



# Bishop Anderson House

Newsletter • November 2022

## YOU are our heroes!

By The Rev. Tommy Rogers

As I sat down to write this end-of-year newsletter article, my heart was immediately flooded with gratitude to every one of you . . . our donors. I don't need to remind everyone how challenging the last three years have been. Despite all the challenges, YOU have been there for us and allowed Bishop Anderson House not only to survive, but to develop and grow. In 2020, we celebrated healthcare heroes for all they did supporting patients and families in the worst days of COVID before there were vaccines, and now in 2022, it feels like time to celebrate our donors who continue to support our mission and ministry in the Illinois Medical District and far beyond. Without your generosity there is no way we would still be here in 2022 and beginning our plans to celebrate our 75th anniversary on May 7, 2023!

Recently, I was talking with one of our donors and asked why they gave to Bishop Anderson House. They shared that they had experienced chaplaincy firsthand when their spouse was taken by ambulance to the emergency room. As the medical team was working, the chaplain came out and asked if they wanted something to drink – coffee, tea, or water – and sat by their side going back occasionally to see if they could go back to the trauma room to see their loved one. Just having someone sit beside them talking and offering support so they weren't alone meant the world to them.

Another donor shared that they were pleased with our renewed commitment to the Near West Side of Chicago and the wider community. They were impressed by our expansion of the Spiritual Care Visitor Training program in the Bronzeville Neighborhood as well as our utilization of video technology to offer resiliency events for faith community leaders and healthcare workers.

And for another donor it was our Teddy Bear Ministry. Recently, a mother delivered a baby at 22 weeks gestation, and she was given a Teddy Bear during her hospitalization. She commented, "I want to thank you for the Teddy Bear you gave me. It brings me such peace."

*This year, we are not out of the woods yet with COVID, and we also understand that this is a challenging year financially for many. Bishop Anderson House is also feeling those same challenges. As of this writing, our individual giving is below budget. We need \$27,000 to help us end the year on target so we can begin our 75th year of ministry strong. I am asking each person to consider making a larger gift than usual. Most people quickly write a check for \$100 when they receive an appeal from us. Can you stop and reflect on why Bishop Anderson House is important to you and which of our ministries mean the most to you? Can you step out and give a bit more this year than you normally would to help us continue professional chaplaincy at Stroger Hospital, Spiritual Care Visitor Training, Social Responsibility & Racial Justice, and Spirituality & Wellness?*

I know I will be assessing my giving this year, and plan to give larger gifts to fewer nonprofits, hoping that I can have a greater impact by giving more. Will you join me and make a larger than normal year-end gift to Bishop Anderson House?

From the bottom of my heart thank you. You truly are our heroes and I look forward to gathering on May 7, 2023 to celebrate our 75th anniversary. Stay tuned for more details, but please hold the date on your calendar now.



# Not all heroes wear capes!

by The Rev. Dr. Micheal A. Smith

Not all heroes wear capes! I recall this statement being first spoken after the tragic events of September 11th in mourning the firefighters and police officers who died while attempting to save others on that day. In early 2020, I noted numerous social media posts and posters within hospitals using the same statement in supporting doctors, nurses, environmental service workers and yes, even chaplains who worked during the uncertainty and fear that embraced the early months of the Covid-19 pandemic. Yet, when I reflect on the tremendous spiritual care and wellness support that Bishop Anderson House has continually provided to patients, patients' family members, and hospital personnel, I must acknowledge that each donor to Bishop Anderson House is also a hero.

During this past year, with the support of our generous donors the chaplains of Bishop Anderson House have been able to provide spiritual and emotional support within John H. Stroger, Jr. Hospital of Cook County, a Level 1 trauma hospital that does not have a spiritual care department. Whether providing spiritual care to patients and their family members present during daily rounding in the Trauma, Burn, Pediatric and Women's units of the hospital; supporting family members and medical staff during the difficult conversations and decision-making that occur during a family meeting; or supporting a family or friend of a deceased patient, we could not be present without your heroic financial support.

