

Reflections OF HONOR

Climbing Mountains and Beating Breast Cancer

Meet Grateful Patient Magdalena Romanska

Nursing Excellence Endowment

Ensuring Nurses Have Cutting-edge Educational Opportunities

A Sneak Peek Into Neurosciences and AI

Meet Dr. Suraj Muley

James Schamadan, MD
How a Founding Father of HonorHealth Built

A Legacy of Innovation and Care

Reflecting on Honor



Dear Friends,

One of the beautiful traditions of the holiday season is connecting with family and loved ones. So we are glad for this opportunity to express our sincere gratitude for you.

At the core of philanthropy lies an unwavering wellspring of compassion. Heartfelt generosity has the power to uplift the spirits of patients, families and healthcare providers alike. By extending support to HonorHealth, you become a beacon of hope, enabling our healthcare professionals to go above and beyond in delivering exceptional care.

Your support throughout this year has made a difference in so many ways. As you read through this issue of Reflections of Honor, you will learn about the HonorHealth programs and services that have been elevated by your contributions. Your gifts uplift an entire community!

Our hearts overflow with gratitude, not only for your generosity, but for your advocacy, your introduction to friends and colleagues and your kind words of support throughout the year.

With warmest wishes for your holiday season,

Laurie A. Florkiewicz
Chair, Board of Trustees

Jared A. Langkilde, MBA, CFRE
President & CEO

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Stacy Lovell, NICU High Tea Chair, Recognized as Outstanding Volunteer Fundraiser of the Year

The Foundation team nominated Stacy Lovell for her indomitable spirit and heart of generosity and the community supported what we always knew – she is an outstanding and dedicated philanthropist who puts her heart into raising funds for the Neonatal Intensive Care Unit at HonorHealth Shea Scottsdale Medical Center.

Stacy very nearly died from complications while delivering her twins prematurely. In fact, she was in a coma during their birth, all while a team of 17 neonatal professionals delivered her babies and saved the lives of all three patients.

With the heart of a grateful mother, she turned her gratitude into action, hosting the first NICU High Tea in her home to raise needed funds. Each year, the event has grown and this year's Sixth Annual NICU High Tea raised \$345,764 for



the HonorHealth Shea Scottsdale NICU to serve the tiniest patients and their families. Total proceeds have well-surpassed one million dollars!

"It is so important to me, and my family, to show our support and gratitude for the good fortune our family has experienced. As well as to make certain that others in our community, who face the same difficult challenges we did, are fortunate enough to have access to the same incredible resources and support that we had. This event is so near and dear to my heart because the NICU is a huge part of our family!" says Stacy.

Thank you, Stacy, for your indomitable spirit and heart for all newborns and mothers across Arizona. We are grateful for your support and friendship!

One Act. Exponential Impact.

If you want to help build stronger and healthier communities, consider supporting HonorHealth. You can direct your gift to expanding care and services such as the Cardiovascular Center of Excellence or the Nursing Excellence Endowment, or toward community needs including Desert Mission or the Military Partnership.

As always, 100 percent of your gift goes directly toward the intended cause.

LEARN MORE

Scan the QR code for more information.



2023-24 Board of Trustees

The Foundation Board of Trustees welcomed new members and installed new officers. We are so grateful for their service of governance.

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Before and After

A BREAST CANCER JOURNEY



To meet Magdalena Romanska, a grateful breast cancer patient and survivor, is to come into contact with a “force.” She is at once articulate yet expressive, realistic yet hopeful. She has led what most would call an extraordinary life, but one also filled with the agony of a cancer diagnosis.

*OPPOSITE:
On top of the
Atlas Mountains in
Morocco.*

*RIGHT:
With her constant
traveling companion,
La Girafe*

Born in Poland, she left her country at the age of 18 in pursuit of academics and adventure. Recently married, she and husband were both pursuing advanced degrees. Her life took her to Italy, California, Sweden, Canada and eventually Arizona. She is a Realtor with Russ Lyon Sotheby's in Sedona, a doctor of linguistics, a professional translator (speaking five "active" languages), gym owner, personal trainer, tri-athlete, avid hiker and mom.

Her journey with HonorHealth began in November 2022 after her mammogram showed cancer clusters in her right breast. Diagnosed with stage 0 carcinoma, she credits her regular mammograms with early detection.

"Healthy people get cancer too. There is no rhyme or reason," states Magdalena. "I have been active all my life, had mammograms since age 40 and ate a healthy, organic diet all my life – even using organic shampoos – but out of nowhere came this cancer."

After the mammogram showed abnormalities, the next step was biopsies, which she had done with her radiologist in Sedona. The results came a few days later when she got the call with the news – "it's cancer – a carcinoma." She was immediately referred to Dr. Brenda Moorthy at HonorHealth Virginia G. Piper Cancer Center, the home of HonorHealth Cancer Care. She called her office and had an appointment to review her case within 30 hours.

"When I heard 'cancer' I hung up the phone and dropped to my knees," recalls Magdalena. "Yes, it's Stage 0, but cancer is cancer. I stayed there all evening and just cried. Since that moment life has been divided into before cancer and after cancer."

