

# The Vigil



*Sisters' Vigil*

*Fall 2018*

## Baseline CTs and best-in-the-country cardiologists: *What Bill "Bubba" Bussey wants everyone to know*



Bill "Bubba" Bussey with nurse Sandra Bradshaw

Bill "Bubba" Bussey, co-host of the *Rick and Bubba Show*, is intent on sharing what he learned from his June health crisis in hopes that others will seek heart and life-saving CT heart scans.

Bussey's cardiac story started when his routine primary care checkup with John Farley, MD at St. Vincent's One Nineteen included a calcium-scoring CT heart scan. Bussey believes that test and his resulting St. Vincent's East stent procedure may have saved his life.

"I didn't know I had a problem," says Bussey. "I didn't have any symptoms. All my tests were coming back fine. But then we did the CT heart scan and my calcium score came back high compared to my previous baseline scans. Dr. Farley referred me to a cardiologist. I already knew Dr. Robert Foster, a Birmingham Heart Clinic interventional cardiologist. He had been my mother's doctor. But I'll be

honest. When it comes to you and your heart, you want to ask around. In the situation I've been blessed with, I could have gone anywhere in the country."

"So, I talked with other doctors, people who sold heart stents, and people who had surgeries. Dr. Foster got glowing reviews across the board. The reputations of Dr. Foster and Birmingham Heart Clinic (BHC) are second to none. There was no need to go anywhere else when some of the best cardiologists in the country are right here in Birmingham."

Robert Foster, MD says he and his BHC colleagues challenge each other to sharpen their skills in innovative ways, including working in multi-specialty teams. Such efforts have gained widespread national attention.

"Foundation donors should know about the advanced work we're doing at St. Vincent's, especially in leg artery and vein treatments as well as structural heart work by replacing heart valves through a catheter rather than open heart surgery," says Foster. "We're even on the cutting edge of aortic aneurysm repair and heart failure work that was formerly done only in university systems. Now physicians come to St. Vincent's East from all over the country to train in these advanced procedures."

One such procedure is a "radial" catheter insertion, providing heart access through a tiny wrist incision.

"We have the protocols at St. Vincent's East to do a very high radial volume," says Foster. "Even if you come in with a heart attack, your survival is better and your risk of complications much lower if we can go in through the wrist rather than the groin. While other medical centers typically do 30 percent of their procedures this way, we are able to perform 70 to 80 percent of ours radially."

*(continued on page 2)*



Dr. Robert Foster

Foster says Bussey was among the one-in-ten patients whose wrist structure prohibits such access. Even so, Bussey says he couldn't imagine a better experience.

"It's amazing to me that on a Friday morning Dr. Foster can go into the arteries of my heart and do a procedure to fix the place I had, and I can go home on

Saturday morning and go back to work on Monday morning. I would encourage everybody, but especially males—because we think we have to 'man up and tough out things'—to wise up and go get a CT scan if your primary physician calls for it. The scan takes less time than you'd spend in a drive-through. Get that baseline so you know what you're up against. I didn't have any pain, or any warning signs, but it turns out I had an artery that was 90 percent blocked. Eventually, I would have had some form of heart event."

That's why cardiologists urge patients to be proactive, says Foster. "We have good tools to treat disease, but that's not creating wellness. We want to get you in and treat you before you develop critical problems. That's where the CT calcium score comes in. It can tell us very early on that you are developing disease and we can begin to treat you in your 40's, rather than decades later, after you've had a heart attack."

Bussey says there's more he wants Foundation donors to know. "The spiritual part of my life plays an important role for me. Dr. Foster is not just a great doctor, but a person of faith and that means a great deal to me. I welcome a surgeon

who can say a prayer with me. That matters to me and my family, because that's real."

*"From the St. Vincent's nurses to the operating team, I was just blown away by how nice they were," says Bussey. "I don't think you can fake that. It's not, 'Here's another patient, let's do the song and dance.' They legitimately care about what they're doing. I really do think that there are some jobs that have to be a calling. Those folks at St. Vincent's are under a calling. They're there because they love what they do, and they're designed to do that. And I sure am glad." ■*

#### WHY HE GIVES

Dr. Robert Foster is a Saint Luke Society member, a physician who both practices at St. Vincent's Health System and financially supports the Foundation. He notes: "Because I really believe in healthcare as a ministry, and I don't think you get that in a lot of hospitals. Donating to a ministry is where my heart is. You can support businesses, but I don't look at Ascension or St. Vincent's as a business. I look at it as a ministry, and I look at what I can do to give back as a ministry. The Foundation is able to use my donation wherever it is needed. I have, obviously, been a big recipient for 22 years of that ministry, and it's important that I give back."

