

Sibley Memorial Hospital Foundation

YOUR IMPACT

Philanthropy In Action

April 2024

Monthly Update



A Gift of Gratitude: Snyder/Miller Family

When Rebecca Snyder and Stuart Miller's daughter, Sierra, was born at Sibley in 2012, she spent seven days in the Silberman Special Care Nursery (SCN). In gratitude for the care and support they received from their nurse Christina Fernandes and the entire SCN team, Rebecca and Stu made a gift to support the SCN, saying "The nurses were so dedicated and caring, during an especially challenging time. We felt compelled to give back to help the SCN care for other families, and we hope that our story inspires other Sibley families to honor their caregivers."

For more than a decade, they have continued to support the SCN. Their support has provided SCN nurses neonatal education and training opportunities including training for the team through the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN). This organization helps empower and support nurses caring for women, newborns, and their families through research, education, and advocacy.

With the help of philanthropic support like theirs, Sibley's SCN continues to offer specialized care for all newborns who may need it. The unit is staffed with experienced neonatal nurses and neonatologists who are available round-the-clock, with state-of-the-art technology for use at their side. With their support and from others in the community, Sibley continues to be the most trusted hospital for parents-to-be, delivering more babies than anywhere else in the region.

Their most recent gift named a bench in Sibley's meditation garden for both of their daughters, Sierra and Olivia, to continue to invest in the SCN. Thank you, Stu and Rebecca, for your long-standing generosity which continues to be an inspiration to our dedicated physicians, nurses, and caregivers who work every day to provide exceptional and compassionate care to every baby and family in Sibley's SCN.

If you have any questions or wish to support Sibley's Special Care Nursery, please contact Andrea Travis, Director of Development at atravis@jh.edu.

Pictured L to R, back row: Michelle R. Bacon, BSN, RNC-LRN, Nurse Manager, Special Care Nursery; Christina Fernandes, BSN, RNC-LRN, Professional Development Specialist- Neonatal (daughter Sierra's nurse in the SCN); Andrea Travis, Director of Development, Sibley Foundation
Front row: Snyder/Miller Family



Nourishment for Patients: Support the Infusion Center Campaign

Sibley's infusion center sees hundreds of patients each week as they receive critical infusion treatments of chemotherapy, immunotherapy, and more. Just last year alone, there were over 22,000 appointments in the infusion center. Patients must come in frequently, and our expert and compassionate nurses do everything they can to make their experience positive despite the difficult circumstances.

Patients who come to the Infusion Center at Sibley receive treatments that can last many hours, sometimes over lunch. Many cancer patients are in financial need, have mobility issues, cannot get to the cafeteria, or did not prepare food at home. To support these patients, Infusion Center nurses often use their breaks and sometimes their own money to buy cafeteria lunches. Through the generous support of our donor community, the Sibley Foundation alleviated this stressor for our patients by providing free, healthy meals and snacks.

These small gestures have an enormous impact on our patients, and your gift today will help us continue this vital program at Sibley. This program is one example of the impact YOU can make, not only for our patients but also for our nurses.

Fund the Infusion Center Fridge Campaign TODAY by clicking [here!](#)

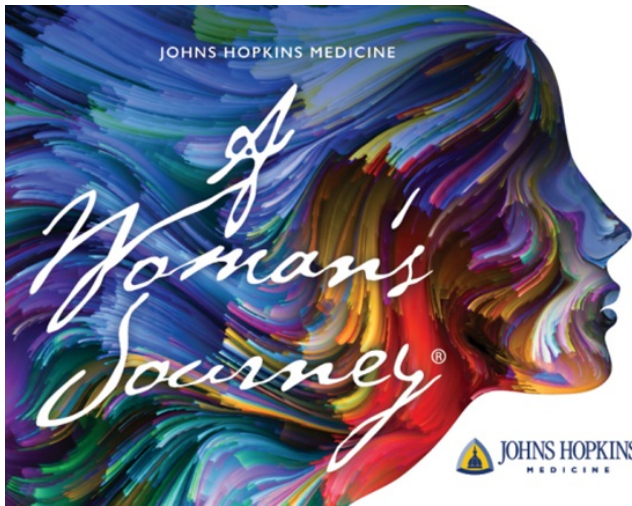
SHINE Award Winners

Suzanne Dutton, DNP, GNP, RN and Rosemary Trejo, RN, (at left) recently won the top nursing research award at the SHINE (Showcase for Hopkins Inquiry and Nursing Excellence) conference for Sibley's geriatric surgery program for the entire Johns Hopkins Health System.