She tells us that her pity party lasted that whole evening and the next day she was ready fight.

Magdalena met with the team at HonorHealth who walked her through all the treatment options for her particular cancer, breast carcinoma in situ, which



*"I woke up hearing the news that
the surgery and reconstruction was
successful and I couldn't stop smiling.
I was so grateful and relieved."*

affects the milk duct cells. That was on November 9. She immediately opted for a double mastectomy and reconstruction, which she knows some may think was too aggressive, but she thought for her lifestyle was the best option.

Her cancer care team also recommended genetics testing to eliminate the presence the BRCA mutated genes. The test results were negative, which provided a layer of relief, for both her and her daughter.

At Warren's Peak
in Joshua Tree
National Park



“It was overwhelmingly emotional to be back to life after all that I had been through.”

I WANT THIS CANCER OUT

Surgery was scheduled for November 29 and until that day she worked with the HonorHealth team to navigate the cancer journey. Beyond her treatment plan, this includes multiple surgery-ready visits, insurance authorizations and visits to Tina’s Treasures for post-surgery products such as compression garments and support bras.

“I don’t know if it’s a good thing to be on a first-name basis with the cancer center, but I was,” remarks Magdalena. “The process is overwhelming with details, possible treatments

needed in future, phone calls, etc. But HonorHealth made it all so easy for me and guided me through it.”

Once the preparations were made for treatment and surgery, the recovery time preparations began. As a single woman, she will tell you that you really find out who your friends are when navigating the cancer journey. Post-surgery restrictions limited her activity for five weeks during the healing process and she required assistance with daily care, such as bathing, eating, driving to appointments and getting around the house.

It was this new understanding of vulnerability that led her to move from grateful patient to donor, focusing her activism and resources to benefit the Virginia G. Piper Cancer Patient Assistance Fund, which offers financial support to cancer patients in need. Grants help ease necessary financial challenges such as reliable transportation to appointments, post-surgery products, buying medicine and perhaps helping with everyday expenses while rehabilitating.

“It is so hard being in this solo and finding the right help. That’s why I now donate to HonorHealth because I know how overwhelming finding the care you need can be after diagnosis and surgery,” recalls Magdalena. “My own situation helped me realize this – what if my friends couldn’t drive me or help take care of me? What if I didn’t have savings to get the care or relief I needed?”

True to her nature, her generosity and action didn’t stop there. Magdalena is donating a portion of her real estate sales back to HonorHealth Foundation through the end of 2023. She also joined the Legacies of Distinction donor recognition society for those who have included HonorHealth in their will or estate plan. Her legacy gift is also committed to the Virginia G. Piper Cancer Patient Assistance Fund.

“We are so grateful Magdalena’s journey resulted in a positive outcome,” states Pat Elder, Vice President of Planned Giving at HonorHealth Foundation. “Grateful patients who become donors are the ultimate gold star on our care. It’s the highest patient honor we can receive.”

CANCER IS AN ENDURANCE RACE

Patient Assistance Funds exist across HonorHealth and directly transform the lives of patients with financial difficulties once they leave the hospital. Gifts will help vulnerable adults with cancer, children with complex needs, individuals with disabilities, those with multiple chronic conditions, elderly who are frail and so many others in need in our community.

Magdalena is happy to report she is cancer free and the surgery with reconstruction was the best choice for her. She has since resumed her active lifestyle and is a vocal advocate for screening and early detection, writing articles for her local papers and sharing her cancer journey through her robust social media network.

“I am an athlete and I understand the right mental attitude,” she reflects. “Cancer is not a death sentence but it’s not a sprint, it is definitely an endurance race.”

Once cleared for activity, her first trip was to Joshua Tree to hike for four days. She quickly followed that trip with excursions to Morocco, Portugal and Hawaii, enjoying her pastime as a global traveler. “Next up is, I hope, Guatemala in December.”

Magdalena openly shares that there is light at the end of the cancer diagnosis. Hope and healing go together. She also makes her gratitude known for the wrap-around care she received from HonorHealth, recently serving as a guest speaker at the Foundation’s Circle of Distinction gratitude event in November.

“I cried all the way home to Sedona once I learned the cancer was gone and no chemotherapy was needed... crying gratitude for friends and for the care of this team of doctors,” recalls Magdalena. “This organization has heart. I felt so lucky and cared for – everyone left an impact on me.” ●



Thank you to all our donors who support HonorHealth’s Cancer Care initiatives. For more information about services and wrap-around care at HonorHealth Cancer Care, scan the QR code or visit HonorHealthFoundation.org.



The future of
Neurosciences
Under New Medical Director

HonorHealth's team of top neurologists, neurosurgeons and therapists are dedicated to providing the best patient care, based on precise diagnoses and optimal testing and treatment.



The study and treatment of the brain and neurological system is a complex science that requires a multidisciplinary team of experts and clinicians. This field of study is one of the most dynamic and challenging as we continue to revolutionize the understanding of the human mind and its associated disease.

