

Greenwich Hospital's community benefit commitment to Connecticut and New York residents in fiscal year 2019 was multifaceted, from supporting Community Health at Greenwich Hospital (CH@GH) and Community Health of Fairchester (CHF) to providing charity care and subsidized services to those in need.

A long tradition of caring

For more than a century, Greenwich Hospital has focused on community benefit programs that bring preventive services and medical care to all segments of the communities served. The hospital's evolution to a regional medical facility has only strengthened the organization's commitment to provide community benefit programs.

Community Health at Greenwich Hospital: Strong partnerships build healthy communities

As the hospital's outreach departments, Community Health at Greenwich Hospital and Community Health of Fairchester are dedicated to improving the health status of communities in Connecticut and New York. Both entities maintain a strong community presence through its numerous partnerships with the Council of Community Services, Town of Rye, Greenwich Community Health Improvement Partnership, local and regional community organizations, schools, government agencies, corporations and other Greenwich Hospital departments.

In 2003, CH@GH was a major sponsor of the Community Health Needs Assessment initiative, which led to the creation of the Greenwich Community Health Improvement Partnership (GCHIP). Collaborative efforts involving GCHIP and community-based organizations uniquely position CH@GH and CHF to identify and provide valuable resources to meet the changing healthcare needs of the community.

CH@GH and CHF support the hospital's mission to provide a full continuum of care by offering innovative health screenings, speakers, support groups, school programs, health education and wellness programs designed to promote health and increase access to healthcare services.

Each year, thousands of area residents benefit from CH@GH's and CHF's broad array of health screenings, education seminars, health fairs, support groups and other services.

Community benefits reach all residents and income levels

In addition to supporting CH@GH and CHF, Greenwich Hospital's community benefit investment touches the lives of area residents in many ways.

The hospital never turns away patients, regardless of their ability to pay, due to charity care and other financial assistance programs available to underinsured or uninsured patients with limited financial means. The hospital operates an Outpatient Center and Pediatric Center for adults and children who lack financial resources.

Patients who participate in Medicare, Medicaid and other assistance programs such as HUSKY (a Connecticut-funded health insurance program for low-income children) account for a large percentage of the hospital cases. Reimbursement for these programs often falls short of the actual cost of care.

Greenwich Hospital also provides benefits to the broader community by financially supporting programs and services designed to improve community health, increase access to healthcare and respond to identified community needs.

The following programs and services constitute community benefit and are part of CH@GH and CHF.

Access to Care Programs

Breast Cancer Alliance

During the 2019 calendar year, 203 uninsured women received free screening mammograms through a partnership between the Breast Cancer Alliance and Greenwich Hospital. Among the 203 women screened, 64 required further diagnostic testing. Twenty women had free unilateral diagnostic mammograms, 11 women had free bilateral diagnostic mammograms, 27 women received free unilateral sonogram exams, and six women received free bilateral sonogram exams. All newly diagnosed breast cancer patients received free education resource notebooks with information about local cancer support services and community resources that provide assistance.

Prostate Screenings and Exams

In September 2019, Greenwich Hospital offered a free prostate cancer screening event for 41 men. Greenwich Hospital conducted free Prostate Specific Antigen (PSA) laboratory screening testing and Greenwich Hospital urologists provided free digital exams. In addition, a unique educational “Movember” program and campaign was conducted to promote awareness of men’s health, including prostate and testicular cancer.



The Nurse Is In Program

The Nurse Is In Program provided free blood pressure screenings with health education and counseling to approximately 6,000 people at health fairs and diverse community sites, including houses of worship, local libraries, YMCA/YWCAs and senior centers in Connecticut and New York.

Parish Nurse Program

This partnership with the First Congregational Church of Greenwich included a registered nurse who conducted screenings, coordinated support groups, provided health education programs, administered flu shots, coordinated blood drives and served as a confidant to more than 2,000 church members. The parish nurse also participated in Wellness Day, a collaborative effort between the hospital and area high schools.

