

Sibley Memorial Hospital Foundation

YOUR IMPACT

Philanthropy In Action

February 2024

Monthly Update



Donor Story: Christopher Jones

Who among us wasn't buoyed by the radiant kindness and rapier wit portrayed in the Netflix series "Ted Lasso" during the dark days of the COVID-19 pandemic? With its now-iconic *BELIEVE* sign above the Greyhounds' locker room door, the show was pure unadulterated joy. Many of us took solace and inspiration from that show and its message of kindness, compassion, and perseverance—perhaps no one

more so than Chris Jones (pictured above).

In January 2023, Christopher Jones developed an initially annoying cough and other symptoms that quickly prevented him from eating and swallowing. Shortly thereafter, he received a scary diagnosis: esophageal cancer—a golf ball sized tumor at the base of his esophagus. After the initial shock and disbelief at his diagnosis, he endured six months of tough treatment-- scans, blood tests, chemotherapy, proton radiation, meetings with various specialists, and ultimately an esophagectomy... with more scans and immunotherapy to come. Chris weathered all of this with the enduring optimism of Ted Lasso. Chris recalls: "The positive vibes from family, friends and especially Sibley staff kept me going."

During a recent visit with Chris, he exuded grace, optimism and gratitude...and a faint glow from having just returned from a company meeting in Florida where he delivered an inspirational Ted Lasso-themed keynote to more than a thousand colleagues. Says Chris: "The nurses at Sibley were the incredible difference maker—welcoming me, getting me prepped, placing IVs, dealing with me when I passed out because I am a sissy with needles. Oh, and for putting up with my bad jokes! I just wish I had half the energy and positivity they gave to me."

When asked why he chose to support Sibley through his gift to oncology staff morale building activities, Chris said "this past year was clearly a 'wow' moment for me. I've never been sick in my life. Through my treatment, I gained a true appreciation for how hard the nursing staff works and the attentiveness with which they treat each patient. I

hope I can make a small difference in giving back and to let them know they had such a positive impact on me. Thank you for giving me another shot at life.”

Thank you, Chris, for your generous gift in recognition of the compassionate care you received at Sibley. To support the extraordinary caregivers at Sibley, clicker [HERE](#).



Staff Continue to Benefit from Sibley's Staff Certification Program: Emmanuella Blaise

Emmanuella Blaise, BSN, RN, CAPA has been a registered nurse for 17 years—15 of those as part of the Sibley team. She currently works in Perioperative Service -Endoscopy Unit Pre/Post-op. After some time, she decided to grow her knowledge base and seized the opportunity to participate in the CAPA certificate review program that was facilitated by Sibley Nurse Educator Marie Evans, MSN, RN, CPAN and funded by generous Foundation donors.



Says Emmanuella: “I’m committed to nursing excellence, establishing best practices, and honing my clinical skills to benefit my patients. I am grateful to have been given the opportunity to work with and learn from some of the most dedicated health care workers during my time at Sibley. I’m proud to say that I am now a Certified Ambulatory Perianesthesia Nurse. Thank you to Foundation supporters for this opportunity!”

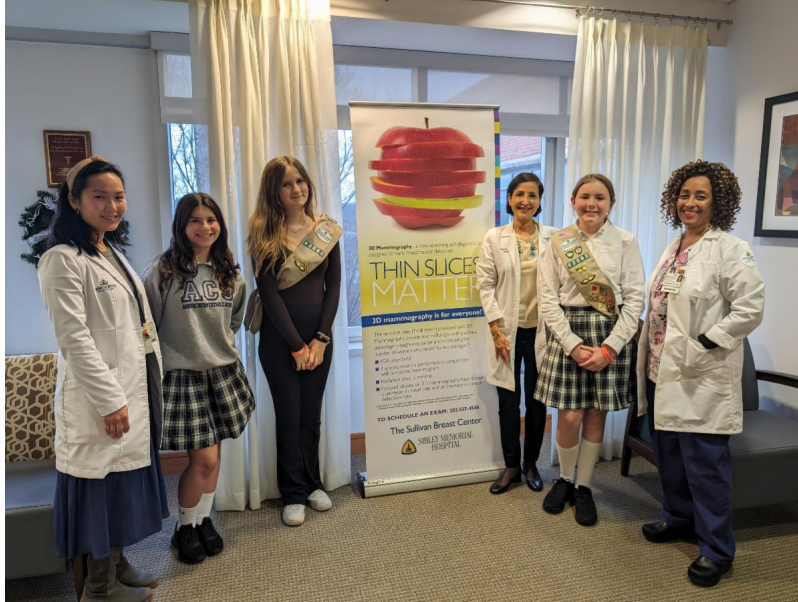
We are grateful to our donor community whose generosity ensures Sibley staff can continually advance their careers to benefit their patients. Congratulations Emmanuella!

