

20 ONE Night 18

SATURDAY, APRIL 14

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A STORY OF SURVIVAL

Kelly and Gary Parrish Trust Regional One Health's Center for High Risk Pregnancy to Save Their Baby

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Saving Patients
*Donor support provides upgrades for
Regional One Health Operating Rooms*

Honor Roll of Donors
*Acknowledging our dedicated
community of support*

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On the cover: Kelly and Gary Parrish hold son, Louis Daniel, born at Regional One Health.

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“Our donors — you — are everyday heroes. Thank you for sharing your stories of giving, your motivations for giving and your dreams for the future of Regional One Health. Thank you for inspiring all of us.”

In this season of thanksgiving, I thank each of you. You are making Memphis healthier, you are saving the lives of people you have never met and you are improving our community one donation at a time.

I am constantly amazed by what our Regional One Health doctors and staff can do to save lives. But even with the best medical talent, there are so many things that we could not do without you — our donors.

This edition of ONEpulse will showcase some of the amazing things that happen because of you. Donors to our 2017 ONE Night Gala gave enough money to allow us to upgrade our operating rooms. Because of their generosity, our patients will receive even more efficient care when seconds count.

Many donors contribute to our high risk obstetrics program and our newborn intensive care unit. They are literally helping our physicians save the most vulnerable lives, babies. Like many families, Gary and Kelly Parrish never thought they would be in the kind of scary situation a high risk pregnancy brings. Because our donors help us invest in training and equipment, our team of doctors and nurses were able to react swiftly and confidently saving both Kelly and baby Louis.

In my role, I get to hear your stories, what motivates you to give, and why you support different areas of care. I know that your stories are moving and powerful illustrations of the impact of everyday heroes. In our Donor Feature, we share King and Deborah Johnson's story of giving motivated by their deep commitment to our community. I hope you too will find these everyday heroes as inspiring as I do.

At the end of this issue, we present our annual Honor Roll of Donors. We are all humbled to see so many names on that list. If we have not had the opportunity to thank you in person, please drop us a line. We'd love to give you a tour of our facilities or talk with you over coffee to learn your story of giving.

I can't say it enough, thank you.

Sincerely,

Tammie Ritchey
Senior Vice President and Chief Development Officer
Regional One Health

P.S. If you would like to show your thanks for the life-saving work of Regional One Health with a gift, contact the Foundation at 901.545.6006 or donate online at regionalonehealthfoundation.org/donate-now.



A STORY OF SURVIVAL

Kelly and Gary Parrish Trust Regional One Health's Center for High Risk Pregnancy to Save Their Baby



Gary and Kelly Parrish say Louis is a happy, healthy baby.

He wasn't supposed to survive. Nearly as soon as Kelly Parrish discovered she was pregnant she faced the near certainty she wouldn't bring her baby home.

The pregnancy was a shock. Kelly – the mother of two boys – had recently suffered a miscarriage at 24 weeks and delivered a stillborn son, Aiden Turner, born in 2003. But after delivering another baby, son Oliver Jean, in 2013, Gary and Kelly decided to try for a third child.

Less than two years later Kelly became pregnant again. She thought it was progressing well. At 23 weeks and five days she had an ultrasound and the baby was "perfect." But then she developed a rash, and out of precaution – and some worry – Kelly called her doctor who had her come in for blood work.

To call Kelly's pregnancy, labor and delivery experience improbable is too simple, at least without understanding the full story. This is a story of one determined mother and the trust she and her husband placed

in Dr. Samson and his team at Regional One Health to guide them through a pregnancy and delivery that is surely heading for medical journals.

An emotional rollercoaster

Kelly Parrish thought for many years she was destined to be the mother of one son, Aiden Turner, born in 2003. But after delivering another baby, son Oliver Jean, in 2013, Gary and Kelly decided to try for a third child.

Meanwhile, Gary – a national college basketball writer for CBSSports.com, studio analyst for CBS Sports and radio host on 92.9 ESPN Radio in Memphis – was in New York preparing for one of his regular TV spots. The phone call he received was one every father-to-be never expects to get.