Health Education Programs and Support Groups

Speakers Bureau

As part of its outreach mission, Community Health at Greenwich Hospital operates a speaker’s bureau to promote health education and awareness in the community. In 2019, Greenwich Hospital physicians, nurses, dietitians, physical therapists, social workers and pharmacists conducted free lectures at libraries, faith-based organizations, senior centers, schools, corporations and community service organizations such as Rotary Clubs, 40/40 Club, and YMCA and YWCA in Connecticut and New York communities. Topics included diabetes, stroke, lifesaving stroke

surgery (thrombectomy), heart health /heart attack prevention and awareness, cancer prevention/awareness, cholesterol reduction, healthy lifestyles, sleep, mindfulness, meditation, hygiene, mental and oral health, Narcan® and heroin, immunizations, healthy nutrition, osteoporosis, Parkinson’s disease, prostate health, robotic surgery, smoking prevention/cessation, weight management, medication safety, and injury and fall prevention. Additional lectures were held at Long Ridge Medical Center in Stamford on diverse topics such as nutrition, exercise, bone health, chronic pain, sleep, fall prevention and balance.

Heart Health Education

A total of 103 people attended six education programs about coronary artery disease designed to inform community members about heart disease and promote healthy lifestyles.

Multiple Sclerosis Support Group

Ten people monthly took part in this program, which offered patients and caregivers an opportunity to expand their understanding of the disease, share coping strategies and promote peer support.

Pain Support Group

A total of 25 people participated in these quarterly sessions focusing on pain management.

Guillain-Barre Support Group

Over 45 people attended the Guillain-Barre quarterly support group that brings patients and their families together in a forum to discuss and share information, services and resources.

Parkinson's Support Group

Approximately 840 people attended this weekly support group for people living with Parkinson's disease, their families and caregivers. Participants received education and information about physical therapy, exercise, social activities and caregiver support.

Prostate Cancer Education Forum

This forum, which met eight times, provided men and their families an opportunity to learn about treatment options and meet other cancer survivors. A total of 98 community members attended this program.

Stroke Support Group

This support group drew 25 people to monthly meetings that provided education and support to patients recovering from a stroke. The group sessions were offered at the Greenwich Senior Center and at Greenwich Hospital.

Cancer Counseling and Support Services

Patients and their families participated in programs that provided coping support, resources and information on managing the challenges of living with cancer. Cancer patients and their families had access to cancer counselors, stress management sessions, nutrition education, exercises designed to restore strength and wellbeing, and information about local cancer support services and resources.

Cancer Wellness Education

Co-sponsored with the American Cancer Society, 67 people attended this program aimed to assist cancer patients and their families manage the disease and its treatments.

Post-Treatment Breast Cancer Support Group

This support group provided an opportunity for 40 breast cancer patients to gain knowledge and support throughout the post-treatment phase. Facilitated by Greenwich Hospital's cancer oncology social worker, these monthly meetings also provided an opportunity to connect with other survivors, share experiences and learn about resources.

Caregiver Café

This drop-in monthly resource gives caregivers the opportunity to learn about services and get support to help them manage the stress of supporting a loved one through cancer.

Breast Cancer Treatment Support Group

This twice monthly support group for adults living with breast cancer and currently in radiation or chemotherapy treatment offers coping and stress-reduction strategies to help manage illness while connecting with other individuals going through a similar experience. A total of 35 women attended this support group.

Thriving with Cancer

Ten cancer survivors attended this three-week program designed to enhance the quality of life of patients who had recently completed cancer treatments. The three sessions helped cancer patients restore their sense of wellbeing and included exercise activities, health and wellness lectures, nutritional counseling and a healthy food demonstration followed by communal meal to encourage socialization. An interdisciplinary team of oncology physicians, registered nurses, dietitians, exercise physiologists and cancer counselors conducted the sessions.

Stroke Support Group

This support group drew 25 people to monthly meetings that provided education and support to patients recovering from a stroke. The group sessions were offered at the Greenwich Senior Center and at Greenwich Hospital.

Support Groups

Cancer Awareness Campaign

Community Health at Greenwich Hospital partnered with schools, the Greenwich Department of Health, the American Cancer Society, Gilda's Club and the Breast Cancer Alliance to sponsor various cancer awareness events and seminars that provided education about cancer, early detection exams, treatment therapies, nutrition, genetics and more. Events included Walk-Run for Hope and the BCA Walk on the Avenue, which drew over 500 walkers. Greenwich Hospital also participated in the BCA Flag Raising Ceremony at Greenwich Town Hall. A Swing into Survivorship community event drew 122 survivors, family members and caregivers.



AARP Safe-Driving Classes

A total of 250 people attended an educational driving program co-sponsored with Greenwich Hospital and AARP to promote safety and reduce accident rates among drivers 55 years and older.

Chronic Pain Education Forum

Thirty-four people attended educational lectures that focused on care and treatment options for individuals with chronic pain and their caregivers.

