

Spring 2022

# GivingBack

A Newsletter for Donors & Friends of SIH



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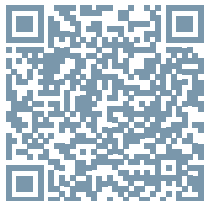
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SIHealthcare

## Give Back



sih.net/foundation

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SIH Foundation



# Welcome from the SIH Foundation Board Chair

With spring upon us and the days getting longer and warmer, I relish seeing people come outside to enjoy all that our community offers. The relationships and the care that are fostered in our tight-knit Southern Illinois community are some of the best parts of living here, and this spirit is what makes it possible for SIH to provide outstanding care to everyone we serve.

Our SIH Foundation board represents the wonderful community we serve, and I've enjoyed spending time with them over the past few months to hear about why they feel compelled to serve and the causes that are closest to them. Knowing that they want to care for all Southern Illinoisans drives our work.

Through your support of the SIH Foundation, you've prioritized our community too, and we celebrate that in this issue of Giving Back. Take a look as we highlight community fundraising events from across the region. We love seeing Southern Illinoisans support our patients in creative ways!

SIH staff work across department lines to ensure that patients are cared for at every point of their healthcare journey, including upon discharge from the hospital, in their daily lives, or through educational opportunities in community settings.

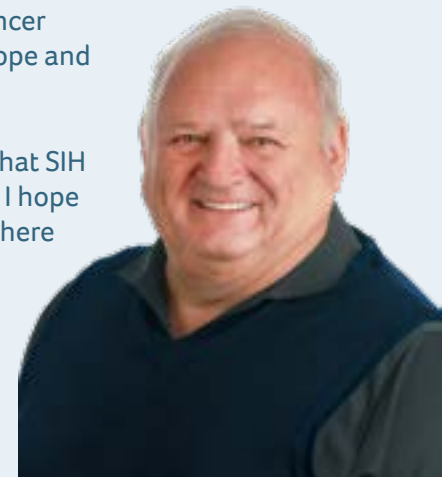
Our patients have participated in a community spirit as well by recognizing the SIH staff and clinicians who've so compassionately cared for them during treatment. We are so proud to honor those who lift the spirits of and inspire our patients through our Grateful Patient Giving Program.

And the response from local artists for installations at the Cancer Institute reflects the community's commitment to bringing hope and healing to our neighbors with cancer.

Through each of these examples, I want you to see the value that SIH places on community. We know we are stronger together, and I hope you'll continue to join us in making Southern Illinois a place where everyone can thrive.

**George Sheffer**

SIH Foundation Board of Trustees, Chair



## OUR NEWSLETTER *Schedule and Distribution*

We publish a print newsletter in April and October (which is also provided in digital format via email) and an e-newsletter in February, June, August, and December. If you'd prefer to receive our newsletter by email instead of print, or if you'd like to be added to our print issue mailings, please send us a note at [sihfoundation@sih.net](mailto:sihfoundation@sih.net) or give us a call at 618-457-5200 ext 67831.

## Recognizing Our Community of Donors through the SIH Giving Society

**Philanthropy touches every aspect of SIH, and as a not-for-profit healthcare system, it defines us as an organization.** Now more than ever, the SIH Foundation relies on the charitable contributions of the Southern Illinois community to sustain its leadership in healthcare. Supporters provide annual gifts that help patients in need and capital gifts for new facilities and the advancement/replacement of medical technology. To recognize this generous giving, the SIH Foundation created the **SIH Giving Society** in 2021 to honor the outstanding commitment of donors who give \$1,000 or more annually to support SIH.



The inaugural inductees attended a Holiday Coffee in December where they heard from SIH President & CEO Rex Budde and Cancer Institute Director Jen Badiu. You may see a listing of all members at [sih.net/foundation](https://sih.net/foundation).

## *Your Gift Makes an Impact*

The SIH Foundation is a 501(c)(3) nonprofit that supports SIH in improving the health and well-being of all the people in the communities we serve. 100% of your gifts go to the charitable area you designate.

