

JOURNEYS

Because it is in the process, as much as the progress, that we measure each journey.

Spring 2015

A publication of
St. Mary's Home.

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ABOUT US

We provide quality,
specialized care within a
homelike environment for
children and adults with
severe disabilities, so each
person can achieve his or
her fullest potential.

The Most Important Painting He's Ever Purchased

Todd Collins has purchased a painting or two at every St. Mary's Auxiliary Gala and Auction for the last five years.

This year, at the Auxiliary's 10th gala fundraiser, he kept the tradition going by winning a painting with a bid for \$80 — a sum he considers “an absolute steal.”

“What made it a steal was the fact that it is easily the most important one I have ever purchased, because it was made by a young man that lives in the Home,” Todd said.

The artist, 15-year-old Jorge, who has been working regularly with artist and volunteer Karen Ludwig to explore his interest in art, attended the gala and asked to meet the person who bought the painting. The request filled Todd with joy. “The pride in his smile and the warmth of his spirit were more genuine than any artist I have ever met,” Todd said. “I will cherish the painting forever. Jorge made my night special.”

Besides being an art patron, Todd has supported St. Mary's in other ways, such as volunteering with the children and leading a Checkered Flag team that raised more than \$6,000 for St. Mary's by running in the Shamrock Half-Marathon in Virginia Beach. He also, as general manager of Checkered Flag Volkswagen & Hyundai, has arranged for the dealership to donate a car for five years in a

row for the Auxiliary to raffle off to support Jorge and the nearly 100 children and young adults who live at St. Mary's Home and The Albergo House.

“Every time I am at St. Mary's, I see the kids' smiling faces,” Todd said. “They are smiling in spite of their disabilities. They are smiling because of the care they receive. The care they receive is beyond top-notch and delivered with so much love. That is why I do what I can to help.”

Portrait of the artist: Jorge, who created this painting, capped off his evening at the Auxiliary gala by meeting with Todd Collins and his wife, Alicen, who successfully bid on the piece during the silent auction.



Thank you to Todd and to the Auxiliary Board, sponsors and donors who made the gala on Feb. 28 such a great success. Please look inside this issue of *Journeys* to learn more about the event and find out who won the car raffle.

From the Board President

Thomas W. Godfrey, Jr.

Thank You for the Opportunity to Serve People with Disabilities

This year marks the 10th anniversary of St. Mary's Home in our current location, now with the addition of The Albero House for adults. I have been pleased to serve on the Board of Directors during these transformational years and as president for the past two. During that time, 12 residents moved into their new home in The Albero House, the Board of Directors welcomed new members, the Foundation Board expanded and took on additional responsibilities and we began exploring how St. Mary's can provide care for even more families in Virginia.

Most importantly, the children and young adults continue enjoying a good life, staying healthy and involved in the community, with the crucial support of donors like you. Isn't that what we want for our own children?

Now, I am honored to pass on the presidency to Nancy Wilcox, someone who has been associated with St. Mary's Home for a number of years, beginning with her leadership as president of the Auxiliary Board. Nancy served with enthusiasm on the Embrace Capital Campaign Cabinet, helping to secure and exceed the \$3 million needed to build The Albero House. She understands the needs of the children and young adults of St. Mary's Home and, as a business person, Nancy also brings her years of financial management experience.

Thank you for the opportunity to serve as president of the Board of Directors. I look forward to many more years as a member of the Board, and I will serve in whatever capacity needed to ensure the future well-being of St. Mary's Home and our residents.



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Kids Meet Admirals Off and On the Ice

Colton and some of the other young adults who live at The Albero House on St. Mary's campus teamed up with a couple of Norfolk Admirals players, Louis Leblanc, left, and Antoine Laganier, right, to play a Wii game, as Shirley Justice, St. Mary's community liaison, cheered them on. The game? Hockey, of course. (Colton's team won, 2-1.)

T.J. was relaxing in his sports-themed bedroom at The Albero House when the Admirals dropped in for their visit on Feb. 11. The players signed a hockey poster and hockey wall decal for T.J. That day also happened to be Koko's birthday, and she got a special treat when Leblanc and Laganier stopped by a classroom at St. Mary's to say hello.

Three days later, Jorge and Aidan took part in the ceremonial puck drop at the Admirals' game. St. Mary's Home was grateful to be the featured organization for the Norfolk Admirals' hockey game against the Syracuse Crunch on Feb. 14. The Admirals donated a portion of the ticket price to St. Mary's. Thank you to all those who bought tickets and to the Admirals for your support!



