



Baylor Scott & White
CENTRAL TEXAS FOUNDATION

PLANNER

YOUR IMPACT IN 2020

At Baylor Scott & White Health, we are incredibly grateful for your unwavering support and generosity over the past year. Your gifts helped sustain and inspire us during one of the most challenging times in our more than 100-year history. Thank you for your investment in the health and well-being of our patients, caregivers and employees, and the resilient communities we serve.

Every gift *matters*. Every gift *inspires hope*.



Our supporters generously donated \$10,942,539 during calendar year 2020.

- \$4,705,689** given by Individual Donors
- \$3,130,106** given by Corporations & Organizations
- \$2,056,160** given by Foundations
- \$792,287** given by Employees
- \$258,297** given through Estates & Trusts

Every dollar you donate has the same impact as \$10 in patient revenue.

10x



100% of every dollar you give directly benefits the area you choose.

\$39+ MILLION

awarded by the Central Texas Foundation in 2020 for many projects and programs at Baylor Scott & White, including:



\$37.1M for Patient Care, Equipment, and Capital Projects



\$1.2M for Medical Research



\$896,000 for Medical Education



Growth in the Austin area with **70+** access points across Bastrop, Caldwell, Hays, Travis, and Williamson counties.

Over the past year, several of our facilities achieved major milestones:

BSW Medical Center - Austin completed its **first year of operation** in January 2021.

BSW Medical Center - Marble Falls celebrated its **fifth anniversary** in 2020.

BSW Medical Center - Hillcrest marked its **100th anniversary** in 2020!



AWARDS & RECOGNITION

For the third consecutive year, Baylor Scott & White is the **most award-winning not-for-profit healthcare system** in Texas, according to the 2020-2021 *US News & World Report* Best Hospitals List.

BSWH provided \$966 million in Community Benefit in Fiscal Year 2019, including:



\$815.41M in Charity Care, Un-reimbursed Care, and Subsidized Services

\$20.85M in Community Health Services

\$108.15M in Medical Education

\$21.88M in Medical Research

On average, we provide greater than \$850 million in Community Benefit each year. That's more than \$2.3 million per day!



IBM Watson Health recognized BSW Medical Center - Temple as one of the top 100 teaching hospitals in 2020 and named our System to its annual **Top 15 Health Systems** list.

Both BSW Medical Center - Marble Falls and BSW Medical Center - Round Rock received **five stars** by the Centers for Medicare and Medicaid Services.

Research shows that patients who are empowered to take an active role in managing their health often have better healthcare outcomes. In 2020, your gifts supported equipment and materials to help cardiovascular patients heal both at the hospital and at home.

Cardiopulmonary Bypass Equipment

Your gifts helped purchase for Baylor Scott & White Medical Center - Hillcrest updated bypass equipment, which temporarily takes over the function of the heart and lungs during surgery, maintaining circulation of blood and oxygen throughout the body.



Since July 2020, 12 patients have undergone surgery with the new heart/lung bypass equipment.

Cardiac LifeVests™

Congestive Heart Failure (CHF) can lead to sudden cardiac death, and contributed to 1 in 8 deaths in the United States in 2017. In 2020, your gifts helped provide CHF patients in Temple with Cardiac LifeVests™, a personal defibrillator that continuously monitors a patient's heart rhythm and shocks the heart out of life-threatening arrhythmias without the need for a permanent implant.



Congestive Heart Failure (CHF) Kits

At Baylor Scott & White - College Station, eligible patients are enrolled in a 90-day CHF clinic program designed to help them learn to manage this disease, reduce hospital readmission, and live their lives to the fullest.

In 2020, your gifts helped provide materials for kits designed to aid patients in making healthy lifestyle changes, including 57 blood pressure cuffs, 60 body weight scales, and four pulse oximeters.



Since the program began in 2019, average readmission for CHF in College Station has dropped from 18.82% to 13%.



"I didn't recognize the signs of heart failure until it was almost too late. Because of the CHF program, I've changed my habits, lost 40 pounds, and I'm never going back."