Our initiatives provide financial assistance to our most vulnerable patients and community members in times of need during their cancer treatment or upon discharge from a hospital. We work every day to lessen their financial burden so they can concentrate on wellness and recovery. We also fund equipment and improvement projects at our hospitals and the SIH Cancer Institute in order to provide the best healthcare services to our community.





# A Future Gift for Healthcare in Your Community

The current times have led many of us to take stock of what's most important in our lives and to plan for our and our families' futures. Estate planning – organizing your financial records, creating or updating your will and beneficiary designations, and incorporating charitable giving (future gifts) into your planning – allows you to protect the ones you love after your lifetime and leave your legacy in meaningful ways.

- Because estate planning involves a comprehensive review of your financial records, a Personal Planning Guide can be of great benefit to you and your family by having all your important information organized in one place. If you'd like a complimentary Guide, please contact us at [sihfoundation@sih.net](mailto:sihfoundation@sih.net) or **618.457.5200 ext 67843**.
- There are many resources about estate giving on our website at [sih.net/plannedgiving](http://sih.net/plannedgiving).

Every gift to the SIH Foundation builds upon the community's dedication to excellent healthcare, and therefore to sustaining Southern Illinois as a place for families to thrive!



“

***In my nearly 40 years in Southern Illinois, I have been privileged to watch SIH grow exponentially in the number of providers and staff, and in the breadth of medical services they now deliver.***

*It's all been driven by SIH's devotion to its mission of providing big city, sophisticated care in our relatively rural part of the world. SIH has added high-quality cardiac, neurosurgical, trauma, surgical specialty, breast and cancer care services, to name just a few of them, all during my time here. I am proud to say that I have been a donor, and that I will continue to support SIH by naming SIH Cancer and Breast Centers in my will.*

Dr. Marsha Ryan

”



# Enjoy your Second Act of Life!

As we celebrate our community of supporters to the SIH Foundation, we also want to highlight the programs at SIH that strengthen Southern Illinoisans. One of these is Second Act, which is a free membership program for adults age 50 and beyond. Second Act is about enjoying a healthy life, and the benefits of the program are an extension of the healthcare provided by SIH specialists and services. We create opportunities for you to **Live** in the moment, **Laugh** with friends, and **Learn** all you can. The benefits of the program, listed below, help arm you with knowledge and help you live life with gusto! You may even make some great friends along the way.

## Learn

- » Online and in-person health classes: Learn about living with various chronic conditions; how to be more physically active; how to make nutritious meals; or join in-person exercise classes.
- » Free SHIP (senior health insurance program) consultations for Medicare beneficiaries to help you understand and manage issues related to different plans, supplements and drug coverage.
- » Monthly newsletter

## Have Fun

- » Travel: Single and multi-day trips at group rates are available throughout the year. Each trip is assigned an Activity Level rating so you can gauge your ability to participate.
- » Niche classes: Examples include learning how to scrapbook, how to make a unique wreath or gaining a better understanding of the current housing market.
- » Star Groups: Led by Second Act members, for Second Act members. They meet weekly or monthly and cover a variety of interesting topics and hobbies. Some current groups include Bocce, Bowling, Creative Writing and Line Dancing.

## Visit [sih.net/secondact](http://sih.net/secondact) to:

- » register for membership
- » start receiving the monthly Spotlight newsletter
- » learn about and sign up for upcoming classes

*Call or email  
for more information*

877.480.4040


[secondact@sih.net](mailto:secondact@sih.net)



SIH Second Act member Nikki Martin performs a seated exercise routine during Fit 2 Function, a multi-week fitness course designed specifically for members.



# Community Fundraisers Support SIH Charitable Causes



Each year, especially during October for Breast Cancer Awareness Month, many local organizations, businesses, and groups host special fundraisers for SIH charitable causes like the Cancer Institute and Coach Kill Cancer Fund. We are always honored that they've chosen a local nonprofit to support, as 100% of donations go directly to cancer patients in need throughout Southern Illinois and to enhancing cancer care services for our region.

Highlighted here are the fundraisers held over the past twelve months. We're proud to recognize these community members for their efforts to help our neighbors in need and to improve healthcare services for all of us in Southern Illinois.

