Reflecting with gratitude for Trauma Center

A GRATEFUL PATIENT GIVES BACK

PLUS

Lessons learned from the pandemic
Philanthropy advances cancer treatment
Meeting the complex needs of patients and families
MESSAGE FROM LEADERSHIP | A message from Elaine Rinaldi Bailey

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Grateful patient donates in honor of trauma team

QUICK BITS
$3,925,274 raised in charitable gifts including outright gifts, multi-year commitments, and deferred gifts
43,887 patients treated in our emergency department and trauma center
7,453 surgeries performed

FALL 2022 contents
DEAR FRIENDS OF PAOLI HOSPITAL,

As I look ahead to my first year as Chair of the Paoli Hospital Foundation Board, I am inspired by the culture of philanthropy in our community and honored to carry on this tradition at Paoli Hospital. Our schools, parks, and museums are among the best in the country. Generation after generation, philanthropy has advanced these institutions as is true for our community hospital.

Imagine 50 years ago, the Emergency Department at Paoli had just eight chairs in the waiting room and one small exam room. Our imaging equipment consisted of only x-ray machines. Fast forward to 2022, we treated more than 115 patients in our Emergency Department each day—an increase of 20% over recent years. We’ve made investments in bi-plane angiography that produces high-definition 3-D imaging. Patients experiencing symptoms of stroke are now able to receive CAT scans of the brain within minutes of arriving at the hospital as well as the life-saving benefits of mechanical thrombectomy. These advancements would not be possible without your charitable support.

While it is important to keep pace with technology, I am personally most proud of the impact that our hospital has on the most at-risk in our community. Our team provides vaccines and health screenings in the community as well as in-person and virtual programs focused on a range of key issues, including mental health support, exercise and nutrition, smoking cessation, as well as safe driving. Each year, our staff donate their time and talents to support organizations like Community Volunteers in Medicine and the Phoenixville Clinic. Caring for our friends in need and our most vulnerable neighbors is at the heart of philanthropy and drives our work at the Paoli Hospital Foundation. Thank you for joining me in this important endeavor.

WITH GRATITUDE,

Elaine Rinaldi Bailey, Esq.
Q. What is the biggest lesson learned during the COVID-19 pandemic and how is it being applied today?

A. Young Kim, MD, Chief of Infectious Diseases at Paoli Hospital and President of Paoli Hospital Medical Staff

Broadly speaking, from a scientific perspective, we learned a lot in a very short period of time. To think that identification and full genetic sequencing of a novel coronavirus occurred in ten days is just spectacular. When the virus sequence was released, the pharmaceutical community moved quickly applying new mRNA vaccine technology. The first vaccine candidates using this technology proved to be effective in protecting us against severe illness from COVID-19, but mRNA holds so much more promise as it can be modified quickly. The scientific community will continue to advance these findings and apply them into other areas for years to come. Potentially, mRNA can serve as a treatment to cancers and many other illnesses. The benefits and possibilities of this scientific advancement are not talked about enough and hold great promise.

Narrowing in on our community at Paoli Hospital, I will say the last couple of years have felt like a marathon. Challenging times like this expose a lot about institutions and staff. I believe at all levels we did quite well. At Paoli, we had the infrastructure and mechanisms already in place, so we were able to deal with the unknown effectively. We learned to collaborate in new ways to deliver the best care in a fast-changing environment. Although we are in a better place today, we are still very much dealing with COVID-19, as well as an exceptionally high volume of patients. However, I am confident in our ability to continue to deliver the personalized, leading-edge care our community expects and deserves.
A. Jim Paradis, President, Paoli Hospital

I do not want to lose sight of the enormous suffering that the pandemic has caused in terms of lives lost, emotional and physical suffering, and economic and social disruption, but I do see that we have learned and improved by working through this crisis. The way we approach our work in the hospital will forever be changed because of COVID-19.

One of the key changes that I have seen is a heightened awareness of and appreciation for the interdependence of team members within Paoli Hospital and across the Main Line Health System. At the height of the COVID-19 surge, Paoli Hospital was able to meet our patients’ needs only by our team members working together creatively and flexibly. Nurses and technicians who usually work in an operating room or physician’s office jumped in to care for patients on inpatient units or run vaccine clinics. Paoli Hospital worked collaboratively with our Main Line Health peers to plan our responses to the pandemic and to send resources to wherever the need was greatest. If Paoli Hospital had been an independent entity, we would not have been able to serve our community and survive the pandemic as well as we have. I am gratified to see this sense of mutual appreciation and collaboration among our Paoli Hospital departments and the Main Line Health entities continuing today to help us recover from the pandemic and meet the needs of our community.

