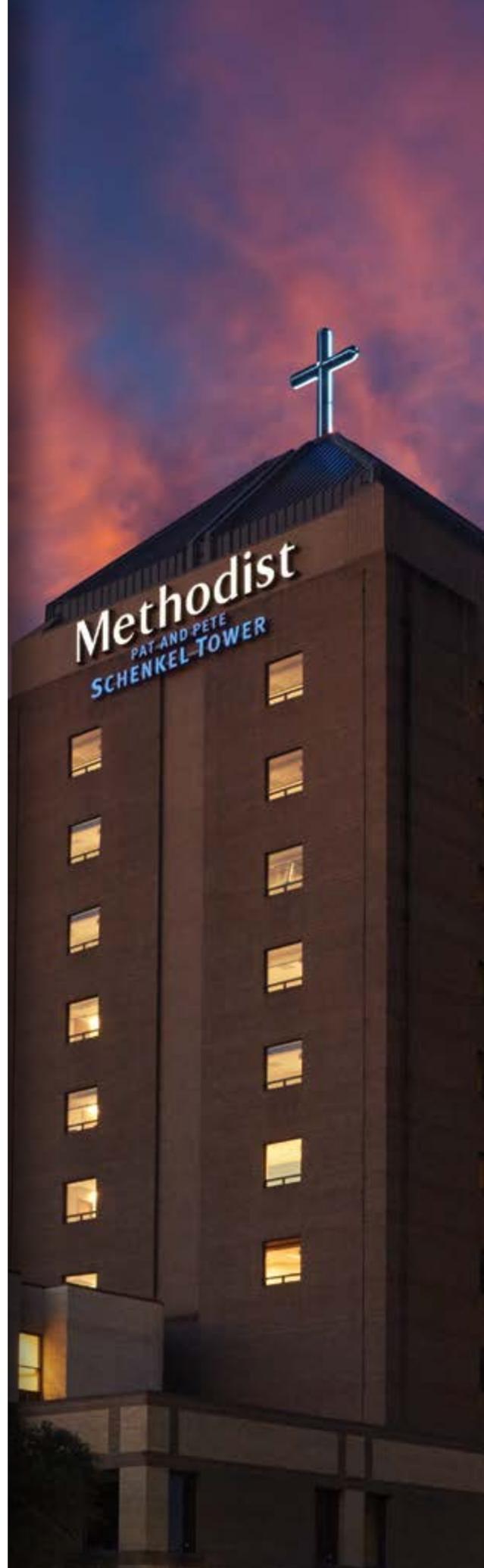


How do you
become the
trusted choice
for health and
wellness?



Dedication.

Each day at Methodist Health System, thousands of people — doctors, nurses, administrators, environmental service workers, cooks, groundskeepers, volunteers — walk through our doors and throw themselves into the mission-driven work of improving and saving lives through compassionate, quality healthcare. This is the mission we have lived for more than 90 years and one that Methodist Health System Foundation continues to fuel today.

But it doesn't come easily. It requires vision. It takes integrity and discipline. And above all, it demands dedication — to excellence, to innovation, to serving our patients.

» *"LORD my God, I called to you for help, and you healed me." — Psalm 30:2*

The Reverend Don R. Benton, DMin, started a tradition. The longtime member of the Methodist Health System Foundation Board of Trustees designed the cross atop Methodist Dallas Medical Center. Today, every Methodist hospital campus bears a cross. They serve as symbols of our dedication to Christian service and beacons of hope for the sick and suffering.





We're honoring our past with a vision for our future.

A few years ago, Methodist Health System set its sights on the year 2020 and established a vision: to be the trusted choice for health and wellness. At first glance, these words are easy to take for granted. But a closer look reveals a deeper meaning.

We want to be *the* trusted choice, not *a* trusted choice. We want the Methodist name to be top of mind when people think of dependability, quality, and compassion.

We carve no boundaries. We take great pride in not only serving our North Texas community but also welcoming people from across the world who see us as a destination for renowned healthcare. Also, just as our founders were dedicated to bringing healthcare to the underserved, we treat any person who walks through our doors.

We prioritize health *and* wellness. We care about healing the sick and fixing the broken, but we also care about their overall well-being — physical, emotional, mental, and spiritual.