#### CARE CLOSE TO HOME

After seeing his last patient at St. Vincent's Blount one Wednesday evening, Dr. Robert Foster reflects on how cardiology patients are served throughout the entire St. Vincent's Health System:

"By working with St. Vincent's, our group is able to bring expertise to the entire region rather than staying in the mega centers. We can see patients in their communities, stage them there, and do their pre- and post-workups there. We concentrate all of our equipment at the larger hospitals where those patients may have to come every year or two, but it's important that we don't require people to always come to us—the 'experts.' It's hard for these patients to come downtown, to get a family member to take a day off work to bring them. So we bring that expertise to the community, so they can get the same high-quality care.

In other systems, they come once to the mega center, get 'fixed,' and don't come back until they're in bad shape again. Because we are able to go to them, we can keep them well. That is what's best for them."

## Honorariums *The following individuals were recognized through a gift in their honor.*

Stella Grace Ansley  
Patty and Allen Baker  
Emrey Faye Bartholomew  
Dr. Cara Bondly  
Dr. James Bowman  
Bruno Cancer Center and Hospital  
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Charles and Katherine Terry, Sr.  
Stratton Lee Tomlin  
Dr. Scott Tully  
Dr. Brian K. Wade  
Dr. James V. Worthen

# Volunteer Spotlight: *Ministering with a washing machine*

Once a month, usually after the St. Vincent's Birmingham chapel's daily 11:30 a.m. Mass, Susann Montgomery Clark slips into the Sacristy (where Mass items are stored), and reverently removes the used Mass linens. For Clark, laundering these items is a small, joyful act of service.

"I'm responsible for just three of the altar linens the priest uses during daily Mass," explains Clark, the now-retired St. Vincent's Foundation director of philanthropy and Visionary Society Member. "One is the cloth that wipes the consecrated wine from the chalice rim. Another is the altar cloth placed below the chalice and the bread to be consecrated. The third is the finger towel the priest uses after washing his hands before distributing communion."

Much as the Flag Code designates the proper handling of American flags, the Catholic Church designates the proper process of laundering sacred linens. Clark takes the linens home, hand-rinses each, and pours the rinse water into the earth, carefully transitioning any remnants of wine or host (bread). Then she places the rinsed cloths in her washing machine and dryer before ironing and folding each appropriately.

"Usually as I iron, I'm thinking, 'Thank you, Father, for allowing me to do this.' It doesn't feel like a chore, but rather as what I'm supposed to be doing. It's a blessing,

when you think about it, just to be able to stand, to have a mind that still works, to have a washing machine that allows me to do this little job. Saint Teresa said, 'We can do small things with great love.'"

Clark's volunteer role, which she shares with her "wonderful" substitute Cindy Woods, started unexpectedly. In 2008, Clark's Foundation duties included coordinating hospital volunteers where she was asked to recruit a Catholic volunteer to launder chapel linens.



*Susann Montgomery Clark, Volunteer and Visionary Society Member, in the Chapel Sacristy*

"My youngest daughter was getting ready to go off to college and my oldest daughter was grown and on her own, so I realized this was the perfect time for me to take on this volunteer duty," Clark says. "To me, it was not a coincidence that I got that phone call. I thought I'd do it for a few years, but it stuck. It's just my special ministry, and it nourishes my spirit so much."

Clark encourages others to be open to God's unexpected call. "It's so important to realize that when a call to serve comes, it's most often through other people, often to take on very simple things. St. Vincent de Paul always challenged the Daughters of Charity to, 'Do more.'

So, I continually ask, 'What do you want me to do, Lord? Where do you want me?' And I can say that, when you ask that question, the message will come through, loud and clear." ■

## *St. Vincent's Visionary Society*

"We are thankful for the St. Vincent's Visionary Society members like Susann and her husband, Rod, who have taken advantage of our multiple giving options, from life insurance, to bequests, to trusts, to charitable gift annuities," says St. Vincent's Foundation President Susan Sellers. "Such deferred gifts from our Visionary Society members serve to further our ongoing health care ministry and sustain its future."

