

## “I felt like I could begin to live my life again.”

Cindy Wiley has been a cardiovascular nurse for her entire career of more than 28 years. It was that experience that told her something was wrong when she couldn't catch her breath as she walked to her car at the end of her shift earlier this year.

She thought it was strange, but eventually the uncomfortable feeling went away. She drove herself home and went to bed, writing it off as an isolated incident. However, later that night around 11 p.m., she awoke to severe chest pain. At first it was just uncomfortable, but then it got worse. That's when she decided to call 911.

As Cindy sat on the front steps of her house waiting for the paramedics to arrive, her chest pain continued to worsen. “It felt like someone was reaching inside my chest and grabbing my lungs,” Cindy recalled. When the paramedics arrived, they rushed her to Health First's Holmes Regional Medical Center.

When she arrived at the Emergency Department, she could barely breathe.

“I've treated patients like this my entire career,” Cindy said. “I never expected it to happen to me.”

She was diagnosed with flash pulmonary edema, a condition where your lungs fill with water and it feels like you are drowning. Her echocardiogram revealed that her ejection fraction — an important measurement in determining how well your heart is pumping out blood — was only functioning at 40 percent with each heartbeat (normal is 60 percent).

Health First cardiologist Dr. Norberto Schechtmann discovered Cindy's left anterior descending artery was clogged, cutting off blood supply and putting her into heart failure. He performed a



*Cindy Wiley, pictured in the middle, with her Cardiac Rehabilitation nurse Linda Churchman and Exercise Physiologist Darren Hill*

successful surgery, placing a stent and opening up her artery.

As a cardiovascular nurse, Cindy has seen firsthand patients' fear and anxiety after surgery, which often prevents them from fully recovering. They are afraid to exercise and can become depressed at their inability to do the things they enjoyed before.

Cindy is grateful she was referred to Health First's Cardiac Rehabilitation program. She received an individualized treatment plan, including evaluation and instruction on physical activity, nutrition, stress management and other health-related areas.

The staff at Cardiac Rehabilitation stayed by her side during every session as she slowly gained back confidence and strength. “They made me feel safe,” Cindy said. “I felt like I could begin to live my life again.”

Today, Cindy is back at work, helping other heart patients. This experience has given her a whole new perspective on life and her career. She now knows how it feels to be “on the other side.” She

gives credit for her recovery to the the excellent care at Health First's Holmes Regional and to the knowledgeable staff at Cardiac Rehabilitation. “They were my cheerleading squad,” Cindy said as she smiles. “I wouldn't be where I am today without them.”

*The Health First Foundation is proud to support Health First's Cardiac Rehabilitation program. Generous donations from the 2016 Grape Escape, a Health First Foundation signature event, provided more than \$425,000 to purchase specialized exercise equipment needed for patients to complete their treatment plan.*

*Health First's Cardiac Rehabilitation program is designed to help patients dealing with cardiovascular disease to manage risk factors and make lifestyle changes through screenings, education and rehabilitation. The goal of this program is to empower patients to improve their health and learn to live well by overcoming future risks.*

*To learn more about the Health First Foundation, visit [HFGive.org](http://HFGive.org).* ➤

# Hybrid Operating Room

On July 17, a hybrid operating room — the only one of its kind in Brevard County — opened at Health First's Holmes Regional Medical Center.

The Hybrid OR is designed to diagnose and treat patients in one local visit, regardless of whether they require a minimally invasive procedure or a more intricate surgical intervention.

It also incorporates the advanced imaging of a radiology suite into the sterile environment of a specialized operating room, allowing physicians to treat as they diagnose in real time.

This one-stop approach means safer treatment, better outcomes, faster recoveries and shorter downtimes for heart patients — allowing them to stay closer to home for care. To date, the Hybrid OR has been used to treat 84 patients.

This became possible because of your generous donations. Your gifts, including your support of the Grape Escape events in 2011, 2014 and 2015, plus gifts from many other generous donors and Health First associates, provided \$2 million in funding for this \$4 million project. Thank you for helping us meet this community need. ➤



*Health First Foundation donors receive exclusive tour of the new Hybrid OR*



*Health First President & CEO, Steven P. Johnson with cardiothoracic surgeons Ulf Gudjonsson, MD and Tamim Antaki, MD*



*Health First Heart & Vascular service line leadership: Valerie Ruby, Jon Oliver, Monique Turner and Janice Jackering*



*Health First Foundation President, Michael Seeley with Darcia Jones Francey, 2016 Grape Escape Auction Chair, committee member*



*Health First Foundation donors receive exclusive tour of Brevard's first Hybrid OR*



*Hybrid OR Donor Reception in the Harry and Wendy Brandon Atrium at the Heart Center in Health First's Holmes Regional Medical Center*

# Nursing Scholarship Luncheon



*2017 Nursing Scholarship Recipients with Health First Foundation President Michael Seeley and Board of Trustee Chairman Becky Dukes and Evelyn Foster, a founder and co-chair of the Mike Means/Larry Garrison Endowment for Nursing Excellence (left)*

The Health First Foundation recently awarded 31 Health First nurses with scholarships to help them continue their educational endeavors. At a luncheon held at Suntree Country Club on Friday, July 7, scholarship certificates were presented and many of the recipients met donors and members of the Health First Foundation Board who helped make their hopes of furthering their education possible.

This year, the Scholarship Selection Committee received 87 applications and awarded 31 scholarships, totaling \$77,500. Over the past three years, the Health First Foundation has awarded a total of 112 scholarships, totaling \$332,500, to Health First nurses. Of these scholarships, 58 were funded by the Mike Means/Larry Garrison Endowment for Nursing Excellence.

