



# IMPACT

YOUR GIFT MAKES A DIFFERENCE | WINTER 2022

# Elkhart Native Celebrates 50th!



Julie Parrott Karrer has no problem recalling how she felt on her milestone birthdays. The Elkhart native remembers the feeling, a sense of despair, when she was still single and turning 30. A wife and mother of five children, she cried when she turned 40.

She decided she wanted 50 to be different.

"I wanted to be grateful and full of appreciation going into 50," Parrott Karrer said. That's why she is entering the new decade today with a challenge to herself: Do 50 things, 50 ways for other people. She came up with the idea when she was reading the book *Zen Shorts*, by Jon J. Muth, to her daughter.

"One of the stories tells of the panda's uncle who would give others gifts on his birthday," she said. Her first gesture arrived in the way of sweet treats to the place where she was born. Fifty cupcakes prepared at Adams Cake Shoppe were delivered to the maternity department at Elkhart General Hospital.

Parrott Karrer entered the world around 5:30 p.m., Sept. 7, 1971, weighing in at 9 pounds, 9 ounces. She lived in Elkhart with her parents and close to her grandparents until she was six and her family moved to Greenville, South Carolina.

"All of my cousins still live in Elkhart. My childhood and best memories are there. I've lived in South Carolina all my life, but I still feel so connected to Elkhart," she says.

Today, she works as a relationship coach in Greenville; but she still feels a special bond to the city she once called home.

"These 50 cupcakes are the first item on my list," Parrott Karrer told the maternity team in a short letter that accompanied today's delivery. "Thank you for helping me celebrate my birthday."





At the end of the day we are all part of the same family, the same community, who care deeply for each other. We applaud our donors, physicians, associates and the community for your sincere dedication to helping one another.



## Caring for Those who Care for You

We are an organization of givers and healers who step in during the worst times when someone is scared, sick and hurt. Health care professionals are wired to heal and soothe even at times to their own detriment.

In a profession where self-care often is a challenge that gets neglected during normal times, the need to focus on our associates' mental wellbeing and provide tools for resiliency became one of Beacon Health System's main focuses in 2021.

Through the generous support of Lippert and community donations, we were able to develop support groups, educational sessions, and self-care resources. Space was set aside for meditation, zen areas, and sleep pods, allowing our associates to take a moment to focus and recharge.

At Beacon Health System, we pride ourselves on having the best-trained staff, and this was no exception. Spiritual Care members developed resiliency training as a piece of our Beacon-wide response. Training incorporated techniques that could be used at work or during their personal lives, allowing for our associates' need for flexibility. From breathing techniques to gratitude journals, participants learned how to take opportunities for self-care regularly in small but significant ways.

We recognize the significant toll working in health care during COVID is taking on our associates. Thanks to generous donors and committed staff, we are able to care for those who care for you when you enter our doors.

## Resiliency Training in Action

Interview with Cathy Linster,  
Environmental Services

Cathy Linster began working at Beacon Health System five years ago. In 2021, when Beacon Health System offered Resiliency Training, Cathy signed up.

Participating in the Resiliency Training has had a lasting impact on how Cathy deals with stress and manages her self-care. "I enjoyed the resiliency classes. It's been such a dark two years. The classes allowed us to sit in groups and say what was on our mind and was a huge stress releaser," Cathy explains.

Dealing with the stress of COVID included ever-changing procedures, watching family members not be able to be together, and wearing all the PPE.

Cathy continues to use the techniques she learned in class. "I've learned breathing is a great relaxing technique and just helps your mind clear and helps you," she explains. She also does a lot of self-talk and walking when she feels overwhelmed.

Having access to the chaplains helps now that classes are over. "I've said to my boss and the chaplains that I really really miss getting together," Cathy reflects.