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A. Jennifer Brockson MSN, RN, GRN, NE-BC, Nurse Manager-4A

The innovation, flexibility, and teamwork required throughout the COVID-19 pandemic is still very evident on my team today. But I would say the importance of self-care is among the greatest lessons we have learned. The stressors of working at the bedside, on the COVID-19 Unit, in the early, uncertain days of the pandemic were overwhelming. Seeing so many critically ill patients suffering from a virus that we knew little about was difficult. We had to learn to support each other in new ways and take care of ourselves, too. We also learned how to add levity to our work and that became a priority which sticks with us today. Whether it is soft music at the nurses’ station, comfort carts with aromatherapies, healthy snacks, and hand massages, we do what we can, when we can, to support each other and take care of ourselves, too.

As we moved through the pandemic, staffing became more of a challenge. So, we began to split the workload differently and even then, the importance and encouragement of self-care was not lost. As a team, we have each other’s backs more than ever. If someone looks overwhelmed or feels a need to step away for a break, it is ok. We know how to take that time to recharge, and we know that our patients and co-workers will be better off if we do.
While it has been more than 10 years since her husband John’s tragic accident, Maria remembers quite vividly how the morning unfolded, “I was at work, in the middle of giving a tour at Westtown School, when my boss interrupted and told me a state trooper was on the phone,” she recalls. The officer explained that John was in a serious car accident and the paramedics had taken him to Paoli Hospital’s Trauma Center.

“When I walked into the Emergency Room, I remember seeing an empty bed, and John’s clothes, covered in blood, all cut to pieces,” she says.

Maria learned that John had been t-boned just after he had dropped her off at work that morning. EMS were on the scene almost immediately and the fire department used a specialized hydraulic rescue tool called the “jaws of life” to remove John from his demolished car.

Alec Beekley, MD, trauma surgeon, met Maria upon her arrival at the hospital and explained that her husband was suffering from a broken pelvis, a fractured tibia, organ damage, and severe internal bleeding. He was also having trouble breathing and was going to be intubated.

Despite the flurry of information, Maria stayed calm. “In these kinds of situations, your base nature kicks in. I am a practical person, and my mind, fortunately, did not go to the worst place.”

John had sustained multiple severe injuries and it was critical that the trauma team moved quickly and deliberately to save him. John’s internal bleeding resulted from the pelvic injuries that damaged his iliac arteries. These major arteries run from the abdomen through the pelvic area, supplying blood to the legs.

“It is really this delicate dance that doctors must do—they inform the family without demoralizing them. I never felt uninformed or kept in the dark, yet John’s accident was never catastrophized enough for me to lose hope,” explains Maria.
In 2022, John celebrated his 10th year post-accident. Thanks to the life-saving care of first responders and Paoli Hospital’s Trauma team, John and Maria marked this anniversary with a charitable gift in honor of Paoli Hospital’s Trauma Department.

Grateful patients like John and Maria who choose to express their gratitude with a charitable gift to the hospital not only help to fund life-saving equipment, but they also inspire doctors, nurses, and staff. Dr. Kris Kaulback, Medical Director of the Trauma Center at Paoli Hospital, explains, “I have dedicated my professional life to helping patients like John. It is wonderful to know they are giving back to help the hospital remain on the leading edge. Health care is constantly changing, particularly as it relates to technology. Without the added support of philanthropy, we could not keep up with these advancements.”

While most donors to the hospital are grateful patients and their families, many physicians and staff also choose to extend their commitment to patient care by making a charitable gift themselves. Dr. Stuart Brilliant, Chief of Emergency Medicine at Paoli Hospital, says “As a physician, I donate and encourage my colleagues to do the same. Every one of the ER doctors here makes an annual gift to support the hospital because we see firsthand how these gifts impact our operations—whether it’s the support of staff training or new equipment, these investments are critical for us to deliver the top-quality care our community expects.”