Thank You for Making Our 10th Annual Gala a Great Success

It is my privilege to serve as president of the Auxiliary Board of St. Mary's Home. Our goal is to enrich the lives of the children and young adults who live at St. Mary's Home and The Albero House. Throughout the year we are presented with needs for the Home, such as physical therapy equipment or outings, such as a day at Grommet Island Beach Park and Playground, an oceanfront park that is 100 percent accessible for people with disabilities.

Our biggest fundraiser is our annual gala and auction. This year was our 10th gala, and the most successful event to date, raising nearly \$100,000, with record attendance. WVEC-TV personality Joe Flanagan once again kindly served as master of ceremonies for the gala on Feb. 28 at the Hilton Virginia Beach Oceanfront. A sold-out crowd of 350 bid on many silent and live auction items, including outings that give the children and young adults opportunities to be in the community. The event finished on a high note, with dancing to music by The Original Rhondels.

I'd like to extend a heartfelt thank you to Todd Collins, general manager, Checkered Flag Volkswagen & Hyundai. For the fifth year, the dealership donated a car to be raffled off, with all proceeds going to St. Mary's. The winning ticket was drawn that night by Todd's wife, Alicen. See the story below to find out who won the 2015 Jetta.

For the past five years, Checkered Flag has been our presenting sponsor, for which we are extremely grateful. We also are grateful to our many other sponsors: PRA Group, SAIC, Kerneos, Monarch Bank, Newtown Building Supplies, PF&A Design, Hook Law Center, Colonna's Shipyard, Bank of America, TowneBank, DRS Construction & Design, Jim and Pat Kramer and Roof Engineering. We also want to thank the many businesses and individuals who made donations for our silent and live auctions.

If you would like to sponsor the auction, make a donation or get involved with the Auxiliary Board, please contact me at (757) 572-3014 or claredavison@msn.com.

You have our gratitude for your interest and support. For more photos of the gala, see [Facebook.com/StMarysHome](https://www.facebook.com/StMarysHome).



From left, Auxiliary Board Vice President Mollie Pavlik, Immediate Past President Karen Hibbard and President Clare Davison at the gala.

Need a Speaker? We'd Love to Help

Every club and organization faces the challenge of providing quality programs. We can help. Our staff members enjoy speaking about St. Mary's and the exceptional care, education, therapies and recreational programs we offer for children and young adults who have severe disabilities. Our presentation is designed to fit easily into your breakfast, lunch or dinner program format, at no cost, and includes a lively, professional, 10-minute video, "The Power Of Touch." Our speakers also are prepared for a short question-and-answer period.

To book a speaker from St. Mary's Home, please contact Sonja Barisic, director of marketing communications, today at sbarisic@smhdc.org or (757) 352-2700.

Congratulations to Car Raffle Winner Susan B. Potter

Sometimes, all it takes is one.

Susan B. Potter of Virginia Beach bought one ticket for our Auxiliary's car raffle. It turned out to be the lucky ticket drawn at the Auxiliary's 10th annual gala and auction on Feb. 28.

"My husband was shocked to find out I spent \$25 on a raffle ticket," Susan said when she and her husband, Eric, came to St. Mary's to pick up her new car, a red 2015 Jetta. "I believe he will forgive me."

A few days later, the car was sporting a new license plate: THX ST M.

Thank you to Susan and to everyone who purchased a ticket to support the children and young adults who live at St. Mary's Home and The Albero House. And thank you to Checkered Flag Volkswagen & Hyundai in Virginia Beach for donating a car for the raffle for the fifth year in a row.



St. Mary's Remembers Former Director of Nursing Jan Goodmundson

Jan Goodmundson, who devoted her career to making St. Mary's clinical care staff the best so the children would receive the best care, passed away on Jan. 15 after a long illness. She was 65.

Jan graduated from Newport Hospital School of Nursing in Rhode Island. In 1977, she settled in Hampton Roads, where she and her husband, Gary, a Navy officer, raised two sons and a daughter.

The next year, she became head nurse at St. Mary's Infant Home (now St. Mary's Home). In 1979, she was appointed director of nursing. She instituted the many clinical affiliations between physician specialists at Eastern Virginia Medical School and St. Mary's, and she established nursing protocols, procedures and policies. She retired in 1999.