**Aisin Manufacturing** *Knock Out Cancer T-shirt Sale to support the Coach Kill Cancer Fund*

**Alpha Home Health Care** *Pink Palooza Bra Decorating Contest to support the SIH Cancer Institute*

**Alpha Gamma Rho Fraternity, Carbondale** *Car Smash to support the Coach Kill Cancer Fund*

**Carbondale Fire Dept. Local 1961 Intrntl Assc** *Breast Cancer Awareness T-shirt Sale to support the Coach Kill Cancer Fund*

**Carbondale High School Boys Basketball** *Pink Out Game to support the Coach Kill Cancer Fund*

**Carterville High School Girls Volleyball** *Pink Out Game to support the Coach Kill Cancer Fund*

**First Baptist Church Alto Pass** *Sunday School Class Collection to support the Patient Care Fund*

**Herrin High School Football** *Tackle Cancer Game to support the Coach Kill Cancer Fund*

**HogRock/Team HogRock Cares** *Fundraiser to support the Coach Kill Cancer Fund*

**Rotary Club of Carbondale Breakfast** *Special Fund Collection for Coach Kill Cancer Fund*

**Rotary Club of Carbondale Charitable Foundation** *Special Fund Collection for Camp BETA*

**Southern Illinois Motorsports/ATVs and More** *Cancer Awareness T-shirt Sale to support the Cancer Care Patient Support Fund (now part of Coach Kill Cancer Fund)*

**Southside Lumber** *Breast Cancer Round Up at the Register to support the SIH Cancer Institute*

**Staff at Prairie Cardiovascular at Memorial Hospital of Carbondale** *T-shirt Fundraiser in honor of a fellow physician to support the Cancer Care Patient Support Fund (now part of Coach Kill Cancer Fund)*

**Trico Jr/Sr High School Boys & Girls Basketball** *Blackout Basketball Games to support the Coach Kill Cancer Fund*



Clockwise from top left: Alpha Home Health Care; Herrin High School Football; Carbondale High School Basketball; Trico Boys Basketball; Carterville High School Girls Volleyball; Carbondale Fire





# HOST Your Own Event



» Visit [sih.net/foundation](http://sih.net/foundation) to download an application and let us know your plans. This will help us provide you with any information or logos you may need for your event advertising.

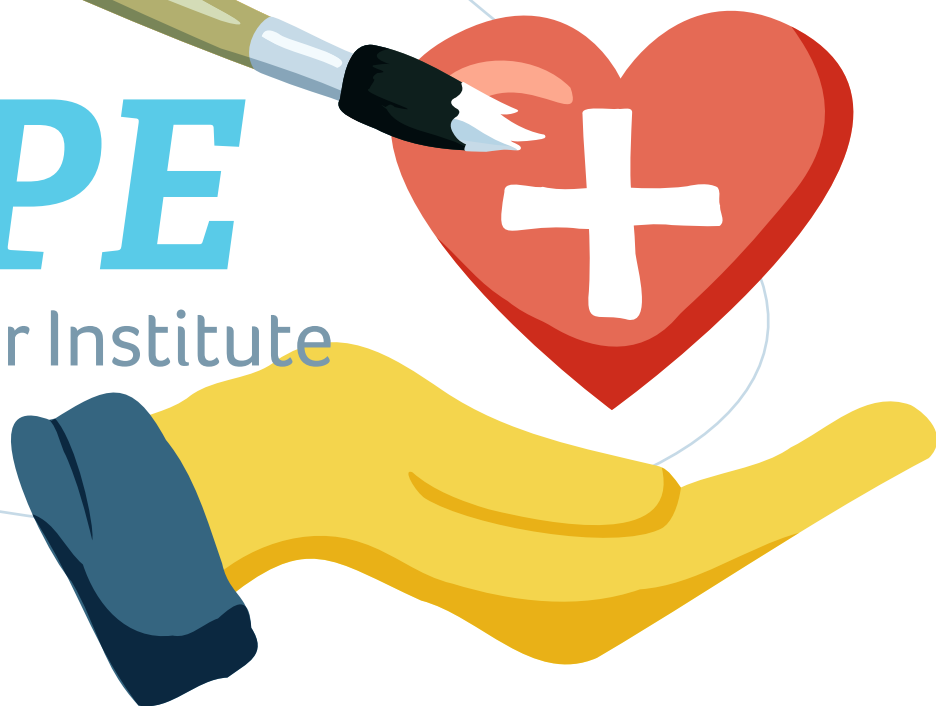
» You may choose to support a cancer-related cause, help other vulnerable patients in financial need after being discharged from an SIH hospital, or even raise funds for one of our hospitals. Learn more about each of these causes on our website at [sih.net/foundation](http://sih.net/foundation).