We are dedicated to *being* trustworthy — to remaining steadfast and unwavering in our work. It's not enough to earn trust; we must continue to cultivate it and prove our worth to our patients and to our community.

As you can see, our Vision 2020 is anything but cliché. It's a demand for excellence, innovation, and expansion. In the last year, Methodist Health System Foundation has celebrated many successes that serve this vision. It has been a privilege to steward your generous contributions in support of this work, and in the pages that follow, we'll showcase several of them. Your dedication is to be commended, and we, along with the clinicians and patients we serve, thank you for it.

With kind regards,

JAMES M. JOHNSTON

President
Methodist Health
System Foundation

R. STEPHEN FOLSOM

*Chair of the
Board of Trustees*
Methodist Health
System Foundation

STEPHEN L. MANSFIELD, PHD, FACHE

President and CEO
Methodist Health System

« Among those leading the way for Methodist Health System's Vision 2020 are (from left) James M. Johnston; R. Stephen Folsom; and Stephen L. Mansfield, PhD, FACHE.



We're dedicated to pursuing excellence in everything we do.

We know that excellence doesn't just happen. It's planned, supported, and pushed. So we brought together the right specialists and gave them the right tools. We expanded our array of minimally invasive procedures and are planning a skills simulation lab to train the next generation of surgeons. And we keep pushing the envelope, incorporating new research into our care and participating in clinical trials. After all, excellence isn't about us — it's about our patients, advancing their care, and earning their trust.

3 NUMBER OF *FIRST-IN-THE-NATION* JOINT COMMISSION CERTIFICATIONS ACHIEVED BY METHODIST HOSPITALS: PANCREATIC SURGERY, PANCREATITIS, AND PANCREATIC/HEPATIC/BILIARY CANCERS.

159 NUMBER OF ACTIVE CLINICAL TRIALS AT METHODIST IN FISCAL YEAR 2018. METHODIST WHOLLY SUPPORTED 117 OF THEM.

« Prashant Kedia, MD, FASGE, is director of interventional endoscopy at Methodist Dallas Medical Center. Since 2014, Methodist Dallas has achieved many endoscopic firsts, including the first hospital in North Texas to correct gastric bleeding with endoscopic ultrasound.





Carol Cress thought she was free of pancreatitis for good. Then the pain struck again.