"You don't imagine that," Gary said. "It's weird because you realize you're doing something the next day you've never done in your life: deliver a baby, hold the baby

ultrasound room, her worst fears became reality. "He was just lying there. He doesn't have a heartbeat," Kelly said.

"It was such a surreal moment. The doctor got on his knees and said, 'I'm sorry. We need you to go to the hospital. You can deliver today."

and then bury the baby. And I couldn't help her. Usually when you get devastating news you're surrounded by people who are grieving with you and comforting. I'm at an airport and all messed up in the head."

Gary rushed home and Kelly delivered baby Elliott the next day. And just a few days later, the mourning family was back in the hospital with Kelly experiencing intense abdominal pain. She needed surgery to remove part of the placenta that remained.



Louis laughs while father Gary checks the latest scores in the background.

Unexpected News

A few weeks later, the Parrish's emotional rollercoaster continued when doctors discovered a tear to Kelly's uterus that needed to be repaired immediately.

But a pre-op pregnancy test revealed Kelly was pregnant.

Yes, pregnant with a uterus tear. Her OB/GYN consulted Dr. Samson about the unique case and that's when Kelly was introduced to Regional One Health's services.

"I've seen a lot of very high-risk cases. That's what I do for a living," Dr. Samson said. "I had seen cases that are similar but not to that extent. A case like that you don't expect a pregnancy to go forward. And if it does you expect a catastrophic outcome."

Kelly and Gary were just a few weeks removed from losing a son, and were ready

for their family to take the next steps in piecing together their lives.

But now Kelly was pregnant. And despite the insurmountable odds, she was determined to see this pregnancy through. She had just experienced something no mother ever wants to go through and wasn't ready to do it again.

Yet, most physicians wouldn't even take this case. There is nothing documented that says a woman with this kind of significant uterus tear has had a successful pregnancy. Kelly planned to be the first.

"I'm big on percentages and numbers," the sportswriter said. "You tell me someone is a 90 percent free throw shooter and I figure he's making the next free throw. We were basically a 10 percent free throw shooter."

The expectation was that as the uterus grew, the size of the defect would increase along with it, and the probability of a rupture was near certain. If not caught in time, the mother can bleed out.

Dr. Samson consulted colleagues across the country and sought all the literature he could find, only there really wasn't anything similar to what Kelly Parrish wanted to do. The reason it's not in medical literature? Dr. Samson said doctors usually don't report catastrophic cases, and the evidence pointed to this case having a similar conclusion.

"I only saw one case report of someone repairing this defect at 18 weeks of the pregnancy and the pregnancy didn't go too far, maybe early third trimester before there was a rupture and delivery," he said. "I told them up front this is where we are. I told them, 'You tell me how to proceed and I'll do my best to take you to that level.'"

Kelly was monitored weekly by Regional One Health's team of specialists. And every week the tear grew. The plan was to attempt a repair between 18 and 20 weeks. At about 20 weeks in, something changed. A small layer of myometrium – the smooth uterus muscle – formed over the tear just before Dr. Samson planned to do surgery. A barrier of sorts had formed, possibly buying more time.

Meanwhile, Dr. Samson asked the couple about delivering the baby at Regional One Health. Gary hadn't thought about it before, but it didn't take much for Dr. Samson to convince them about his great relationship with the large team of professionals who would assist in the delivery.

An Emergency Delivery

Delivery was scheduled for the day after Thanksgiving, still several weeks before the Jan. 5 due date.

A few weeks prior Kelly went in for an ultrasound at Regional One Health. On her way home from the appointment, Dr. Samson called. He told her to immediately return to the hospital. The tear was wide open and it was time.

Seventeen members of the Regional One Health team were ready when Kelly arrived. They wasted no time.

"It was really scary," Kelly said. "I can feel them doing things but I don't hear a baby cry. I said, 'Dr. Samson, what's going on?'"