Jan was highly regarded by staff, parents and professionals, and her legacy continues today at St. Mary's.



St. Mary's Medical Director is a Healthcare Hero

We always knew our medical director, Dr. Joseph Toland, was a healthcare hero. Now, all of Hampton Roads knows it, too. Congratulations to Dr. Toland for being named one of *Inside Business* magazine's local "HealthCare Heroes" for 2015!

Dr. Toland is the kind of pediatrician who will do anything to help a sick child, from checking on patients when they go to the emergency room to visiting a child at home if the child can't come to his office. And he'll even fix the sink while he's there.

Dr. Toland grew up in Northern Ireland and has lived in the United States since the early 1970s, when he came to Norfolk for an internship at Norfolk General Hospital. He followed that with a residency at Children's Hospital of The King's Daughters. He founded his practice, North Shore Pediatrics, in 1976. Since the late 1980s, Dr. Toland also has been caring for children and young adults with severe disabilities who live at St. Mary's Home. He has been St. Mary's medical director since 2007.

Roxane Ward lives on the Eastern Shore and is not always able to make the trip to Norfolk when her son Colton, who has lived at St. Mary's Home for several years, has doctors' appointments. Roxane said Dr. Toland is one of the few doctors she is comfortable letting Colton see without her by his side. Dr. Toland has a rapport with Colton and can tell just by looking at his

face whether he's distressed, Roxane said.

"He's in tune with the kids, and he's in tune with the parents," Roxane said. "He's amazing. He has quite a gift with these children."

Ann Sparkman, St. Mary's chief compliance officer, said Dr. Toland has a strong desire to help children any way he can, and he is one of the few physicians who will continue to follow a patient even once the child is admitted to the hospital.

"He loves to investigate anything to get to the bottom of everything," she said. "If anything ever happened to me or one of my kids and no one could figure it out, Dr. Toland is the physician I would want."

Debra McGuire's son, Richard, was three when she began taking him to see Dr. Toland at North Shore Pediatrics. Dr. Toland cared for Richard, who had muscular dystrophy, into adulthood.

Dr. Toland frequently made house calls when Richard was unable to come to see him. He also always made certain to attend Richard's birthday parties. Once, when he learned that Debra was struggling to fix a hole in a sink, he showed up at the home with tools and fixed it himself.

Richard passed away in 2006 and Debra since has moved to Kentucky, but she visits Dr. Toland whenever she's back in Hampton Roads.

"He was more than a doctor to us," Debra said. "He was a friend."

Saying Goodbye to Chet Giermak: Basketball Star, Business Leader, Philanthropist

Before he joined the Navy at age 18 during World War II, Chet Giermak had ventured outside his hometown of Chicago just once. His father, who repaired railroad boxcars, took a young Chet on a train trip to Toledo, Ohio, where they splurged on ice cream, then a few hours later rode the rails back to Illinois.

The boy who grew up in modest means during the Great Depression went on to become a college basketball star in Virginia, respected business and community leader in Pennsylvania, beloved family man and philanthropist who helped make it possible for St. Mary's Home to open The Albero House to care for adults with disabilities. He was 87 when he passed away on March 16.

"It's really remarkable to me, when you consider where he came from, how far he rose and how much he made of himself," said his son, William C. Giermak, St. Mary's CEO. "He was a big star in college, but it never went to his head. As big a star as he was, he went on to even exceed that in his success as a business executive. And I like to think, too, as a husband and father, he was a star as well.

"That's what I admire the most about him. There's more to it than being a big star in sports. There's life, there's your family, there's your church, there's your business. He excelled in all those things."

Chet spent 14 months in the Navy as a corpsman, then arrived on The College of William & Mary's campus, with help from an academic scholarship and the GI Bill. A high school basketball standout, the 6-foot-6 center walked on to the William & Mary team and

earned a number of honors, including two-time All American. He racked up 2,052 career points for a record that endured 65 years — the longest-lasting among NCAA Division I schools — until Marcus Thornton broke it on Feb. 25 of this year.

Chet was drafted to play in the NBA's early days but chose a business career instead, moving to Dayton, Ohio, to become an accountant for General Motors. In 1960, he was recruited by Eriez Magnetic in Erie, Pa. In 1970, he became president and CEO, a position he held for 34 years, until he retired at age 77. He helped grow the company into a world leader in the manufacture of large industrial magnetic equipment.

