

2019



ANNUAL REPORT

**INSPIRING
TRANSFORMATION**



Reading Hospital
Foundation

Advancing Health. Transforming Lives.

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LETTER FROM LEADERSHIP

Dear Colleagues and Friends,

“Inspiring transformation” is deeply rooted in Reading Hospital Foundation’s mission. Our programs have served as catalysts of positive change, bringing advancements in health care and empowering providers and patients to work together to improve health and well-being.

Integral to our success has been the constant support of volunteers and donations from individuals and businesses in our community. We are grateful for every contribution, small and large.

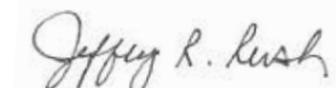
In this report, you will learn about how the donations from our supporters are transforming lives in our community. Among the generous donors this year are Jim and Deborah Radwanski’s, whose gift helped to create the James Radwanski & Deborah St. Clair Radwanski Pediatric Emergency Department; Barbara Bradley, who contributed in honor of her late husband, John, to the Reading Hospital Rehabilitation at Wyomissing’s Therapeutic Healing Garden; and Ezzat Hanna, MD, whose generosity established the Hanna Center for Primary Care Research.

You will also read about some of Reading Hospital’s amazing caregivers; the Foundation’s grant program, which has awarded \$1.6 million, to 50 recipients in four years, and realize the impact made by more than 394 donors in the last fiscal year.

We are immensely grateful for the generosity of our donors. Thank you for your continued support; you are our inspiration!

Sincerely,


Katherine E. Thornton, President


Jeff Rush, Chairman

The James and Deborah St. Clair Radwanski, PhD Pediatric Emergency Department

PROVIDING FAMILIES WITH CHILD-CENTERED CARE CLOSE TO HOME

Deborah and James Radwanski know first-hand the stress that families feel when they have a child in need of emergent or special care. With a daughter who was born prematurely and cared for in Reading Hospital's NICU and a son who needed emergency treatment for a broken jaw at young age, they understand the fears and sense of helplessness.

Those experiences inspired them to support causes that benefit children in the Berks County community, including the new Pediatric Emergency Department at Reading Hospital.

"We welcomed the opportunity to contribute to bringing pediatric ER services to Reading. When we needed emergency services for our son, Jamesson, we had to transport him to the Children's Hospital of Philadelphia for the special care he required. Being far away from our home and support system during that time was difficult," explained James Radwanski.

We were excited to support a cause that would provide a less anxious, more convenient experience for other families.

Bearing their name, the James Radwanski and Deborah St. Clair Radwanski Pediatric Emergency Department stands as an example of the couple's dedication to helping children and their families. Thanks to the Radwanskis' generous donation and contributions from other donors, Reading Hospital's Pediatric Emergency Department opened on February 5, 2019.

The department offers a child-centered approach to emergency care—close to home. Children receive care from highly experienced pediatric physicians, specialists, nurses, and physician assistants.