Dr. Samson's team was busy repairing Kelly's uterus before taking the baby. Louis Daniel was born on Nov. 15, 2016, weighing 4.4 pounds. He immediately went to the NICU, which was a tough situation for Kelly, who describes herself as a hands-on mother. She praised lactation nurse Ashley Smith

who provided vital support to Kelly as she worked to get Louis to latch, a process that's sometimes difficult for premature babies.

"She checked to make sure I was pumping right away," Kelly said. "She said no one will say a baby at 32 weeks will latch but if you want to, I'll work with you. I just cried in her arms."

Kelly soon went home. Baby Louis stayed in the NICU. But Kelly returned every day and spent countless hours holding and nursing him. She said she is thankful for the nurses who allowed her so much skin-on-skin time with Louis. She believes that played a big role in him only staying thirteen days in the NICU before she and Gary took him home.

Kelly had an ultrasound seven weeks later that confirmed the uterus tear was repaired. Other than a hernia repair, she said Louis is doing great. "He's a happy, healthy baby."

Kelly praised the care she received at Regional One Health that guided her through an uncertain pregnancy, risky delivery and care her newborn received.

"So many people were interested in our care and they had educated themselves on my case before they came in the room. The care from Regional One Health was phenomenal," she said.



Louis Daniel Parrish
is a happy, growing
Regional One Health baby.

To find out how you can support Regional One Health's Center for High Risk Pregnancy, please contact our Foundation at 901-545-6006.



ONE Night

Saturday, April 14

Get the Hottest Ticket in Town!

The 2018 ONE Night Gala is shaping up to be another phenomenal evening featuring first-class entertainment that will keep you on the dance floor all night long. Your support of ONE Night Gala helps us better serve patients through the purchase of leading-edge, life-saving technology; advanced training opportunities for Regional One Health medical staff; new and expanded programs that address community health issues; and support for Regional One Health's teaching mission.

Early Bird Special

ONE Night ALWAYS sells out! Don't miss your chance to purchase tickets at the 2017 rate before prices go up on January 1, 2018.

It's never too early to get grooving for ONE Night 2018!
Get your tickets by visiting www.regionalonehealthfoundation.org/onenight or by calling 901-545-6176.



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GROWING RELATIONSHIPS, IMPROVING COMMUNITY

DONOR FEATURE

DEBORAH AND KING JOHNSON

Deborah Johnson's official title at First Tennessee Bank is "Senior Vice President and Relationship Manager", but you might say that she and her husband, King S. Johnson, are around-the-clock relationship managers.

As Chairman of the Board for the Germantown Area Chamber of Commerce, Deborah is quick to say,

"If the right people get together, big things can happen for Shelby County."

Deborah and King are some of those "right people" helping to make big things happen at Regional One Health.

Deborah's involvement with Regional One Health began as a family connection to the hospital during the John Gaston days. Her mother had five of her nine children at the hospital and although she was always passionate about the quality of care she received there, she never expected to return as she did. After Deborah's father passed away, her mother lost her health insurance. When she fell ill, she went to what was then the Med. According to Deborah, her mother received the same level of excellent care despite not having insurance or the financial ability to pay on her own. "Once you experience that," Deborah says, "you know you have to give back."

King jokes that he inherited his dedication to Regional One Health when he married Deborah, but he has personal connections of his own. He also comes from a large family

and has two siblings who were born there. As an Enterprise Executive with Comcast Business, he's worked all over the country but has always felt a strong connection to his Mid-South roots. And as a native Arkansan, he knows the importance of Regional One Health's Level 1 Elvis Presley Trauma Center to the entire region. "You don't wake up in the morning planning on going to a trauma center, but when you're in a life and death situation, you need the best care."

In talking about why they support Regional One Health, King notes,

"Trauma has no name on it. It doesn't discriminate by income, race or background. We can all be affected by trauma, and you never know when you'll need that level of care. If you haven't needed Regional One Health's trauma care yourself, you likely know someone who has."

Although they've had a long history of supporting Regional One Health at some level, attending the annual ONE Night gala as the guests Dr. Belvia Carter caused them to give back even more.