Ben Kennedy, CHF patient

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 <i>Groundhog Day</i>	3	4	5	6
7	8	9	10	11	12	13
14 <i>Valentine's Day</i>	15 <i>President's Day</i>	16	17	18	19	20
21	22	23	24	25	26	27
28	AMERICAN HEART MONTH Heart disease is a leading cause of death in the United States. Talk to your doctor about your risk for heart disease, and help lower your risk by incorporating these heart-healthy behaviors into your self-care routine: <ul style="list-style-type: none"> • Monitor your blood pressure and cholesterol • Choose heart-healthy, low-fat foods • Get plenty of sleep • Exercise regularly • Ask your doctor about ways to manage stress and quit smoking 					

COVID-19

MARCH

The COVID-19 pandemic was a defining aspect of 2020. This month, a year after the governor first declared a statewide emergency, we reflect on one of the most challenging times in our more than 100-year history. Thanks to your support, hope is on the horizon in 2021 as research continues and new vaccines are distributed throughout the community.

Employees 1st Emergency Assistance Fund

Funded entirely by philanthropy, Employees 1st awarded grants to assist Baylor Scott & White employees facing unforeseen costs associated with the virus.



\$2.65M
awarded to assist
1,800+
BSW employees*



Grobowsky Surgical Center

The additional space provided by the Grobowsky Surgical Center proved critical to helping us meet the emergent needs of COVID-19 patients.

- Four operating rooms were converted to negative pressure rooms to help isolate COVID-19 positive surgical patients.
- Surgical anesthesia machines were available, if the need arose, to be used as ventilators for COVID-19 patients in ICU.
- Post-Anesthesia Care Unit rooms were also on standby, readily converted to negative pressure rooms if COVID-19 cases exceeded the hospital's inpatient capacity.

Community Support

Hundreds of community partners rolled up their sleeves to protect and support those fighting on the frontlines of the pandemic.



\$405,000 in
donated Personal Protective
Equipment, such as masks,
plastic shields, and gloves.

\$804,000 in meals, drinks,
and other items donated to
boost spirits among staff.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 <i>Daylight Saving Begins</i>	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30 <i>National Doctor's Day</i>	31	HONORING DOCTORS		
				On March 30 of each year, we celebrate and thank our physicians for their dedication to the health and well-being of our patients. Take time to say "Thank you" to a healthcare worker for all they do for our communities.		

All COVID-19 information is as of January 25, 2021, unless otherwise indicated. Visit BSWHealth.com for more information on this evolving situation.
*As of December 17, 2020

FAITH COMMUNITY HEALTH

APRIL

Your gifts help support the Faith Community Health (FCH) program through the Office of Mission & Ministry. The program works with faith communities to establish health ministries, training volunteer congregational members to provide isolated patients with assistance navigating the healthcare system, health education, connection to resources, and support throughout their healthcare journey.



COVID-19 Response

Throughout the pandemic, Central Texas Connectors have been providing social, emotional, and spiritual support to families of COVID-19 inpatients while in-person visitors at the hospital are limited.

Volunteers also delivered groceries from local food pantries to quarantining families and high-risk patients.

By the Numbers

Since the program began, hospital admissions among FCH participants have dropped significantly:

-29% Emergency Dept. admissions

-40% In-patient admissions

Volunteers & Staff

70 new volunteer Faith Community Caregivers trained in Bell County and Marble Falls.

5 new part-time Connectors in Bell County, supported by philanthropy, to recruit and train volunteers and provide patient assistance.



Two Texas A&M University students interned in College Station to help spread awareness and develop materials and evaluation tools.

New Partnerships in 2020



Two new congregations joined the 30+ congregations collaborating with FCH in the McLennan County area.

Three new volunteer organization collaborations at Baylor University.