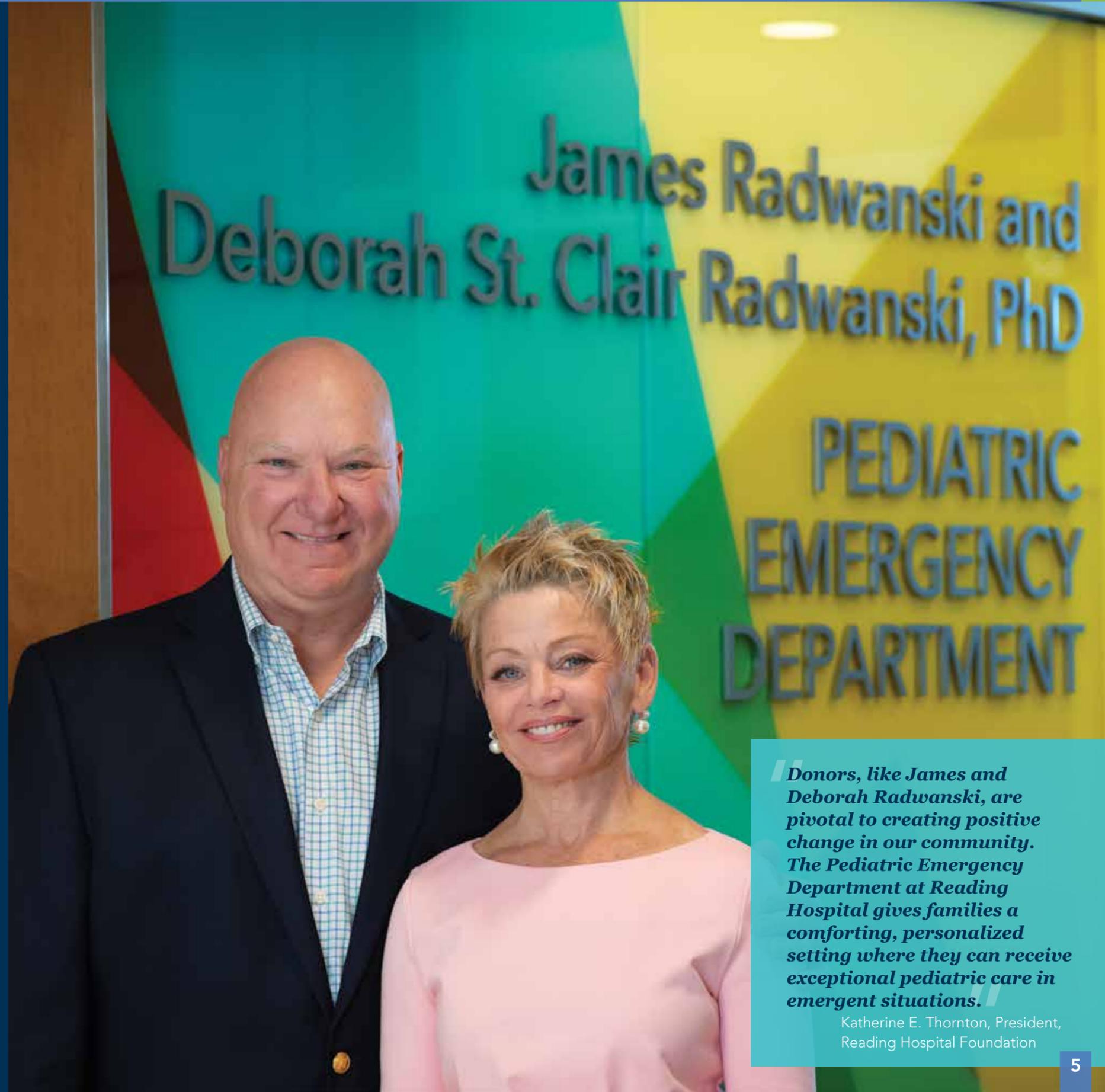
The 16-bed, dedicated space for pediatric emergency patients is equipped with private consultation rooms, child-specific medical technology, and specialized equipment for the care of children with autism or other special needs. The space also features a family-friendly waiting room and its own specialized "triage" area, while they await treatment, children enjoy a carefully designed play area—complete with interactive screens, games, and a virtual fish tank. Free Wi-Fi access and cell phone charging stations ensure parents stay connected with friends and family.

According to Christopher Valente, MD, Chief, Section of Pediatric Emergency Medicine,

The new space sets the tone for patients and their families. The goal of the department is to instill confidence, offer comfort... to provide a calming experience during what can often be a very stressful time.

The significant and generous contribution from the Radwanski's made the Pediatric Emergency Department a reality. Valente said this is just the first phase of developing a more robust pediatric care continuum that allows complex cases to be treated at Reading Hospital.

"Children are our future, and thousands of children will benefit from this new emergency department," said Deborah Radwanski, whose other family-focused contributions to the community include service as Chairperson for the March of Dimes and volunteering with the United Way. "We have always believed in giving back. We hope others will see the impact it makes and feel inspired to do their part. No contribution is too small to make a positive difference."