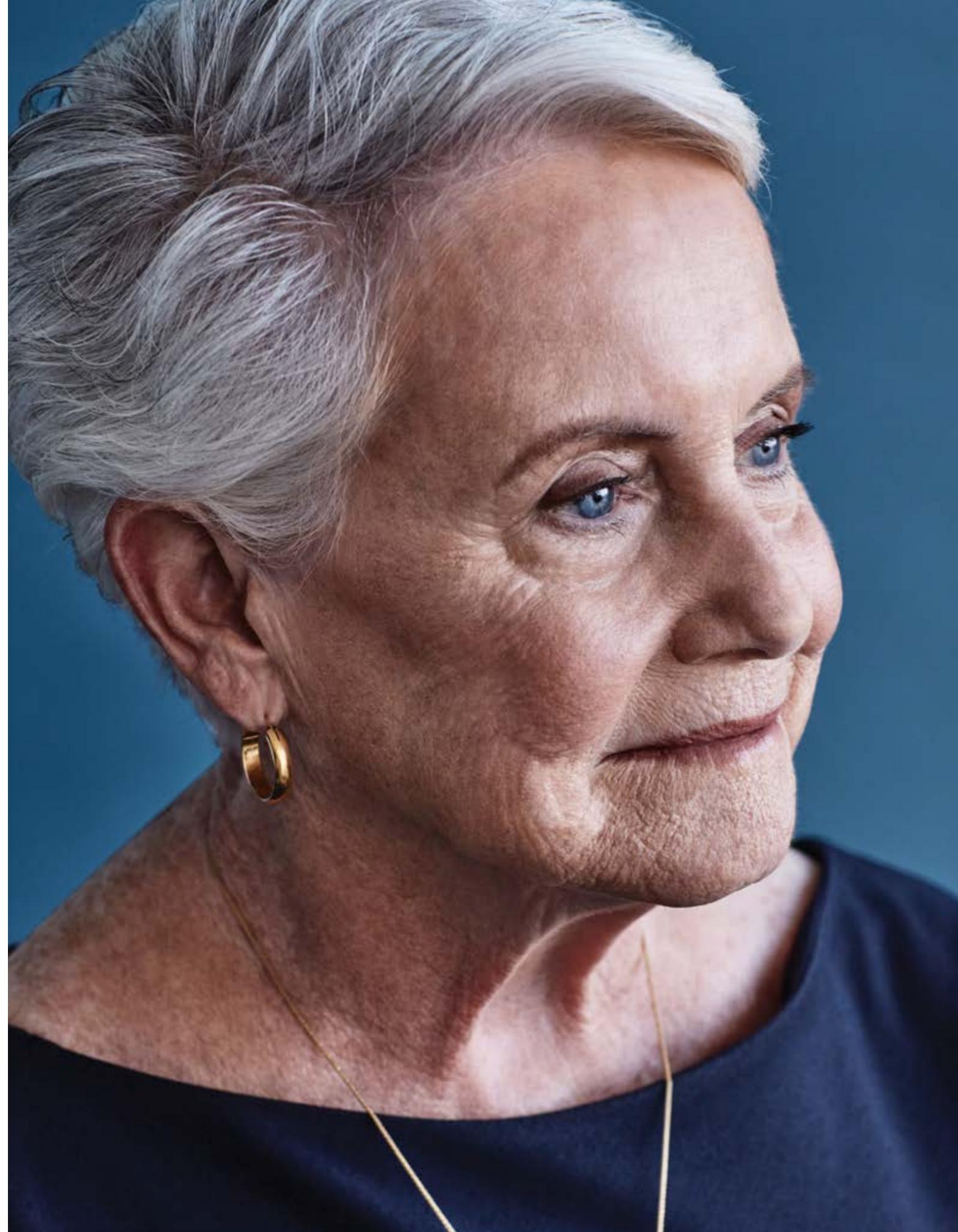
In 2015, Carol had a successful surgery to remove a potentially cancerous cyst from her pancreas. “Almost two years went by, then boom!” she says. The severe abdominal pain, nausea, and vomiting had returned. A blockage had formed between the pancreas and small intestine, and it needed to be opened. A doctor at another Dallas hospital referred Carol to Methodist Dallas Medical Center because it’s the only hospital in the country certified by The Joint Commission in pancreatitis care.

At other hospitals, Carol was only offered surgical solutions, but Methodist Dallas offered her an advanced option — one that a decade earlier hadn’t been possible — endoscopic ultrasound (EUS). It allowed Prashant Kedia, MD, FASGE, gastroenterologist on the hospital medical staff, to approach the pancreas from inside the stomach. “Ultrasound can see through the lining of the stomach and into the pancreas to see the blocked duct,” he explains. “We can put a needle through the lining of the stomach and into the duct and then advance a stent to open the duct.”

Carol, a former gastroenterology (GI) nurse, had never heard of the procedure, but she appreciated the confidence she saw in Dr. Kedia. After the procedure, she knew she was right to trust him. “I went home that day after the procedure, and since then, it’s just been roses and a healthy life,” she says. “I’m eternally grateful.”

Methodist Health System Foundation supports several GI programs at Methodist Dallas. To learn how you can help, call 214-947-4555.

» *For 20 years, Carol Cress served as a nurse, 12 of those years as a GI nurse. “Looking through the lens of someone who has had pancreatic disease and who feared having pancreatic cancer, it’s important to find ways to catch these conditions early and treat them,” she says. “To me, Methodist Dallas is the only place to go when you’re having difficulties like mine.”*