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

DONATE LIFE MONTH

More than 11,000 Texans await organ transplants, with another person added every 10 minutes. Organ, eye, and tissue donors can each improve and save up to 75 lives. This month, we honor those who have made the lifesaving gift of organ donation and those who are registered organ donors.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <i>April Fool's Day</i>	2 <i>Good Friday</i>	3
4 <i>Easter</i>	5	6	7	8	9	10
11	12	13	14	15 <i>Tax Day</i>	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

NURSING EXCELLENCE

MAY

At the bedside or behind the scenes, nurses are an absolutely essential part of the high-quality care provided at Baylor Scott & White. Through your support, our nurses pursue opportunities to further their education and practice leadership and innovation, ultimately leading to improved patient care.

Nurse Residency Program

Through your generosity, Baylor Scott & White offers the Vizient Nursing Residency Program to support nurses during their first year of practice through seminars, group discussion, interactive exercises, and a final project. The program helps new nurses build confidence and improve patient outcomes.



800 nurses enrolled in the residency program at 24 participating BSW facilities, including 11 facilities in Central Texas.

In 2019, the program was awarded Accreditation with Distinction, the highest recognition awarded by the American Nurses Credentialing Center. In 2020, the program also received recognition by the U.S. Department of Labor as one of 126 high-quality industry-recognized apprenticeship programs.



Scholarships

Scholarships from thirteen endowed funds are awarded each year to college students and current employees pursuing nursing education, from entry-level to doctoral degrees.

57 scholarships awarded in 2020, totaling **\$301,545**



Magnet® Designation

This prestigious international award for nursing excellence recognizes organizations for promoting nursing research, innovation, shared decision-making, and evidence-based practice.

8 hospitals system-wide are Magnet®-designated, including BSW Medical Center - Hillcrest.



BSW facilities throughout the Temple and Austin/Round Rock regions are currently pursuing Magnet® designation.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

HONORING NURSES

We are so grateful to the 20,000+ nurses who use their compassionate hearts and intelligent minds to serve patients at Baylor Scott & White Health. Each year, National Nurses Week begins on May 6th and ends May 12th, Florence Nightingale's birthday. We sincerely thank all those who followed in her footsteps—nurses who dedicate their lives to healing and innovation.

2	3	4	5	6 Nurses Week Begins	7	8
9 Mother's Day	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Memorial Day					

Through your gifts, Baylor Scott & White continues to lead the way in one of the most life-changing areas of medicine, the neurosciences. Patients with brain, spinal, or sleep conditions often see dramatic improvement in their quality of life following treatment and rehabilitation—thanks in no small part to your generosity.



Sleep Center at Horseshoe Bay

Thanks to a generous donation, the Sleep Center at Horseshoe Bay received a refresh, designed to make the space more comfortable for patients undergoing overnight sleep studies, including:



- Updated furniture and TVs for patient rooms
- Adjustable mattresses and bases to allow patients to customize the bed to their comfort
- Conversion of exam room to an additional bathroom with shower

Neurochairs

Your gifts helped fund the purchase of neurochairs to aid the rehabilitation of patients with neurological conditions.

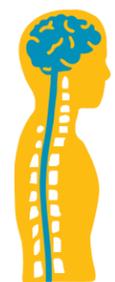
These highly adjustable chairs enable various seating positions and postural control to alleviate:

- Stiffening of joints
- Deformities
- Pressure sores
- Impairment of body functions, such as breathing and digestion



Neurology & Neurosurgery at Lakeway

Physicians on the medical staff at BSW Medical Center - Lakeway see more than 6,200 patients with brain and spinal conditions each year. With your support, the department plans to expand services across the Greater Austin region with new providers and multidisciplinary programs to treat brain, spine, and nerve conditions.



115

brain and spine surgeries performed per month at Lakeway.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 <i>Father's Day</i>	21	22	23	24	25	26
27	28	29	30	BRAIN HEALTH MONTH In honor of Alzheimer's and Brain Awareness Month, try these habits to help nurture your neurological health: <ul style="list-style-type: none"> • Find ways to stay socially engaged • Challenge your brain with new activities • Talk to your doctor about your mental health 		

ORTHOPEDICS

JULY



Less than two weeks after its opening, state-issued COVID-19 orders caused the new Ted & Sue Getterman Sports and Orthopedic Center on our Waco campus to temporarily close. However, even in the midst of a global pandemic, the facility experienced tremendous success during its first year of operations—all thanks to our generous donors who helped make this vision a reality.