Deborah also decided it was important to support her financial donations with the gift of time, making room for ONE Club, the women's

auxiliary group, in her already full volunteering calendar that includes the Community Alliance for the Homeless, the Lorraine Civil Rights Museum Foundation and Berean Missionary Baptist Church. She recently joined ONE Club for a tour of Regional One Health's new East location and was surprised to see all that was taking place there as a "one-stop shop" for patients. She says the impact of cuddling the delicate babies in the NICU is nearly impossible to describe but it makes her want to reach in and give a little more.

When the Johnsons talk about their commitment to Regional One Health Foundation, it's easy to see a sense of joy in giving. Both are quick to say that they feel supporting their community is an obligation that they take very seriously. "People made investments in us as we grew into the people we are today," Deborah says. "Now it's our turn. To whom much is given, much is required."

For Deborah and King Johnson, every dollar given to Regional One Health is a dollar going straight into helping our community. True to their "relationship manager" natures, they see community leadership as connecting the right people to the right resources to make good things happen.

King adds with a smile, "Imagine the impact we could have if everyone gave just a little more. Lives could be saved."

If you would like to get involved with ONE Club or make a gift to Regional One Health, contact us at 901.545.6006 or visit the "Get Involved" page at regionalonehealthfoundation.org.



DONORS & SURGEONS SAVING PATIENTS

Donor support provides upgrades for Regional One Health Operating Rooms

Thanks to hundreds of donors at our 2017 ONE Night Gala, Regional One Health is introducing technology to the operating room that will improve our surgical procedures.

Efficiencies matter in operating rooms because time matters. You can bleed to death in 20 seconds.

Regional One Health performs more than 9,000 surgeries a year in operating rooms (ORs) that are up to 20 years old. Our older operating rooms do not have the enhancements and technology currently available that could allow our skilled surgical teams to be more effective in delivering care to our patients.

Currently, when a surgeon needs to examine a patient's previous X-ray, he or she must exit the OR to view the image before scrubbing back in to continue a procedure. When patients are flown in from other facilities they often don't come with printed X-rays. Instead, the original facility sends a disk with that patient's images. When they arrive at Regional One Health the surgical team examines the images from the disk on a computer before entering the OR.

"It's like looking at a picture and then recalling what it looked like as you try to fix the problem," said Erin Price, nurse manager of Trauma OR.

It's incredibly inefficient and it doesn't

have to be. There are solutions that improve outcomes, but until now Regional One Health was not able to afford these technologies.

Thanks to generous donors, seven out of 11 operating roomswill receive technology upgrades by the end of 2017.

The Stryker iSuite is a technology solution - an integrated monitor system - that allows surgical teams to focus more on patient care by maximizing the surgeon's control of the OR. These planned technology enhancements will

Ruth Shumaker, Interim Director of Surgical Services, Dr. Peter Fischer, Trauma Surgeon, and Tammie Ritchey, Sr. VP and Chief Development Officer, discuss the benefits of upgraded operating rooms.

OR upgrades made possible by Regional One Health Foundation include:

- *Stryker iSuite additions to four Trauma operating rooms*
- *Stryker iSuite additions to three Chandler operating rooms*
- *Labor and Delivery bed and lighting upgrades*

allow more efficient procedures—such as smaller incisions, shorter exposure to anesthesia and less blood loss—which

in turn will allow the patient to recover faster and go home sooner.

The technology improvements will also enable more accurate procedures, allowing the surgeon to correctly place sutures, screws, rods or pins the first time.

"When you think of a CT scan, there are 30 to 100 different slices that you're looking at. So when a surgeon scrubs in and he can tell a nurse, 'Go to slice 36,' it's a big change. Right now you can't do that because it's not in the OR," says Erin.

With the new technology, anything in a patient's record can be displayed on the new monitors in the operating rooms, giving the surgeon better control of their

environment while streamlining procedures. The improved technology in the OR will go a long way in improving how Regional One Health trains future surgeons.

The upgraded technology in our operating rooms will raise our facilities to the level of world-class care our physicians and nurses provide on a daily basis to you and your loved ones.

