

# Community Benefit Ministry

## 2013 REPORT TO THE COMMUNITY



ST. MARY MERCY  
LIVONIA

SAINT JOSEPH MERCY HEALTH SYSTEM

## Your partners in health



**Sr. Janet Marie  
Adamczyk, VP,  
Chief Mission  
Officer**

St. Mary Mercy Livonia's mission is to *serve together in the spirit of the Gospel as a compassionate and transforming healing presence within our communities.* Community benefit programs are one of the ways we live our mission and commitment to our core values of serving those who are poor, reverence for life and stewardship. Over the years we've seen more uninsured and Medicaid patients using our services. Many of the working poor, who have some insurance coverage, are struggling to pay copays and deductibles. It is for this reason our service to the poor and underserved comprises the largest portion of our Community Benefit Ministry. We provide

access to care through our partnership with the Joy Southfield and Wayne Hope clinics, education of future physicians in the Graduate Medical Education (GME) program, and transportation services.

Through collaboration with colleges, community agencies, YMCA, Livonia Save Our Youth and many other partners, St. Mary Mercy Hospital is transforming the health of the seven communities we serve through almost \$19 million of community health programs and services performed in fiscal year 2013. Also, our employees, physicians and student nurses donated hundreds of hours of service to make these programs possible.

Our Community Benefit Ministry focuses on obesity (increasing physical activity and improving nutrition), mental health and substance abuse prevention and support groups, senior care, access to care and

management of chronic disease (diabetes, hypertension and cardiovascular). We've served the past two years as the healthcare partner for the Westland "Passport to a Healthy City" by presenting monthly educational seminars to seniors and promoting increased physical activity and healthy eating with the Buddy Up program and farmers market. St. Mary Mercy Hospital also serves as the host site for many support groups, including those for people with mental illness, addictions and chronic diseases who need support to achieve their goal of improved health.

This year's annual report includes stories on new services and programs for senior care; health education and screening days such as the Healthy Aging Conference, Men's Health Fair; sponsorships for community races; and the first graduating class of GME.

### Community health identified needs

See stories inside this report and online associated with the following identified categories.



**Obesity**



**Access to care and  
chronic disease  
management**



**Senior care**



**Substance abuse**



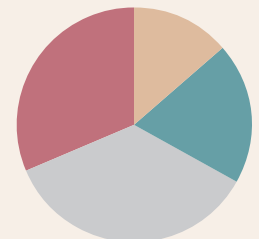
**Mental health**

### 2013 COMMUNITY BENEFITS\*

● Programs for the poor and underserved	\$2,583,748
● Charity care	\$3,722,427
● Unreimbursed Medicaid costs	\$6,708,317
● Programs for the broader community	\$5,925,221

**Total** **\$18,939,713**

Number of activities provided	61
People served	31,001



\*As a not-for-profit organization, St. Mary Mercy Hospital provides various low- or no-cost programs to improve the health of the people in our community.



A record number of 865 runners and walkers registered for St. Mary Mercy Hospital's 7th Annual Embrace Life 5K run/walk.

# ✚ Racing to improve the health of the community

St. Mary Mercy Hospital's 7th Annual Embrace Life 5K run/walk for Cancer, held on Sept. 8, was the most successful yet. A record number of 865 runners and walkers registered and nearly \$45,000 was raised for St. Mary Mercy Hospital's Cancer Services. Proceeds from the race provide hundreds of people with necessities that go along with the treatment of cancer, such as transportation to and from treatments, wigs, oncology products, and oncology massage, which are available in the hospital's Helen Palmer Image Recovery Center, a salon specializing in services for cancer patients.

Not only does the race bring cancer awareness, but it also encourages community members to get out and get moving. One participant, St. Mary Mercy Hospital

President and CEO David Spivey, is a champion for living healthy. Over the past few years, Spivey has made it his personal mission to be an example for his associates by running on a regular basis to stay fit. For the Embrace Life 5K, he made a goal of finishing in less than 30 minutes, and he succeeded with a time of 28:37. This is a personal record for Spivey as a "seasoned adult" runner.

"I felt great," says Spivey, who was more than pleased with his time.

In addition to St. Mary Mercy's commitment to the health of the community through its own run, it serves as a sponsor for other local runs such as the Kona Running Company Triple Crown and the Plymouth YMCA Father's Day Run.

## Help us help you

Every three years St. Mary Mercy Hospital examines the health needs of our communities through a community needs assessment. This assessment serves as the basis for strategic and subsequent action planning to develop health policy, allocate resources, and improve or expand existing services. We hope you will join us in this assessment so we can allocate our resources to areas of greatest need. Watch for more information on our website or in the local newspapers during the next six months.