Donors, like James and Deborah Radwanski, are pivotal to creating positive change in our community. The Pediatric Emergency Department at Reading Hospital gives families a comforting, personalized setting where they can receive exceptional pediatric care in emergent situations.

Katherine E. Thornton, President,
Reading Hospital Foundation



THERAPEUTIC HEALING GARDEN AT READING HOSPITAL REHABILITATION AT WYOMISSING OPENS IN SPRING 2020

Reading Hospital Rehabilitation at Wyomissing offers highly specialized, compassionate care to patients recovering from a debilitating injury or illness. These patients are often in rehabilitation for weeks at a time, working steadily to regain their strength so they can get back to their daily life as safely as possible. But while patients in the rehabilitation hospital make tremendous progress physically, they also have to tackle the mental challenges associated with being in the hospital, away from family and their usual comforts.

When Barbara Bradley's husband, John, was a patient at Rehabilitation Hospital in 2014, he faced the same challenges. But, one small act made a big difference for him. During the course of his treatment, one of John's physical therapists learned that he loved to play golf, so the therapist brought in golf clubs and took John to a grassy area to hit a few balls. "It was uplifting for him," shared Bradley. "It took his mind off of his illness and made him feel 'normal' for a while."

Now, thanks to Bradley and 70 other donors, more patients will have an opportunity to enjoy the uplifting benefits of nature during their rehabilitation.

On June 28, Reading Hospital Foundation held a groundbreaking ceremony for a new Therapeutic Healing Garden at Reading Hospital Rehabilitation

at Wyomissing, a project inspired by John Bradley. The Therapeutic Healing Garden, which will open in the spring, will feature a 1,500 square-foot patio, two walking trails, a water feature with a pergola, and – of course – a putting green. Trees, shrubs, and perennials will enhance the serene landscape, providing a place for both relaxation, and rehabilitation in a genuine outdoor setting, better preparing patients for navigating life after they leave the facility.

Among the generous donors were The Friends of Reading Hospital, who contributed \$50,000 to help fund the project. According to Mary Ellen Batman, former President for The Friends and a personal donor to the Healing Garden, "It's important to support efforts to enhance the patient experience. Providing an area for both physical and mental health will give patients another option for healing."

"We appreciate the community support that has made this possible," said Kelley Crozier, MD, MBA, FAAPMR, and Chair of the Department of Physical Medicine and Rehabilitation.

Reading Hospital is dedicated to being there for people when they need us most. This Healing Garden will be a lovely addition for our patients as they work toward their goals of becoming well again. Kelley Crozier, MD, MBA, FAAPMR



LEGACY WALL MAKES READING HOSPITAL'S 150-YEAR HISTORY AN INTERACTIVE EXPERIENCE

Reading Hospital Foundation commemorated Reading Hospital's 150th Anniversary with a Legacy Wall dedicated to the organization's rich and important history.

What started as the "Reading Dispensary," on January 27, 1868, in a rented location downtown, has grown to become the centerpiece of healthcare for Berks County. Today, Reading Hospital is nationally recognized as the flagship hospital of Tower Health and a leader in advanced health care.

Throughout 2018, the hospital held many activities to celebrate its anniversary, culminating in the grand unveiling of its Legacy Wall on December 5.

The Legacy Wall showcases Reading Hospital's history and its important role in elevating medicine through education and innovation. It also includes a commemorative painting that was commissioned for the anniversary milestone, and a dedicated area recognizing the generous donors who helped make this exhibition possible.

The forward-thinking approach that was present from Reading Hospital's very start remains our driving force for transformation. Our hospital will continue to evolve to serve the community's ever-changing needs.

Bill Jennings, President and Chief Executive Officer, Reading Hospital

EXPANDING EDUCATION AND ENHANCING PROFESSIONAL DEVELOPMENT

Reading Hospital has a rich history of nursing in Berks County. Its dedication to empowering nurses to learn, grow, and demonstrate professional excellence is evident—Reading Hospital is one of only 500 hospitals in the world to achieve Magnet[®] recognition, a designation that reflects the highest standards of nursing.

