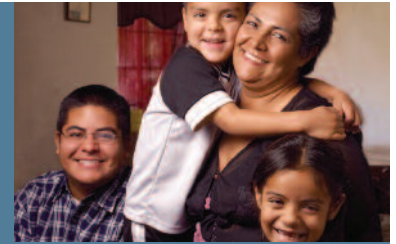


Community Health Integration NEWS

St. JOSEPH'S HOSPITAL AND MEDICAL CENTER | CHW



IT'S ABOUT LIFE.

St. Joseph's Hospital and Medical Center Community Health Integration Newsletter

Spring 2009

From The Director

In tough times, it's important to have a support system that you can rely upon.

Right now, it seems as if everyone is facing tougher times. Many of our organizations are being stretched as our community, state and nation face economic challenges. Several individuals are learning how to cope amidst great change, and some people who've always enjoyed the benefit of a good economy are now struggling to provide for their family. More and more people are turning to community resources for assistance.

Our current economic climate emphasizes the importance of the work that our organizations do and of our partnerships. By collaborating with each other, we maximize our benefit to the community.

In this edition of St. Joseph's *Community Health Integration Newsletter*, you'll read about some of these collaborations, and you'll find out how we are working to create even more community partnerships. It's important to remember that in good times and bad, we are each other's support system. No organization can provide all the services our community needs, but together we can provide many of them.

In April, St. Joseph's will host a Community Resource Fair (see page two for details). We hope you'll join us to learn about the many resources available to our community. It will be a great opportunity to build a bigger support system.

Marisue Garganta
Director of Community Health Integration
St. Joseph's Hospital and Medical Center

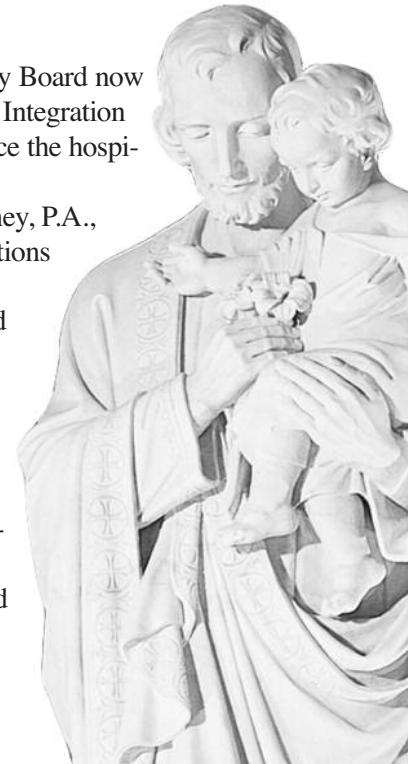


New to the Board

Two members of St. Joseph's Community Board now sit on the hospital's Community Health Integration Subcommittee. Their goal is to help enhance the hospital's mission in action.

David Tierney, attorney with Sacks Tierney, P.A., joined Cassandra Mason-Motz, public relations representative for the Phoenix Police Department, to serve on both the board and the subcommittee.

"We're a not-for-profit hospital and our mission is crucial to our organization," says Sister Margaret McBride, vice president of Mission Integration. "With representation on our board and our subcommittee, these individuals are able to help us focus on the needs of our community, build our collaborative efforts, and remain accountable to our mission."



Investing in Our Community

Catholic Healthcare West (CHW), the parent organization of St. Joseph's, recently awarded \$363,710 to 18 local organizations as part of CHW's Community Grants Program.

Every year CHW and its hospitals give grants to nonprofit organizations that support specific healthcare initiatives and work to improve the health and quality of life in underserved communities.

This year, CHW gave grants to organizations that address behavioral and/or mental health issues. Selected organizations include Advocates for the Disabled, Arizona Cactus-Pine Council Girl Scouts, Arizona Lost Boys, Catholic Charities, Center for Arizona Shelter Services, ChildHelp KEYS Community Center, Florence Crittenton, Homeward Bound, Jewish Family and Children's Service, Mission of Mercy, Mountain Park Health Center, National



— See CHW on Page 4

Community Health Fair a Success

St. Joseph's and friends hosted a Community Health and Education Fair on March 7 at the Food City at 1940 W. Indian School Road.

St. Joseph's, Barrow Prevention, the Injury Free Coalition for Kids, Food City and the City of Phoenix Street Transportation Department sponsored the event to educate the public about the importance of healthy living and to provide tips on how to stay safe.

The morning's highlights included free car-seat inspections, asthma education, diabetes and obesity education for children, stroke prevention education, helmet safety tips, and the YMCA's fit kid zone.

Seventeen car seats were checked during the event, and 92 percent of those seats were being misused.