Donor generosity established the Bob Bové Neuroscience Institute, accelerating and elevating neurological system care as well as attracting world-class talent. The Neuroscience Institute is a multidisciplinary destination for complete and coordinated neurological care, support services and research, all in one convenient location.

Named in honor of Robert “Bob” Bové, a local business leader and generous philanthropist, the Neuroscience Institute offers consultations for the diagnosis and treatment of brain and spine related disorders as well as general neurology services, stroke care, multiple sclerosis, amyotrophic lateral sclerosis (ALS) treatment, back and spine intervention and management, headaches, movement disorders and more.

A Conversation with Dr. Suraj Muley, Medical Director of Neurology



As part of our commitment to the most comprehensive care, we are honored to welcome Suraj Muley, MD, FAAN, FACP, as the Institute’s new Medical Director. We sat down with him to learn what drew him to HonorHealth as well as his vision for the future of neurological care and treatment.

Q: What attracted you to HonorHealth and the Neuroscience Institute?

I was attracted by the Institute’s emphasis on providing excellent medical care to patients in the Valley and across the southwest, both at the general and specialty neurology levels. Also, HonorHealth has a culture of putting physicians at the forefront of their mission, which can be very empowering for doctors and can bring out the best in them.

Q: What has your experience been like in the short time you’ve been here?

My experience has been satisfying so far and I have felt very supported in my mission of providing excellent care to patients who need my expertise in an expeditious manner. I am also able to pursue academic activities like research and teaching, alongside providing high quality medical care to patients in my area of expertise.



**Q: Why did you want to become a doctor?
Why neurology?**

When I was young and a direction had to be chosen, the fields that attracted me were in the realm of math and biology. Even though math came easily to me, and my thought processes were math oriented, I felt that the field of medicine allowed one to have a direct impact on humans, both in terms of their well-being and survival. I felt that good health was the most basic need for all humans and to be part of that process would be satisfying. Neurology was a very obvious choice for me because human thought is the basis of all human experiences, and the brain is central to that. Also, a lot of things were not well understood in the neurosciences and to be part of the process of better understanding neurological diseases seemed to be intellectually stimulating and satisfying as a career path.

Q: What are you most proud of over the course of your career?

I am most proud of the fact that I have enhanced my knowledge of medicine over the years through each and every patient I have treated. There has been a lesson learned through all patient interactions over the last 30 years. I have maintained my passion for the neurosciences and have always felt a need to use my experience and understanding of diseases to improve care of patients, especially as it relates to the use of new drugs in orphan diseases. I am also proud of the fact that I have been deeply involved in the education of the next generation of physicians and neurologists, that I am hopeful will make a long-lasting impact on how medicine is practiced in the future.

Q: Does the future of neurology include AI? If so, how do you see it being integrated into your practice?

I think AI will play a crucial role in neurology, in management of both acute and chronic diseases. In the acute (short-term) setting, it may lead to faster and a more accurate diagnostic algorithm, based on integrating and analyzing data gathered from the electronic medical record, lab studies, imaging, patient history and exam and other clinical information. In chronic diseases with complicated treatment algorithms and a wide array of treatment options, AI can assimilate information about patient and disease characteristics, drug efficacy and adverse effects more efficiently and allow more optimal treatment decisions. AI can also have a major impact on clinical research studies and may simplify patient selection and recruitment.

Q: What could/should we be doing to nourish our brains to avoid degenerative cognitive function? Do crossword puzzles or Sudoku really help?

I think the biggest impact on degenerative cognitive functioning can be made through a combination of improved nutrition, aerobic exercise, optimizing sleep quality, meditative practices and cognitive exercises that challenge otherwise unused brain pathways.

Q: What is your vision for the Neuroscience Institute over the next decade? Beyond?

My vision for the Institute is to develop and transform it into a premier tertiary referral center for neurological



diseases in the southwest. A place where the emphasis is on the highest level of neurological care for patients, offered in an expeditious and compassionate manner. Continued development of clinical research studies and teaching programs will further enhance this mission.

Q: What is your wish list for the future here?

My wish list for the Institute is to get support for multidisciplinary patient clinics and support programs that will further enhance the medical care of patients with neurological diseases. I am hopeful that we can also get support for faculty members who have an interest in developing research programs which will eventually enhance patient care. Lastly, faculty support to develop teaching programs can be important to further enhance the stature of the Institute. I am optimistic that through the generosity of donors, the Bob Bové Neuroscience Institute will be recognized as a premier referral center for patients with neurological diseases in the southwestern part of the country. ●

Your Philanthropy and Its Impact

The Bob Bové Neuroscience Institute also offers specialized outpatient treatments, including rehabilitation services and support groups, infusion therapy, imaging, neuroscience clinical trials, exercise training and nutritional counseling. Recent Institute highlights include:

- Successful recruitment of six new neurologists to HonorHealth Neurology, and increased specialties to include neuro ophthalmology, neuro stroke, neuro psych, multiple sclerosis and myasthenia gravis
- Comprehensive Stroke Certification achieved for the Scottsdale Osborn Medical Center. New Primary Stroke Certification for Scottsdale Thompson Peak
- Second annual neuroscience symposium was a success with more than 150 staff participants and 25 physician and advance practice speakers
- Developed five social worker-facilitated patient support groups that meet monthly
- Neuro research: 92 active clinical trials, 12 new studies opened in 2022, 384 patient research visits, 63 active investigators, 4 FDA approvals, 45 publications active in 2022
- Bio Skills Lab had 232 lab participants, collaborated on the 2022 neuro symposium, and started bench testing along with multiple vendor partners contracts complete for 2023 labs
- Created a neuro patient newsletter distributed to 27,000 HonorHealth neuro patients in support of growing specialties
- Initiated an HonorHealth Neurology lunch hour Journal Club that meets monthly, giving providers an opportunity to share challenging cases
- More than 13,000 patients were seen in the infusion center, 26,000 in physical therapy, and 20,000 in Neurology for a variety of treatments



Philanthropy helps fund the Institute's vital programs, services, equipment and technology. It supports optimal care and outcomes for neurological patients and their families, as well as unparalleled access to clinical trials and medical advancements.

For more information please visit: HonorHealthFoundation.org or scan the QR code.



BUILDING ON OUR LEGACY OF

Nursing Excellence

The HonorHealth Nursing Excellence Endowment ensures nurses have access to cutting-edge educational opportunities to deliver the very best patient care.

The American Nurses Credentialing Center Magnet Designation is the highest credential a healthcare organization can achieve. It emphasizes the critical role nurses play as members of an interprofessional team to improve patient outcomes and reduce healthcare costs.

Only six percent of hospitals in the nation can claim Magnet status. Five of the 10 Arizona hospitals with the credential are HonorHealth medical centers. This demonstrates our commitment to the most stringent, evidence-based standards of nursing excellence, all vital to maintaining a strong nursing culture.

HonorHealth invests in its nurses and recognizes their unique gifts while empowering them to strive for personal, professional and academic success. One-third of the total workforce, or 4,550 of its 14,000 employees, are registered nurses. In addition to the hospital setting, many nurses are employed in primary care facilities, infusion clinics and in the HonorHealth Research Institute.

RECRUITING AND RETAINING THE BEST NURSES

The new HonorHealth Nursing Excellence Endowment fosters engagement and helps improve and stabilize nurse retention systemwide. Through the generosity of donors and the creation of this endowment, HonorHealth is focusing its efforts on improving the retention rate for nurses, particularly those early in their career.

"We are highly focused on recruitment and retention strategies for our nurses," says Kathi Zarubi, Senior Vice President and Chief Nurse Executive, HonorHealth. "We believe in an empowered nursing workforce that is dedicated to professional development and a structure of governance that embraces shared-decision making. It is through support and education that we provide this structure for our nurses."

As of October 2022, HonorHealth had a nursing vacancy rate that varied per campus from -0.1 percent to -10.9 percent. Each time HonorHealth loses a nurse, the cost to the system is \$100,000. The impact of this fund not only saves money, but helps provide seamless, expert care for patients.

"The nursing profession has certainly taken a hit due to the stress of Covid-19. It is estimated that about 100,000 nurses in the U.S. alone left the profession due to burnout during the pandemic," Zarubi explains. "To combat the shortage, we have hired a significant number of new graduates. Thirty percent of our current RN workforce has fewer than three years of experience."

HOW THE ENDOWED FUND IS USED

- **Scholarships** – Funds are used to support clinical nursing staff pursuing specialty certifications and to extend educational opportunities to local and national conferences. Supporting our nurses with these scholarships ultimately provides the best outcomes for our patients.
- **Increase continuing education events**, including visiting scholars and healthcare thought leaders to emphasize learning on key dates like Certified Nurses Day, Nurses Week, etc., and a research festival to allow nurses the opportunity to showcase their discoveries.
- **Increase specialty academy enrollment/curriculum** to train novice nurses and those new to their specialty.
- **Purchase technology and equipment** to allow for virtual/asynchronous learning options, so we can expand opportunities for all nursing shifts.
- **Train other rural healthcare system nurses** to support broader community health.
- **Create internal/external fellowships** to prepare nurses for career advancement, creating career pathways and leader succession.
- **Fund the Nurse Explorers Club**, a monthly interactive program for high school students interested in becoming nurses. Teens are the leaders of the club and help set the agendas with support from Center for Clinical Excellence staff and nurse leaders.

Jared Langkilde, president and CEO, HonorHealth Foundation, summarized the importance of this fund by saying, "We are on a quest to make the Nursing Excellence Endowment an enduring resource that benefits nurses today and for many, many years to come!" ●



If you're interested in learning more about the HonorHealth Nursing Excellence Endowment, please call 480-587-5000 or scan the QR code at left.

Combating Addiction

REQUIRES A CHANGE IN STRATEGY



Craig Norquist, MD, Chief Medical Information Officer at HonorHealth

At HonorHealth Foundation, our goal is to support community health and well-being at HonorHealth hospitals, but also within our local neighborhoods. Arizona is in the midst of an opioid and fentanyl crisis. But help is here with the new programs supported through philanthropy and engineered by the heart and mind of Craig Norquist, MD, Chief Medical Information Officer at HonorHealth.

