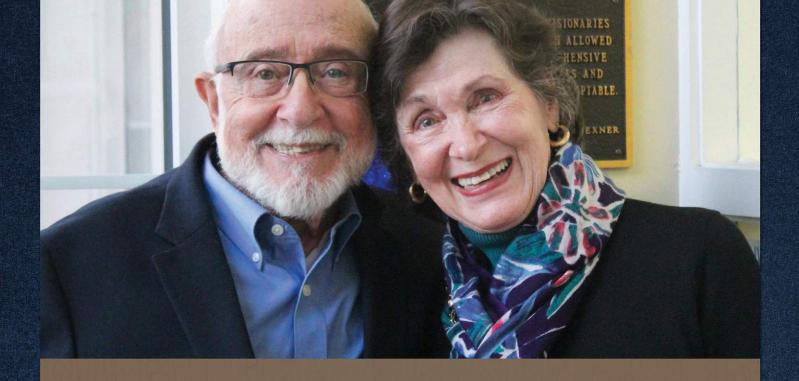
SUMMER 2020

F.M.

How many can say that their legacy is a better ending to a life story?

Our donors can. Read our annual report to see your impact.

2019 Annual Report Edition



Reflection on Legacy From Alive's Founders

I hope to leave as a legacy a model of care for people with life-limiting illnesses that appreciates the uniqueness of each person and cares for them with feeling and discernment. When it began, I wanted Alive to be a model of this type of care.

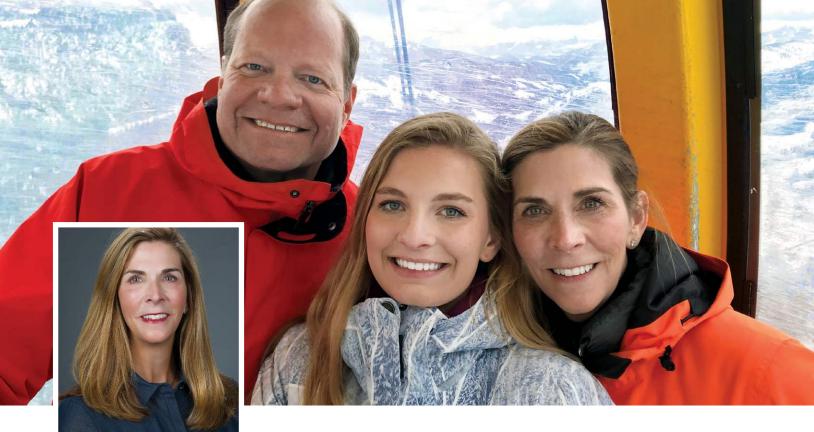
Humanism tends to move toward reductionism in medical education and practice. The appreciation of uniqueness, the perception of someone who is one-of-a kind, has a tendency to fade away and be replaced by a sense of categorical sameness. A kind of distance between the medical caregiver and his or her patient occurs, and care is compromised. This should not happen, especially in caring for patients and their families in the context of life-threatening illness. If it happens, the soul of care, feelings for a patient's individual kind of distress or need, is lost.

To truly care, we must maintain our relatedness in a way that allows us to be able to perceive unique needs; we must continue to see the differences in each person our life touches while experiencing them as being whole. We must be approximated with the patient, maintaining a need-discerning relationship, and meeting the needs of a patient to the extent possible. I am proud that this kind of care continues to happen at Alive. As a legacy I hope to leave memories of myself as a role model for how to provide a stable foundation on top of which formulation of ideas, recalibration of goals, and growth can occur. I hope this will be remembered through my work in public spaces such as contributions to the founding of Alive, the introduction of mediation into the dispute-solving sphere of Tennessee, volunteerism in the community, and my psychotherapy practice.

I also hope the role modeling will be remembered in private spaces that primarily involve my children, grandchildren, and extended family. I would like it remembered that I tried to offer dependability, stability, and thoughtful problem-solving to help people and organizations through times of chaos, times of despair, times of stress, and times of positive change.

I would like it remembered that I tried to help people and organizations become and be the best that they could be and feel proud of what they had achieved. In short, I guess I want to be remembered as a "mother," in the very broadest, and I hope best, definition of that word.

- Lynn Barton, LCSW, Alive Co-Founder



What will your legacy be?

Lately, I've been asking myself this question a lot. Before joining Alive, I knew I wanted to do my part to better our healthcare system. I knew I wanted to give my daughter the tools to follow her own path. I had written my will, but I wasn't thinking about legacy deeply and broadly. It was a term that sounded grand and remote, something I associated with those with wealth or icons from history.

The work we do here every day has inspired me to rethink this. The greatest gift of end-of-life care for those who do it, is in the way it makes us value each day and prioritize our time. Although we help families at the end of a life, the core of our work has always been about living... living as well as possible until the end, making time for conversations that heal, passing on hard-won wisdom, and sharing what matters.

We support our patients in their final stages of legacy work, and we educate community members of all ages on how they can start their own legacy today by identifying the lasting gifts they want to share with the world.