To support Sibley's Staff Certification Program, contact Kristen Pruski at kpruski@jhmi.edu.

Local Girl Scouts Give to Sibley

Thank you to Girl Scout troop #42062 their generous gift to support the Sibley Breast Center. We are grateful to the girls for their support of Sibley and the health of women in our community.

(Pictured with Girls Scout are: Dr. Hanh-Tam Tran, Foundation Board member Dr. Pouneh Razavi, and Endayen Zewdu, Manager--all from Sullivan Breast Imaging.)



CLIMB

Children's Lives Include Moments of Bravery

CLIMB is free and open to all school-aged children with a loved one who is being treated for cancer or is within a year since last treatment.

FEB 20 - MAR 26
MONDAYS & TUESDAYS
5:30 - 6:30 | ZOOM

CLIMB is a six-week, group-based, evidence-backed program to empower children, teens, and families with knowledge and skills to navigate cancer. Each week families participate in group sessions, one for guardians and one for kids. The children's group will offer opportunities to learn more about cancer, communicate their feelings and find positive coping skills through play and art. The group for guardians will cover information on positive communication skills and helping their children cope with complex emotions.

To learn more or register, contact Kara Woodshank at kwoodsh1@jhmi.edu or 301-896-2718.



Supporting Children During a Loved One's Treatment

CLIMB (Children's Lives Include Moments of Bravery) is a free program open to all school-aged children who have a loved one being treated for cancer. This program is supported by the Carrino Hope Fund.

The sessions run on Mondays and Tuesdays February 20-March 26 on Zoom. For more information or to register, contact Kara Woodshank at kwoodsh1@jhmi.edu.

New Year, New CGA Rates!

A Sibley Memorial
Hospital charitable gift
annuity provides guaranteed income
for you and future support for Sibley.

Charitable Gift Annuity Rates	
Age	One-Life Rate
90	10.1%
85	9.1%
80	8.1%
75	7.0%
70	6.3%
65	5.7%

Take advantage of these new rates effective January 1, 2024, along with these benefits:

- Guaranteed income for you and/or a loved one
- Favorable treatment of capital gains, when you fund your gift with appreciated stock or other securities
- Potential tax savings, including a charitable income tax deduction

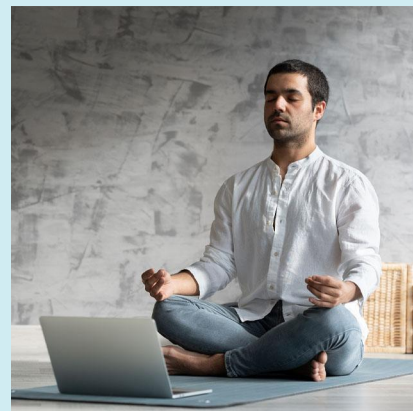
The chart shows rates for immediate payment. You can also delay payments and receive potentially higher rates with a deferred charitable gift annuity.

To learn more or to receive a personal proposal, contact Kristen Pruski at kpruski@jhmi.edu or call 202-660-6814.

Sibley Foundation Gift Calculator

Johns Hopkins Oncology Survivorship Program Helps Patients Form a Supportive Community

Sibley patients and their caregivers often seek ways to support their physical, mental and social well-being both during and after cancer treatment. The integrative medicine programming at Sibley which includes classes in yoga, meditation, Reiki for self-care, nature and healing, and art therapy sessions. Attendance in the classes has exceeded 4,000 participants in the past year. They are open to patients, their caregivers and community members.



According to Pamela Goetz, oncology survivorship program manager at Sibley Memorial Hospital and Suburban Hospital, “Cancer care is complex, requiring multiple treatment modalities and providers — a radiation oncologist, a surgeon and medical oncologists, plus other specialists. People are often surprised by a diagnosis, and it’s scary,” says Goetz. “While the health care system focuses on the essential treatment, other types of support help the whole person cope and recover. So, support groups and integrative health classes are hugely helpful for actively participating in their recovery.”

If you are interested in supporting Sibley’s Integrative Health programs for cancer patients, please contact Liz Levine at liz.levine@jhmi.edu.

Your Sibley Community: Events

Sex & Aging Conference: Saturday, February 24, 2024; 12:30 p.m.-4:30 p.m. via Zoom

To register, visit smh.memberclicks.net/2024SexAndAging, email pnunez3@jhmi.edu or call 202-364-7602 at least two weeks in advance.

Discussing the Facts: How a Healthy Lifestyle Can Help with Grief and Loss Wednesday, Feb. 28 7 to 8 p.m.

Presented by New Morning Star Baptist Church and Sibley Memorial Hospital via Zoom. Register here: [Sibley Senior Association \(memberclicks.net\)](https://sibleySeniorAssociation.memberclicks.net)

Save the Date: Journey to Hope Conference (in-person)--Saturday, May 2, 2024

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

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Sibleyfoundation.org

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