"The nurse scholarship initiative is a great example of how gifts to the Foundation can make a positive impact on local healthcare," said Michael Seeley, Health First Foundation President. "We believe our investment in nurses will prove beneficial for our patients, Health First and the Brevard Community; and we are extremely grateful to all donors who support this worthy program" ➤



*Health First's Chief Human Resources Officer Paula Just, Founder and Honorary Executive Director of BIMDA, Glad Kurian, and Health First Foundation Board Member Evelyn Foster, a founder and co-chair of the Mike Means/Larry Garrison Endowment for Nursing Excellence*



*2017 Nursing Scholarship recipients*



*Health First's Chief Human Resources Officer, Paula Just, and Chief Nursing Officer, Connie Bradley, address the 2017 Nursing Scholarship Recipients and luncheon guests*



Share your generosity through a planned gift that helps ensure quality health care for the next generation of Health First patients and families.

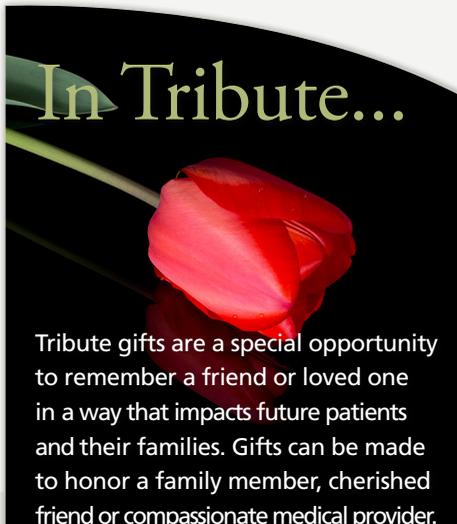
As the largest not-for-profit healthcare provider in Brevard County, Health First is proud of the role we play in caring for our community. We treat, diagnose and care for more than 175,000 patients each

year at our Health First hospitals and Hospice of Health First.

As we strive to meet the increasing demands of an ever-changing healthcare environment and growing senior population, our hospitals and other medical outreach need and depend on charitable support. By including the Health First Foundation in your gift planning, you are investing in the future of local health care and making a difference right here in Brevard.

Your gift to the Health First Foundation for a Health First Hospital or area of care close to your heart can help fund lifesaving treatments and technologies, special programs and additional patient services in the years ahead. ➤

## In Tribute...



Tribute gifts are a special opportunity to remember a friend or loved one in a way that impacts future patients and their families. Gifts can be made to honor a family member, cherished friend or compassionate medical provider.

The Foundation recognizes the generosity of donors as they honor special people who have touched their lives. Tributes made between October 1, 2016 through March 31, 2017, in honor or in memory of loved ones, are featured on our website. Visit [HFgive.org](http://HFgive.org) to view the full list of tributes.

*One of the simplest and most popular ways to make a planned gift to the Health First Foundation is through a bequest in your will. Below is sample bequest language that you can use in your will.*

*I, (name) of (city, state, zip), give to the Health First Foundation (or specific Health First hospital or program) the sum of \$ \_\_\_\_\_ or \_\_\_\_\_ (percent of my residuary estate) for its unrestricted use and purpose.*

# Contact us

for more information on ways to support Health First through the Foundation.

*Philanthropically Speaking is published by*  
**Health First Foundation**  
 1350 S Hickory Street  
 Melbourne, FL 32901  
 321.434.7353  
[HFgive.org](http://HFgive.org)

[Foundation@health-first.org](mailto:Foundation@health-first.org)



[facebook.com/healthfirstfoundation](https://facebook.com/healthfirstfoundation)

## Health First Foundation Board of Trustees

- |   |                     |
|---|---------------------|
| Becky Dukes, Chair                      | Danielle Greenspoon |
| Rob Perers, Vice Chair                  | Steven Johnson, PhD |
| Bill Troner, Immediate Past Chair       | Stephen Lacey       |
| Michael Seeley, President               | Christine Lance     |
| Patricia Pruitt, Secretary              | Polly Molnar        |
| Nicholas Romanello, Assistant Secretary | Rita Moreno         |
| Jessica Andre, Treasurer                | Barry Richardson    |
| Gobivenkata Balaji, MD                  | Nancy Taylor        |
| Richard C. Beagley                      | Kenneth Tieu, MD    |
| Wendy Brandon                           |                     |
| Stephanie Brown                         |                     |
| Carl D. Coddington, Jr.                 |                     |
| Shelly Cooper                           |                     |
| Dale A. Dettmer                         |                     |
| Bobbie Dyer                             |                     |
| Evelyn Foster                           |                     |
| Christina Goins                         |                     |
| Kevin Steele, Emeritus                  |                     |

## Our Mission

The Health First Foundation helps improve the health and well-being of residents in our community by raising funds to support and advance the mission of Health First and its family of charitable healthcare providers.

These include four not-for-profit hospitals—Health First’s Cape Canaveral Hospital, Health First’s Holmes Regional Medical Center, Health First’s Palm Bay Hospital and Health First’s Viera Hospital—as well as many Outpatient & Wellness Services that include Hospice of Health First and Health First Aging Services.

The Health First Foundation, Inc., Florida Registration #CH-12568, receives 100% of all contributions. A copy of the official registration and financial information may be obtained from the division of consumer services by calling toll-free, 1.800.435.7352, within the state. Registration does not imply endorsement, approval, or recommendation by the state.