The SHINE Conference is an annual celebration of nursing innovation and discovery and provides an opportunity to connect, learn and network with nursing colleagues. Their research focused on improved outcomes in patient length-of-stay, readmission, complications, and mortality in Sibley's geriatric surgery program that Suzanne and Rosemary spearhead. Congratulations Rosemary and Suzanne for ensuring that Sibley's older patients receive the excellent and compassionate care for which Sibley is known in our community.

To support programs and services for our older adult community, contact Andrea Travis at atravis@jh.edu.



Check out this program!

Take a morning for yourself and learn about the latest advances in women's health from renowned Johns Hopkins faculty physicians.

Join us in person. Hear compelling presentations.

Register now!



Friday, May 17, 2024
9–11:45 a.m.

Bethesda North Marriott Hotel
and Conference Center
Marinelli Road
Rockville, MD 20852

For more information and to register, visit hopkinsmedicine.org/awomansjourney/gwa or call 410-955-8660. Scholarships, reserved tables and sponsorships are available. Reservations \$60.

A Woman's Journey

Listen to up-to-the-minute health information from Johns Hopkins physicians including Benjamin Levy, M.D., Associate Professor of Oncology and Clinical Director of Medical Oncology for the Johns Hopkins Sidney Kimmel Cancer at Sibley who will talk about the dramatic advances in lung cancer treatment and survivorship.



Other topics include the risks and benefits of caffeine from Dustin Lee, Ph.D., Assistant Professor of Psychiatry and Behavioral Sciences and a primer on mental health from Karen Schwartz, M.D., Professor of Psychiatry and Behavioral Sciences and Myra S. Meyer Professor of Mood Disorders.

To register: hopkinsmedicine.org/awomansjourney/gwa.

Support Sibley's Special Care Nursery at Veronica Beard!

On Thursday, May 16, shop at Veronica Beard in Bethesda, and 20% of sales will support Sibley's Special Care Nursery. R.S.V.P. to Bethesdarsmp@veronicabeard.com.

VERONICA BEARD

VB Gives Back

Phaedra Chrousos, Diana Doukas & Lauren Mason
invite you for a shopping event to benefit
Sibley Memorial Hospital's Special Care Nursery

Thursday, May 16
6-8PM

Veronica Beard
4840 Bethesda Ave
Bethesda, MD

Kindly RSVP to BethesdaRSVP@veronicabeard.com

Veronica Beard will donate 20% of event proceeds
to Sibley Memorial Hospital's Special Care Nursery.



Can't attend in store? Contact (240) 425-4808 to place a phone
order and your purchase will be included in the donation back.



**NATIONAL
PRESCRIPTION
DRUG
TAKE-BACK DAY**

**Saturday, Apr. 27
10 a.m. - 2 p.m.**

Visit JHTakeBack.com for more information.

Dispose of Unwanted or Expired Medications on April 27

On Saturday, April 27, Sibley and Suburban Hospitals will both take part in National Prescription Drug Take-Back Day. Drive up and drop off your unused or expired prescription medications from 10 a.m. to 2 p.m. at any of the Johns Hopkins locations in Washington, D.C., and Maryland. No sharps at Sibley! Help end drug misuse by safely disposing of your unwanted or expired prescription medication. Visit jhtakeback.com for details.

Journey to Hope – DC

Sibley Senior Association Invites You to the 9th Annual Journey to Hope — DC
A Conference for Alzheimer's Family Care Partners

SATURDAY, MAY 4, 11 A.M. TO 5:30 P.M.
555 Pennsylvania Avenue, NW, Washington, DC

Are you caring for a family member or friend who has Alzheimer's disease or related dementia? Feeling uneasy, under-informed or overwhelmed? Let us help! Join us in person to learn tips to create better days for you and your loved one. Meet other care partners to learn and share new ways of coping and caring for yourself and your loved one. Light refreshments will be served.



