

moments
that matter



BIENNIAL REPORT

ST. MARY'S HOME *for* DISABLED CHILDREN

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On the cover

Jahmari enjoys a swim in St. Mary's therapy pool, with a little help from from Kathryn Simmons, recreational therapy support specialist.

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Our Mission

CARING FOR CHILDREN SINCE 1944

The mission of St. Mary's Home for Disabled Children is to provide quality, specialized care within a homelike environment for special children with severe disabilities, so each child can achieve his or her fullest potential.



FROM THE CEO // *William C. Giermak*

YOUR SUPPORT HELPS US FOCUS ON CARING FOR CHILDREN

With the publication of our *2007-2008 Biennial Report*, we thank all of you who support the children of St. Mary's Home for Disabled Children. Every one of the 300 members of the St. Mary's family is focused on caring for the children and caring about them. We are grateful for the support of our Board of Trustees and the support we receive from the community that allows us to keep that focus.

We are sure the contents of this report will show you that the Home continues to be faithful to our mission: to help each child to achieve his or her fullest potential.

St. Mary's continues to experience strong demand for our services. As the only facility of its kind in Virginia, the Home generally is nearly full, with as many as 92 children and young adults. But we are always able to welcome new children. In 2008, St. Mary's social workers and other staff began a real push to travel around the state and meet with other professionals who refer families to the Home.

The Home operates very efficiently under the leadership of our Board and our management team. We are good stewards of the resources available to us, and, consistent with our mission, we always make our operating decisions bearing in mind the well-being of the children and young adults.

St. Mary's continues to enjoy excellent support from the community, even in challenging economic times. In 2008, for example, we ended the year 25 percent over our fundraising goal thanks to our generous donors.

Adherence to our mission, efficient operations and strong community support combine to enable us to care for the children with the utmost skill and compassion. That is our reason for being.

Thank you for your interest in St. Mary's and for your continued support.

WILLIAM C. GIERMAK CEO



FROM THE PRESIDENT // *Michael P. Cotter*

STAFF, TRUSTEES AND DONORS MAKE ST. MARY'S A SPECIAL PLACE

When I joined the Board of Trustees a number of years ago, I frankly didn't know much about St. Mary's Home. Then I met the children and saw the severe nature of their disabilities. I appreciate the hardworking staff who do incredible jobs every day. And I'm impressed with the dedicated Board members, who help the Home any way they can.

I began my tenure as president in 2007 with strong Board participation, supportive donors, a successful capital campaign, a strategic plan in place and loyal staff who serve the needs of the children — our highest priority. My predecessor, Suzanne Puryear, helped accomplish these milestones and continues to play an important role as a Trustee. Moving forward, Rick Knapp will serve as president for 2009-2010, bringing his business acumen as chief operating officer of Virginia International Terminals and a keen desire to serve St. Mary's children, young adults and staff.

Over the past two years, I am pleased to report we added two new Trustees who already participate in important committee work: Thomas W. Godfrey, Jr., president and CEO of Colonna's Shipyard, and Alvin J. Schexnider, president of Schexnider & Associates, LLC. With regret, I accepted the retirement of three longtime Trustees: Joan Damsey, Sandra Gordon and Fred Napolitano, Sr. They joined the new Honorary Trustee Board.

In the future, I'd like St. Mary's to increase its endowment to ensure the care of children for years to come, become known nationally as a premier facility and consider ways to expand services. Thank you for joining me in support of all that makes St. Mary's Home an exemplary place of care, and for the honor of serving as the president of the Board of Trustees.

MICHAEL P. COTTER PRESIDENT

“St. Mary’s cares for and about the individuals who live here. Every child is a unique person, and his or her wants and needs become ours. In my 20 years of working at St. Mary’s, I’ve seen the heart of what we do here stay constant: to provide care and attention to all the children as they grow and progress.”

— MELANIE PÉREZ-LÓPEZ, DIRECTOR OF SOCIAL WORK

MOMENTS THAT MATTER, EVERY DAY

IT’S 9 A.M., AND IT’S TIME FOR SOME PERCUSSION.