To continue in this pursuit of excellence, Reading Hospital Foundation is establishing a *Nursing Excellence Fund* to expand learning opportunities for nurses. The fund will enhance recruitment and retention of professional nurses, increase career and educational opportunities, and support research.

Rosemary Wurster, Vice President of Nursing Operations, Analytics and Finance at Reading Hospital, believes nursing excellence is about being on the leading edge of patient care and maximizing performance to benefit the community.

The fund will broaden our reach and create a wider range of education options. It will keep Reading Hospital nurses at the forefront of their field.

According to Wurster, the goal is to enhance skills and advance knowledge in support of providing the best possible care to our community. The Nursing Excellence Fund will help Reading Hospital nurses expand their research, the results of which will improve processes and positively impact patient care at Reading and throughout the region. "This fund will enable us to perform studies, gather and organize data to support our findings, and then share that information with other health systems."

If you'd like more information on the Nursing Excellence Fund, contact Melissa Karas, Reading Hospital Foundation at Melissa.Karas@towerhealth.org or 484-628-8666.

We applaud our Reading Hospital staff for not only tending to the medical needs of our patients, but also for genuinely caring about the individuals they treat.

Katherine E. Thornton, President, Reading Hospital Foundation

HONOR YOUR CAREGIVER

Healthcare is about more than medical procedures; it is about an individual's overall health and well-being, and how providers and other caregivers nurture health through genuine care and unwavering compassion. That's why Reading Hospital is deeply committed to delivering high-quality, compassionate care at every opportunity. You can see, countless examples of that sentiment being lived out within our walls, day after day.

These stories that follow are from people who were so moved by their experience with Reading Hospital, and its staff members' dedication to providing exemplary service, that they felt compelled to share them – and honor their amazing work with a generous contribution to the Reading Hospital Foundation.

Jean Myers' husband, Carl, was a patient at Reading Hospital's McGlenn Cancer Institute, where he received treatment for multiple myeloma, a blood cancer affecting plasma cells. Sadly, unrelated to his cancer, Carl passed away four years ago. Jean shared this about their experience at the McGlenn Cancer Institute:

We received excellent care from everyone, including Carl's doctor, Erik Rupard, MD. He took his time with us and explained everything. Dr. Rupard and the team were very caring and helpful. It was Carl's and my desire to contribute to benefit the good work of the McGlenn Cancer Institute then, and it remains my desire now to continue to support their efforts.

Gail and Dyke Sassaman's grandsons, now 5- and 10-years-old, were both born prematurely and spent time in the Reading Hospital NICU. Because of their exceptional experience with the staff, they have been donating to the hospital in honor of the NICU team ever since.

The nurses were fantastic to our family. They always allowed us to see our grandsons, and they did fun things to make a difficult situation less harrowing. It was a worrisome time, but the team made it a bit lighter and helped by keeping us informed. We were amazed at the great care the boys received. Our son and daughter-in-law felt the same thing. The special attention and neat stuff (like dressing up the babies for Halloween or in Phillies attire when the time was right) they did brought normalcy during a stressful time. We are very grateful to the NICU team.



PATIENT-CENTERED REIKI THERAPY PILOT PROGRAM

On July 30, 2019, Reading Hospital began a grant-funded pilot program that is bringing the traditional healing modality of Reiki to oncology and joint-replacement patients. Reiki, a non-invasive, energy-based treatment focuses on facilitating a person's own healing response to help them deal physically, mentally, and spiritually with their medical challenges.

Through the pilot program, patients may choose Reiki as a complementary modality along with conventional forms of treatment. A registered nurse with a Reiki Master certificate, Nancy Krouse, performs the Reiki sessions, which last between 20-40 minutes, directly in the patient's room.

According to Krouse, ***The goals are to help patients decrease anxiety and stress prior to surgery, control pain and reduce use of pain medication, promote relaxation and better quality of sleep, and increase their overall sense of well-being.***

The pilot program will be in effect for one year on two units at Reading Hospital. Once complete, it will be evaluated and determined if Reiki therapy shall be continued as a standard complementary integrative medicine practice on all nursing units.

