



2006 Community Benefits Report



John K. Tolmie
President and CEO

St. Joseph Medical Center was founded in 1864 by the Sisters of St. Francis of Philadelphia to provide loving service and compassionate care to those in need — the immigrants of Baltimore City. Today, St. Joseph is a thriving, 374-bed, regional medical center undergoing \$125 million in expansion and renovation to meet the needs of the growing suburban communities it serves.

Nevertheless, the original mission of St. Joseph — to provide loving service and compassionate care to those in need — is as alive today as it was over 140 years ago. Today “those in need” are the Baltimore area’s poor, uninsured and

underserved. Care to this population is coordinated by St. Joseph’s St. Clare Medical Outreach and Community Outreach departments which work year round to offer health education classes and lectures, vital health screenings, immunizations and traveling primary care — all free of charge.

We are proud of the difference that St. Joseph makes in the lives of so many, and we remain steadfast in our commitment to them.

The following Community Benefit Report highlights the many services and programs offered during the 2006 calendar year.

† CATHOLIC HEALTH
INITIATIVES

**St. Joseph
Medical Center**

Where the experts are



BENEFITS FOR LOW INCOME

Traditional Charity Care
\$4,465,759

Unpaid Costs of Medicaid
\$920,069

Community Services
\$190,011

Totals for Low Income
\$5,575,839

BENEFITS FOR BROADER COMMUNITY

Unpaid Costs of Medicare
\$116,781

Community Services
\$1,632,232

Community Health Services
\$1,308,326

Health Professions Education
\$51,279

Cash/In-Kind Donations
\$271,784

Community Building
\$843

Totals for Broader Community
\$1,632,232

Total Community Benefits Funded in 2006
\$7,324,852

ST. CLARE MEDICAL OUTREACH

Started in 1998 as a mobile wellness van, with a grant from Catholic Health Initiatives (CHI), the St. Clare Medical Outreach program has grown significantly to answer the needs of the uninsured and underserved.

Serving as mobile primary care at two sites — the Hispanic Apostolate and the Franciscan Center in Baltimore City — St. Clare Medical Outreach staff treats medical conditions ranging from high blood pressure and diabetes to connecting patients to surgeons who perform life-saving cancer or heart surgery.

The St. Clare program coordinates essential medical care, and has kept thousands of people healthy and empowered to live and work — without the distraction of worrying about their health or the cost of treatment.

Patients who require further diagnostic testing, procedures and/or surgery receive it from St. Joseph Medical Center free of charge from specialists, including surgeons, who provide their services pro bono.

“We are the medical safety net for these people without resources,” says Bernadette White, R.N., director of St. Clare Medical Outreach. “No one has health care benefits so they rely on us each week to be there for them and their families.”



SMOKING CESSATION

Christine Schutzman, smoking cessation counselor at St. Joseph Medical Center, knows how hard it is to quit smoking. A former smoker herself, Schutzman says, “Quitting is the hardest thing I’ve ever done.”

Now Schutzman oversees two smoking cessation programs at St. Joseph.

The first, for adult smokers, is an American Cancer Society program called Fresh Start.

The second, RAISE (Required Adolescent Intensive Smoking Education) is for teenagers, age 13-17, who are required to undergo tobacco education by the juvenile justice system, their school or their parents.

In both programs, participants come up with an individual “quit plan,” which includes when they plan to quit, the method for quitting (cold turkey, or hypnosis, for example), and whether they will use nicotine replacement products.

“Most people don’t try to quit because they think they can’t. Nobody likes to fail,” says Schutzman. “I say to people, ‘This could be the one time it works.’”





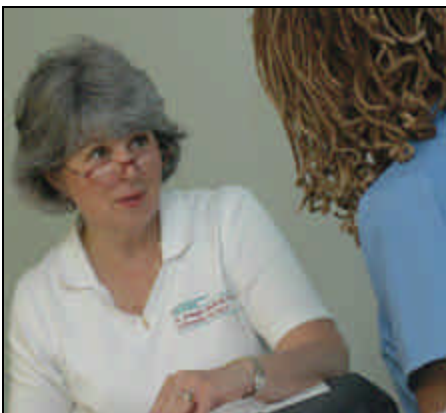
BREAST CANCER SCREENINGS

With early detection so critical in the battle against breast cancer, St. Joseph created the free Breast Cancer Screening program — a collaborative effort among Community Outreach, Advanced Radiology and The Cancer Institute's Breast Center.