Better Breathers

Co-sponsored by the American Lung Association, this program for individuals with lung disease met four times and supported 30 people.

Bariatric Support Group

A total of 271 people attended this monthly support group which is designed to provide education and support to individuals who have undergone or plan to undergo gastric bypass surgery.

Greenwich Community Health Improvement Partnership (GCHIP)

GCHIP is a diverse committee composed of community service providers and hospital leaders who meet monthly to identify community health needs and implement health promotion programs. Greenwich Hospital's collaboration with other community partners include representatives from the Greenwich Department of Health, Greenwich United Way, Greenwich Library, Greenwich Emergency Medical Service, Pathways Inc., Silver Hill Hospital, Greenwich Department of Human Services, Communities For Action, Greenwich YMCA and YWCA, Family Centers, Liberations Program, Greenwich Commission on Aging, Greenwich schools, Child Guidance, Southwest Regional Mental Health Board/HUB, Optimus, Rye YMCA, Laurel House, Osborn Home Care, Boys and Girls Club of Greenwich and the Housing Authority of the Town of Greenwich. As a community partner, Greenwich Hospital provided staff, financial and in-kind support for the multiple, diverse GCHIP health and wellness initiatives. GCHIP programs conducted included a healthy eating lecture, an oral health lecture, Mental Health First-Aid certification program, a toiletry drive with the Boys and Girls Club and participation in Town of Greenwich senior health and wellness expo, employee and school health fairs.

Support Groups

Council of Community Services (CCS)

In Westchester County, NY, Greenwich Hospital collaborated with the Port Chester/Town of Rye Council of Community Services (CCS) to provide community health outreach activities. The CCS board, which includes a hospital representative, meets bi-monthly. The CCS is comprised of health and human services community organizations that conducts initiatives to bring together community leaders and links people with local resources to meet vital community needs. As a community partner, Greenwich Hospital provided staff, financial and in-kind support for diverse CCS health and wellness initiatives. CCS programs conducted included an Access to Care Fair in Mamaroneck, healthy beginnings programs, behavioral health programs focusing on the misuse of opiates/heroin and Narcan® training with the Westchester Department of Health, and provided camp scholarships to low-income children. The Access to Care Mamaroneck Fair was conducted with multiple community partners and provided free screenings to promote health and wellness. In 2019, the CCS created a new multilingual online resource/directory of local services and businesses titled Directory 10573.

Teddy Bear Clinic

Greenwich Hospital's 21st Teddy Bear Clinic drew more than 1,500 residents for a day of interactive education on health and wellness. The clinic exposes children and families to healthcare professionals, medical procedures and hospital departments in a family-friendly environment.



Promoting Healthy Lifestyles Programs

Body Guards Program

Body Guards, an interactive health and fitness education program focusing on wellness promotion, was offered in schools to elementary, middle and high school students. Taught by a variety of health educators, the program provided information about healthy nutrition, bike safety, injury prevention, first aid, proper hygiene and the dangers of alcohol, tobacco, vaping, drugs and inhalants.

Drug and Alcohol Prevention Program

Hundreds of adolescents took part in drug and alcohol prevention programs at Connecticut and New York high schools. This program is designed to decrease teen drinking and driving fatalities as well as reduce motor vehicle crashes due to speeding, drugs, alcohol, texting and other driving distractions. Greenwich Hospital actively participated on community committees, including Greenwich Together, Rye Coalition, RyeACT, and Port Chester Cares to prevent youth substance use.

Kids in the Kitchen

Twelve middle school children ages 8 to 12 attended Kids in the Kitchen, a two-week after-school program sponsored by Greenwich Hospital and the Boys & Girls Club of Greenwich. Additionally, 10 youth attended and completed a Kids in the Kitchen program at the Carver Center in Port Chester, NY. The initiative promoted health and wellness by teaching and empowering youth to make healthy lifestyle choices to prevent obesity and its associated health risks. Smoking and vaping prevention health education programs were included.



Promoting Healthy Lifestyles Programs

Healthcare Career Training Program

In 2019, eight Greenwich High School students and 12 Port Chester high school students participated in the Healthcare Career Training Program. This four-week, after-school program is a joint effort between Greenwich Hospital and the local high school aimed to educate and inspire students to pursue fulfilling healthcare careers. Students toured the hospital and its John and Andrea Frank SYN: APSE Simulation Center, which provides hands-on training using a high-fidelity mannequin that can speak and respond physiologically to medications and treatments.