Nita Redditt, LPN, wraps a vest around Katie’s chest. As Katie lies back in her bed, the vest rhythmically inflates and deflates, vibrating against the chest wall. This “percussion to the lungs,” Redditt explains, helps loosen mucus, making it easier for Katie to breathe.

While Redditt monitors the respiratory vest treatment and measures out medications, social worker Christine Parker is at the other end of the room fixing Tianna’s braids. It’s a little something extra she likes to do before Tianna heads to class.

A few minutes later, occupational therapy assistant Betsy Turner walks into Hamda’s room. “We’re all in our places with bright shiny faces,” she says cheerfully, then asks Hamda if she’s ready for breakfast. Hamda cannot swallow whole foods, so the kitchen has fixed a plate of pureed scrambled eggs and ham. Hamda’s not hungry at the moment, though, so Turner opts to provide some sensory stimulation instead. She takes Hamda out to a flower-filled courtyard and helps her pick hydrangeas and gardenias to present to a nurse celebrating a birthday.

Down in Classroom 5, Ashley gives a presentation about the occupation of police officer. A classmate, Brandon, uses a specialized computer to ask what kind of vehicle a police officer drives. Teacher Erin Keech holds up two cards, one showing a fire truck and one showing a police car. Ashley, who cannot speak, glances toward the drawing of the police car to indicate the answer.

Shanyla takes a break between her lessons to do some hanging around. She sits tucked inside a yellow net swing, her bright pink shoes sticking out the front. Physical therapist Jennifer Reasor and physical therapist assistant Barbara Graeff-Taylor take turns pushing Shanyla back and forth. As fun as it looks, it’s also therapeutic, stimulating the vestibular system, which controls balance and equilibrium.

Just down the hall, the youngest residents play with fingerpaint during a session of the Early Intervention Program for children up to age two. Recreational therapy assistants help Amonte and Kamaia turn their handprints into crabs and other sea creatures.

Over in the Occupational Therapy Support Services Department, technician Debbie Rhoads makes a cast of Patricia’s leg, then removes the cast with a careful slice down the front. She’ll use the cast to make a mold; the mold will be sent to a company that will create a custom splint for Patricia that will help keep her foot in alignment with her ankle.

As Rhoads works, OT technician Mamie McCloud labors nearby on a project of her own. Deftly wielding a soldering iron, McCloud attaches a large, flat switch to a toy dog. The toy’s original switch was too difficult for a child with disabilities to use. Now, when a child presses a hand or cheek to the new switch, the dog dances while a song plays.

At midday, Jahmari and Bre’Aunna take a dip in the outdoor therapy pool, for fun as well as sensory stimulation. Recreational therapy assistant Stephanie Bailey gently kisses 3-year-old Jahmari’s tiny outstretched foot as she helps him float in the comfortably warm water.

Wendy Hurst, LPN, checks in on Colton as he takes an afternoon rest. Knowing Colton loves Looney Tunes cartoons, she leans over his bed and says “Mah biscuits are burning,” doing her best Yosemite Sam impression.

As the day goes on, some children go to the doctor’s clinic for check-ups with St. Mary’s medical director, Dr. Joseph Toland, while others get a trim at the Home’s barber and beauty shop. Garrett and Angel sway from side to side on a wheelchair-accessible glider on the playground. Vickie makes a phone call to Grace, a friend from the public school she attends, with help from support coordinator Robin Geluso. Seamstress Luz David mends and alters items and keeps track of all the children’s clothing as she manages what she calls “the biggest closet in all of Virginia.” Occupational therapy technician Larry Phillips adjusts Patrick’s new wheelchair to make sure it fits just right. Brandon Sutton, LPN, holds Jenny’s hand as she walks down a corridor, becoming more confident with each step. Shirley Justice and her activities staff prepare a fun-filled evening with games, even a session or two with a Wii Fit.

These are just some of the moments that matter every day at St. Mary’s Home for Disabled Children. Take a look through this report to learn about some of the other moments that mattered in 2007 and 2008. Thank you for supporting the special children and young adults of St. Mary’s Home.