**To learn more, call 205-838-6151 or visit [www.stvhfoundation.org](http://www.stvhfoundation.org).**

# Rusty Hutson: Why this CEO invests in St. Vincent's



L-R: Tanner, Parker, Kimberly, Rusty, Hannah, and Conner Hutson

## THE HUTSONS' STORY

Rusty Hutson knows the St. Vincent's One Nineteen Sports Performance Program has drawn professional football players from 13 NFL teams. He understands why professional agents are now directing their client athletes to One Nineteen, based on the reputation of the program and its highly-qualified director, Tom Melton. He also knows college athletes representing 80 universities and dozens of sports have trained there.

But Hutson, CEO of Diversified Gas and Oil, husband to Kimberly, and the father of four, is most impressed by what this St. Vincent's One Nineteen program is doing for local teens.

"The Sports Performance Program has been an incredible experience for us as a family," says Hutson, a St. Vincent's Foundation board member and donor. "We've been One Nineteen fitness members since about the time the facility opened. But four years ago, our son Conner was injured playing football as a high school freshman. The injury was severe enough that he was giving up on football for his senior year. He had already gone through three knee surgeries, and he didn't want to go through that again."

Since Conner wouldn't be progressing to the college level, the Hutsons decided to explore non-surgical, healthy possibilities for senior season play. They consulted Melton, a former NCAA Division 1 strength and conditioning coach. After evaluating Conner, Melton said One Nineteen's customized, science-based strength and conditioning program could equip him to play safely. And Melton was right.

"One Nineteen's Sports Performance Program enabled Conner to essentially be physically capable to play his full senior year without surgery and without any further injuries," says Hutson. "That's a testament to Tom, who is just an absolutely

wonderful strength and conditioning coach. He knows how to do it right, and he does it in a ministry-type environment that provides an emotionally safe, positive place for kids. That was important for Conner. The way his knees were, any other program would expect more than he could give at that time. Tom worked with him to the point that he was at full strength to play football. Tom did a fabulous job of helping Conner achieve his goal."

## MIND-BODY-SPIRIT APPROACH

Now Conner, like his sister Hannah, is in college, while the Hutsons' other sons, tenth grader Parker and sixth grader Tanner, are Sports Performance Program participants. Hutson considers his family's One Nineteen experience an excellent illustration of St. Vincent's mind-body-spirit approach to health care.

*"Even kids who may not otherwise participate in sports love this program, because it gives them confidence," Hutson says. "I've been part of St. Vincent's One Nineteen for a long time, and I see the whole health system as a ministry. It's more than providing health care. It's about ministering to people in a way that a lot of health facilities don't do."*

That's why Hutson has financially supported not only One Nineteen's Sports Performance Program and its Sisters' Garden construction, but has also supported the St. Vincent's Foundation Golf Classic and St. Vincent's Birmingham NICU. This busy executive cites the health system's mind-body-spirit approach to health care as the reason he makes time to serve as a St. Vincent's Foundation board member.

"When I was asked to be on the board, I decided that, if I'm willing to put my money into the health system, why not help them in a way that can really further all its programs? I enjoy the people associated with the Foundation and I enjoy raising money for projects like the NICU. Since I'm in London a lot, I try not to serve in too many capacities. But serving the Foundation was a no-brainer. It's also a humbling experience, because the Foundation does so much on a shoestring budget."

Melton says Hutson's contributions have made all the difference in his program's budget. "It's hard to put into words how much Rusty has helped our program," says Melton, whose 24-year college athletics career included coaching in state-of-the-art facilities across the nation. "Thanks to his support, St. Vincent's now has the largest sports performance facility in our area. His first donation was to expand our facility and add needed equipment, allowing us to train so many more people. He also provided the funds for us to turf a speed tunnel. And now he's providing funds to install an outdoor half-football field with sports turf. We will be able to train in all weather, which means we can reach more local high school teams who can't train when it rains, as well as provide outdoor space for professional and college athletes."

### WELLNESS-CENTERED OUTREACH

St. Vincent's One Nineteen was first envisioned decades ago as a wellness-centered community outreach. Hutson says the Sports Performance Program is an important component of that vision, exemplifying the entire health system's emphasis on meeting local needs.

"It's a way to minister to kids in the community, giving them a safe option where they are trained like a college

athlete. You see college kids and professionals coming in, working with Tom, who is a top-notch, jewel of a person. I hope this expansion gives them the opportunity to get more kids into this program."

Although the program cross trains young athletes from different schools and different disciplines, from baseball to dance, Melton says his goal is to do much more. "What we're doing here is changing people's lives. That's our goal. We're not just ministering to them physically, but mentally and emotionally as well. If you're just changing what they're doing on the field, you're really losing out on an opportunity to change kids' lives in a good way.