I now think about legacy in more personal terms... the lesson my father taught me about hard work the summer he made me fillet

the core of our work has always been about living...

fish, my grandmother's favorite recipe on a faded card that is now my daughter's favorite... and on a grander scale... my part in furthering the hospice movement, contributing to the legacy of our founders here at Alive.

What will your legacy be?

Sincerely,

Kimberly Sessele

Kimberly Goessele, President/CEO of Alive



Our Mission and Programs

Our mission is to provide loving care to people with life-threatening illnesses, support to their families, and service to the community in a spirit of enriching lives. Our five service pillars ensure that we are providing the physical, emotional, and spiritual care our patients and their loved ones need in the final chapter.

Hospice Care:

Rated among the best in the nation by those with loved ones in our care, our inter-disciplinary team cares for patients wherever they call home and in our own residences. Our Henry Hooker Alive Connect iPad program provides 24/7, face-to-face support for faster care and greater connection.

Palliative Care:

Our experts support our partners with palliative care in their own facilities when additional care is needed but without a terminal diagnosis.

Pediatric Care:

Alive's dedicated pediatric team provides the support families need to weather one of the greatest challenges they will face.

Grief Center:

Our Grief Center offers counseling, support groups, grief camps for kids, and workshops in mindfulness and expressive arts to help people of all ages heal.

Community Education:

Free education helps the community understand their choices and how to plan.



Holistic Chef and Alive Volunteer Laura Lea Shares a Delicious Legacy

Many of us enjoy recipes that have been passed on from mothers, grandmothers, uncles, etc. These dishes are often the most delicious to our palates, and sometimes they come with a great story.

But we tend to forget that the importance of legacy is not just the content itself. It's not just about the recipe; it's about the way in which we communicate with one another. It's about the fundamental principles that our parents teach us, that our grandparents teach us, that inform how we show up in the world. It's about how we take care of our bodies and minds through food.

The tarragon chicken salad, the hearty chili, and the sesame noodles that my mom made for me growing up, which I now make, remind me that family togetherness was at the top of her hierarchy, every single day. They remind me of how she treated guests and strangers alike, offering them something cold to drink and something homemade to eat. My dad's lentil soup reminds me of how much he respects my mom, how he's always willing to make a meal or clean up when she can't or needs a break.



The memories of scratch-made meals around the table every single night largely influenced my becoming a holistic chef. Not because they were always "healthy", but because they heal. They improve our mental and emotional health, which I believe is sometimes more important (and informs) our physical health.

Cooking is a beautiful way to maintain a value system within a family from generation to generation. It helps create a family "ecosystem" of wellness in body and spirit, which then translates to how we exist outside of our home. I am incredibly grateful to have the opportunity to make, tweak, savor, share, and, one day, pass on our recipes.

We hope you and your family will enjoy the free recipes found inside.

Photo by: Anna Haas Creative



Why do people choose to make Alive part of their legacy?

We envision a world with time for final words to be spoken and wishes fulfilled, where the end is as sacred as the beginning, and no one has to die alone. Together, we create it. Your donations make it possible.



"I consider Alive to be a real community treasure. The caring spirit of our staff brings peace to families of those we serve. It's such an honor to be involved."

- Clark Baker, Board Chair



"There have been countless times that I have shared my involvement and support of Alive with friends, colleagues, and loved ones, and the consistent response I receive back is, "Those people are Angels." I have observed the peace, comfort, and light that Alive has provided to so many families during their darkest days. The continuous pursuit to expand the acceptance of the end of life and to support families through the grieving process is a mission and journey that benefits both our community and loved ones. I have chosen to support Alive, so that the Angels may continue their mission to spread peace and comfort to those in need."

- Beth Workman, Chair-Elect/Treasurer



"My remarkable and accomplished mother died at home under hospice care just four months after being diagnosed with ovarian cancer. I learned quickly that a hospice care provider not only provides health services, but also sets the tone for how you and your loved one say goodbye and how your family learns to grieve together. Alive offers an unsurpassed, holistic approach to quality endof-life care with a special focus on compassion, grief support, and family healing. I am proud that part of my personal legacy is supporting Alive's mission."

- Sara J. Finley, Board Secretary

HOSPICE CARE

4,017 patients and their families received care.

WE HONOR VETERANS

542 veterans received hospice care.



PALLIATIVE CARE

3,337 palliative patients cared for, more than triple the number of patients seen in 2018.

¢

VOLUNTEER SUPPORT

Approximately, **445** volunteers gave **18,892** hours to support our mission.

COMMUNITY SUPPORT

Nearly **\$2 million** in financial support was given to patients and families.



PEDIATRIC HOSPICE

10 pediatric patients and their families received care.

4

COMMUNITY EDUCATION

Nearly **13,000** community members received free end-of-life education.

GRIEF SUPPORT

1

4,881* adults and children received grief support via memorial events, support groups, individual counseling, camps for kids, and special workshops.