Chet wed his high school sweetheart, Dorothy, during his senior year of college. They were married for 58 years, until she passed away in 2007. They had four children, all of whom attended William & Mary, and 11 grandchildren.

The Giermaks endowed a basketball scholarship at William & Mary and were generous in many other ways, quietly helping people who needed a hand to go to college or with expenses after an illness. They also made a major gift to The Albero House.

"I am indebted to Chet and Dorothy Giermak for making the first gift to the Embrace Capital Campaign that led to the building of The Albero House," said Carl M. Albero, a member of St. Mary's board who, with his wife, made the lead gift to the project. "When Carole Anne and I became the named benefactors, we were especially grateful to people like the Giermaks who early on made a major gift."



Chet and Dorothy Giermak with William & Mary President Paul Verkuil, left, at a ceremony to retire Chet's jersey number, 32, at halftime during a basketball game at the college on Jan. 23, 1988. (photo courtesy Swem Library, The College of William & Mary)

In The News

THE VIRGINIAN-PILOT

Dec. 26

Front-page photo of Colton celebrating Christmas at St. Mary's with his father

Feb. 19

Front-page story in Virginia Beach "Beacon" section previewing the St. Mary's Auxiliary gala and featuring interview with a St. Mary's parent

March 1

Beach Ambassadors' support of St. Mary's featured in Virginia Beach "Beacon" section

INSIDE BUSINESS

Week of Feb. 23

Profile of Dr. Joseph Toland, St. Mary's medical director, who was honored as a 2015 "HealthCare Hero"

"NORFOLK PERSPECTIVES"

Week of Feb. 1

Auxiliary Board President Clare Davison and Todd Collins, general manager of gala presenting sponsor Checkered Flag Volkswagen & Hyundai, discussed the Auxiliary's 10th annual gala and auction

WVEC-TV

Feb. 26, 5 p.m. newscast

Story about staff who stayed overnight at St. Mary's during a snow storm to take care of the children and young adults

March 11, 4 p.m. newscast and March 14, 7 a.m. newscast

Reporter Joe Flanagan tagged along with volunteers in St. Mary's Infant & Toddler Program

For links to these and other media mentions of St. Mary's Home, go to: saintmaryshome.org/News/NewsCoverage

Have Fun While Helping Kids At St. Mary's Home Enjoy A Good Life

Soar with St. Mary's

Saturday, May 30

10 a.m. – 2 p.m.

iFly Virginia Beach

(2412 Pacific Ave.)

Experience thrills at Virginia's only indoor skydiving facility and join some of the kids from St. Mary's for brunch.

\$75 per person

Dive into Desserts

Sunday, August 30

2 – 4 p.m.

St. Mary's Home

(6171 Kempsville Cir., Norfolk)

Delight in delicious desserts ... plus help chalk the sidewalk with art and decorate crafts with children from St. Mary's.

\$20 per person

\$50 max for an entire family

Roll With It

Saturday, October 10

6:30 – 9 p.m.

Abacus of Hampton Roads

(410 18th St., Virginia Beach)

Enjoy an evening of casual elegance amidst collectible automobiles, with music, cocktails, heavy hors d'oeuvres, champagne and chocolate.

\$75 per person

Register at saintmaryshome.org

For more information, contact **Mary Helen Hilton** at (757) 446-6793 or mhilton@smhdc.org

Funds raised from all three events will support outings and activities for the children and young adults.

St. Mary's Home
A good life.

Friday Forums Lectures Return in 2015

You are invited to join us for Friday Forums at St. Mary's Home, a series of free, informative talks by physicians and other professionals who help children and young adults with special needs, including St. Mary's own experts. Thank you to the returning sponsors for the 2015 lecture series, Children's Specialty Group and The Camp Family Foundations.

Frank Aiello III, M.D., launched the 2015 series with a talk on March 27 about **"The Benefits of an Infant & Toddler Program."** Dr. Aiello discussed outcomes of early intervention and reviewed delayed and atypical development in young children. He was joined for part of the talk by Nicole Hoskins Jones, CTRS, director of recreational therapy at St. Mary's Home, and Erin Vicinski, early intervention technician at St. Mary's.



Dr. Aiello is a developmental pediatrician at The Children's Hospital of The King's Daughters and an assistant professor of pediatrics at Eastern Virginia Medical School.