"Every day my goal is to influence a young man or young lady's life. The one thing we hear all the time is, 'My kid absolutely loves the program. He wants to come every day.' They're not all going to be professional athletes, but they are building skills and making wellness changes that can last throughout their lives."

### DONOR-POWERED MINISTRIES

While Hutson says he has witnessed the benefits of the St. Vincent's wellness emphasis for years, his service as a Foundation board member has provided a new perspective on the challenges of funding each local ministry in the Ascension, St. Vincent's Health System.

"Health care funding is tough," he says. "With insurance and Medicare reimbursements so low, there are projects that wouldn't be accomplished without Foundation donors. And all of those projects are important, like the Centennial Lodge renovation and what we've been able to do in the St. Vincent's Birmingham NICU.

*"What makes a big impression on me is that there are no administrative costs taken out of each Foundation donor's dollar. That's a huge plus that donors should know about. And they should also realize that, whether they're able to donate \$25 or \$20,000 or \$2 million, every dollar counts. Every dollar is important. ■"*

## Memorials *Lord, may our prayers come before you in memory of those we entrust to your eternal care.*

Helen Adair	Eleanor Davis	Hubert M. Green	Douglas B. Nunnelley	Glenn vonRosenberg
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Ruby S. Ansley	James M. Dunn	Edwin T. Kerr	Beth Rozendale	Charles Woods
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Linda Marie Smith Carter	Genell H. Esslinge	Roy L. Maner	Amy Sanders	
June Chapman	Andrew Galloway	John McDowell	Edward F. Thomas	
Elizabeth Chastain	Walter A. Graves	William M. Moran	Mary Thomas-Brewer	

# Jeremiah's Hope Academy establishes satellite campus at St. Vincent's East



Supporters at the St. Vincent's East Blessing Ceremony

St. Vincent's Birmingham's Jeremiah's Hope Academy (JHA) now has a satellite campus at St. Vincent's East. St. Vincent's Foundation was pleased to recognize the following supporters of the JHA expansion at the St. Vincent's East satellite campus blessing ceremony: Regions Bank, Community Foundation of Greater Birmingham, The Women's Fund of Greater Birmingham, The Gratitude Foundation, Junior League of Birmingham, Sue A. and Alex W. Newton, Trinity United Methodist Church, Cathy and Tom Adams, Wells Fargo, Jo and Jim Davis, Riverchase United Methodist Church, and Canterbury United Methodist Church.

All JHA students pursuing the 24-week mental health technician training program will now be trained at St. Vincent's East, home of the St. Vincent's behavioral health unit. JHA students may also opt to complete their patient care assistant and medical office assistant training at St. Vincent's East.

"This community needs more quality-trained health care providers, and we offer training that not only builds highly-skilled professionals, but focuses on our mission-based care of the whole person," says Jessica Estrada, director of community outreach for Ascension Alabama. "We also provide leadership training, as we tell our students this is just the first step in their health care career. The St. Vincent's East staff has been extremely supportive of our program. While we already have many JHA alumni working at St. Vincent's East, this satellite campus makes our training more accessible to current and future students." ■



L-R: Scott Goggins, Kristin Costanzo, Nick and Terry Saban, Susan Sellers

**ST. VINCENT'S FOUNDATION** was awarded \$10,000 for its St. Vincent's Birmingham NICU Campaign in August at the 12th annual Nick's Kids Foundation Luncheon. "We are thankful for Coach Saban and Ms. Terry, and their generous support of our most vulnerable patients. We know there are many things they could do with their resources, but they choose to invest them in the health and welfare of infants and children in Alabama," said Foundation president Susan Sellers.



L-R: Andrew Gnann, Joe Knight, Brian Massey, Susan Sellers

Jefferson County Commissioner Joe Knight presents a check benefitting the St. Vincent's East Cancer Center's Patient Assistance Fund to St. Vincent's East President Andrew Gnann, Ascension Alabama Chief Advocacy Officer Brian Massey, and St. Vincent's Foundation President Susan Sellers.

# Why we give: *Circle of Hope targets Bruno Cancer Center patient assistance fund*

One multi-generational Cullman family knows how to hit the bullseye when it comes to St. Vincent's Foundation fundraising. For six years, sisters Janet Laney, Elaine Blackwood, Rita Wallace, Shelia Moore, and cousin Blake West have led their "Circle of Hope" volunteers to raise Bruno Cancer Center patient assistance funds through their Shoot For A Cure 3D Archery Tournament. This year's event drew more than 120 archers.