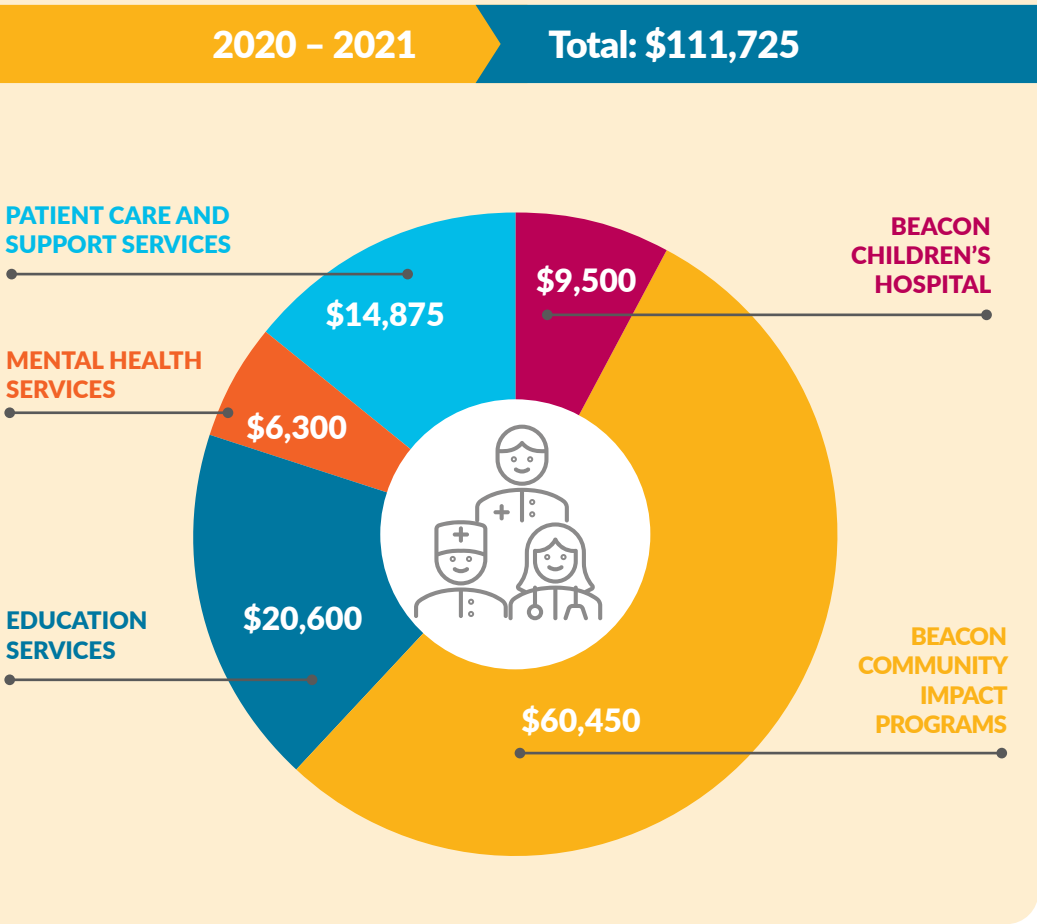
breathe

# Physician Philanthropy Council

Physicians care about their patients and making a difference. They advocate, save lives, provide treatment and offer hope. And many have a desire to do even more.

In 2018, Beacon Health Foundation created the Physician Philanthropy Council (PPC). Members of this physician-only giving group share an interest in supporting the health needs of those who are at-risk or most in need.

Since inception, more than \$250,000 has been committed by the PPC to support associates, at-risk and vulnerable patient populations, and our local communities.