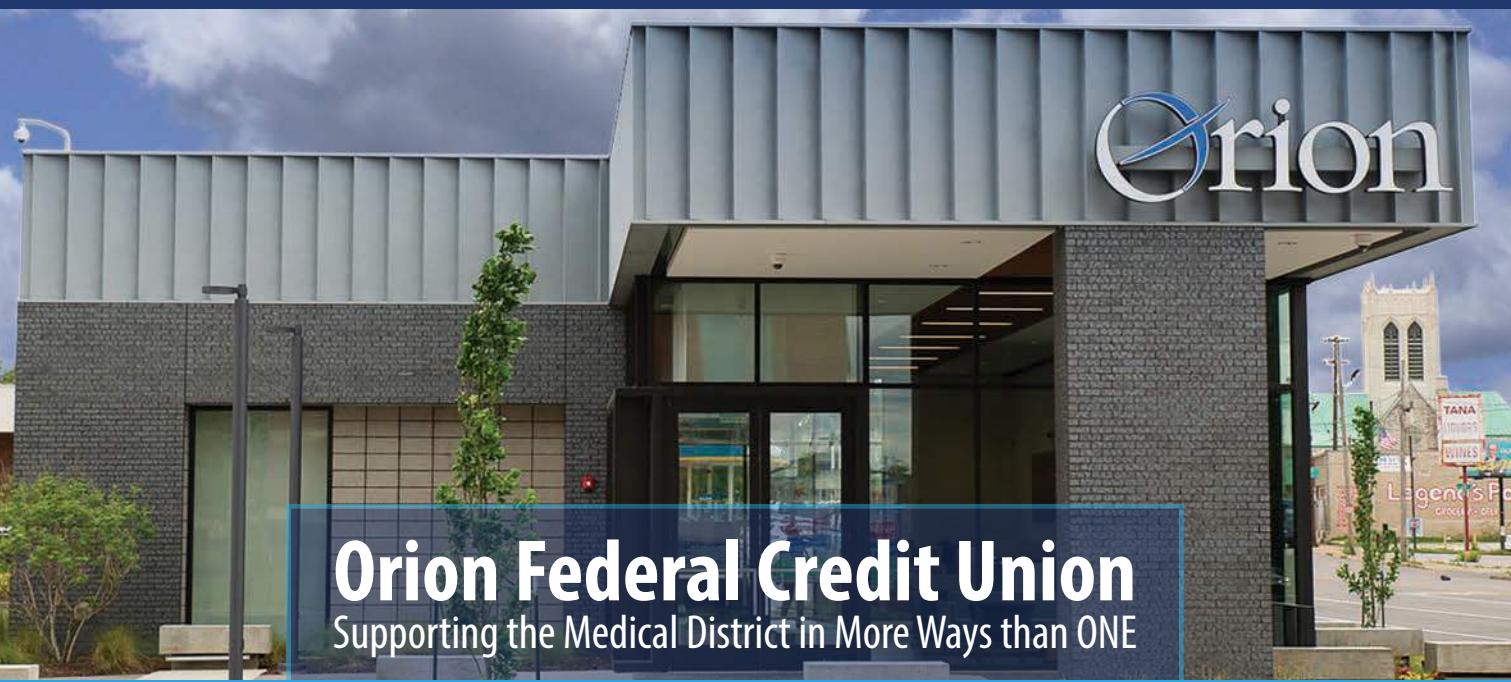
Our patients, trauma surgeons and high-risk obstetricians deserve the best technology available to facilitate operations, maximize surgical results and optimize healing and health.

The operating room can be a scary place. For us it is also a sacred space, where a highly specialized team works together to bring about healing and health, where every necessary piece of equipment must be available to handle the unknown and create a positive outcome.

Our surgeons save lives every day. By supporting Regional One Health, our donors do too.

These OR upgrades are only possible because of the gifts made by donors at our 2017 ONE Night Gala. To help expand the technology upgrades to other Regional One Health ORs, please make a contribution to Regional One Health Foundation. You can visit www.regionalonehealthfoundation.org for more information.