More than five people die every day from opioid overdoses in Arizona according to the Arizona Department of Health Services (AZDHS). Prescription opioids and illegal opioids, including counterfeit pills laced with fentanyl, are highly addictive and nationwide consumption has reached an all-time high. While access to illegal opioids is easy, access to emergency life-saving treatment and rehabilitation can be difficult.



With the help of new corporate partner Casino Arizona | Talking Stick Resort, and their generous philanthropy, HonorHealth Foundation is helping to fund three new community programs that address addiction and recovery: The Medication Assisted Treatment Program, Peer to Peer Recovery Support Program and a Community Education Program.

THE GROWING USE OF OPIOIDS IN SOCIETY

Having already been a leader in collaborating with the Arizona Department of Health Services to launch the Take Home Naloxone Program across all six HonorHealth Emergency departments, Dr. Norquist is now focusing his work to include recognition and treatment as a way to change perception and enhance recovery outcomes.

"Life-saving access to the overdose reversal drug Narcan in emergency rooms, homes and organizations will hopefully allow bystanders to act when faced with an unconscious person from overdose while awaiting

One Mother's Story*

I was getting ready for bed and the doorbell rang. Years of fear and worry for my addicted son brought on a physical reaction. I had steeled myself for this moment and it was finally here – two officers at my door asking me to verify my son's name.

Time and abuse had finally caught up with him. He overdosed but someone nearby had Narcan and knew how to administer CPR and saved his life.

With a child of his own on the way, he finally found the strength to pursue recovery. I am reminded of a message from a group meeting I attended: "Your substance-using loved one is not a bad person that needs to be good. He is a sick person that needs to get well."

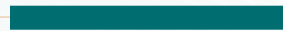
Through Medically Assisted Treatment (MAT), therapy and 12-step meetings, my son is finally getting well. He is a doting father with a new purpose in life and has been living clean for almost a year.

**Due to the personal nature of this story, names have been omitted on request.*

If a loved one or someone you know is struggling with addiction – there is healing and there is hope.

In a medical emergency, call 9-1-1. One public resource is the Opioid Assistance and Referral Hotline at 1-888-688-4222.

A community centered on philanthropy and kindness has the power to elevate the quality of care and understanding for those suffering with opioid and fentanyl addiction.



emergency response,” offers Dr. Norquist. “That is one point of saving more lives, but other needs include community education on the problem and full-time support and resources for the individuals suffering from addiction to stay clean and live a healthy life.”

With outreach, we can change the perception of the opioid crisis facing our state because those suffering with addiction are not just “on the street.” As Dr. Norquist gently explains, more people are struggling with issues of despair, lack of meaning in life and anxiety. Opioids have become an escape contributing to our current crisis today affecting all levels of society and particularly males in the age range of 25 - 44. Realizing this allows a better understanding of how it impacts so many people in all of our lives.

INTEGRATING RECOGNITION AND TREATMENT FOR COMMUNITY SUCCESS

This is where the generosity of donors helps save lives. In October, which was National Substance Abuse Prevention Month, one corporate partner made a commitment to assist in Dr. Norquist’s efforts to fight addiction issues, sponsoring three new programs to shift strategies. While prevention is key, the new programs focus on integrating recognition and treatment as essential pillars to transforming the community opioid emergency at hand. These programs raise awareness on the opioid issue, help treat people with opioid use disorder get and stay sober and provide mentorship and peer support for real-time assistance on their recovery journey.



“The generous gift from Casino Arizona | Talking Stick Resort will help us jump start our community outreach and education programs, including Narcan use, to fight the opioid and fentanyl crisis,” comments Dr. Norquist. “It allows us to develop both the tools and relationships with clinics for follow-up care after initiating medications like suboxone or buprenorphine for use in patients in active withdrawal. We will also work with community groups to leverage peer support programs for those found to be in need or struggling with use disorder that might not be comfortable using the healthcare system.”

Ramon Martinez, public relations director and member of the Casino Arizona | Talking Stick Resort donation committee reinforces their commitment.

“We are proud to support HonorHealth Foundation’s Substance Abuse Program. At Casino Arizona and Talking Stick Resort, we believe in the power of giving back to our community and



making a difference in the lives of those affected by substance abuse. Together with HonorHealth, we can make a brighter and healthier future for all."

A community centered on philanthropy and kindness has the power to elevate the quality of care and understanding for those suffering with opioid and fentanyl addiction. The goal is to keep more people healthy and alive.