HIGHLIGHTS 07 //

- Virginia Vaccines for Children, a program to help raise childhood immunization rates, named St. Mary’s Home the Immunization Champion for January/February. Clinic Nurse Janie Mines, LPN, makes sure each resident has a complete immunization history and is up-to-date on vaccines.

moments *of support*

One step at a time: While most of St. Mary's residents use wheelchairs, Jenny is a bit unusual. Brandon Sutton, LPN, holds her hand as she prepares to go for a walk through the Home.

HIGHLIGHTS 07 //

- St. Mary's older residents attended the Home's second annual prom, organized with help from students at Norfolk Christian High School.
- St. Mary's Girl Scout Troop 5067 visited Washington, D.C., — the first time residents from the Home took an overnight trip outside Hampton Roads. Nurses, therapists, a child advocate and three girls from the community who are part of the troop were among those accompanying the six St. Mary's scouts.
- Brandon, a St. Mary's resident and huge Hokies fan, attended a football game at Virginia Tech, across the state in Blacksburg. Members of SMHDC's physical and recreational therapy staffs went along.
- Staff members from *The Virginian-Pilot* newspaper of Norfolk came to SMHDC for the United Way Day of Caring. They cleaned, washed windows, worked in the laundry and helped the Occupational Therapy Support Services Department adapt toys for the children.

no place like home



Clockwise, from top:

A platform swing makes therapy fun for Shanyla and physical therapist assistant Barbara Graeff-Taylor; the Early Intervention Program helps St. Mary's youngest residents; St. Mary's children and staff enjoy spending time in the Home's courtyards, which have been beautified by the Harborfront Garden Club, Virginia Beach Garden Club and Junior Virginia Beach Garden Club.





A tough decision: Myra Perdue initially was reluctant to have her daughter, Amelia, move to a long-term-care residential facility. But, she says, St. Mary's feels like home.

MYRA PERDUE & AMELIA

A MATTER OF THE HEART

Myra Perdue resisted when a pediatrician first suggested that she consider placing her daughter at St. Mary's. After all, she'd been taking good care of Amelia at home for more than 11 years.

Perdue was just 31 weeks into her pregnancy when she gave birth to Amelia. The baby was tiny, weighing only 3 pounds, but she was fine. Then, an infection caused her to go into complete arrest. She was 10 days old.

While hospital staff worked for 45 minutes to stabilize Amelia, her brain began to bleed from a lack of oxygen. As a result, Amelia will never be able to walk or talk, and she needs around-the-clock care, which Perdue stayed home to provide.

In 2004, a pediatrician noticed during an office visit that Perdue looked tired. The doctor brought up St. Mary's. "I was really nervous about Amelia going to a facility," Perdue said. "I really didn't want to go that route."

Six months later, Amelia's medical needs were growing and Perdue felt her daughter could benefit from more help. So she and her husband, Ed, visited the Home. "When I went in the door of St. Mary's, I truly felt at peace," she said. "I felt warmth there. Everything was in order."

The decision hinged, though, on whether Amelia wanted to move in. "I just watched her body language, and Amelia let me know it was OK. Her response was so positive that I knew without a doubt St. Mary's was the only place I could leave her and know she was at home."

"I still feel that way," Perdue said. "The staff do their absolute best every single day to make the children at St. Mary's feel that it is their home. Everything there is done from the heart. That's why St. Mary's can't be replaced. It's a matter of the heart."

HIGHLIGHTS 07 //

- Associates from Ferguson, a Newport News-based plumbing supply distributor, filled half of one of the company's large delivery trucks with holiday gifts for St. Mary's children.
- St. Mary's children were busy throughout the holidays. They checked out the lights at the Norfolk Botanical Garden, watched the Virginia Beach Chorale perform at the Sandler Performing Arts Center, visited the Nauticus maritime center in Norfolk and went to the movies on New Year's Eve with donated tickets.

moments
of hope



Queen for a day: Crystle is crowned queen at St. Mary's annual prom.

“St. Mary’s Home for Disabled Children provides hope for individuals ... and their caregivers who are every day striving to improve their physical and emotional well-being.”

PETER T. WILDEROTTER, PRESIDENT
OF THE CHRISTOPHER AND DANA REEVE FOUNDATION

CHRISTOPHER & DANA REEVE FOUNDATION GRANT

KEEPING KIDS COMFORTABLE AND HEALTHY

Suzanne Eason peers at a display resembling a weather radar map on her laptop screen and doesn’t like what she sees: a red spot that indicates a potential pressure problem area.