Understanding Alzheimer's Disease and Related Dementias
Marti Bailey, B.S., C.S.A., C.D.P., C.A.D.D.C.T.

Interim Director of Community Affairs
Director of the Sibley Senior Association (SSA) and Community Health at Sibley Memorial Hospital

Register at smh.memberclicks.net/2024JourneyToHopeDCSSA, email pnunez3@jhmi.edu or call 202-364-7602 before May 1.

FREE CONFERENCE



Having a Good Day – What Does That Look Like?
Karen Stobbe and Mondy Carter

We will offer tips on communication, understanding behaviors and having purposeful things to do during the day. You will walk away with new tools to use every day.

Improve with Improv
(attendees will be invited to participate with improv prompts)

Improvisation has guidelines to help you learn to be a better performer. They are parallel to how to be a good care partner. Guidelines such as: Yes And...., Go with the Flow and Listen Fully. Karen and Mondy will facilitate each guideline and show you how to apply it to your daily life.

Karen Stobbe changed careers from theater and improvisation to health care when her father was diagnosed with Alzheimer's. Since then, she has served as the director of education for Pioneer Network, written over 12 training programs and spoken all over North America.

Mondy Carter has worked as a commercial and stage actor for 30 years and now animates videos. He has produced over 200 training videos. Karen and Mondy were featured in Real Simple magazine, NPR's This American Life and performed a National TEDMED Talk.



Learning to Care for Yourself While Caring for Someone Else
Jane Van De Velde, D.N.P., R.N.

You will learn simple tools and practices you can use when you are feeling depressed, sad, angry or anxious. These practices may help you to feel relaxed, calmer, more grounded and balanced. You will have the opportunity to both learn and practice these techniques during this session.

Jane Van De Velde, D.N.P., R.N., is a Reiki master practitioner and teacher with 20 years of experience. Her professional background is in community-based nursing with an emphasis in home care and hospice. Jane received her doctor of nursing practice from Rush University in Chicago.

Door prizes will be awarded during the conference. You must be present to win.

The venue is two blocks from the Judiciary Square Metro stop (4th Street entrance) and the Archives-Navy Memorial-Penn Quarter Metro stop. Street parking is available.



Journey to Hope – DC Conference for Alzheimer's Family Care Partners
Saturday, May 4, 2024 from 11 a.m. to 5:30 p.m.
555 Pennsylvania Avenue, NW; Washington, DC

Are you caring for a family member or friend who has Alzheimer's disease or related dementia? Feeling uneasy, under-informed or overwhelmed?

We are delighted to announce this year's conference will be in person. This is a free conference for care partners. Join us to learn more about Alzheimer's disease, how to be a better care partner, and the importance of self-care. Learn tips to create better days for you and your loved one. Meet other care partners to learn and share new ways of coping and caring for yourself and your loved one. Light refreshments will be served. Register [HERE](#).

Your Sibley Community: Events

Yoga for Cancer Survivors, Wednesdays, 10 a.m., Free

For Zoom link and other information please contact Pam Goetz, Oncology Survivorship Program Manager, at pgoetz4@jhmi.edu.

Support Group for Women with Bladder or Urothelial Cancer, 1st Thursday Monthly, 12 p.m., Free

Led by the Johns Hopkins Sidney Kimmel Cancer Center at Sibley Memorial Hospital's Center for Patient and Family Services' program manager and genitourinary oncology social worker, this group is meant to help patients gain support and friendship by meeting others going through similar experiences. Space is limited; for Zoom link, please RSVP to Samantha Rockler, M.S.W. at srockle1@jhmi.edu.

**Support Sibley
Today!**



**SIBLEY MEMORIAL
HOSPITAL**
JOHNS HOPKINS MEDICINE

5255 Loughboro Rd NW, Washington, DC 20016
(202) 537-4257

Sibleyfoundation.org

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