Dr. Norquist reflects, "I have been working with stakeholders in the state since 2008 on ways to recognize and change the direction of prescribing of opioids to now working on changing the approach to prevention and risk reduction. We have shown significant progress on more appropriate prescribing of opioids but are now faced with illicit fentanyl as a major contributor to use disorder, which presents new challenges. The generosity of donors combined with progressive healthcare strategies and programs will save more lives and transform our community." ●

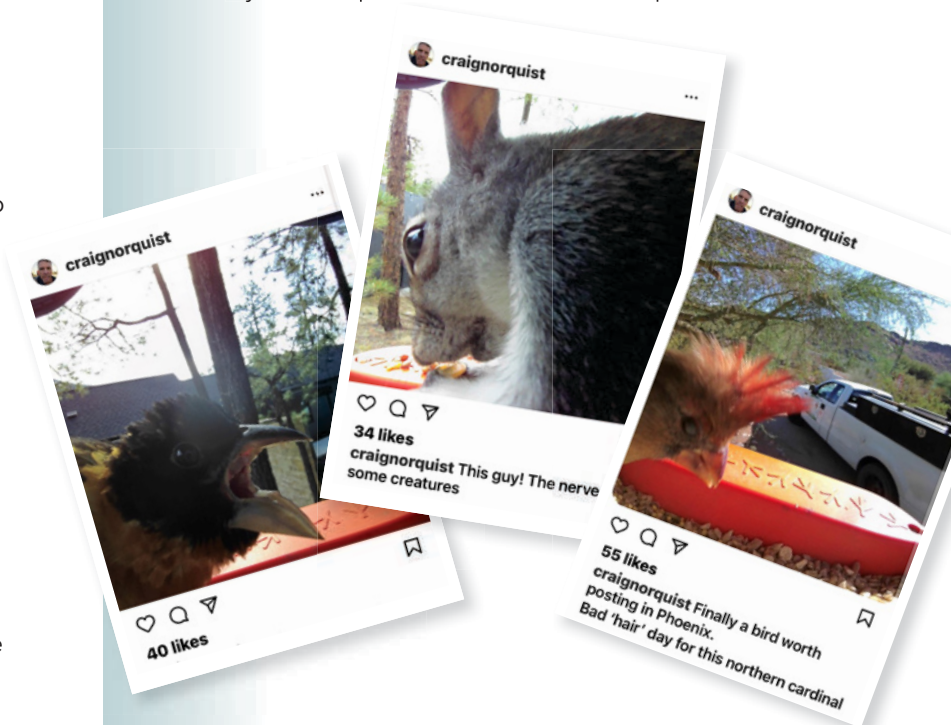
Out of the Office

HHF: Do you have other hobbies when you're not helping to save lives as a physician?

DR. NORQUIST: I have been participating in endurance events since medical school including ultramarathon running (anything over 26 miles and often on trails and through mountain terrain) as well as Ironman Triathlons here in Arizona. I've only missed two Ironman Arizona events since 2005; one in 2019 due to the death of my mother-in-law and the 2021 event due to chemotherapy for lymphoma (I'm cancer-free!). I competed last year and will participate again this year. In August of 2023, I completed the Leadville 100 Mountain Bike Race, which is considered one of the hardest 100-mile mountain bike events in the country. I guess I like to push myself and stay healthy!

HHF: We heard you have a camera/doorbell for capturing birds that stop at your house and that you feature them on a dedicated Instagram page.

DR. NORQUIST: I do have a Bird Buddy that takes photos of birds from a birdfeeder and I will occasionally post interesting photos on Instagram. It's fun to capture the looks on their faces. Some of my favorite photos are of birds and squirrels.

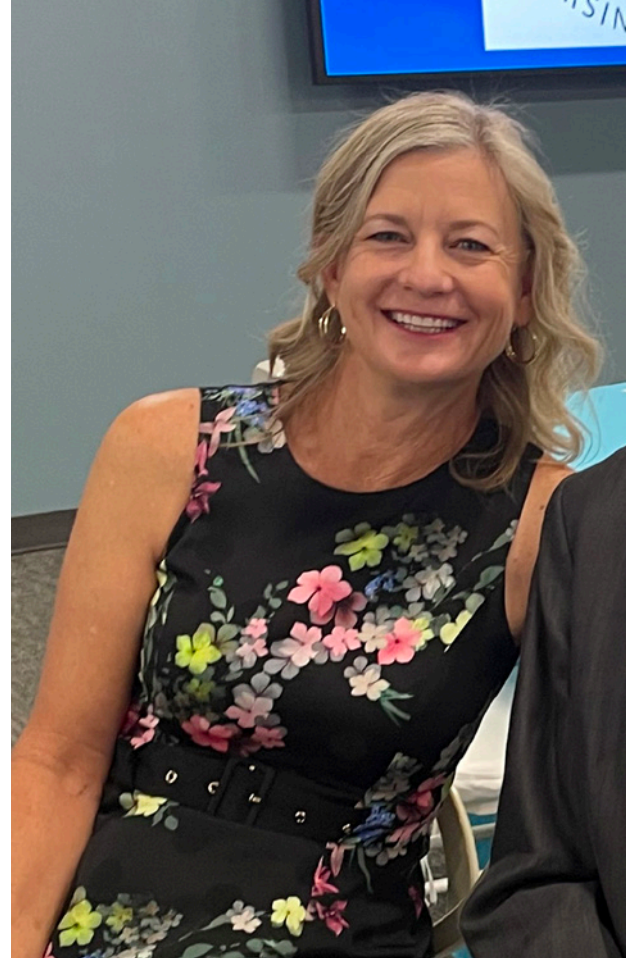


*Honoring the
Legacy of*

James Schamadan,

**A FOUNDING FATHER
OF HONORHEALTH**

U pon meeting Jim Schamadan, MD, former president and CEO of Scottsdale Healthcare Network, you feel energized by his intelligence, legacy and charm. You also realize he has worn more hats than most, masterminded amazing occurrences and worked tirelessly to affect great change for Arizona. He is at once intriguing, innovative and inspiring.