With such team work the program helps hundreds, including a non-English speaking woman who immigrated to the U.S., had no health insurance and was found to have breast cancer. She required extensive further diagnostic testing and treatment.

The Community Outreach nurse coordinator and director worked with The Cancer Institute's cancer navigator, the medical center's Financial Assistance department, the Breast Center's staff, and the patient's daughter to get her diagnostic testing and treatment covered by the Baltimore County Women's Cancer Prevention program and Maryland's Department of Health and Mental Hygiene's Breast and Cervical Cancer Diagnosis and Treatment program.

"Helping women detect breast cancer when it's in a more easily treatable stage is the goal of the program," says Mary Jo Huber, R.N.



FREE FLU SHOTS

Providing free flu shots for the community since 1993 has been one way St. Joseph Medical Center has worked to reduce illness and death due to influenza.

In fact, as the recipient of the "Excellence In Immunization Award 2005," St. Joseph Medical Center was recognized for its numerous efforts to increase flu and pneumonia immunization in the Baltimore area.

St. Joseph Medical Center's Community Outreach department partnered with community organizations such as the Helping Up Mission, churches, homeless shelters and soup kitchens to provide high-risk immigrants and homeless persons with free pneumonia vaccinations. Every fall, the Community Outreach department partners with community organizations to reach high-risk, poor and uninsured persons in Baltimore City and Baltimore County for immunizations. In total, over the past five years, Community Outreach staff have administered 17,555 free flu shots through numerous flu clinics, open to the public at the medical center and other community sites.



MUSIC THANATOLOGY

Sometimes it only takes a few notes of the harp to ease the breathing and heart rate of a dying patient. For others, sleep and relaxation may come later but it almost always comes.

At St. Joseph Medical Center, chaplains and other clinical members of the interdisciplinary team can refer their patients for music therapy. A certified music thanatologist will observe the patient's vital signs and play prescriptive harp music that can comfort the dying and seriously ill.

According to the Music Thanatology Association, "prescriptive music is live music that changes, moment by moment, in response to physiological changes in the patient."

The music thanatologists at St. Joseph receive referrals for patients primarily in the Medical/Surgical Intensive Care Unit (MSICU).

"Patients are very open to receiving the gentle music to help them relax and breath easier," says Christine Jones, one of St. Joseph's music thanatologists. "We offer it as a ministry, not a performance."





COMMUNITY BENEFITS PROGRAMS AND SERVICES

WELLNESS

Complementary techniques including:

- Meditation
- Yoga
- Massage therapy
- Flu Immunizations
- St. Clare Medical Outreach Program
- Spiritual Wholeness
- Village Wellness Project
- Music Thanatology

SCREENINGS

- Bone Density for Osteoporosis
- Blood Pressure
- Cholesterol
- Breast Cancer
- Prostate Cancer
- Skin Cancer
- Peripheral Vascular Disease
- Hearing
- Vision
- Head, Neck and Oral Cancer
- Heart Disease Risk Assessment
- Scoliosis

EDUCATION

- Arthritis School
- Joint Pain (back, neck, knees, extremities)
- Pregnancy and Childbirth
- Childbirth Education/Review
- Healthy Pregnancy
- Kangaroo Kapers
- Mothering Matters
- Labor & Delivery Tours
- Prostate Health
- Breast Health
- Heart Health
- Beautiful Skin, Beautiful You©
- Asthma Awareness
- Skin Cancer Education
- Smoking Cessation
- Freshstart
- RAISE
- Attention Deficit-Hyperactivity Disorder (ADHD)
- Look Good Feel Better® Program for Cancer Patients
- Osteoporosis

- Women's Health Issues
- Medication Safety
- Men's Health Issues
- Pastoral Training
- First Aid/Emergencies
- Safe Sitter
- Spiritual Patient Education

SUPPORT GROUPS

- Crohn's & Colitis
- Diabetes
- Caregivers
- Pregnancy Loss
- Widow/Widowers
- Ostomy

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