In response to very specific and previously unmet needs, the Samaritan Backpack Ministry provided durable backpacks, hats, socks, gloves, and nonperishable food items to 85 patients and surrounding community residents who were housing and/or food insecure. For a patient who lost all her possessions in a house fire, a winter coat and other essential personal items were provided. And in the upcoming winter months, because of our heroes, Bishop Anderson House will now also provide, within each Samaritan Backpack, thermal underwear, full face coverings, a personal hygiene package (soap, toothpaste, deodorant and shampoo), and when necessary, winter boots.



The need for spiritual care and wellness events specifically tailored for hospital personnel has increased as they face the ongoing remnants of the pandemic along with a shortage of seasoned medical personnel. I reflect on the dramatically increasing number of medical staff requesting prayer not just for him or herself, but for all the unit personnel. What admittedly began without an appreciation for how it would become a significant and anticipated support for the medical staff are the snack baskets placed in the break rooms of our units. Because of the support of our heroes, the baskets are appreciated for not only having healthy and not-so-healthy snacks, but the variety of items that allow us to provide a different combination of snacks on a monthly basis, sometimes even tailoring a basket to the learned preferences of the unit personnel.

Finally, we have provided a space and period for rest, renewal, and regained focus through the gifted hands of a professional massage therapist. As one nurse shared in his survey of this year's massage wellness event, "Thank you! I can now return to work and complete my last three hours with a greater peace and focus." Throughout the units where we have provided this wellness event, the consensus of the nurses, doctors, and other members of our interdisciplinary teams was gratitude and a resounding "when is the next wellness event." The answer to that question remains with the heroes of Bishop Anderson House. Each contribution made in support of chaplaincy provides for the spiritual support and wellness of individuals who daily strive to heal and care for some of the least served in Chicago and its surrounding communities. They are truly heroes without capes. And just as not all heroes wear capes, or stethoscopes, some heroes walk among us without any public notice or praise.

***Well, Bishop Anderson House sees our heroes, thanks our heroes and will continue to provide for the spiritual and wellness needs within John H. Stroger, Jr. Hospital and our surrounding community undergirded by our heroes.***



# Helping everyday, reaching others

by Kim Lessner

As I thought of the word hero, the acronym came to me "Helping Everyday, Reaching Others". Being a hero in today's world happens in so many ways. Here are just a few ways I have experienced our donors as heroes in the past year:

The talented individuals who offer us the gifts of their time, talent, and treasure by creating handmade prayer shawls and squares or hats, scarves, and mittens that are distributed to so many patients throughout the Illinois Medical District. For the first three quarters of 2022, those gifts have reached out and touched 110 people's lives.

The generous gifts received to purchase teddy bears—as well as those bears collected and donated by many to reach out to both children and adults, offering a touch point to bring comfort during a difficult time in their lives. Through September, 533 lives have been touched by your reaching out to support in whatever way you could.



When someone could not attend a spiritual care training session, they felt so inspired by the topic that they made a financial donation to underwrite a portion of the event. The training opportunity reached out and touched the lives of the 12 attendees who needed a time to reflect and renew.

Friends who heard about our Healthcare Equity Forum gathered together and collected funds to help cover a portion of the costs of the event. Because of their generosity, we were able to engage 26 forum attendees who each accepted the charge to call out inequities and disparities when we see them.

With monies received from the Diocese of Chicago Episcopal Church Women, we have been able to subsidize the cost of the Spiritual Care Visitor Training program for students in need assistance. Those students in turn reach out to their fellow neighbors by being a presence of comfort, an ear to listen, or to just walk alongside them during times of life transition.

As I continue my life's journey, I am continually filled with gratitude to share this experience with so many unbelievably gracious, generous souls who are always there Helping Everyday Reaching Others. Thank you for being a HERO by supporting the many ways that Bishop Anderson House helps our neighbors, especially those who are on the margins and need a HERO to make a difference in their lives.