» Reach out to Paula Frisch, Special Events Coordinator, with any questions at 618.457.5200 ext 67013 or [paula.frisch@sih.net](mailto:paula.frisch@sih.net).





# Spreading **HOPE** at the SIH Cancer Institute



**The expansion dust at the SIH Cancer Institute was cleared in early January,** and the business of providing healing treatment to about 400 patients a day continues, now without construction detours. Patients benefit from the additional infusion and lab services, pharmacy, expanded treatment offerings, additional safety measures and more.

You may have heard about the Call to Artists that was made last year. Many local artists and photographers responded and were commissioned to create artwork that would aid the Cancer Institute in promoting healing for patients. More than 50 beautiful new art pieces were installed at the Cancer Institute in January, culminating the expansion, and bringing a unique finishing touch to the space.

Advances in care continue at the Cancer Institute as well. One new treatment in radiation oncology for patients with Glioblastoma is a portable FDA-approved treatment that works by creating Tumor Treating Fields that disrupt cancer cell division. SIH providers remain committed to providing this and other treatments like it that allow patients to maintain quality of life.

These important, life-saving new treatments; the beautiful spaces where healing takes place; the commitment to improved quality of life; and the providers to walk the road with our patients – these are all made possible through SIH's commitment to care and the support we receive from the community.



*Painter Suzann "Starchild" Shepard was one of the artists chosen and commissioned for artwork to hang in the newly updated Cancer Institute.*





# How the Community Gives Back to SIH Caregivers



*As the first 'hands-on' contact for a chemo visit, Josh's friendliness was so important to me!*

*Dr. El-Sedfy holds a special spot in my heart for his kindness, gentleness, outstanding bedside manner, and especially for his talented skills as a surgeon. I am happy to support my doctors who helped me through my cancer.*

These are just two of the many wonderful comments we received from grateful patients who honored their caregivers through a donation to the SIH Foundation. We're proud to recognize nine providers so far this year. They all received a lapel pin at surprise ceremonies with their colleagues.

This is such a wonderful way for the community to give back in honor of the care they received, and we thank our donors for making this impactful gesture that always bring such joy to not only the providers being recognized, but also to their teams who work side-by-side with them every day. At Dr. Georges Tanios's ceremony, his team joined in the celebration with many tears of joy for, as his patient says, "his compassion and excellent care."