# Memorial Hospital's Epworth Center Celebrates 10 Years!

Our Region's only inpatient adolescent and adult psychiatric hospital

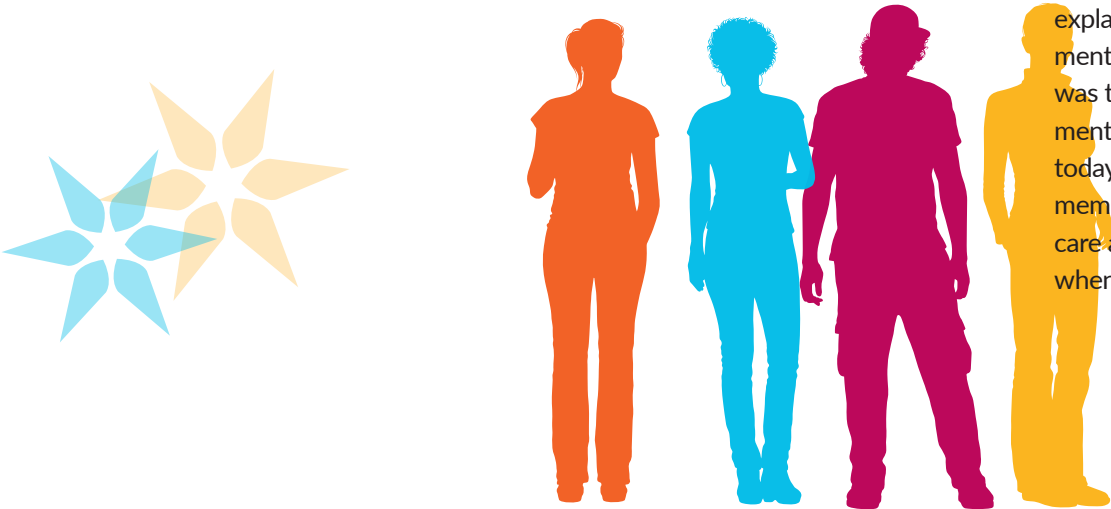
In early 2011, Memorial Hospital pledged to provide psychiatric services and care at the former Madison Center properties near downtown South Bend. One of the biggest challenges in the last 10 years has been the growing number of adults and teenagers seeking mental health treatment.

More than 10,000 patients are served at Memorial's Epworth facilities every year, and there is a long waiting list for others seeking behavioral health services.

Dr. Suhayl Nasr, Medical Director at Epworth Center and Hospital, has been instrumental in shaping the course the facilities have taken during the past decade.

"Our obligation is to see that we take care of folks in this community without them having to leave for healthcare elsewhere, and to do this in a very high-quality fashion," Dr. Nasr said.

Tom Cassady, Jr., who serves on the Beacon Health System Board of Directors, explained how the decision to take over mental health services for Madison Center was the right one. "All of us deal with mental health issues in every family, and today I would recommend to community members that you can be confident in the care and treatment your family will get when they come to Epworth."





# GEM

BEACON HEALTH FOUNDATION

## Going the Extra Mile: GEM

Going the Extra Mile, "GEM," aptly describes the 3,500+ associates who generously give through GEM. The impact of associate giving on our patients, their families, and each other is immeasurable.

01/01/2020 – 06/30/2021

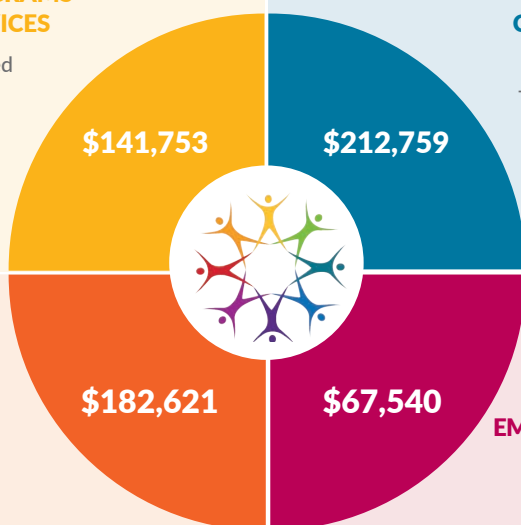
Total: \$604,673

### PATIENT CARE PROGRAMS AND SUPPORT SERVICES

- Supplies for underserved patients with diabetes
- Transportation for financially-challenged cancer patients
- Space improvements

### AREAS OF GREATEST IMPACT

- Nursing Scholarships
- COVID testing for uninsured patients
- Support for associates during COVID & during Nurses Week



### BEACON CHILDREN'S HOSPITAL

- Child Life & Art & Music Therapy for hospitalized kids
- Equipment in the NICU to care for our smallest patients

### ASSOCIATE EMERGENCY ASSISTANCE

- 107 associates helped in their time of greatest need



Thank you  
for giving me  
art therapy  
to help me heal.





“When we know ourselves to be  
**connected** to all others, acting  
**compassionately** is simply  
the natural thing to do.”

– R.N. Remen



We believe small acts have big impacts.  
Please help us continue to provide vital  
care for children and families in our  
region when they need it most.

Visit our website to learn more:  
[foundation.beaconhealthsystem.org](http://foundation.beaconhealthsystem.org)  
or call 574.524.GIVE