# 2022 Financial Snapshot

One of our values at Bishop Anderson House is transparency in our finances, and we wanted to share our sources of income and our expenses for 2022.

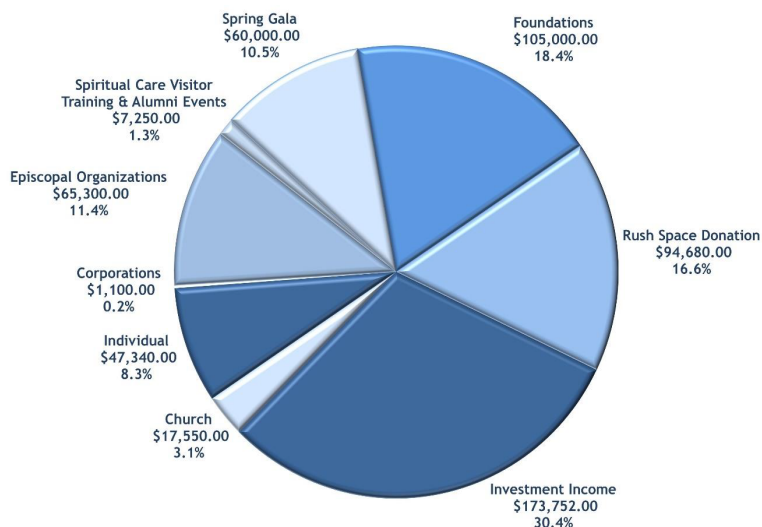
On the income side, you can see how important investment income is for funding our ministries, as are foundation support and the trust agreement we have with Rush University Medical Center which gives us free office space in perpetuity, as long as we continue our mission and ministry to the Illinois Medical District. These three sections alone make up 65.4% of our income. However, in a small nonprofit like Bishop Anderson House, every income category is critical to our success. Most people are surprised to see that the Spiritual Care Visitor Training Program, one of our core programs, produces little income. Our biggest fundraiser each year is the Spring Gala which brings in over 10% of our income.

On the expense side, you can see administrative expenses are the highest at 30.5% -- one way to think about this is how much goes on behind the scenes so that programming can take place. When I was in

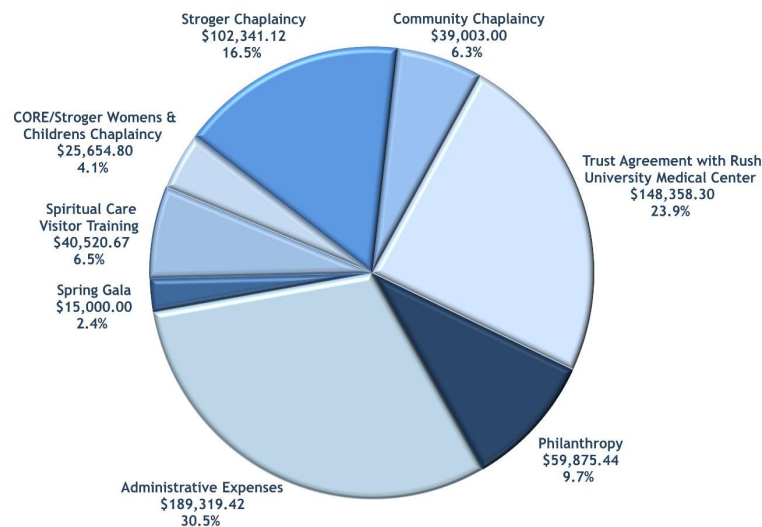
a congregation, many people thought the bulletins magically appeared week to week and that the liturgy, music, sermon, and educational offerings just fell into place without any planning. Those of us in leadership know this isn't true. There is a lot of work that goes on to support our resiliency workshops, spiritual care visitor training program, and each event we run. ***If you look at the income and expense graphs together, you can see that investment income almost covers all our administrative expenses so that we are able to put every dollar you give towards a ministry area.***

We are always here if you have any questions about how we steward each dollar contributed to Bishop Anderson House. After the board or executive committee approves our financial reports, they are posted on the website. We also have an outside firm audit our financials each year so you can be assured that every dollar is managed as intended.

