr. Dalliah M. Black  
Ms. Hannah Campbell  
Drs. John T. Campbell and Michele DeMusis  
The Cawley-Wanger Family  
Dr. Bernard W. Chang  
Dr. Joseph J. Ciotola  
Ms. Michele Codori  
Sister Elizabeth Anne Corcoran, RSM  
Mrs. Mary M. Duffy  
Sister M. Cordelia Eckert, RSM  
Dr. Neil B. Friedman  
Mr. Bernie Goodman  
Dr. Samuel S. Hsu  
Dr. Barbara M. Jaeger  
Ms. Myrtle Johnson  
Dr. Karen A. Korzick  
Mr. Gerald Lewandowski and  
Ms. Karolyn Blumer  
Ms. Maureen L. McBeth  
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tenderness above all things"*

- Catherine McAuley, Founder, Sisters of Mercy

On March 30, 2009, National Doctors' Day will celebrate the important role that doctors play in our lives. We invite you to help us mark that special day by making a gift in honor of your Mercy doctor (or doctors). Such gifts help honor and recognize not only the talent of our doctors and their commitment to you, but their commitment to the mission and values of the Sisters of Mercy.

Your gift will help Mercy maintain its high standards of excellence in patient care for all who come to us for help.

To make a gift in honor of your doctor(s), simply fill out the envelope enclosed in this issue of "Spirit" and drop it in the mail, or contact Naisha Vinson, Annual Giving Officer, at 410-332-9165 or [nvinson@mdmercy.com](mailto:nvinson@mdmercy.com).



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