With their gift in honor of the hospital’s trauma team, John and Maria were welcomed as members of the H. Phelps Potter Society and recognized among the hospital’s most generous donors. To join John and Maria, many other grateful patients, and area businesses in this wonderful gesture of gratitude visit: www.mainlinehealth.org/phgiving

John was in the Intensive Care Unit (ICU) when he started hemorrhaging and then he crashed. Maria recalls, “I can still see the nurse running down the hall with an igloo cooler full of blood. It took an additional five units of blood to help stabilize him.” Dr. Beekley had left to take care of another trauma patient, so Timothy Fox, MD, was at John’s bedside when Interventional Radiologist Joseph Bonn, MD explained the procedure that ultimately saved John’s life.

“I remember Dr. Bonn meeting us in the hallway as they rushed John down to the Interventional Radiology Suite. He explained how they would patch John’s iliac arteries using sophisticated guided imaging technology,” says Maria. Dr. Bonn shared that he would access the artery from the groin and insert a gel foam to repair it. Maria continues, “Looking back, I know now it was the last stop on the trauma train for John. I will never forget Dr. Bonn’s thoughtful explanation of the procedure and his gentle assurance that he would care for John as if he were his own family.”

The interventional radiology procedure helped to stabilize John by stopping the internal bleeding so the team could begin to address his other injuries. The next day John underwent surgery to insert a rod in his leg and repair his broken tibia. Maria recalls, “They told me John would have landed in the ICU for just his leg injury. His injuries were severe, and I know there were so many crucial decisions made along the way that resulted in his recovery.”

Maria spent four nights at Paoli Hospital beside John, sleeping on the couch in his room at the ICU. Over the course of those few days, she gained an appreciation for everything it takes to keep a hospital
surgeon prior to surgery, “I told him that John was a weightlifter, and he would need some strong screws. In my mind, it was always ‘what do we need to do to get him home and walking again.’”

After a successful, yet complicated pelvic surgery, John was discharged to Bryn Mawr Rehab. “It was wonderful to have John so close to home. We could bring the kids over and have dinner together. We even brought the dog in for a visit in the lobby. The goal was to get him home safely, so they taught us how to handle the wheelchair, get John in and out of the car, and prepared us for his continued recovery at home,” Maria explains.

When John arrived home, 21 days after his accident, Maria had already set up a bedroom and home office on the first floor of their West Chester home. “I had a wheelchair ramp built quickly and doors hung in the dining room, so he could have a private office,” she remembers.

With consistent outpatient therapy and dedicated at-home exercises, John was soon walking again. “The therapists played such a significant role in John’s recovery. There is an overwhelming feeling of helplessness that can quickly take over. But the therapists counseled us and paved the way for his success. He was in pain, but he was making tremendous progress.”

In the year that followed, John used a cane to walk and still experienced pain in his leg. Then, after undergoing another surgery to replace the rod in his tibia with a plate, John made a complete recovery.

Ten years have passed since the accident, but John and his family will forever be impacted. Lilly Jacobs, John and Maria’s daughter, is pursuing a degree in Radiologic Technology. She credits her career choice to the amazing professionals she encountered during her father’s recovery. “There really is nothing more important than surrounding yourself with those you love and enjoying good health. I am so grateful to live in this community and have access to the best health care. I am more committed than ever to doing my part to make sure this remains a great place to live and raise a family.”

She explains, “The clinical staff is top-notch; they made all the right calls at the right time. But there is so much more to running a great hospital. The friendliness of all the staff—like the guy who waved to me as he cleaned the floor each night—really stood out. The food service staff were also so kind and the meals were quite good! These gestures and that human connection are so important. It helped to ease my anxiety during a time of extraordinarily high stress. I’ll never forget it.”

The hours and days following John’s accident were unimaginably difficult for Maria and her family. But she recalls, “Looking back, I actually find an incredible faith in our humanity because of the heroic and compassionate efforts of those who cared for John.”

She continues, “It is amazing to think there are people who have dedicated their professional lives to be ready to care for you in these critical emergencies. They saved my family, and I will forever be grateful.”

After John was stable, he was transferred to Thomas Jefferson University Hospital for surgery to reconstruct his pelvis. Maria remembers the meeting with the surgeon prior to surgery, “I told him that John was a weightlifter, and he would need some strong screws. In my mind, it was always ‘what do we need to do to get him home and walking again.’”