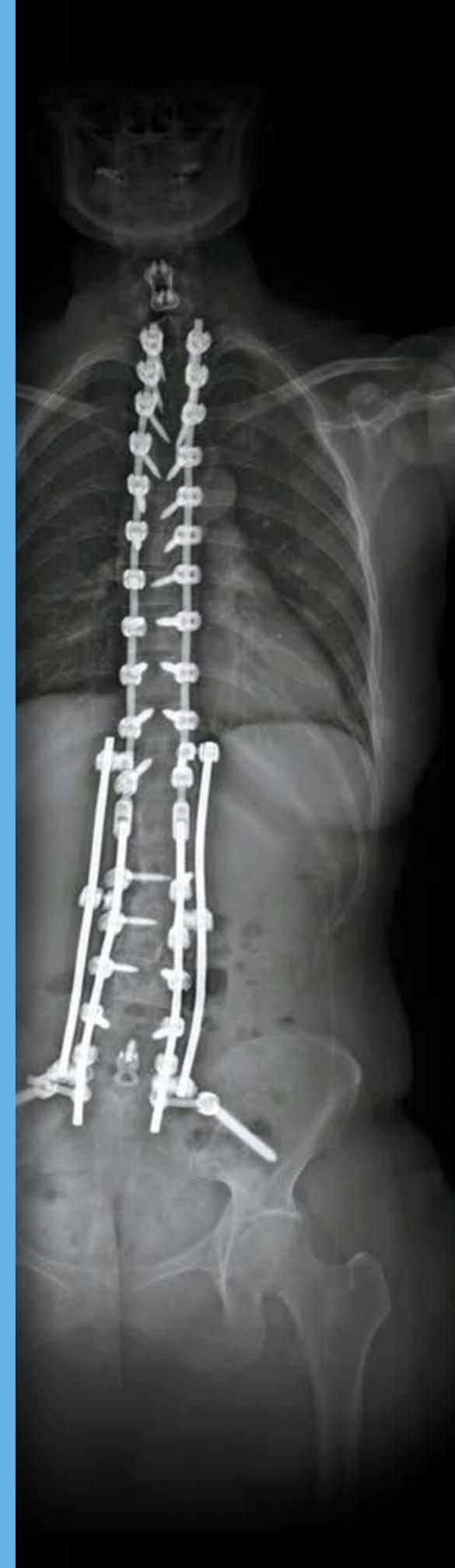
We're dedicated to bringing innovation and new methods of care to patients.

How could we enhance precision and safety? Which patients are falling through the cracks? What would it take to cure this disease? These are the kinds of questions our team asks often, paving the way for creative, research-based solutions. Last year, we sought out new technologies — like EOS® imaging. We established a clinic at Methodist Dallas Medical Center for the often-marginalized HIV community and another at Methodist Charlton Medical Center to help people facing heart failure. We also persevered in curing even more people of hepatitis C. As long as there is a need, we'll keep seeking innovative solutions.

43 NUMBER OF HOSPITALS IN THE COUNTRY OFFERING EOS IMAGING FOR ADULTS. METHODIST DALLAS IS THE ONLY ONE IN DALLAS COUNTY.

145 NUMBER OF PATIENTS RECEIVING CARE AT THE METHODIST DALLAS MEDICAL CENTER PARTNERS CLINIC, DEDICATED TO TREATING THOSE WITH HIV AND AIDS.

« For years, Jennifer Wilbanks dreaded X-rays — climbing onto a metal table, lying in awkward positions, and then holding perfectly still, all while suffering with back pain. Then she had her first EOS scan. "You walk in, you stand for a few minutes, and that's it," she says. "It's so easy, and the images are so clear." See her post-surgical scans on the opposite page.





Since a childhood accident, Jennifer Wilbanks' back has never been the same.

Jennifer Wilbanks wasn't born with scoliosis. It developed after she fell from a two-story window while playing as a child. "It shifted everything in my back," says the Lubbock resident, who had her first back surgery in 2016: two long titanium rods implanted to correct the curvature of her spine. She thought she was almost healed, and then only days before her wedding in July 2018, she felt a pop. A month later, another pop. The pain that followed was debilitating.

A family member referred Jennifer to Methodist Dallas Medical Center, the only adult hospital in Dallas with EOS[®] imaging. This technology course-corrected Jennifer's recovery. It confirmed not only that her rods had snapped in two but also where the breaks had occurred. That information helped Randall Graham, MD, neurosurgeon on the hospital medical staff, minimize the surgical area, shave three hours off Jennifer's surgery time, and plan for two repairs in one day. "The operation isn't the hard part — it's figuring out how you're going to operate," he says. "EOS makes it easy to come up with a plan."

Life is easier for Jennifer, too. She looks forward to returning to work, traveling, and enjoying her marriage. For the generous anonymous donor who helped make EOS possible, she has nothing but thanks. "Every hospital should have EOS technology," she says. "It's wonderful that Methodist made this kind of investment to make things easier for people like me."