## 2022 Income



## 2022 Expenses



## We Can Help!

Every gift is meaningful and helps us continue our mission.

Contact Rev. Tommy Rogers at  
312-563-4824 or [Thomas\\_Rogers@rush.edu](mailto:Thomas_Rogers@rush.edu)  
to discuss how your will can make a difference.



# Ways to give

One way to give to Bishop Anderson House is through your 401 (k) or an IRA. If you are 70½ or older, you can donate up to \$100,000 from your individual retirement account directly to Bishop Anderson House. The contribution counts towards your required minimum distribution and is not included in your adjusted gross income. That could qualify you for tax breaks tied to your adjusted gross income, and reduce or eliminate taxes on Social Security benefits.

Another way you can give to Bishop Anderson House is through our legacy society, The Willing Spirits. You know a will is vital when it comes to distributing your assets to the people and causes you care about, but did you know that creating one has personal benefits? This is particularly apparent when you use it to give a gift to an organization you love, such as the Bishop Anderson House.

Here's how including a charitable gift in your will benefits you:

1. **It lessens anxiety.** Thinking and planning ahead can make it less daunting to talk about what happens when you're gone. How? It gives you reassurance that the people and causes close to your heart are taken care of.
2. **It lends perspective.** Taking stock of what's important can help you focus on your goals and be more aware of how you want to impact the world.
3. **It sets an example.** Your gift can be an inspiration. Your story can have a ripple effect on your loved ones or others you share it with.
4. **It just feels good.** Giving makes you feel good. Really, it does. Research shows that the act of giving reduces stress-related activity in one area of the brain while increasing reward-related activity in another.
5. **It can be adjusted.** A gift in your will is revocable, which means it can be changed at any time—that includes the amount, the assets and the area of purpose you are supporting. You are free to alter your plans as needed to reflect life's changes.
6. **It reflects your personal legacy.** A gift in your will is your opportunity to contribute to a cause that's meaningful to you and have it extend beyond your lifetime.
7. **It is versatile.** Through your will, you can give a specific item, an amount of money, a gift contingent upon certain events or a percentage of your estate. You can balance your generosity to us with an assurance that loved ones are taken care of first. Estate planning professionals often counsel their clients to have an annual or biannual estate plan "checkup" to ensure that the most recent version of their will reflects their wishes.
8. **It is likely to be the biggest gift you've ever given.** The assets in your estate reflect a lifetime of your work and investments. Giving a gift through your will is likely to be the largest donation—and largest impact on a cause you care about—you've ever made.
9. **It allows you to enjoy your assets today.** Because the distribution of your assets occurs after your lifetime, you retain control of your assets.
10. **It makes a huge difference.** When you give a gift in your will, you are making that organization part of your family. Your generosity is deeply felt.

Of course, loved ones are the first people to consider when drafting your will. Then, think about the nonprofits you want to support. ***Providing for institutions and causes you care about, such as Bishop Anderson House, is an excellent way to demonstrate your values, help you gain a better understanding of what's important to you and set an example for others to follow.***

# Just an ordinary hero

by The Rev. Rose Cicero

Bishop Anderson House donors are true heroes. Without the generous support of our donors, we would be unable to provide the care and services which are so beneficial to those we serve. Monetary donations are critical, and donations of time and energy are also essential to our many successes.

On September 24th, Bishop Anderson House offered a retreat for spiritual caregivers in the Chicago area. This retreat took place at St. Mary's Episcopal Church in Park Ridge. Deacon Laurie Michaels facilitated the retreat, entitled "Beside Still Waters: Refreshing Our Bodies, Minds and Spirits". Deacon Laurie is no stranger to Bishop Anderson House as she was on staff for 5 years and ministered as a chaplain at John H. Stroger, Jr. Hospital of Cook County.