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Interventional Radiology and Trauma

On a monthly basis, the Interventional Radiology team at Paoli treats about 15-20 trauma patients, representing only a fraction of the 350-400 total patients cared for each month. Interventional Radiology provides a vast variety of image-guided, minimally invasive procedures ranging from performing thrombectomy and thrombolysis for the removal of pulmonary emboli and large blood clots in the legs to performing kyphoplasty to stabilize vertebral fractures to placing chest ports for cancer treatment. They are also involved in treating uterine fibroids, treating varicose veins and venous ulcers, treating active bowel bleeds, draining abscesses, performing image-guided biopsies, ablating tumors, placing feeding tubes, and performing image-guided lumbar punctures.

Post-partum hemorrhage after childbirth can also be treated with a temporary embolization of the uterine arteries. This is a life-threatening emergency, and without the interventional radiologist, the only other viable treatment option is emergency hysterectomy.

In life-threatening emergencies, Interventional Radiology (IR) is available round-the-clock and serves as a key member of Paoli Hospital’s Trauma Team. To stop internal bleeding, the IR physician guides a catheter through the artery and then blocks the bleeding vessel with coils or a slurry of gel foam. The IR team can often preserve damaged organs like the spleen and liver with minimally invasive embolization.

Sumanth Atluri, MD, Main Line Health System Chief of Interventional Radiology, sees firsthand how philanthropy funds these advancements. He explains, “I support the hospital with charitable gifts, and I am proud that so many employees and physicians across the radiology department are donors, too.”
PHILANTHROPY FUNDS CANCER CENTER UPGRADES
Gifts to the Paoli Hospital Foundation’s Cancer Center Fund recently supported the purchase of a new patient positioning device that enables more flexibility and precision during radiotherapy treatments.

In conjunction with radiosurgery equipment already in use, this robotic couch is designed to deliver advanced radiation therapies with a high level of accuracy and reproducibility. Michael Dabrow, DO, Medical Director of the Cancer Center at Paoli Hospital, says, “To the patients, families, and staff that donated to the Cancer Center—thank you! Your gifts fully funded this new equipment which is advancing our care in important ways. We can now deliver treatments with greater precision and less time is needed to set-up between patients. We are so grateful for the tremendous generosity of those who contributed to support this critical equipment upgrade.”

A gift from the estate of a grateful patient was among the 144 donors whose support made this purchase possible. The donor was a school nurse for 27 years, received care at Paoli Hospital, and donated annually since 2014. “This estate gift made a remarkable impact on our care by funding a significant portion of this equipment purchase. By designating a portion of their estate to the Paoli Hospital Cancer Center, the donor left a legacy that will enhance the lives of thousands of patients each year,” explains Meghan Sayer, Executive Director of the Paoli Hospital Foundation.

Meghan continues, “Estate gifts like this one cost nothing during a person’s lifetime but can transform the way we deliver care here. There are many ways our donors choose to make their charitable giving part of their overall financial planning strategy. Whether it’s through a bequest, a beneficiary designation, or a qualified charitable distribution from an IRA, donors can make a remarkable impact on our mission of care.” For more information, please visit: www.mainlinehealth.org/plannedgiving.
The Palliative Care Program at Main Line Health exemplifies our commitment to provide patient-centered care, delivered human to human. Since 2008, we have been at the forefront of palliative care services, supporting hospitalized patients diagnosed with complex, chronic or terminal illness.

Unlike hospice care, which is focused on ensuring comfort at the end of life, palliative care addresses the multifaceted needs of patients and their loved ones across every stage of illness. Such care can include managing pain and symptoms, guiding informed decision-making, assisting with family concerns, arranging special moments with loved ones, navigating communications with the extended health care team, identifying critical resources, coordinating with chaplains who tend to spiritual needs, and so much more.

“The very definition of ‘palliate’ is to relieve,” says Evan S. Schneidmesser, MD, medical director of Palliative Care Services at Main Line Health. “A serious illness can be overwhelming. It introduces boundless questions and concerns. We help patients put all the different pieces together, with the aim of reducing suffering and enhancing quality of life. And we see first-hand the impact we have on those we care for.”