» *Neurosurgeon Randall Graham, MD (above), says hundreds of patients have benefited from EOS imaging since fall 2018. His next hope for advancing neurosurgery at Methodist Health System is equipment that can produce images of the spine and brain during surgery.*





We're dedicated to giving people access to the care they need.

John Wesley is famous for saying, "Do all the good you can. By all the means you can. ... In all the places you can. ... To all the people you can." This is the wisdom behind Methodist Health System's outreach and expansion efforts. With recent projects in Dallas, Grand Prairie, Midlothian, Mansfield, and Richardson, we're finding ways to give people access to the lifesaving and life-improving care that they need.

3 NUMBER OF TRAUMA CENTERS IN METHODIST HEALTH SYSTEM. IN 2018, METHODIST CHARLTON AND METHODIST MANSFIELD MEDICAL CENTERS WERE DESIGNATED AS LEVEL III ADVANCED TRAUMA FACILITIES.

2k NUMBER OF WOMEN WHO BENEFITED FROM MAMMOGRAPHY SCREENINGS ON METHODIST'S MOBILE MAMMOGRAPHY UNIT, WHICH BRINGS THIS SERVICE DIRECTLY TO LOCAL WORKPLACES AND EVENTS.

« *Kesha Harris-Henderson, MD, is a radiation oncologist on the Methodist Charlton medical staff. "Without Methodist Charlton's presence, hundreds of cancer patients in Dallas and Ellis counties have the burden of driving several more miles to get the care they need," she says. "Our new cancer unit will fill a gap in our community's cancer outreach."*



People are driving miles outside their community for the cancer care they need.

Johnny Adams is one of the lucky ones. He has had a lifelong career as a grocer, is insured, and is surrounded by a close-knit family. His Hodgkin lymphoma was caught early, and with the help of Methodist Charlton Medical Center, he is now months into remission. “They had such a positive attitude that you couldn’t help but trust that what they were going to do would be the best for you — and it was,” he says.

Methodist Charlton knows that Johnny is one of thousands of local cancer patients needing quality cancer care. Several live in poverty and are uninsured. Their cancer is often caught later, when it’s harder to treat and patients are more prone to sickness. “We’re the only hospital in this area, so we’re really trying to meet the needs of our community,” says Amber Long, MBA, BSN, RN, OCN, CPHQ, director of cancer program administration at Methodist Charlton (shown above).

In coordination with the hospital, Methodist Health System Foundation is raising awareness and support for a dedicated cancer unit, which would be the only one of its kind in this community. Here, oncology-certified nurses and specialized physicians will help patients recover from intensive surgeries and overcome the effects of chemotherapy. “Cancer patients have unique needs, and it takes special people to care for them,” Long says. “These patients tend to have longer hospital stays, so this unit will be a temporary home for them, where they’ll really get to know the people caring for them. Our mission is to help them and their families and support them on their journey.”

» *Johnny Adams was diagnosed with stage III Hodgkin lymphoma in March 2018. “Donors who support the new cancer unit at Methodist Charlton are giving people like me an opportunity to increase their quality of life,” Johnny says. “You need to be surrounded by people who care in a place where you feel you can heal and be healed.”*



Methodist by the numbers.

These numbers help tell the story of Methodist Health System and the work of Methodist Health System Foundation. Financial numbers are derived from our fiscal year 2018, which ran from Oct. 1, 2017, through Sept. 30, 2018.

8,219

THE NUMBER OF PEOPLE EMPLOYED BY METHODIST HEALTH SYSTEM.

4

THE NUMBER OF YEARS METHODIST HEALTH SYSTEM HAS BEEN PART OF THE MAYO CLINIC CARE NETWORK.

91 years

SERVING NORTH TEXAS.

\$127.3 million

METHODIST HEALTH SYSTEM FOUNDATION'S TOTAL ASSETS.

\$150 million

HOW MUCH METHODIST HEALTH SYSTEM PROVIDED IN UNREIMBURSED CHARITY CARE.