TICK-BORNE BABESIOSIS RESEARCH STUDY

Babesiosis, a disease spread by the ticks also to blame for Lyme disease, was virtually unheard of 10 years ago. Today, Reading Hospital is seeing an increasing number of cases. "The bacterial infection, characterized by flu-like symptoms, can be life-threatening in some patients," explained infectious disease specialist Debra Powell, MD.

The current diagnostic test for babesiosis takes time and specialized training to read. The infection's recent rise in prevalence has created a growing need for faster, more reliable testing. "Reading Hospital's lab has the expertise, but not all labs do. Last year, there were 33 babesiosis cases reported; 21 of those were diagnosed at Reading Hospital."

Through a Reading Hospital Foundation grant, Reading Hospital joined Penn State College of Medicine in a collaborative research study to learn more about babesiosis and explore how to diagnose it faster.

The grant supported Phase 1 of the study, which ended in September and consisted of a clinical study of eight cases. According to Powell,



Debra Powell, MD

Additional phases of research will be needed to develop a rapid bedside test for a quicker diagnosis. The initial phase of the study, funded by the grant, has laid the foundation for the important work ahead.

FOCUSED FUNDING TO IMPROVE COMMUNITY HEALTH AND QUALITY OF LIFE

Ezzat Hanna, M.D., moved to Reading after completing medical school in Cairo 38 years ago and began practicing family medicine. He didn't know anyone in Berks County, but the community and Reading Hospital welcomed him with open arms. It has been his dream to give back to the community that so warmly embraced him. Today, Hanna is fulfilling that dream by supporting the efforts of other Reading Hospital family medicine physicians through the Hanna Center for Primary Care Research.

Initiated by Dr. Hanna's personal contribution, the Hanna Center will fund research that aims to improve the health and quality of life of our patients, as well as reduce health disparities and address the social determinants of health.

"Research possibilities include studies on smoking, diabetes, and better ways to provide care to the underserved. I hope family physicians see this research fund as an opportunity to give back to their community."

Proposed studies will be evaluated and approved by the Center's Advisory Board. When a research project is approved, the physician(s) will conduct the study, share their conclusions, and ultimately



Ezzat Hanna, MD

see their recommendations implemented by Reading Hospital's group of family medicine doctors.