Two more Friday Forums talks are scheduled for 2015:



• May 15, 1-2 p.m.: "Low-Tech, High-Tech, What the Tech?"

Katrina M. Leshner, M.D., will discuss using technology to maximize independence for children with disabilities. Dr. Leshner is medical director of rehabilitation services for The Children's Hospital of The King's Daughters Division of Pediatric Physical Medicine and Rehabilitation-Children's Specialty Group.

• Oct. 16, 1-2 p.m.: "PSST! Don't Tell Your Kids They're Learning."

Ynez Peterson, OTR/L, will review how to select toys that can help to create independence and maximize function while stirring your child's imagination. Methods to adapt toys from DIY projects and where to find toys off the shelf will be discussed. Peterson is the assistive technology specialist for the SECEP REACH Program at St. Mary's Home and Lake Taylor Transitional Care Hospital. In 2014, she received the Virginia Occupational Therapy Association Award of Merit for her contributions to occupational therapy scholarship and practice.



For more information, call (757) 622-2208 ext. 321 or see our website, saintmaryshome.org.



You Can't Have Too Many Cooks

Aidan, left, Braeden, right, and other kids had fun hanging out for several hours on a January day with volunteers from PRA Group, a big supporter of St. Mary's Home.

First, they whipped up a cake using adaptive equipment, such as a large switch attached to a mixer, and the helping hands of the volunteers. Then, while the smell of the baking cake filled the room, they enjoyed arts and crafts time, with the volunteers helping them to choose supplies and paint colors.

Thank you to the awesome volunteers from PRA Group, and to Shirley Justice, St. Mary's community liaison, for coordinating the volunteer day. If you'd like to volunteer at St. Mary's, contact Shirley at (757) 622-2208 or sjustice@smhdc.org.



Making a connection. It sometimes requires extraordinary patience, effort and skill. But in a place filled with love and laughter, where victories are often hard-fought but deeply rewarding, it's worth it. And every inch of progress is unforgettable. ***How will you be remembered?*** We invite you to link your legacy with ours through a planned gift. After all, love is forever.



Leslie Paul has supported St. Mary's in many ways. She helped refurbish the playground, bought special life jackets for the children to use when they swim in our therapy pool and helped fund a fiberglass lining for that pool. Leslie and her husband, Bill Seib, also have planned for the future of the children with gifts in a trust and a will. They were inspired by "seeing the kids and their interaction with the staff in the pool, and how happy they are doing activities," Leslie said. "What a great organization St. Mary's is."



St. Mary's Home is proud to work with the following professionals on our Planned Giving Advisory Committee:

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Please contact Martha Price Stewart at mstewart@smhdc.org or (757) 446-6797 to ask about ways you can continue your support into the future.



The Guardian Society



A good life.

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Journeys is published by the nonprofit St. Mary's Home.
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Bad Weather No Match for St. Mary's Tough Staff

When two big snowstorms struck Hampton Roads in February, receptionist Delores Curry slept on a couch in the administration area to make sure she'd be ready to start bright and early the next day. A number of other staff members from departments throughout the Home also volunteered to spend the night, sleeping on mats on classroom floors and even pulling double shifts to make sure the children and young adults continued to get the care they need. Other employees with sturdy vehicles picked up their colleagues who otherwise did not have access to transportation. Their dedication even caught the attention of a reporter, who interviewed some of these "good deed-doers" for a story on Feb. 26 and met some of the children. Here are Seth, left, and Latrell, right, with some members of the "Unit 3 Dream Team" and Joe Flanagan of WVEC-TV, center.



**Yes, I WANT
TO HELP**

Please donate today to help children and young adults with severe disabilities have good lives and receive the best care, in a warm, homelike environment. You can make your gift online at saintmaryshome.org, or call (757) 622-2208 or (800) 237-6555, or send it, with our deep thanks, in the envelope provided with this newsletter. Your tax-deductible contribution not only helps with essential medical care but also brightens the children's lives with adventures they treasure year-round.

You also are invited to create your legacy by making a planned gift, such as leaving St. Mary's in your will, and becoming a member of The Guardian Society. For more information, contact Martha Price Stewart, director of development, at (757) 446-6797 or mstewart@smhdc.org.

Thank you so much for gifts you have made to St. Mary's Home. Please consider a monthly recurring gift of \$25, \$50, \$100 or more to increase the power of your donation.