So occupational therapy technicians Mamie McCloud and Debbie Rhoads carefully help Wayne get up from his wheelchair as he smiles and laughs, and Eason slips different types of air- and gel-filled cushions onto the seat for Wayne to try out.

The red area shrinks, but Eason, St. Mary’s supervisor of occupational therapy support services, and the rest of the OT staff will keep testing different seating systems and making adjustments to help keep Wayne healthy and comfortable.

That job is being made easier with a Quality of Life grant St. Mary’s Home received in 2008 from the Christopher and Dana Reeve Foundation — one of about 100 such grants the foundation awarded to nonprofit organizations nationwide. In most cases, grants were less than the amount requested, but St. Mary’s Home received the full \$11,360 needed to buy the computerized FSA 4D Complete Rehab Pressure Mapping Seating System.

Sitting or lying down in one spot for too long can cause skin pressure problems. Because most of St. Mary’s residents can’t speak for themselves, therapists have to find the pressure points. The pressure mapping system reduces guesswork by providing objective information using data collected from sensors in a thin blue mat placed beneath a resident.

Eason is using the pressure mapping system with all residents, both in their wheelchairs and in their beds. “I’ve found potential pressure problem areas I couldn’t have anticipated without the system, and long before they could ever actually cause problems,” she said.

As the late Dana Reeve once stated, the Reeve Quality of Life grants are about freedom, said Peter T. Wilderotter, president of the Christopher and Dana Reeve Foundation. “St. Mary’s Home for Disabled Children provides hope for individuals ... and their caregivers who are every day striving to improve their physical and emotional well-being,” Wilderotter said. “We are honored to help St. Mary’s Home for Disabled Children continue the heartfelt mission that Dana Reeve herself started back in 1999.”

HELPING BRE’AUNNA DANCE

PROGRAM REACHES CHILDREN EARLY THROUGH PLAY AND ACTIVITIES

Bre’Aunna was not a very active one-year-old when she first came to St. Mary’s Home for Disabled Children. Now, play the DVD of her favorite movie, the first volume of “Disney Princess Sing Along Songs,” and Bre’Aunna dances.

Lying back on a ladybug-shaped cushion, Bre’Aunna moves her little arms and legs vigorously and fluidly. And she starts to vocalize, singing along in her way with Ariel, Cinderella and the rest of the princesses.

After a year in St. Mary’s Early Intervention Program for children up to age two, Bre’Aunna is alert, communicative and thriving.

The program began in September 2007 with support from the Portsmouth General Hospital Foundation and VuBay Foundation in Hampton, Va. The program was expanded in October 2008 to include an after-school enrichment component for slightly older children, and funding continues with a major grant from the Bernardine Franciscan Sisters Foundation through 2010 and additional support from VuBay Foundation and Tidewater Children’s Foundation.

Therapists use a hands-on, multisensory approach to classroom instruction, striving to expose infants and toddlers with severe disabilities to an engaging and stimulating learning environment. They give one-on-one attention to the children and help them work on goals, such as improving motor and social skills, through play and activities. And they give lots of hugs.

Consistent care through the Early Intervention Program has been crucial to Bre’Aunna’s success, said Nicole Hoskins Jones, head of the program and St. Mary’s director of recreational therapy services. Bre’Aunna also has benefitted from field trips to Gymboree Play & Music classes, becoming more animated as she plays and socializes with other children her age who do not have disabilities.

“Early intervention is key,” Hoskins Jones said. “Kids have to start early because that’s when they have the potential to make the most progress. The earlier we can work with them and teach them even simple things, the better.”

HIGHLIGHTS 08 //

- Students at Linkhorn Park Elementary School in Virginia Beach collected \$650 to donate to the Home during a week-long “Penny War” drive pitting girls against boys.
- St. Mary’s Auxiliary’s 3rd Annual Gala and Auction netted \$80,000, with some of the money going toward a wheelchair-accessible van for the Home.