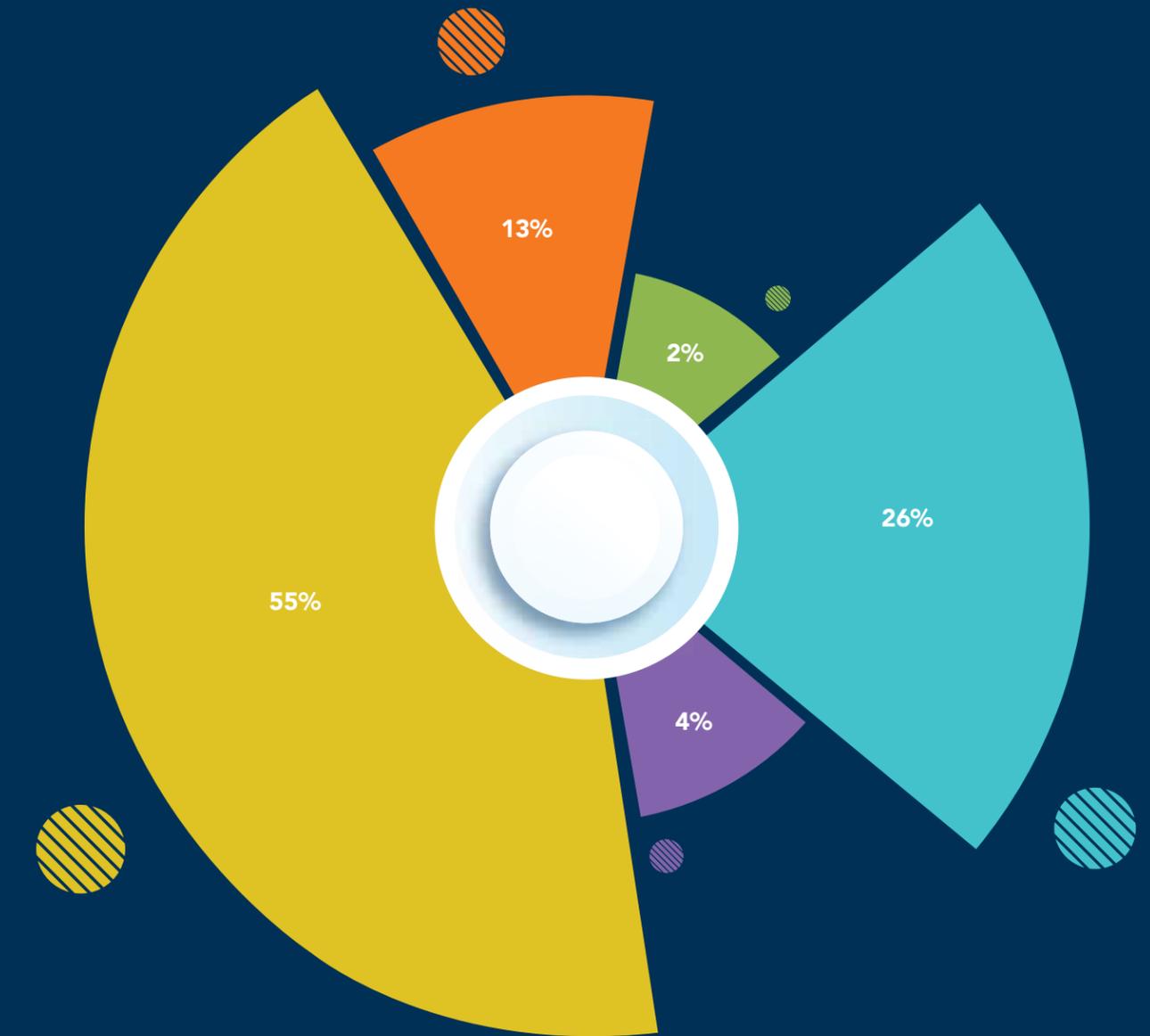
Family medicine physicians are at the center of patient care. "They are the first to take care of a patient and often generations of a patient's family," explained Hanna.

This fund will give Reading Hospital primary care doctors

a way to learn more about how issues affect their patients and to collaborate with their peers on how to provide the best care possible.

If you'd like more information on The Hanna Center for Primary Care Research or making a gift, contact Katherine Thornton, President, Reading Hospital Foundation at Katherine.Thornton@towerhealth.org or **484-628-2243**.

Reading Hospital Foundation - Donor Impact- Fiscal Year 2018 (July 1, 2018 - June 30, 2019)



WAYS TO GIVE

There are many ways you can make a difference at Reading Hospital and help us continue providing the Berks County region with the highest quality care.



1 As a non-profit, we benefit from the charitable resources of our community, including our physicians, staff, and grateful patients. Your gift is tax-deductible.

2 You can also visit our website to make a donation online and learn more about ways to give, including donations for the Reading Hospital School of Health Sciences scholarship funds for nursing students: <http://reading.towerhealth.org/foundation/donate-now/>

3 We invite you to contact us and explore the impact your gift could have on the hospital. For more information, please contact the Foundation Office by phone at **484-628-2243** or email at RHFoundation@towerhealth.org.

We would like to recognize and sincerely thank the following donors for contributions received during Fiscal Year 2019 (July 1, 2018 - June 30, 2019).

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Katherine E. Thornton,
 President, Reading
 Hospital Foundation

The following gifts were receiving during fiscal year 2019 (July 1, 2018 through June 30, 2019) in honor or memory of loved ones, colleagues, physicians, and members of the community.

IN HONOR OF

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 Dr. Marc Aynardi
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