Orion Federal Credit Union

Supporting the Medical District in More Ways than ONE

Transforming a major street corner in the heart of the Medical District, Orion purchased an old gas station at Poplar and Dunlap and replaced it with an award-winning, LEED Silver® building with exterior LED color lighting which can be seen by patients in nearby hospitals. Orion CEO Daniel Weickenand said the decision was more about Memphis and less about the bottom line.

"We wanted to go beyond reactivating a dead street corner. We wanted to build something that members and the neighborhood would be proud of, and even more, would reflect the change and evolution going on in the area. For us, that meant a state-of-the-art facility with a design that would embody openness and connection to the people we serve," stated Weickenand.

Orion Gives Back

Orion celebrates 60 years serving Memphis this year and has a long history of community involvement, including sponsoring events like the Orion Free Music Concert Series at the Levitt Shell and River Arts Fest.

Orion also adopts 10 schools in Shelby County near branches so employees can support teachers, serve as field trip chaperones and help the students. Through the Orion Gives Back program, employees volunteer with a

different Memphis-based non-profit each month to impact the city. Orion Federal Credit Union is proud to be part of the Medical District and part of Memphis.

Founded in Memphis in 1957, Orion has grown to become the largest credit union in West Tennessee, with over 60,000 members and more than \$700 million in assets.

Relationship with Regional One Health

Orion's relationship with Regional One Health began in an effort to support



Daniel Weickenand, Orion CEO
Dr. Reginald Coopwood, ROH President and CEO

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SAVE THE DATE



SECOND ANNUAL ONE ROUND A HUGE SUCCESS

A round of thanks to our generous sponsors of the 2nd Annual Orion ONE Round Golf Classic presented by BlueCross BlueShield of Tennessee. The event was held Monday, October 2, 2017, at beautiful Spring Creek Ranch. While the tournament was another huge success, the Inaugural Women's Clinic presented by FedEx was a big hit too. More than 20 attendees received special instruction from LPGA professionals Michelle McGann, Gail Graham, Michaelyn Bradford and Jennifer Hudson. All proceeds from the golf tournament and women's clinic support the life-saving work of Regional One Health.



JOIN US NEXT YEAR: OCTOBER 1, 2018

HONOR ROLL OF DONORS

HONOR ROLL OF DONORS

We are tremendously grateful to have the support of many community members who help save and improve the lives of our patients through their generous contributions. We express this gratitude and recognize these donors through membership in the exclusive giving circles outlined below.

Recognition status is based on giving each fiscal year (July 1, 2016 - June 30, 2017).

OUR CIRCLES OF GIVING

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The President's Circle - Acknowledges donors who give \$1,000 - \$4,999 annually.

The Founder's Circle - Acknowledges donors who give \$5,000 or \$9,999 annually.

The Pillar Society - Acknowledges donors who give \$10,000 or more annually.

The John Gaston Society - Acknowledges donors who make gifts through will bequests, trust agreements, life insurance and similar planned gifts of any size.

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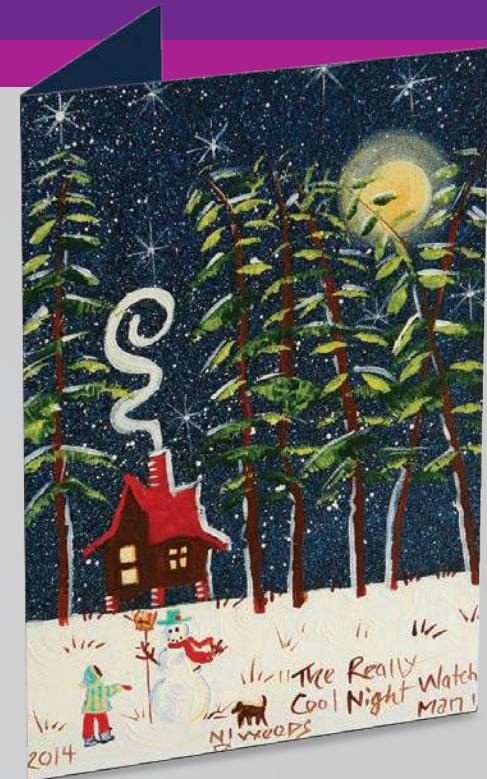
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While we are constantly amazed by the care and treatment Regional One Health doctors and staff provide our patients and their families, there are many things that we simply could not do without you — our donors. You are making Memphis healthier, you are helping to save lives, and you are improving our community one donation at a time. For that, we want to say "THANK YOU" for your support of Regional One Health Foundation.