Everything in One Location

Having multiple services available in one building—from physician offices and physical rehabilitation, to imaging and surgery—is not only convenient for patients, but also helped keep them safe during the COVID-19 pandemic. With no need to enter the hospital, potential exposure to the virus was limited, and outpatient services and surgeries were able to continue after a short period.



1,600+
outpatient surgeries
performed since
opening in March 2020

Meeting the Challenge

In the previous smaller space, physical rehabilitation patients would only have been a few feet apart during their treatment. Thanks to your gifts, the larger space in the new facility enabled patients to continue receiving care while following physical distancing guidelines.



“I could not have asked for a better experience! The doctors and staff are second to none—they provide compassionate care, pray with patients before surgery, and follow up with patients during recovery, even on their days off.

Thank you to all of the donors who helped make this a caring place that serves the community well.”

Mike Garrett, knee replacement patient

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SUMMER SAFETY

Keep cool and have fun with these summer safety tips:

- Use sunscreen and insect repellent when outdoors
- Stay in the shade and drink plenty of water
- Watch your child closely in and around bodies of water
- Never leave a child alone in a car for any amount of time
- Register to get CPR certified

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 <i>Independence Day</i>	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

COMMUNITY SUPPORT

AUGUST

Medical education and athletic competition met on the field through our medical residents. With your support, residents extended their practical education outside of the hospital setting by providing athletic training and sports medicine services to local student athletes, from the middle school level to the university level.

Care on the Sidelines

Through your gifts, Orthopedic and Family Medicine residents serve as athletic trainers or team physicians during competition for many smaller, rural schools in the Central Texas area. The residents cover everything from football games to rodeo events to acrobatics and tumbling meets.

Post-Game Clinic

In addition to Friday night sideline coverage, residents and physicians at the Roney Bone & Joint Institute in Temple offered a special Saturday morning walk-in sports clinic for 11 weeks during football season.

Athletes could have injuries evaluated quickly, often the day immediately following their injury, without the need to schedule an appointment.



50

student athletes seen in the Saturday morning clinic.

“I can’t tell you how much your donations mean to me and my fellow Orthopedic residents. I’ve had the unique privilege of serving as the team



Residents Gregory Sprowls, MD and Jaycen Brown, MD serve at a Troy High School football game

physician for the Troy High School football team for the past two years, which has led me to pursue an Orthopedic Sports Medicine fellowship after my residency. The experience has not only impacted the trajectory of my career, but has also helped me realize the true value of serving the community outside the hospital.

These types of learning opportunities help attract the best medical talent, and their importance to developing good physicians cannot be overstated.”

Gregory Sprowls, MD
Orthopedic resident

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<div data-bbox="2253 1622 3014 1683" data-label="Section-Header"> <h3>BACK TO SCHOOL</h3> </div> <div data-bbox="2253 1693 3014 1764" data-label="Text"> <p>It’s that time of year again! Make sure your child is ready to tackle the new school year with these tips:</p> </div> <div data-bbox="2253 1774 3014 1905" data-label="List-Group"> <ul style="list-style-type: none"> • Schedule your child’s annual physical and make sure immunizations are up to date • Make sleep a priority • Help manage potential anxiety and discuss mental health </div>			

Thanks to your generosity, the expansion at Baylor Scott & White McLane Children's Medical Center continues to help the children of Central Texas thrive with new equipment and space to serve all our smallest patients' needs.

Camp-in-a-Box

Due to the pandemic our annual Child Life Summer camps looked a little different in 2020. Your gifts helped fund 150 boxes of fun activities mailed to campers' homes for a week-long virtual experience.

"I really liked all the games and toys, and playing BINGO with my friends on the computer was the best. It made us feel really special, even though we couldn't go to camp this year. Thank you!"