“Our residents have a huge family, with more aunts and uncles and brothers and sisters than most kids will ever have. I see so many examples of family love here every day that I am constantly awed.”

— KATHY BROBST, PHYSICAL THERAPIST ASSISTANT

PHYSICAL THERAPY DEPARTMENT PROJECTS

GIVING BACK TO THE COMMUNITY

Many generous people in the community give to the children and young adults of St. Mary's, and many staff at the Home find time to give back to the community, despite tough work schedules with some long days filled with caring for children with severe disabilities.

The members of the Physical Therapy Department, led by Soozie McLain, are a good example. The Home's physical therapists and physical therapist assistants — along with family members of St. Mary's residents — have been involved in many projects, including:

- “adopting” a local family for the holidays;
- filling shoe boxes with gifts to send to children around the world through “Operation Christmas Child,” a program of the Samaritan's Purse international relief organization;
- collecting money for mosquito nets to help stop the spread of malaria in Africa;
- coordinating the donation of platelets by St. Mary's staff to the Red Cross every three months;
- collecting towels for the Acredale Animal Hospital in Virginia Beach to use in clinics and in surgery and for bathing animals;
- organizing drives to collect nonperishable foods for Kids Cafe, a national program administered locally by the Foodbank of Southeastern Virginia to provide free, nutritious evening meals to children.

AUXILIARY BOARD

ST. MARY'S AUXILIARY BOARD ENHANCES CHILDREN'S LIVES THROUGH MANY PROJECTS

From holding an annual auction and gala fundraiser to providing caps and gowns for graduation, the amazing women who make up St. Mary's Auxiliary Board work extremely hard to enhance the lives of the children and young adults who live at St. Mary's. The Auxiliary also sends out a Thanksgiving fundraising letter and organizes a summer luau for the residents and has provided items including rocking chairs, respiratory equipment, sensory toys, walkers, specialized tricycles, a shuttle bus and a laptop for recreational therapy. In 2008, Volunteer Hampton Roads recognized the group's efforts by honoring the Auxiliary with the Hampton Roads Achievement Award in the nonprofit volunteer category.

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Barbara Vogan

HIGHLIGHTS 08 //

- Crew members from the Norfolk-based destroyer USS Porter and aircraft carrier USS Dwight D. Eisenhower volunteered at the Home on separate days, cleaning drains, washing windows and rearranging the walk-in freezer.
- The Home dedicated the newly refurbished gardens, courtyards and playground. St. Mary's children now can play on special equipment and enjoy more opportunities to explore the outdoors because of the efforts of parents and garden clubs and other organizations to transform the Home's grounds — a \$65,000 project paid for by donations.

HIGHLIGHTS 08 //

- More than 150 people from around the country attended the Building Bridges Network Conference, hosted by SMHDC. Chief Nursing Officer Carla Aquino was a member of the committee responsible for the content of the conference on "Navigating the Care of the Medically Fragile Child."
- SMHDC initiated the Primary Nursing program. Nurses in the Home's four residential areas are assigned to develop and evaluate a nursing plan for each child and ensure staff have what they need to implement the plans.
- Team Hoyt VB, a local offshoot of a national father-son team that competes in athletic events, began taking children from St. Mary's Home and other area children with disabilities on runs.
- Many people volunteered their time at St. Mary's, including WellPoint employees, who washed vehicles, mowed grass and did other tasks as part of the health benefits company's community service day and Willcox & Savage employees who were here for the United Way Day of Caring.

worth a thousand thank you's



Clockwise, from top:

Crystle and Kristine Cameron, a certified nursing assistant, exchange smiles; teacher Erin Keech shows Ashley a flash card; Garrett and Angel play on a wheelchair-accessible glider, among the new equipment on St. Mary's playground.