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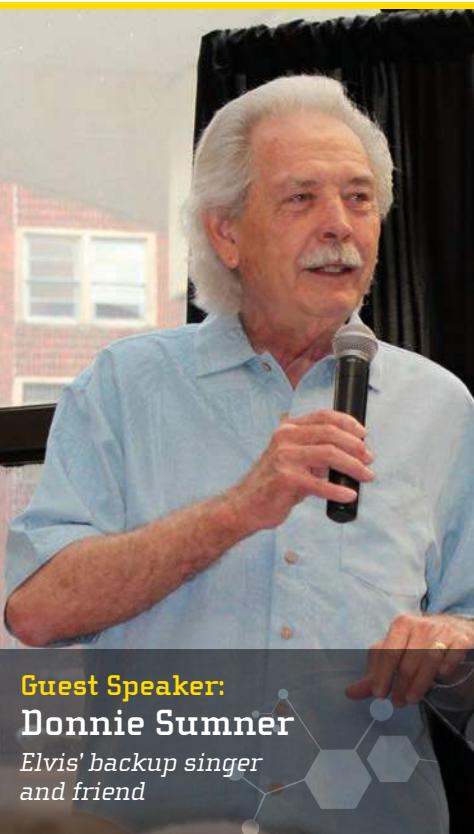
ONE CLUB HOSTS FLAMINGLE APPRECIATION EVENT



One Club invited the Elvis Presley Trauma team staff to "come flamingle" with them in July. The ladies of One Club provided lunch, relaxation kits and chair massages to all the Elvis Presley Trauma Center staff.

ELVIS LIVES ON THROUGH THE ACTIONS OF DEDICATED FANS

Elvis fans from
all over the world
support the Elvis
Presley Trauma
Center at
Regional One Health



Guest Speaker:
Donnie Sumner
Elvis' backup singer
and friend

2017 Elvis Fan Reception

The annual Elvis Fan Reception was held during Elvis Week 2017 on Sunday, August 13 at Regional One Health. At the reception, fans were able to meet Donnie Sumner, one of Elvis' closest friends and member of J.D. Sumner and The Stamps Quartet (Elvis' backup singers from 1971-1977). A private tour of the Elvis Presley Memorial Trauma Center provided fans with the opportunity to see their contributions at work. Included in the tour is a stop at the Elvis Presley Trauma Center Donor Wall which recognizes the hundreds of groups and individuals who have supported the trauma center.

YEAR-END TIPS FOR CHARITABLE GIVING

Giving to Regional One Health Foundation before December 31 provides many benefits to donors. Tax incentives may enable you to do more than you realize, even improving your own financial situation.

- **Gift of Cash:** You will receive an immediate charitable tax deduction that will provide you savings on this year's tax return.
- **Gift of Stocks and Bonds:** A gift of appreciated stocks and bonds is an easy way to make a charitable gift. By transferring the asset to the charity, you can avoid paying capital gains tax that would otherwise be due if you sold these assets.
- **Gift of Retirement Assets:** A gift from your retirement assets, such as your IRA, 401k, 403b or pension plan is an excellent way to make a gift.
- **Gift of Life Insurance Policy:** A gift from your life insurance policy is an excellent way to support Regional One Health Foundation. If your life insurance policy is no longer needed or will no longer benefit your survivors, consider making a gift and help further the critical mission of Regional One Health.

Contact Regional One Health Foundation at **901.545.6006** or your professional financial advisor for more information.

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Gifts in honor or in memory of someone you care about are an impactful way to remember loved ones, celebrate a special occasion or express gratitude for a caregiver.

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