Medical Exploring

Eleven middle and high school students received an in-depth view of various healthcare careers in this monthly after-school program sponsored in partnership with the Greenwich Boy Scouts of America. Participants learned about numerous hospital settings and spoke with healthcare professionals while touring Greenwich Hospital.

School Health and Wellness Committees

Greenwich Hospital collaborated with area healthcare educators and parent groups to help develop school wellness and health policies, in addition to addressing other school health issues. Greenwich Hospital staff are active members of the Blind Brook, RyeACT, Greenwich Together and Port Chester Cares coalitions whose missions are to promote healthy behaviors and reduce smoking, vaping, and drug and alcohol abuse. The coalitions unite all parts of the communities – parents, teens, educators, law enforcement, medical professionals, businesses, faith-based groups, civic group, youth services and substance abuse/treatment organizations – in a shared effort to promote a safe and nurturing environment for youth.

School Health Fairs and Education

Multiple health fairs were held at public and private schools featuring interactive education on the hazards of smoking, e-cigarettes, sun safety, bike safety, injury prevention, healthy nutrition, proper hygiene and the benefits of exercise. In addition, Greenwich Hospital participated in multiple high school and middle school fairs that focused on promoting mental health/wellness

and using healthy coping strategies. Over 800 students attended these school-based fairs.

Smoking Prevention

Greenwich Hospital healthcare professionals provided presentations on smoking prevention to middle and high school students in Greenwich and Westchester County, NY. Community Health at Greenwich Hospital healthcare professionals also participated and supported the annual American Cancer Society Great American Smoke Out program at various schools and community sites, providing interactive activities, literature and health education on the hazards of smoking and vaping.

Fresh Start Smoking Cessation Program

Fourteen participants attended this American Cancer Society four-week smoking cessation program that provided a supportive format for smokers who want to quit.

My First Book

Every baby born at Greenwich Hospital received a copy of Nancy Tillman's book *On the Night You Were Born* or *La Noche En Que Tu Naciste* in Spanish. The hospital provides the "My First Book" program in an effort to foster emotional bonding and promote literacy between parents and their children.

Community Gardens

Administered in collaboration with the Council of Community Services, Port Chester Seniors, Port Chester Schools and area houses of worship, this program cultivates community gardens that provide fresh vegetables to low-income seniors and families. The community gardens promoted health education by emphasizing healthy eating habits, encouraging kids to try new vegetables, connecting children to nature and the environment, preventing childhood obesity, and focusing on physical activity.

Crohn's & Colitis Symposium

Seventy-five people attended this yearly educational event held at Greenwich Hospital by the Crohn's & Colitis Foundation of Westchester. Board-certified gastroenterologists held lectures on inflammatory bowel disease treatment, new medications and updates on managing Crohn's disease and ulcerative colitis.

CPR Programs

As a community training center for the American Heart Association, Greenwich Hospital provided cardiopulmonary resuscitation (CPR) training to 448 professional and lay rescuers. Another 36 people attended free adult CPR classes in the community, which provided education to increase awareness of strokes and heart attacks. Ten people attended a free infant and child CPR class located at the Hispanic Resource Center in Mamaroneck, NY.

Dance for Parkinson's disease

Greenwich Hospital supported efforts by Rye Arts Center to conduct programs for community members affected with Parkinson's disease.

Dance for Your Health

Arthur Murray Grand Ballroom of Greenwich and Greenwich Hospital sponsored a free dance program for 20 cancer patients treated at the hospital.

Health Fairs

Greenwich Hospital participated in 30 health community fairs reaching an estimated 13,000 area residents at various community sites with the goal of increasing people's knowledge and health literacy. The fairs were held at parks, multi-housing developments, houses of worship, and youth and senior centers in Westchester, NY and Fairfield, CT counties. Participants received health screenings along with information and education about exercise, healthy lifestyles, hygiene, immunization, sun safety, know your numbers (blood glucose, cholesterol, LDL, HDL, triglycerides), stroke, weight management, nutrition, breast self-exams, smoking cessation and more. Greenwich Hospital staff also offered free blood pressure and cholesterol screenings along with health education and counseling on healthy living.



Senior Wellness Programs

The Greenwich Department of Health, the Greenwich Commission on Aging and Greenwich Hospital sponsored an annual senior health fair, which offered free health education, blood pressure and cholesterol screenings, and resource referrals to more than 250 older adults.