ST. MARY'S HOME FOR DISABLED CHILDREN, INCORPORATED AND AFFILIATE

Statement of Financial Position

YEAR ENDED DECEMBER 31, 2008

ASSETS

Cash and investments	\$15,387,009
Third party, pledge and other receivables	2,670,997
Fixed assets	14,575,947
Other assets	236,778
Total assets	32,870,731

LIABILITIES AND NET ASSETS

Current liabilities	1,051,964
Other liabilities, including bonds payable	17,734,945
Net assets	14,083,822
Total liabilities and net assets	32,870,731

REVENUES

Patient service revenue	13,468,496
Contributions and donations	1,007,460
United Way campaign	195,345
Investment and other income	(1,605,014)
Total revenues	13,066,287

EXPENSES

Patient services	13,968,190
Management and general	2,098,605
Fundraising	272,682
Total expenses	16,339,477

Increase (decrease) in net assets	(3,273,190)
Net assets, beginning of year	17,357,012
Net assets, end of year	14,083,822

Note // Revenues and expenses include two extraordinary unfavorable non-cash items totaling \$3,783,791 related to the Home's long-term debt and defined benefit plan.

This information is extracted from the December 31, 2008, financial statements, which were audited by Witt Mares, PLC.

"All of the help and support St. Mary's Home receives helps us to achieve our mission, thereby enriching the lives of the children for whom we care each day."

WILLIAM C. GIERMAK, CEO

Supporters

RESTRICTED AND UNRESTRICTED GIFTS 2007/2008

The Board of Trustees would like to recognize these individuals, corporations, foundations, organizations and municipalities for their generous support as of December 31, 2008.

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HIGHLIGHTS 08 //

- Miss Virginia 2008 Tara Wheeler and Miss Virginia's Outstanding Preteen 2008 Andolyn Medina, along with several local titleholders, sang and danced during a holiday concert for St. Mary's residents.
- More than 300 athletes and volunteers participated in St. Mary's 20th Annual 5K Run. The event raised more than \$16,000 to support the Home.
- St. Mary's children took part in the 5K for the first time, with members of Team Hoyt VB pushing them in jogger strollers. Also new to the 5K was a wheelchair division, inaugurated by Kelsie Kellen, a 13-year-old internationally ranked wheelchair athlete from Fredericksburg, Va.
- Physical therapist Jennifer Reasor joined ranks with Kathy Brobst, physical therapist assistant, as a "credentialed clinical instructor" after attending the Clinical Instructor Education & Credentialing Program developed by the American Physical Therapy Association.



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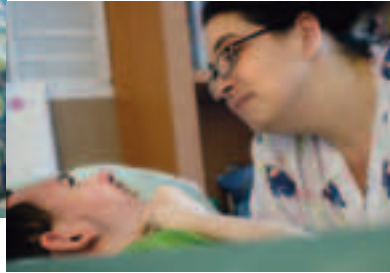
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Staff at St. Mary's Home provide excellent care but also go out of their way to really get to know the residents.

Left to right: Alex shares a laugh with Rita Agbuya, a certified nursing assistant; Wendy Hurst, LPN, checks in with Colton.

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Memorable events:

Prom and graduation are two highlights of spring for St. Mary's older residents.



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(Agency Code #5039) St. Mary's Home receives support from individuals who have specifically designated the Home on their annual United Way pledge form.

HIGHLIGHTS 08 //

- SMHDC debuted *St. Mary's Family News*, a newsletter for families and caregivers of residents.
- Kerneos Inc., a Chesapeake, Va., cement manufacturer, threw its annual holiday party for the children — complete with wheelchair dancing.
- The U.S. Army Corps of Engineers performed a holiday concert for St. Mary's children.
- Several Santas visited the children, including Mo Patrick, a line truck driver and auger operator for the Dominion power company who has been coming to the Home in the guise of Jolly Old Saint Nick every December for about 10 years.
- A donor who asked to remain anonymous purchased every single suggested present on a holiday wish list for all of the children and young adults who live at St. Mary's Home.

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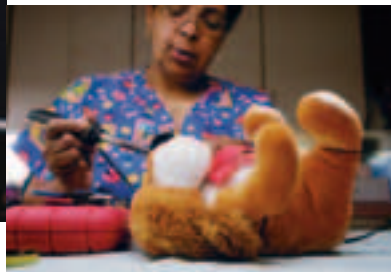
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No idle hands

Left, Larry Phillips, occupational therapy technician, keeps the children's wheelchairs fully functional. Right, OT technician Mamie McCloud adapts toys by attaching large switches that are easier for children with disabilities to press.

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