**Josh Thompson** *Cancer Institute Lab*

**Anne Clayton, LCSW** *Harrisburg Primary Care*

**Dr. Georges Tanios** *Cancer Institute*

**Dr. Suven Shankar** *Cancer Institute*

**Dr. Anne Bacal** *Center for Medical Arts*

**Dr. Amar Rawal** *Herrin Hospital*

**Dr. Don Arnold, II** *Herrin Hospital*

**Dr. Abraham El-Sedfy** *Memorial Hospital Carbondale*

**Dr. Sahil Gupta** *Pain Management*

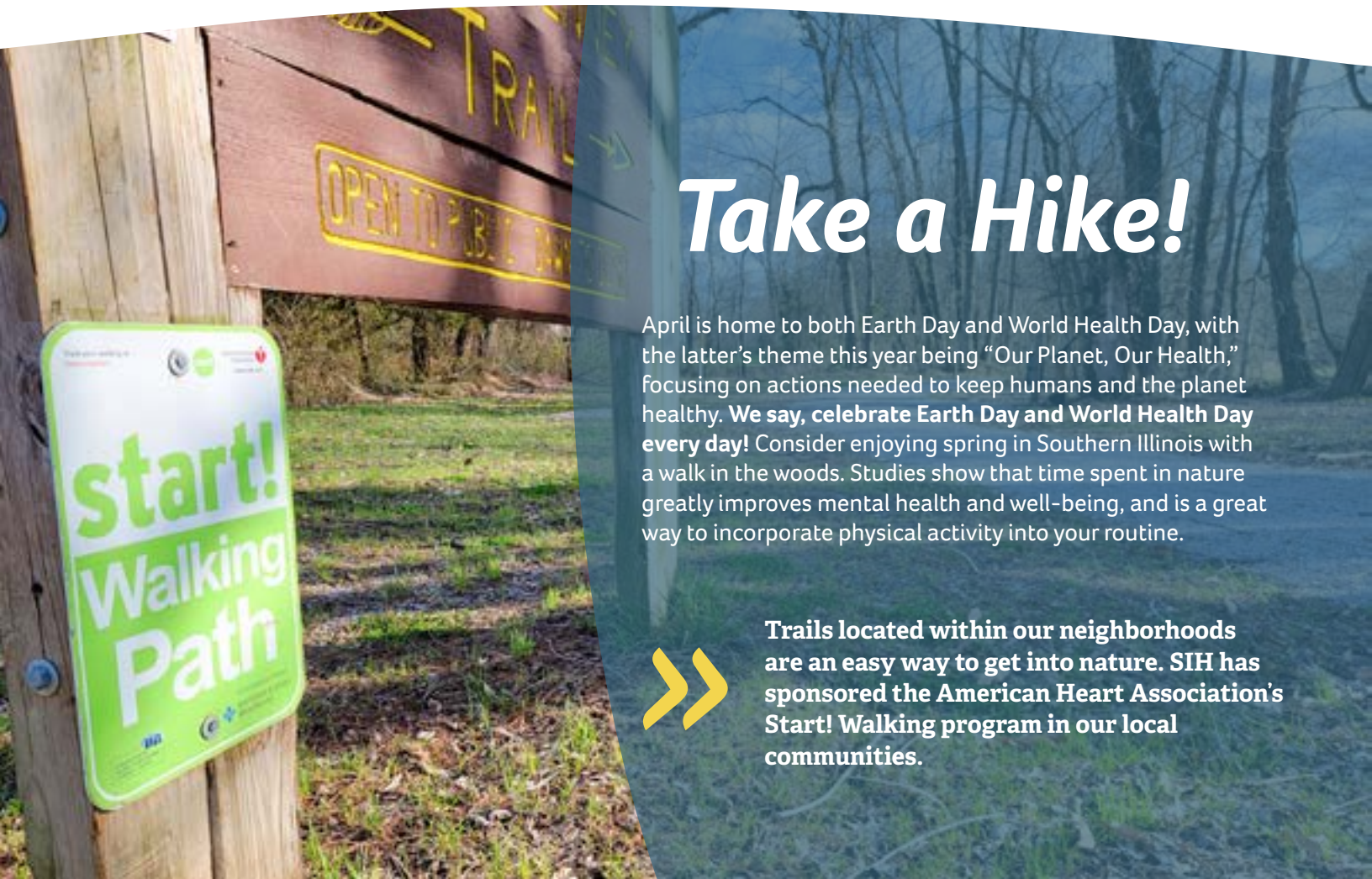
Visit [sih.net/gratefulpatient](https://www.sih.net/gratefulpatient) to learn how you can honor your caregiver.





PO Box 3988  
Carbondale, IL 62902

*Thank you for your support!*



# Take a Hike!

April is home to both Earth Day and World Health Day, with the latter's theme this year being "Our Planet, Our Health," focusing on actions needed to keep humans and the planet healthy. **We say, celebrate Earth Day and World Health Day every day!** Consider enjoying spring in Southern Illinois with a walk in the woods. Studies show that time spent in nature greatly improves mental health and well-being, and is a great way to incorporate physical activity into your routine.



**Trails located within our neighborhoods are an easy way to get into nature. SIH has sponsored the American Heart Association's Start! Walking program in our local communities.**