*The highest in the department's history and almost five times as many as in 2018.

5

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David Barton, MD Lynn Barton, LCSW The late John M. Flexner, MD

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Founders Circle of Giving

Cumulative Lifetime Gifts of \$50,000+



Acadia Healthcare

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*An asterisk denotes members added in 2019 to the Founder's Circle of Giving.

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Every donor nourishes our organization, helping our roots grow deep and our branches grow tall. Your support makes our mission possible. The annual giving societies recognize gifts made for our general operating fund, programs, and capital campaign giving for Murfreesboro.

Evergreen Society (\$25,000 - \$49,999)

The evergreen tree is symbolic of perpetuity. Evergreen Society members have given \$25,000-\$49,999.

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The oak tree is symbolic of courage. Oak Society members have given \$10,000-\$24,999.

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The elm tree is symbolic of inner strength. Elm Society members have given \$1,000 - \$4,999.

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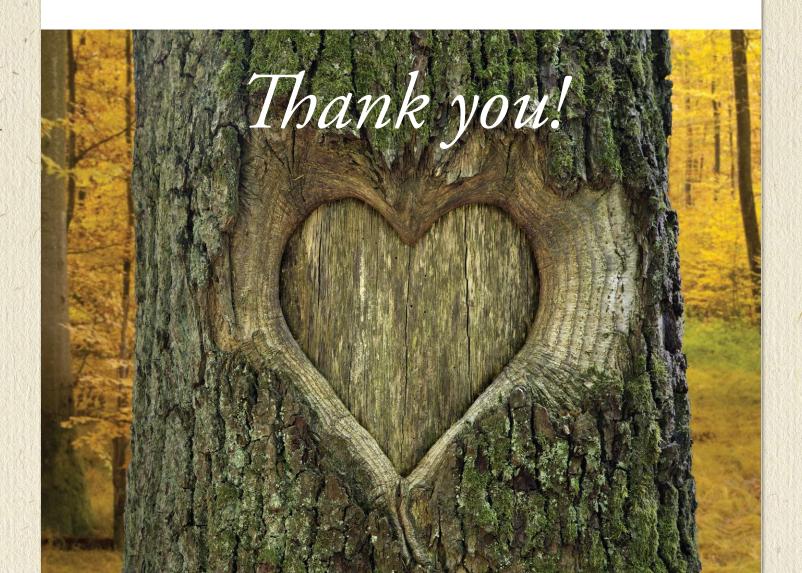
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Statements of Financial Position

Sources of Revenue		nue	Assets	2019			2018	
			CURRENT ASSETS					
			Cash and cash equivalents	\$	6,398,629	\$	6,888,325	
			Restricted cash		276,242		253,916	
			Patient accounts receivable, net		4,375,565		2,589,432	
			Pledges receivable, net		645,783		627,070	
			Prepaid expenses		286,752		255,051	
			Other current assets		124,544		188,840	
			TOTAL CURRENT ASSETS	\$	12,107,515	\$	10,802,634	
am Services: 91.5%			Pledges receivable, net, excluding current portion	\$	209,189	\$	1,297,176	
	3.1%	Other: 0.4%	Investments		2,129,595		1,890,511	
	ort: 8		Property and equipment, net		20,984,410		21,671,831	
	Support:		Goodwill		554,293		554,293	
	ic St		Investment in joint venture		1,000		1,000	
Program	Public Other		Long-term deposits		50,330		50,330	
			TOTAL ASSETS	\$3	6,036,332	\$3	86,267,775	

Allocation of Total **Expenses**

Liabilities and Net Assets

CURRENT LIABILITIES

TOTAL LIABILITIES AND NET ASSETS	\$36,036,332		\$36,267,775		
TOTAL NET ASSETS	\$	31,378,617	\$	30,647,382	
With donor restrictions		2,131,587		2,027,436	
TOTAL NET ASSETS WITHOUT DONOR RESTRICTIONS	\$	29,247,039	\$	28,619,946	
Board designated		556,786		476,679	
Undesignated	\$	28,690,253	\$	28,143,267	
Without donor restrictions					
NET ASSETS					
TOTAL LIABILITIES	\$	4,657,715	\$	5,620,393	
Other long-term liabilities		63,084		104,684	
Long-term debt, excluding current portion	\$	1,709,413	\$	3,034,532	
TOTAL CURRENT LIABILITIES	\$	2,885,218	\$	2,481,177	
Accrued expenses and other liabilities		1,916,840		1,761,285	
Accounts payable		798,705		622,082	
Current portion of long-term debt	\$	169,673	\$	97,810	

Program Services: 78.1%

Management and General: 20.2%

Fundraising: 1.7%

"The creation of a thousand forests is in one acorn."

- Ralph Waldo Emerson

What does legacy mean to you?

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Holistic Chef Laura Lea Shares a Delicious Legacy

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Read more inside, and enjoy the free recipes.

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Mission statement: We provide loving care to people with life-threatening illnesses, support to their families, and service to the community in a spirit of enriching lives.

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