"We now have more than 20 caregivers who are better informed about traveling safely with their children," says



Brandyn Speckman, community education specialist at St. Joseph's. "That's a success."

As a community service, St. Joseph's provides ongoing car-seat safety inspections. For more information, please call Brandyn at 602-406-3918.

Please Join Us for a Resource Fair

You and your organization are invited to attend a Community Resource Fair. St. Joseph's is hosting the event in hopes of giving our community partners and other organizations the opportunity to learn more about the programs and services that are available in our community.

"We get so busy and focused on our work that sometimes we're not even aware of the wonderful programs that are being offered by other organizations," says Marisue Garganta, director of Community Health Integration at St. Joseph's. "Our hope is that everyone will have the opportunity to meet each other, learn more about what's available in the community, and share their best practices."

"More importantly, we're hoping that attendees may find creative ways to work together to make their programs and services have an even greater impact."

The Community Resource Fair is set for Thursday, April 16 from 10 a.m. to 2 p.m. It will take place on St. Joseph's Third Avenue Bridge (2910 N. 3rd Ave.). If your organization would like to participate, please call Kristina Robinson at 602-406-1040 or e-mail her at kristina.robinson@chw.edu.

We hope to see you there!

Making a Difference in the Lives of Women

In November 2003, St. Joseph's Breast Evaluation and Treatment Center opened to help women who were found to have suspicious or cancerous lesions during their mammograms. More specifically, the center opened to help women who would otherwise not receive further evaluation or follow-up care.

Thanks to the hospital's charity program, funding from the Susan G. Komen Foundation, and the volunteer efforts of surgeon Edward Donahue, MD, and oncologist Al Wendt, MD, the center has been able to provide breast evaluations for 176 women. From those evaluations, 158 women were relieved to find out they did not have breast cancer. Of the 18 women who had breast cancer, 11 completed primary treatment and five are currently undergoing treatment. Unfortunately two of the women passed away from metastatic disease.

"The Breast Evaluation and Treatment Center provides an important service to our community," says Gail Brown, nurse practitioner at St. Joseph's Women's Wellness Clinic. "Prior to the center opening, many women who were without resources and who showed signs of breast cancer had no where to turn."

Recently, the Breast Evaluation and Treatment Center moved into the hospital's Comprehensive Cancer Center at 500 W. Thomas Road. The facility provides dedicated space, additional examination rooms and the equipment that's required to evaluate patients.

"The move has been helpful to our patients because the cancer center provides a wide range of services in a comfortable setting," says Gail.

The cost of patients who need surgery, chemotherapy and radiation is typically \$30,000 (this figure takes into account the hospital's donation of operative charges and the performance of other services at cost). BHHS Legacy Group, the Halle Family Foundation, Sam's Club and Fry's Food Stores have generously helped to provide support for this care.



For more information about St. Joseph's Hospital and Medical Center, visit www.stjosephs-phx.org. For more information about the hospital's Community Health Integration programs, please call Marisue Garganta, director of Community Health Integration, at 602-406-6580.

Oh, Baby!

St. Joseph's new Maternity Outreach Mobile (MOMobile), is getting ready to celebrate its first birthday.

The MOMobile is a colorful fifth-wheel RV (a 20-foot truck pulling a 40-foot trailer), which consists of two exam rooms, a waiting area, lab, and office/consultation room. The unit provides ongoing prenatal care – including lab tests, fetal monitoring and limited ultrasounds – to patients who may otherwise not receive prenatal care. The new unit replaced a 13-year-old RV that had numerous mechanical problems related to age and use.

“We’ve enjoyed one year on the road with a fully functioning unit that houses state-of-the-art technology,” says Gail Brown, nurse practitioner at St. Joseph’s Women’s Wellness Clinic. “This unit has more square footage and the design allows us to maximize space. As a result, we’ve been able to care for more patients.”

The MOMobile currently travels to sites in Avondale, South Phoenix and Mesa providing care to expectant mothers. The MOMobile was established in 1995 as a collaboration between St. Joseph’s and the March of Dimes to help address the issue of low birth weight babies in Maricopa County. St. Joseph’s has maintained the program entirely since 1999.

“We have approximately 200 patient visits each month, and we help facilitate 200 deliveries a year,” says Gail. “Our reward is healthy babies and happy families.”

The purchase of the new MOMobile was made possible by the generous donations of the Virginia G. Piper Charitable Trust, the BHHS Legacy Foundation and Stephen and Shelby Butterfield. U.S. Senator Jon Kyl and U.S. Representative Ed Pastor were successful in procuring additional federal funding for the new unit and equipment.



More Than a Century of Caring and Collaboration



For more than 110 years, St. Joseph’s and Florence Crittenton have partnered to provide care for the Valley’s indigent population. The partnership is one of the longest running in the Valley and the two organizations recently celebrated their legacy with the fifth anniversary of the Adolescent Medicine Program.