*Ryleigh Picott,
Muscular Dystrophy patient*



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

CHILDHOOD CANCER MONTH

Every day, 43 children in the United States are diagnosed with cancer. While it is still the leading cause of death by disease for children, more than 80% of childhood cancer patients in the United States survive thanks to support for research and care.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 <i>Labor Day</i>	7	8	9	10	11
12 <i>Grandparent's Day</i>	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Physical Therapy Tilt Table

Your gifts supported the purchase of a tilt table, used to help patients—such as those with neurological conditions, recovering from trauma, or who have been confined to a bed for a long period—gradually



bear their own weight. The tilt table helps stretch and strengthen leg muscles, promotes circulation, and allows for more time in the standing position.

C-Arm

With your support, McLane Children's purchased a C-Arm, which uses advanced x-ray technology to produce high-resolution 3D images in real-time to help surgeons navigate complex procedures. Surgeons performed the first operation using the C-Arm in March 2020 during a delicate pediatric spinal surgery.



CANCER CARE

The American Cancer Society estimates about 40% of people in the United States will be diagnosed with cancer at some point during their lifetime. Your gifts help us provide cancer patients in Central Texas with innovative therapies, research, and programs to care for the whole person—mind, body, and spirit.

Expansion Underway

The Vasicek Cancer Treatment Center on our Temple campus sees more than 2,000 *new* patients each year. About half of these patients will need radiation therapy as part of their cancer treatment.

With your support, a 26,000 square-foot expansion is currently under construction to help meet the increasing need for radiation oncology services. Our plans include:

- Two linear accelerators will replace our current single machine to deliver radiation therapy
- Optical Surface Mapping Services to allow for targeted radiation even on tumors that may move during the normal respiratory process
- High Dose Rate Brachytherapy, a powerful form of internally delivered radiation therapy



“The staff at the Vasicek Cancer Treatment Center are the angels on my cancer journey with me. They help guide me, keep me comfortable, and they are always my greatest advocates.”

Julie Moser, cancer patient

Update on Round Rock

Your gifts continue to benefit patients at the Baylor Scott & White Cancer Center - Round Rock.



The larger clinical space at the facility has enabled us to bring on additional physicians in both medical and radiation oncology.

14,845 Infusion treatments provided in 2020

18,254 Radiation oncology clinic procedures in 2020

OCTOBER

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

BREAST CANCER AWARENESS MONTH

Experts estimate that 1 in 8 women in the United States will develop breast cancer at some point in her lifetime. It is the most common type of cancer among women besides skin cancer. The month of October is dedicated to ensuring that women in our communities have access to education, screening, treatment, support, and hope in the fight against breast cancer.

					1	2
3	4 <i>Child Health Day</i>	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 <i>Halloween</i>						

HOSPICE & PALLIATIVE CARE

NOVEMBER

Our highly specialized hospice team blends the art and science of medicine as they care for both patients facing the end of their lives, as well as those who love them. Our team is passionate about providing the highest quality, whole-person care to patients experiencing physical, emotion, social, and spiritual suffering.



Our Team

Our team is made up of physicians, nurses and nursing assistants, social workers, chaplains, bereavement coordinators, and volunteers.



17 counties served in Central Texas

A New Fellowship

A nation-wide need exists for board-certified physicians trained in hospice and palliative care.

A special gift made in 2020 is funding a fellowship program at Baylor Scott & White to train six physicians over the next three years for this special kind of service.

Charity Care

Your gifts help us provide hospice and palliative care to uninsured and under-insured patients throughout our service area.



5 to 8 charity care patients served each month

“Most hospice agencies cannot take on under-insured patients due to the high cost of care. However, thanks to donor gifts, Baylor Scott & White has been able to help with medical costs for a particular patient for the last ten years, who now requires hospice care. As she faces the end of her life, charitable donations enable us to provide her with the same high level of care she has received for years.”