Disbursements to Methodist Health System



- Capital and equipment 44%
- Community outreach and patient care 28%
- Scholarships and education 8%
- Other 20%

Contributions by Donor



- Individuals 53%
- Foundations 34%
- Corporations 10%
- Associations/Others 3%

Contributions by Designation



- Capital and equipment 35%
- Patient care and programs 34%
- General/Unrestricted 29%
- Other 2%

For the past 15 years, Methodist Health System has been named among the 'Best Places to Work' by the *Dallas Business Journal*.

2nd

METHODIST HEALTH SYSTEM'S RANKING ON THE NATIONWIDE DIVERSITYINC TOP HOSPITALS AND HEALTH SYSTEMS LIST.

102

NUMBER OF KIDNEY TRANSPLANTS PERFORMED AT METHODIST DALLAS MEDICAL CENTER IN 2018, 17 OF WHICH WERE FROM LIVING DONORS.

126

NUMBER OF ROBOTIC WHIPPLE PROCEDURES THAT HAVE BEEN PERFORMED AT METHODIST DALLAS MEDICAL CENTER FROM 2013 TO 2018.

1,184

NUMBER OF HEALTH SYSTEM VOLUNTEERS.

205

NUMBER OF PHYSICIANS ON THE MEDICAL STAFF AMONG THE D MAGAZINE BEST DOCTORS IN DALLAS.

\$411,796

THE VALUE OF FREE MEDICATIONS PROVIDED THROUGH THE MEDASSIST PROGRAM TO PATIENTS IN FINANCIAL NEED. IN ADDITION, THROUGH THE GOLDEN CROSS MINISTRY, THE FOUNDATION DISTRIBUTED \$222,351 TO THIS PROGRAM.



We're dedicated to honoring the legacy of Robert S. Folsom.

The Robert S. Folsom Leadership Award was created in 2005 to recognize people whose demonstrated commitment and excellence in community leadership emulate the achievements of former Dallas Mayor Robert S. Folsom. In its history, more than \$18 million has been raised to benefit programs and services provided through Methodist Health System. Recipients of the award are selected for their accomplishments in making a lasting, positive change in the Dallas community and inspiring others to follow in their paths. In 2018, Methodist Health System Foundation was proud to honor state Sen. Royce West with the Folsom Leadership Award.

\$1.6m

FUNDS RAISED THROUGH THE 2018 FOLSOM AWARD EVENT, WHICH WILL SUPPORT THE NEW CANCER UNIT AT METHODIST CHARLTON MEDICAL CENTER.

700

NUMBER OF PEOPLE EACH YEAR WHO WILL BENEFIT FROM CANCER TREATMENT IN THE NEW METHODIST CHARLTON CANCER UNIT.

« *State Sen. Royce West has been a prominent figure in state and local politics, law, and community service. He is known for his advocacy for educational opportunities and for the communities of southern Dallas County.*





Since 1992, state Sen. Royce West has been a tireless supporter of North Texas.

In the 27 years since Sen. Royce West was elected to the Texas Legislature, he has played a powerful role in state and local politics, law, and community service. He has been an advocate for educational opportunities for people of all ages and supported legislation to protect at-risk youth and their families as well as law enforcement officers. For these reasons and more, Methodist Health System Foundation was pleased to honor West with the 2018 Robert S. Folsom Leadership Award.

The festivities in honor of West kicked off on Oct. 17, when Nancy Ann and Ray Hunt hosted a patron party of Leadership Circle donors and special guests at the Hunt Consolidated headquarters in downtown Dallas. Then on Oct. 25, the Folsom Award dinner at the Hilton Anatole Hotel was a tribute to the leader, who chose to dedicate proceeds from his event to a new cancer unit at Methodist Charlton Medical Center. Every detail of the dinner was tailored to West, including a meal featuring his daughter's meatloaf recipe and a gospel choir performance of his favorite hymn.

"I am deeply humbled and honored to receive the Folsom Leadership Award," West said that night. "It's special not only because of the highly distinguished prior recipients, but also because of the man it's named after, Bob Folsom. This truly is a special night for me and my family, and I am so appreciative."

To learn how you can support the new cancer unit at Methodist Charlton, visit [MethodistHealthSystem.org/Foundation](https://www.methodisthealthsystem.org/foundation).