# # Access to care

## Providing screenings and health education

### Men's health

The annual St. Mary Mercy Men's Health Fair was held on March 23, 2013. This Community Benefit program brought in approximately 200 men from the greater Livonia area and provided free health screenings, including prostate-specific antigen (PSA); total cholesterol and HDL; an examination for prostate disease; and foot, blood pressure and skin checks.

This program was conducted with the volunteer assistance of 22 physicians and resident physicians, as well as about 40 volunteers.

The benefit to the community is increasing the awareness of prostate and other cancers while educating participants about the health risks for cancer as well as heart disease.

### Senior health

The third annual Healthy Aging Conference was held at St. Mary Mercy on June 15, 2013. Nearly 200 attendees enjoyed a day filled with free activities, including seminars by expert speakers, exhibitors and community resources; health screenings; a cooking demonstration with free lunch; and giveaways and prizes.

According to a recent report by Merck Institute of Aging & Health and The Gerontological Society of America, nearly one in five Americans will be over the age of 65 by 2030. Maintaining one's health after this age is crucial to living longer with fewer complications. During the presentations, seniors and their families and caregivers learned what it takes to maintain a healthy brain, the benefits of exercise and how



Kathleen Howell, of Westland, visits Sue Tocco, RN, from the Birthing Center, for a free blood pressure screening at the Healthy Aging Conference.

lifestyle affects up to 80 percent of one's health.

For more event photos, the cooking demo recipe or sponsors that helped make this event



possible, please visit [stmarymercy.org/healthyagingconference](http://stmarymercy.org/healthyagingconference).

## First resident physician class graduates

The first class of St. Mary Mercy Hospital resident physicians has graduated. The Class of 2013 included 22 resident physicians in the Emergency Medicine, Family Medicine and Internal Medicine Graduate Medical Education (GME) programs. On June 14, 2013, they were honored during a commencement ceremony held at Laurel Manor Banquet & Conference Center.

In their three years at St. Mary Mercy,

the class of 2013 was actively engaged in many areas inside and outside the hospital. They were members of the Rapid Response team, assisted during health fairs, and performed annual physicals for the Livonia Police Department. In addition, they helped strengthen St. Mary Mercy's relationship with Schoolcraft College by using their simulation labs and helped institute the annual Resident Research Forum. They were

involved in healthcare quality and research projects presenting their results at regional and national conferences and also published in highly regarded competitive professional journals.

The GME program at St. Mary Mercy has grown since its start in 2010. Currently, there are 124 resident physicians enrolled in seven programs. For more information on



the Class of 2013 graduates, please visit [stmarymercy.org/graduates](http://stmarymercy.org/graduates).



Emergency medicine graduates



Family medicine graduates



Internal medicine graduates

# Senior care

This year St. Mary Mercy Hospital Senior Services have focused work to benefit the community of senior adults and their caregivers in two major categories:

## Providing resources

A Care Transitions program was developed in partnership with the Senior Alliance (Area Agency on Aging 1-c). This program provides certified coaches who work with patients during the 30-day posthospital transition period. Based on individual need, this partnership has enabled seniors to benefit from meals in the home, transportation to a physician appointment and other services that can help make the transition period more manageable.

## Improving communication

Expanding on the work of the Senior ER<sup>SM</sup>, St. Mary Mercy Hospital initiated a group of healthcare professionals from multiple settings to meet every month to fix breakdowns in communication during transition from a community dwelling to the ER. This group is called STAR ForUM: Safe Transition of All Residents For yoU and Me. They created:

- Transition letters, forms, checklists and envelopes from facilities to the Emergency Room
- Verbal handover reports
- Educational vignettes

When we partner with our community, we have to remember to include the voice of those we care about. St. Mary Mercy Hospital has a Patient/Family Advisory Council for Senior Services who meet monthly to provide us with invaluable input.

To learn more about the council or any of these other programs, please contact Carrie Hays McElroy at



734-655-1706 or visit our Senior Services website at [stmarymercy.org/seniorservices](http://stmarymercy.org/seniorservices).



## Are you prepared for an emergency?

Failed communication was identified as the most common gap in the continuity of patient-centric care and a contributor to adverse events. It causes errors in care delivery such as duplicated or unwanted care and possible unintentional harm.

The Plan in a Can has helped improve this communication gap. It is a recyclable tennis can that is turned into an emergency readiness plan for both family and healthcare professionals. Inside the can are the Advance Directives and the "Just in Case" brochure, which provides a record of medical information in the event the individual cannot communicate. More than 1,500 cans were distributed throughout the community including local senior apartment communities.

Use of Plan in a Can continues to grow through word of mouth and distribution at local events. To learn more go to [stmarymercy.org/justincase](http://stmarymercy.org/justincase).