*Jim Schamadan
and his daughter,
Barrie*

Jim's work and vision has helped raise Arizona from a sleepy southwest town to an accomplished urban oasis with a sprawling healthcare system. His resume reads military pilot, physician, engineering professor, global medical consultant and healthcare executive. Just as impressive is his personal roles as husband, father, son, granddad, friend, uncle and mentor.

"Of everything I have ever done, I'm most proud of my family," remarks Jim. "All my children are extremely family-oriented, so smart and great mothers and fathers. We all live within a short distance of each other to this day."

Trained as a military pilot during the Korean War he obtained his undergraduate degree in engineering, which he jokingly refers to as his version of "pre-med." He went on to earn his medical degree from the Ohio State University which he put to good use at various naval bases, but ultimately left the military and began teaching as a professor of engineering at Arizona State University. Not one to enjoy idle hands, he also worked as the solo emergency room physician at Scottsdale Baptist Hospital (now HonorHealth Scottsdale Osborn Medical Center) between classes and during the all night shift. It was here he developed a system to efficiently schedule physician shifts, based on an algorithm TWA used for staffing

pilots. It worked for three hospitals. Thus, his journey with transforming the landscape of healthcare for Arizona began.

Fast forward to 1987 when Jim, along with his colleague and friend Dr. Art Nelson, created the Scottsdale Memorial Healthcare System, which comprised Scottsdale Baptist on Osborn and soon the newly approved "north" hospital, now known as HonorHealth Scottsdale Shea Medical Center.

"It started with two hospitals, outpatient care and inpatient care from Mayo," reflects Jim. "From there we built it up to include Scottsdale Memorial Foundation, our first philanthropic effort, to help serve the community and fund new, innovative technology, such as the first MRI machine."

His youngest of three children, daughter Barrie, says that her dad also helped develop the Shea Corridor through his work designing and planning the hospital at Shea while growing the emerging Scottsdale Memorial Healthcare System.

"It brought jobs and shops and restaurants to the area. The only thing along there at the time was Handle Bar J's and a Circle K," Barrie recalls. "But through his leadership in the hospital system, my dad also chaired the Human Services Commission with its work on critical social services and developed city-wide fitness and community outreach programs with Mayor Herb Drinkwater."

When told that he chose a perfect location for the hospital based on the layout of Scottsdale today, he smiled and told the story of how he asked graduate

*I was brought up as an engineer
and look at medicine from that
point of view — the mechanics of
it. How does it all fit together?*

From Scottsdale to Ohio to Korea, we are proud to call Jim one of our “founding fathers” at HonorHealth and in Arizona for his tireless and selfless efforts in medicine, healthcare, academics and public safety.

students at ASU to help research the best spot for a new hospital. It seems part of his success is also knowing the right people, at the right time and asking the right questions as well.

“I remained CEO until 1995 when I was appointed by the Arizona Governor to be state director of health services,” remembers Jim. “I was also privileged to be the first director of Homeland Security in the state.”

Despite a robust professional life, Jim and his late wife Janet, raised three children, Jim, Mike and Barrie, who all still live in Arizona and call their dad the “most intelligent man” they know.



Jim Schamadan celebrates with friend and philanthropist Virginia G. Piper.



Nancy Reagan at the grand opening of Scottsdale Memorial Hospital - North.

Jim and his wife, Nancy, remain active and spend time in Arizona and Colorado with their blended family. Jim is still active in healthcare acting as a consultant to Phoenix Veteran’s Administration Hospital.

When asked what his greatest work accomplishment has been he reflects on the time he spent in Korea during his military service where he ran a hospital that provided volunteers to help local orphanages.

“In order to get out and give my troops some reasonable exposure to the world, we would take on an orphanage every month,” states Jim. “We would bathe all the children. Weigh them, check their teeth, check everything to make sure they were healthy. The nuns and the nurses would do something fun and the soldiers would take care of the kids.

He goes on to add, “If I went to Heaven and got asked what job I wanted I’d say ‘taking care of the orphans.’”

It seems Jim doesn’t plan to slow down. Continuing his healthcare leadership for future generations, Jim started the Schamadan Nursing Endowment in honor of his late wife, Janet, who was a nurse and succumbed to acute myeloid leukemia in 1989. The Endowment provides the resources to train the next generation of nurses at all levels who care for elderly and cancer patients.