» *Methodist Charlton's new cancer unit will include 12 patient rooms, with the capacity to serve more than 700 patients a year. Staffing the unit will be specialized physicians and oncology-certified nurses, and accommodations will offer a spa-like feel, artful décor, and comfortable seating for visitors.*





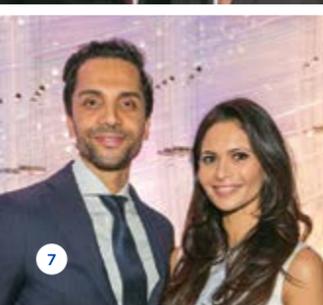
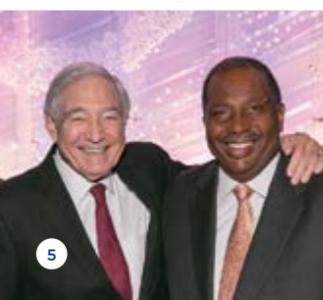
2018 Folsom Award Dinner

PAST ROBERT S. FOLSOM LEADERSHIP AWARD RECIPIENTS

- | | |
|---------------------------|----------------------------|
| 2005 Robert S. Folsom | 2012 Michael M. Boone |
| 2006 Nancy Ann Hunt | 2013 Rev. Mark Craig |
| 2007 Troy Aikman | 2014 Bobby B. Lyle |
| 2008 Laura Bush | 2015 Jack Lowe Jr. |
| 2009 Norman Brinker | 2016 R. Gerald Turner, PhD |
| 2010 Pat and Emmitt Smith | 2017 David B. Miller |
| 2011 Trevor Rees-Jones | |

- 1 Royce West with his wife, Carol; Marilyn and Stephen L. Mansfield, PhD, FACHE; and 2018 Folsom event co-chairs
- 2 Jim Johnston; Royce West; Steve Folsom; and Stephen L. Mansfield, PhD, FACHE
- 3 Pete Schenkel; Ray Hunt; Royce West; and R. Gerald Turner, PhD
- 4 Dallas Mayor Mike Rawlings and Royce West with the Roycesters, a Temptations tribute band
- 5 Royce West

- 6 Stephen L. Mansfield, PhD, FACHE, with Serita and Bishop TD Jakes
- 7 Magnus Wetterstrand and Sylvia Hargrave, MD
- 8 Brint and Amanda Ryan with Carol and Royce West
- 9 Pat and Pete Schenkel with Sharon and Steve Folsom
- 10 The Hon. Tennell and Marshella Atkins; Regina Montoya; the Hons. Delia and Juan Jasso; Carol and Royce West; the Hon. Theresa Daniel, PhD; and the Hon. Elba Garcia, DDS



2018 Folsom Patron Party

- 1 Stephen L. Mansfield, PhD, FACHE; Marilyn Mansfield; Ray and Nancy Ann Hunt; Carol and Royce West; and Suzanne and Jim Johnston
- 2 Mike and Elaine Redden with Gail and Jerry Smith
- 3 Paul Tarnasky, MD, and Lisa Tarnasky with Nita and John Ford

- 4 Robert S. Folsom family
- 5 Jack Lowe Jr. and Royce West
- 6 Selly and Joyce Belofsky
- 7 Nimesh Patel, MD, and Bina Patel
- 8 Ben Houston with Dee and J. Darryl Amos, MD
- 9 Royce West and family

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- Methodist Rehabilitation Hospital
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- The David B. Miller Family Foundation
- Katy and Kyle Miller Family Foundation
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- Network for Good
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- Vibra Specialty Hospital of Dallas
- Young Texans Against Cancer

INDIVIDUALS

The Methodist Health System Foundation 30 Minute Club consists of health system employees (marked in blue) who voluntarily contribute a portion of their salaries to projects supporting the welfare, purpose, and mission of Methodist, its employees, and its patients.

- Anonymous
- Mohammad Aamir
- Fatuma Abdullahi
- Nancy Ackerman
- Candace R. Adams
- Meisha Adams
- Lydia and William Addy
- Akinlolu Adejumo
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- Claudia Ahuta
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- Jennifer Allen
- Charla Amos
- Cole Anderson
- Stacie Anderson
- Lana and Barry Andrews
- Sherri Andrews
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- Ameen A. Barethz
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- Karen Barrett
- San Juanita Barron
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- Belle and Donald Berg
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- Mulu Birru
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- Tiffanie Bishop

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