Dr. Schneidmesser leads a 30-member multidisciplinary team composed of specialty-trained physicians, nurses, nurse practitioners and other advanced practice providers, chaplains, volunteers with varying skill sets, and social worker Joanne B. Glusman, MSW, LSW, APHSW-C.

“My role is unique and deeply necessary,” says Glusman. “It’s my responsibility to prepare and support patients and families across the spectrum and trajectory of illness, whether a patient has multiple sclerosis and will live for 25 or more years, or was just diagnosed with an end-stage condition and may only have two weeks. We care for the whole person and the people they love across a disease trajectory, and not at any particular stage. It is an honor to do this work.”
One does not need to have a terminal diagnosis to receive palliative care. We care for:

- Patients with pain or other symptoms that cause discomfort
- Patients with chronic medical conditions including heart disease, dementia, Parkinson’s disease, kidney failure, lung disease and cancer
- Patients who frequently use the emergency department or are readmitted to the hospital often
- Patients in intensive care who need assistance evaluating next steps and goals of care

“The palliative care team has a bird’s eye view,” explains Dr. Schneidmesser. “We understand everything each patient is dealing with and why they’ve been hospitalized. We’re attuned to their medical issues as well as their nonmedical concerns. From prescribing medications for symptom management to identifying other clinicians such as psychologists or other specialists who should see the patient to suggesting certain tests for the hospitalists to consider, our job is to expertly communicate across a patient’s extended care team and directly with the patient.”

“One of the most important things we do for our patients is listen,” adds Glusman. “We want to know where you are, what you’re thinking, what you know and what you don’t know. We want to understand what’s important to you, what issues you’re having physically, emotionally and spiritually, what your goals are. Planning with purpose makes the journey less difficult.”

As medical advances enable more people to live longer with complicated conditions, palliative care has become an increasingly essential component in the continuum of care. Research shows that when this care is provided, patient symptoms are better managed and outcomes are dramatically different. Many patients report that these services are even more important than the medical treatment they receive.

Our palliative care team currently sees 12% to 18% of the patients admitted to Main Line Health hospitals—twice as many as other health systems. Palliative care is also available in the community through Main Line Health HomeCare & Hospice.

“Some people who receive a difficult diagnosis don’t know how to talk to their kids or their spouse or other family members,” says Glusman. “I tell them, ‘I got you. I can help with that.’ I can also help families at the beginning of a diagnosis, knowing they have a challenging road ahead. We can have many conversations along the way—one year out, three years, ten years—we help them to do well emotionally and physiologically throughout their journey.”

The palliative care team also provides support to other caregivers across Main Line Health. Team members can offer solace to their colleagues on a particularly difficult day or deliver grief counseling after the loss of a patient, especially when that patient is a child.

“There is such a critical need for palliative care services—for patients, loved ones and caregivers alike—and that need continues to grow,” says Dr. Schneidmesser. “Maybe it’s the older person with underlying illness who’s having difficulty living on their own, and we need to have that conversation with their loved ones about transitioning to another living arrangement. Maybe it’s a patient with advanced cancer, and we help them understand their options and how to have those conversations with loved ones. Maybe it’s someone experiencing a progressive issue with disability, or chronic pain or anxiety, and we help them find relief. Our team meets patients wherever they are, and we walk with them through their illness, each and every step of the way.”

For more information, visit mainlinehealth.org/palliativecare. To learn how you can support this program, please contact Karrie Borgelt, senior vice president of development, at borgeltk@mlhs.org or 484.580.4144.
PAOLI RECOGNIZED FOR TOP PERFORMANCE!
Paoli Hospital advanced to #5 in the Philadelphia Region out of nearly 100 hospitals in the U.S. News and World Report’s Best Hospitals rankings. Paoli was also recognized as high performing—the top rating—in four Adult Specialties and 11 Adult Procedures and Conditions. Hospitals were evaluated using measures including survival rates, complication rates, patient experience, and level of nursing care.

EXPANSION UNDERWAY TO ADDRESS GROWING INPATIENT VOLUME
Earlier this fall, Paoli Hospital opened 18 additional private rooms on the 4th floor of the original main hospital building. The additional beds will accommodate our growing volume of patients, including those requiring cardiac monitoring or neurological interventions.