Leaving a legacy of innovation and inspiration from Scottsdale to Ohio and Korea, we are proud to call Jim one of our “founding fathers” at HonorHealth and in Arizona. We owe a debt of gratitude to “Doc Schamadan” for his tireless and selfless efforts to partner and creating meaningful change with physicians, philanthropists and civic leaders to drive innovations in healthcare, medicine, academics and public safety. ●

HONORHEALTH®

Foundation

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Events

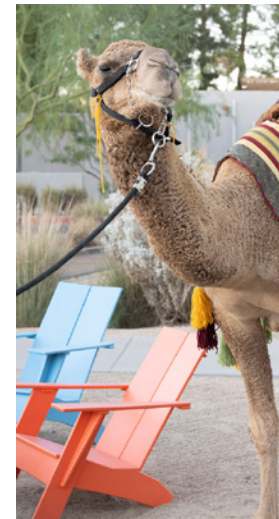


Circle of Distinction Donors Enjoy a Night of Gratitude

Thank you for joining us for our annual Circle of Distinction donor recognition society gratitude event!

What a fun night of Moroccan-inspired food, drinks and entertainment. Our special guests, Zeke the Camel and Willow the Zonkey made quite the impression and many of you now have photo souvenirs to show your friends.

This night was designed as a THANK YOU in appreciation of your friendship and support. We enjoyed hosting you and look forward to another night under the stars with you in 2024.



CLOCKWISE FROM ABOVE:
Grateful patient, Magdalena Romanska;
Carol Dillon and Carol Budrow; Guest
speaker, Kathi Zarubi; Craig and Karen
Stul; Zeke the Camel strikes a pose;
Moroccan-inspired tablescape;





2024

The Honor Ball

HONORHEALTH Foundation

SCOTTSDALE | ARIZONA

SATURDAY, MARCH 2, 2024



**SECURE YOUR
SPONSORSHIP OR
TABLE NOW**



Join us for the 47th Annual Honor Ball

This year we look forward to whisking you away to an evening inspired by the Grand Budapest Hotel... transporting you to that glamorous place in time of the Apres-ski lodge of the 1930's.

The 47th annual Honor Ball raises money for critical HonorHealth programs with proceeds from this year's gala benefiting the Cardiovascular Center of Excellence and the Neonatal Intensive Care Unit at HonorHealth Scottsdale Shea Medical Center. Honorees are the gracious Priscilla and Michael Nicholas.

We welcome two new extraordinary Honor Ball Chairs, Jennifer Shuitemaker and Jill Krigsten.

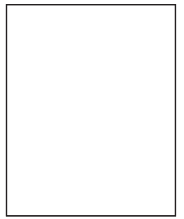
Jennifer is the owner and co-founder of Arteflame, a luxury outdoor grill company. She is a two-time author, a dedicated philanthropist and community volunteer serving on many boards including the Women's Board of HonorHealth. She tells us, "It's amazing to realize that you can help make someone's life better, simply by giving your time, effort, and in some cases financial support. But mostly it's about organizing ourselves in a way that inspires people to

come together and support an extraordinary organization. That is what HonorHealth is and that is what HonorHealth does."

Jill Krigsten is a respected media consultant at Cox Media and a founding member of the Women's Board of HonorHealth Foundation, along with Jennifer. She is also a community philanthropist and volunteer with dozens of event chairmanships under her belt with a family history tied to HonorHealth.

"One reason I wanted to chair the Honor Ball is my strong ties to HonorHealth on a personal level. My mother chaired the John C. Lincoln Night of Gold back in the 1980s and my dad, an orthopedic surgeon, started the Cowden Sports Medicine Center at JCL. I'm incredibly proud, and so are my parents, of our ties to this organization."

We are excited about working with such dedicated chairs and we hope you'll join us on Saturday, March 2, 2024, at the JW Marriott Camelback Inn Resort & Spa in Scottsdale.



Women's Board

HONORHEALTH Foundation

HonorHealth Foundation is pleased to announce the formation of the Women's Board of HonorHealth Foundation.



CO-FOUNDERS

Penny Gunning
Ina Manaster

As Ambassadors, it is our mission to inform and educate the public that HonorHealth is an extraordinary healthcare system that provides exemplary healthcare to our community.

MEMBERS

Marilyn Alexander
Trisha Anthony
Tiffany Broberg
Jaime Dion
Patty Dion
Anne Marie Dobbs
Jacquie Dorrance
Bobbie Falk
Jean Feuer
Harriet Friedland

Sasha Glassman
Penny Gunning
Nancy Hanley-Eriksson
Tori Heintzelman
Rona Kasen
Jill Krigsten
Sandy Magruder
Ina Manaster
Linda Mattes
Priscilla Nicholas

Barbara Nichols
Diane O'Malley
Tanya Rietz
Kathy Ritt
Barbara Schlein
Jennifer Schuitemaker
Hillary Sher
Sandy Trznadel
Catherine Tuton
Christine Watson



Philanthropy is central to HonorHealth's ability to advance innovative programs and attract the highest quality physicians, so you have access to the very best care.

My thanks to The Women's Board of HonorHealth Foundation, who are a force for good in our community. They are fueling our mission to find cures, save lives and transform healthcare.

—JARED A. LANGKILDE
MBA, CFRE
President & CEO
HonorHealth Foundation