In the late 1800s, St. Joseph’s and Florence Crittenton joined forces to help destitute women, and for the past 110 years, the two organizations have worked together to provide residents at the center with support, including obstetrical care and health and wellness programs.

The Adolescent Health Partnership is among those programs. The partnership was created to improve adolescent medical services for high-risk youth in the community. The first comprehensive adolescent medicine program in the Valley, the service provides Florence Crittenton residents with proper health evaluations, diagnosis and treatment plans and serves as a rotation for medical residents. The clinic treats approximately 500 residents at Florence Crittenton each year.

“Our collaboration has helped thousands of girls learn to live a healthy life,” says Marisue Garganta, director of Community Health Integration at St. Joseph’s. “A partnership and mission of this magnitude and length is very rare and special, and we’re proud to be affiliated with Florence Crittenton.”

How the Community Can Help Manage Chronic Disease

During the past year, St. Joseph’s has offered the Chronic Disease Management Program for people with chronic diseases such as asthma, arthritis, diabetes, emphysema and hypertension.

For six weeks, participants in the program meet weekly for two-and-a-half hours to learn:

- Techniques that will help them deal with the frustration, fatigue, pain and isolation that often accompanies a chronic condition
- Appropriate exercises that can help maintain and improve strength, flexibility and endurance
- How to use medication
- How to communicate effectively with family, friends and health professionals
- Nutritional facts
- How to evaluate new treatments

“Because everyone in the class has a chronic condition, participants are able to draw upon each other’s support and build confidence in their ability to manage their health and lives,” says Gale Kittle, RN, MPH, master trainer for the program.

During a randomized, three-year control study of the program, which was administered in another part of the country, researchers found that people who participated in the Chronic Disease Management Program made significant long-term improvements in exercise, cognitive symptom management, communication with their physician, and self-reporting their general health conditions. Participants also spent less time in the hospital and lowered their healthcare costs.

St. Joseph’s will offer Chronic Disease Management Program leader training sessions later this year. Trainers will be able to host these workshops in the community. People who have chronic conditions or those who care for someone who does are encouraged to become a trainer because they can convey the importance of the program and identify with participants’ needs.

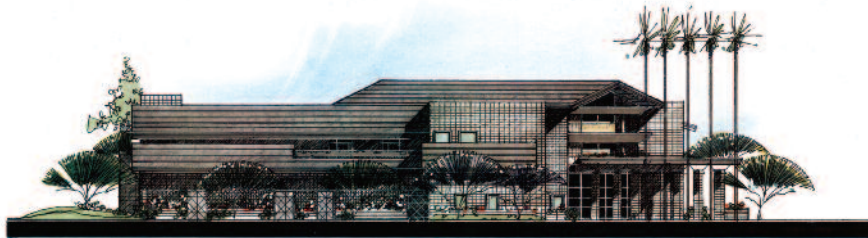
If you or someone from your organization is interested in participating, please call Gale at 602-406-4792, or e-mail her at gale.kittle@chw.edu.



Nonprofit Org.
U.S. Postage
PAID
Permit No. 685
Phoenix, Arizona

CHW Arizona
St. Joseph's Hospital and Medical Center
350 W. Thomas Rd.
Phoenix, AZ 85013

Ryan House Breaks New Ground



St. Joseph's is welcoming Ryan House, the first pediatric palliative care facility in Arizona, to its campus. When construction is complete later this year, Ryan House will be the only respite and support home for children where entire families are welcome to stay.

Ryan House was founded by Holly and Jonathan Cottor in 2004. Their youngest son, Ryan, was diagnosed with spinal muscular atrophy, a genetic motor neuron disease. While the family was living in London, they found respite care at Helen House. When they returned, they decided to establish a similar house in Arizona.

As part of its mission, St. Joseph's is leasing the land to Ryan House for \$1 a year.

"St. Joseph's is honored to have Ryan House on our campus. I had the opportunity to visit Helen House and I know that Ryan House will provide much needed support and services to pediatric patients and their families," says Linda Hunt, St. Joseph's president.

CHW Grants Awarded

— From Page 1

Association for the Advancement of Colored People, National Association of Mental Illness, Southwest Human Development, St. Elizabeth's Health Center, St. Vincent de Paul's Virginia G. Piper Medical and Dental Clinic, Teen Lifeline and Tumbleweed Center for Youth Development. The grants were given during an awards ceremony in January.

"CHW and St. Joseph's are pleased to provide support to organizations that strive to improve the health and lifestyle of the Valley's underserved population," says Marisue Garganta, director of Community Health Integration at St. Joseph's. "We hope these grants enable the organizations to sustain their behavioral health programs and make a positive impact within the communities they serve."