*Glenn LeBlanc, MSN, RN
Regional Director of Operations, Hospice, Emergency Medical Services, & Temple Ground Ambulance*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 Daylight Saving Time Ends	8	9	10	11 Veteran's Day	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Thanksgiving Day	26	27
28	29	30 Giving Tuesday	<div style="background-color: #00a651; color: white; padding: 5px;">GIVING TUESDAY</div> <p>You've heard of Black Friday and Cyber Monday, but what about the Tuesday after Thanksgiving? Join in the global generosity movement known as Giving Tuesday on November 30 to kick off the season of giving. Visit CTXFoundation.BSWHealth.com to learn more.</p>			

The Child Life team at Baylor Scott & White McLane Children’s helps children and their families cope with the stress and anxiety that accompanies healthcare experiences. The program relies heavily on your support to help normalize the hospital experience—even in the midst of a pandemic—through play, positive coping skills, and education.



Making Holidays Special

Each Christmas, Lorenzo the Child Life facility dog writes a special wish list to help make our patients’ time in the hospital a little brighter all year round.



\$56,641 donated during the holidays in 2020 through gifts for our patients and monetary support for the Child Life program.

Santa couldn’t visit with our patients in person because of the pandemic. Instead, he hitched a ride with Temple Fire & Rescue to wish them a merry Christmas from outside their hospital windows!



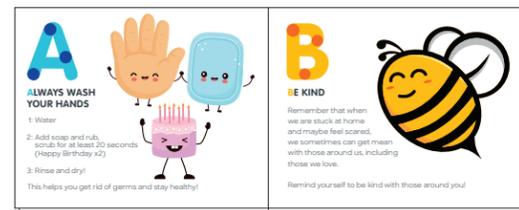
NICU Sibling Support

Your gifts helped fund resources developed by our Child Life team to help parents support siblings of our most fragile patients:

- Tips for encouraging siblings to bond with their newborn brother or sister from a distance during COVID-19 visitor restrictions
- Advice for helping siblings adjust to a new baby and feel involved in their care once they are able to go home
- Resources to help children understand and cope when a younger sibling is very sick or passes away

The ABCs of COVID-19

Early in the pandemic, the Child Life team created this children’s E-book to help parents explain the disease and precautions with age-appropriate language.



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

HAPPY HOLIDAYS

Thank you for your generosity throughout the year. We couldn’t exist without your support. Wishing you and your family a happy and healthy holiday season from all of us at Baylor Scott & White Health.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HAPPY HOLIDAYS			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24 <i>Christmas Eve</i>	25 <i>Christmas Day</i>
26	27	28	29	30	31 <i>New Year’s Eve</i>	

BLESSINGS TO YOU



“After the accident, it hurt to talk and to breathe. It hurt to lie in bed for such a long time. But mentally and emotionally, I felt like the luckiest guy in the world. I knew how fortunate I was to be alive.”

Josh Quigley, trauma patient

“This hospital saved my son’s life. It’s humbling to think there are people who care enough about others to make donations. I don’t know who they are, but I can’t thank them enough.”

*Abby Moreno,
mother of NICU patient*



“Tatum has now survived both cancer and beaten a pandemic. I can’t say ‘thank you’ enough. Yet again, this hospital has saved my son.”

*Jasmine Crowell,
Tatum’s mother*

JANUARY 2022

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

MAKE GIVING PART OF YOUR NEW YEAR’S RESOLUTIONS

Studies show that giving can lower blood pressure and stress levels, increase self-esteem, and reduce depression. This year, try some of these ways to give back to your community and improve your health:

- Give blood or plasma
- Pay it forward with small acts of kindness
- Volunteer or fundraise for your favorite charity
- Learn how you can make a bigger impact with different methods of giving

2
New Year’s Day

2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Martin Luther King, Jr. Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

I continue to marvel at the generosity of our communities and all we are able to accomplish together—as a whole and for each individual we serve.

Your gifts are helping to create a bright future for your family, friends, and neighbors. Thank you again for your continued generosity and for helping us change lives in Central Texas.

On behalf of everyone at Baylor Scott & White, I wish you a happy, healthy new year.

Gratefully,

Jana Sharpley

Jana Sharpley, CFRE
President
Baylor Scott & White
Central Texas
Foundation

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