The family began raising cancer-fighting funds in 2004, the year after mother/grandmother Ethel West Brannon died of cancer. "We knew we needed to do something to give back, because during Mama's illness and death, there were so many who reached out to us," says Laney. "We wanted to help other families who were going through the same thing." Initially the group sponsored a national nonprofit organization. But when Blackwood was treated at Bruno Cancer Center and Laney's husband Johnny was diagnosed and treated there, Circle of Hope decided to shift their support to a local cancer-fighting effort.

"From the first day we walked into Bruno Cancer Center, it was just a blessing," Laney says. "You don't find many facilities where the doctors and nurses are standing in a circle and praying, and they ask you to join them in their morning prayer. You just don't see that anywhere. That's a tremendous blessing when you're facing a trial like cancer."

The Blackwoods' daughter, Casey Rodgers, explains why this whole-family Foundation fundraising effort now includes next-generation leadership. "We all love to give back. That's part of who we are. Last year Mom and Aunt Janet asked, 'What can we do to make the archery tournament bigger and better than before?' My cousins and I knew more about the

social media world and decided to reach out that way and through corporate sponsorships, too."

Blackwood traces their family's generosity to her mother's example.

"She taught us to have a servant's heart. In turn, we have tried to teach our children and grandchildren by example.

We are blessed beyond belief in the way we come together and work together to do things like Shoot For A Cure. Everything happens for a reason. We're still trying to come to terms with losing Mama, but that leads us to give back, to make a difference."

The Foundation provides opportunities for anyone to make a difference, Blackwood says. "When I was treated,

and when Johnny was diagnosed and treated, we saw the patients who don't have the kind of support we have, and it breaks our heart. I would tell other donors that it doesn't matter how small the donation may be, that money still makes a difference for someone going through a difficult time. Even if you never meet that person, you can be the family they need."



*The Circle of Hope family at the Shoot For A Cure 3D Archery Tournament*

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*"Even if you never meet that person,  
you can be the family they need."*

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Laney says the Foundation's patient assistance fund provides more than transportation, food, or medication for those in need. "It gives them hope. That's our goal. That's why we decided to call ourselves the Circle of Hope. We want to give someone else hope—and give the Lord the praise." ■

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# Mac Moncus: *New Foundation board chair feels privileged to serve*



*Lee and Mac Moncus*

Long before Mac Moncus became a founding partner of Birmingham-based Corley Moncus law firm, his life was saved at St. Vincent's. Much later, after establishing a family and stellar reputation as a commercial real estate attorney, he again received life-saving treatments at St. Vincent's Birmingham.

"I have a very strong affinity with St. Vincent's," says Moncus, husband of Lee and father of five. "My first visit to St. Vincent's was when I was 14 years old, with a serious medical condition that was first thought to be cancer, but then diagnosed by St. Vincent's doctors as a rare fever.

"I've visited St. Vincent's many times since, including when I was diagnosed with Stage Four cancer eight years ago. By that time, I could have gone anywhere for my chemotherapy and radiation, but I chose the Bruno Cancer Center. I made my choice based on the reputation of Dr. Jim Cantrell and Dr. Susan Salter. And I never had a doubt that I would be cured."

Now Moncus seeks to support St. Vincent's mission to provide excellent, compassionate care by generously supporting St. Vincent's Foundation. Moncus, an early donor to the new Bruno Cancer Center, currently sponsors the Center's annual Bingo Bash. He also serves as the current St. Vincent's Foundation Board chair.

Moncus says he feels privileged to serve the health system that has cared for his family so well. Four of his five children and several grandchildren were born at St. Vincent's. "In today's environment, we all need the best facilities. But as a patient, it's not just about bricks and mortar. It's about the loving treatment you get at St. Vincent's."

Moncus wants Foundation donors to know that their gifts are treated as carefully as the System's patients. "Donor contributions are well-guarded. The Foundation's allocations committee acts on funding requests from each of the St. Vincent's facilities – whether it be a piece of equipment, a medical bed, or any number of needs. But of course, there are always requests we cannot fulfill. There's never quite enough."

Although Moncus supports many worthy organizations, he counts his Foundation board service "as an honor and a pleasure. Without question, the Foundation's good stewardship of donor funds enables us to make the very best allocations to each of our St. Vincent's facilities." ■

## Thank you



Since 1898, St. Vincent's healing ministry has responded to the healthcare needs of this community. Please include St. Vincent's Foundation of Alabama, Inc. in your estate plans, and kindly let us know so we can recognize your generosity.

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