OUR JENI MEMORIAL FUND DONATES TO CANCER CENTER
The Paoli Hospital Foundation accepted a donation in memory of Jeni Stanley, a beloved elementary school teacher who faced her cancer diagnosis with grace, positivity and humor. Jeni’s family gathered on her 50th birthday and donated in Jeni’s memory to support the art therapy program in the Cancer Center at Paoli Hospital. Jeni was dedicated to spreading awareness of Neuroendocrine (NET) cancer. She had such a positive impact on so many that she was often referred to as “Our Jeni.” The goal of Our Jeni Memorial Fund is to ensure Jeni’s legacy lives on and her impact is felt by many.

PAOLI HOSPITAL GOLF CLASSIC
May 16th, 2023, at Applebrook Golf Club
Proceeds from this event will help to expand our Emergency Department. For information or to register for the Golf Classic visit: mainlinehealth.org/phgiving

ANNOUNCING A NEW AFFILIATION WITH CHILDREN’S HOSPITAL OF PHILADELPHIA
CHOP now provides coverage and care for patients across our Main Line Health NICUs, as well as Bryn Mawr Hospital’s inpatient pediatric unit and pediatric emergency department. Over the last year, our teams have been working together to ensure the safest, most equitable and highest quality of care to patients and their families throughout our community. Main Line Health looks forward to a long and collaborative relationship with CHOP and the many opportunities it offers.
After more than 17 years of service to Main Line Health and Paoli Hospital, Patty Holloway was named Emeritus Trustee of the Paoli Hospital Foundation and the role of Board Chair was transitioned to Elaine Rinaldi Bailey, Esq.

Patty's dedicated leadership, transformative philanthropy, and genuine caring for our community has been a key driver for many initiatives and successful fundraising campaigns across Main Line Health over the years. In 2005, Patty joined the Main Line Health Board of Governors and served in a variety of leadership positions beginning with Chair of the Governance Affairs Committee, HR and Compensation Committee, Quality and Patient Safety Committee, and leading to the Vice Chair of the Board.

In 2008, Patty began service on the Paoli Hospital Foundation board where her volunteerism and philanthropy flourished. She and her husband, Gary, along with their 5 children, were lead donors that year to Paoli Hospital's historic capital campaign which raised over $16 million to construct the Pavilion at Paoli Hospital.

As the Chair of the Paoli Hospital Foundation Board, she led the board in raising over $20 million dollars through campaigns for maternity care, an unrestricted endowment campaign, and most recently the Interventional Vascular Campaign concurrent with a Main Line Health system-wide Behavioral Health Campaign.

Patty's passion for service stems from her commitment to faith, family, and friends. She has an innate ability to connect, engage, and inspire those around her. Her commitment to organizations throughout our region, and even across the globe, is extraordinary. Patty believes that an investment of philanthropy is mutually beneficial to the donor and the institution. She inspires others to learn and is always finding opportunities to connect people with a purpose.

With thoughtful planning and consideration for the future of Paoli Hospital, Patty and her family informed the Foundation that the hospital was included in their estate plans. Furthermore, they established an endowment that will help support the health care needs of our community for generations to come. Patty and the Holloway family will forever be part of Paoli Hospital history and for that we are so very grateful.
There are a variety of ways to support Paoli Hospital.

1. A GIFT FROM YOUR DONOR ADVISED FUND (DAF) will help us provide outstanding care for you, your neighbors, and others across our region. DAFs are a simple, flexible, tax-wise option for many of our supporters. Please inform us of your gift so we can acknowledge your generosity!

2. RECURRING GIFTS CAN BE MADE MONTHLY OR QUARTERLY on our website at mainlinehealth.org/phgiving. Join our H. Phelps Potter Society with a monthly gift of just $85! Members of our Potter Society receive exclusive recognition and close connection to the hospital as leadership donors.

3. YOUR GIFT OF APPRECIATED STOCK OR OTHER SECURITIES may reduce or eliminate capital gains tax while benefitting Paoli Hospital. You may also make a gift of real estate, paid-up insurance policies, personal property and other holdings.

Your gift can provide you with the satisfaction of supporting quality health care in your community while securing certain tax advantages. Gifts can be designated to support our Emergency Department Expansion, Cancer Center, and many other high-priority clinical needs within the hospital.

For more information on ways to support Paoli Hospital, or to inform us of your intentions, please call Meghan Sayer at 484.565.1385 or email sayerm@mlhs.org.