Deacon Laurie is a true hero for Bishop Anderson House. Prior to leading the September 24th retreat, Deacon Laurie provided a workshop in November of 2019, entitled "Blessing the Space Between Us". In this presentation, Deacon Laurie explored the holy spaces between patient and caregiver, caregiver and God, patient and God - all the sacred spaces where spiritual care happens. Deacon Laurie continued to share her wisdom and experience with attendees of the September 24th retreat. The day included Celtic morning prayer, reflections on healing and wholeness, the spiritual practice of Kintsugi, and an opportunity to gather with other spiritual caregivers. The day also provided a time for respite to spiritual caregivers in the Chicago area.

A few of the comments from participants included:

- "Laurie was wonderful. Her content was just right – time for reflection, prayer, group work, and conversation."
- "The retreat was PERFECT! Laurie had enough activities and the pace was just right."
- "It was a great time together and Laurie was a wonderfully kind and wise facilitator!"
- "It was a beautiful day and a much-needed one for my soul."
- "I thought the retreat was just what the doctor ordered! ... I enjoyed hearing my peers' stories and sharing my experiences with them."
- "The retreat exceeded any and all expectations!"
- "Laurie was a wonderful lead facilitator – very relatable..."

We recognize Deacon Laurie as one of our true heroes at Bishop Anderson House. We appreciate her time and effort in providing such meaningful, insightful, and inspiring presentations for spiritual caregivers.

***During these difficult times it is particularly important to renew and support our spiritual caregivers so they can continue ministering to those in need.***





## My heroes wear armor

by The Rev. Dr. Ebony D. Only

I am not sure what makes someone wake up in the morning, slide into their shoes, and put on their armor, but that's what happens here at Bishop Anderson House. This first year as the inaugural Community Chaplain, I have encountered heroes and heroines who make sacrifices as they remain involved and invested in the mission and vision of our organization. I would surely miss someone if I began to list the names of each of you, but let me share the impact of your heroics.

We were able to host eight workshops this year, both virtually and in community. Over 200 health care workers, clergy, community members, and leaders have benefited from information and resources related to resilience, self-care, trauma, and grief. We received comments like, "This workshop raised my awareness of areas that I need to pay attention to in my life and ministry, and the steps I need to take to ensure I am whole and well" and "I need sometimes to be reminded that it is OK to be human." Several attendees have built upon these lessons, requesting follow-up spiritual care visits and have remarked how refreshing it is to have someone they can trust to journey alongside them.

Additionally, we have been able to offer an on-site Spiritual Care Visitor Training to a local, South Side congregation. The Deacon Ministry of Mt. Pisgah Missionary Baptist Church is now even more prepared to provide visitation to its members because of having received our customized training. One of the Deacons shared that he did not recognize that he, himself was still grieving the loss of his sister and that he now felt equipped to not carry that loss with him into visits in a manner that does not serve the members or the families to which he is offering spiritual care.

Finally, we were able to contribute intentionally and with meaning to the conversation on health care equity. With the help and support of the Social Responsibility & Racial Justice Committee, we were able to assemble a diverse panel of experts from several hospitals and community health organizations to tackle this important topic. Each surveyed attendee departed the forum making a commitment to do something different to help close the health care equity gap.

All of this year's participants, attendees, and panelists were courageous, but all of you are the heroes who make all of this possible. We could not have done any of it without you. So, to our funders and donors, THANK YOU. Thank you for being willing to show up when others have been hesitant or anxious to do so. Thank you for giving so generously of your time, your talent, and your treasure. Thank you for putting on your armor and staying in the fight to ensure that health care meets human spirit.





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SAVE  
THE  
DATE



Our Donors  
are our Heroes