Community Health of Fairchester also participated in the Westchester County Salute to Seniors Program in White Plains, NY, which drew more than 500 area residents. In partnership with Westchester County Housing Authority, two senior health fairs were conducted in Port Chester, NY to promote healthy lifestyles and access to care. In collaboration with Greenwich Hospital's Integrative Medicine Department, a chair exercise and music/sound meditation monthly program was conducted at Port Chester Senior Center to promote physical and mental wellness. More than 57 participants attended monthly senior exercise classes for free at the Port Chester Senior Center.

The Community Health at Greenwich Hospital also participated and co-sponsored a health fair with the Rye Brook Seniors. Greenwich Hospital continues to support aging in place programs such as SPRYE (Staying Put In Rye), an organization that helps older adults to remain comfortable in their homes and engaged in their communities.

In 2019, Greenwich Hospital participated and supported the Town of Greenwich Age & Dementia Friendly Community initiative, which is a collaborative effort led by the Greenwich Commission on Aging to foster an enhanced awareness of what it means to live with dementia.

Telehealth Intervention Program for Seniors (TIPS), is a program overseen and conducted by Westchester Department of Senior Programs and Services that provides twice-weekly checks of vital signs for low-income senior citizens. As a community partner, Greenwich Hospital provides support to improve access to care and promote health and wellness programs at two locations in Port Chester, NY.

Promoting Behavioral Health Programs

To promote awareness of mental health and reduce the stigma of mental illness, Greenwich Hospital conducted several behavioral health programs. The Addiction Recovery Center provided free meetings, programs and self-help groups to assist people struggling with alcoholism, recovering addicts and their families. The programs included GH Addiction Recovery Center meetings, Al-Anon, Alateen, Drugs Anonymous, Life Ring and Alcoholics Anonymous. Other support programs included a mental health support group, National Depression Screening Day, stress management, food addiction lectures, music and meditation. The Center for Healthy Aging provided family caregivers and women's spousal support groups. Many programs were held to raise awareness about the opioid and heroin epidemic, synthetic drugs, e-cigarettes and hookah use. A domestic violence awareness lecture was held in collaboration with the Greenwich YWCA. The hospital offered depression and anxiety screenings as well as educational programs on mental health, substance abuse and understanding co-occurring disorders

Mental Health First Aid

In collaboration with GCHIP partners, 30 community members participated in the Mental Health First Aid Program, a two-day certification course that increases mental health literacy. The program provided an overview of mental illness, interventions and treatments. Participants learned about risk factors and warning signs of depression, anxiety, trauma, psychosis and psychotic disorders, eating disorders, substance abuse, self-injury and other mental health disorders. This course is designed to give laypersons the tools to respond to psychiatric emergencies until professional help arrives.

Mental Health First Aid

In response to the opioid and heroin crisis, Greenwich Hospital in 2019 collaborated with local, state and federal partners to implement several initiatives to help combat

this deadly epidemic. To enlighten our community members that addiction is a brain disease, Greenwich Hospital conducted several community programs aimed to increase our knowledge and awareness of this disease residents.

Additionally, educational events focusing on Narcan® and opiates were held at diverse community locations in New York and Connecticut with the collaboration of GCHIPS and CCS community partners. Free Narcan® was distributed to community members who attended the educational forums. The goals were to make families aware of this escalating epidemic and the local resources to help victims receive care and treatment. A total of 190 community members participated in mental health programs.

Yale New Haven Health Mission Statement

Yale New Haven Health is committed to innovation and excellence in patient care, teaching, research, and service to our communities.

Our Goal: To Build Healthy Communities

Our thanks to Greenwich Hospital's community members, healthcare colleagues and donors whose support is vital to helping us build healthy communities.

Community Health Needs Assessment

In 2019, Greenwich Hospital conducted and completed a Community Health Needs Assessment to assess and determine the health needs of community residents living in Fairfield, CT and Westchester, NY counties. The comprehensive assessment included a primary and secondary data profile, well-being survey, key informant surveys and focus groups. The hospital collaborated with numerous community partners to develop implementation strategies to address the identified top health priorities, which included promoting healthy lifestyles, promoting access to care and promoting mental /behavioral health. Greenwich Hospital's Community Advisory Committee continues to meet biannually to help steer the hospital's efforts to meet community needs and monitor the progress of implementation strategies. In addition, the hospital continues to provide support for the Greenwich Community Health Improvement Partnership and the Council of Community Services, which meets to advance the efforts identified in the Community Health Improvement Plan. The comprehensive 2019 Community Health Needs Assessment report is available on the Greenwich Hospital website www.greenwichhospital.org

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