



Community Benefit Report

Greenwich Hospital Outreach Summary for 2013

A long tradition of caring

Greenwich Hospital's community benefit efforts provided an estimated \$31.9 million in healthcare resources to Connecticut and New York residents in fiscal year 2013. The hospital's commitment to the community 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.

Community Health at Greenwich Hospital: Strong partnerships build healthy communities

As the hospital's outreach department, 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 Yale New Haven Health System, local and regional community organizations, schools, government agencies, corporations and other Greenwich Hospital departments.

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.

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.

CH@GH was a major sponsor of the initial Community Health Needs Assessment initiative a decade ago, which led to the creation of the Community Health Improvement Partnership (CHIP) that still meets monthly. Collaborative efforts involving CHIP 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.

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.

Health Screening Programs and Services

The Nurse Is In Program

Available five days a week, the Nurse Is In Program provided free blood pressure screenings and health counseling to 4,542 people at local libraries, YMCAs and senior centers in Connecticut and New York. Nurses conducted another 2,054 free blood pressure screenings at health fairs and other community sites.

Lions Low Vision Center

Eighty-one people turned to the Lions Low Vision Center, which assists patients with moderate visual impairments to maximize their remaining vision and improve their quality of life.

Prostate Screenings and Exams - “Fans for the Cure”

Greenwich Hospital partnered with radio sports personality Ed Randall’s “Fans for the Cure” to offer a free and unique education and prostate cancer screening event that drew 91 men. Hospital urologists who volunteered at the

event provided PSA screenings and other services. Afterwards, Randall emceed a baseball seminar featuring a panel of former Major League Baseball players.

Breast Cancer Alliance

In calendar year 2013, a total of 253 uninsured women received free screening mammograms through a partnership between the hospital and Breast Cancer Alliance. Among those needing further testing, 24 women had free unilateral diagnostic mammograms, seven women had free bilateral diagnostic mammograms and 29 women received free ultrasound exams.

Breast Cancer Resource Notebooks

A total of 178 newly diagnosed breast cancer patients received education resource notebooks with information about local support and cancer resources that can provide assistance.

Youth Health Programs

Drug and Alcohol Prevention Program

Hundreds of adolescents took part in drug and alcohol prevention programs conducted in high schools in Connecticut and New York. The education programs aimed to reduce teen driving fatalities due to speeding, drugs, alcohol, texting and other driving distractions.

PTA Wellness Committee

Greenwich Hospital collaborated with area healthcare educators and parent groups to help develop school wellness and health policies, as well as address other school health issues.

School Health Education

A total of 360 students from Greenwich High School learned about self-breast exams and self-testicular exams from CH@GH healthcare professionals.

Scouts Program

Sponsored in collaboration with the Girl and Boy Scouts of America, this program introduced middle and high school students to the world of healthcare with education programs focusing on health, nutrition, first aid, safety, smoking prevention and proper hygiene.

Hand Hygiene Programs

Body Guards, a health and fitness education program, was offered in schools to elementary, middle and high school students. Taught by a nurse educator, topics included nutrition, first aid, proper hygiene and the dangers of alcohol, tobacco, drugs and inhalants.

Healthcare Career Training Program

Nine students from Port Chester High School and nine students from Greenwich High School completed an educational program focusing on healthcare career opportunities. A joint effort between Greenwich Hospital and the high schools, this after-school program aims to educate and inspire students to pursue fulfilling healthcare



careers. The program was held weekly for four weeks and included a tour of the hospital and its John and Andrea Frank SYN:APSE Simulation Center. The simulation center offers hands-on training using a high-fidelity mannequin that can speak and respond physiologically to medications and treatment. As part of its summer education programs, 14 summer intern students from the Open Door Family Medical Center in Port Chester, N.Y. spent the day at the hospital learning about various healthcare careers.

Health and Safety

Interactive programs focusing on health promotion, bike safety and injury prevention were provided to grade and middle school students

Bariatric Support Group

More than 44 people attended this monthly support group designed to provide education and support to individuals who have undergone or plan to undergo gastric bypass surgery.

The Medical Exploring Program

Middle and high school students received an in-depth look into healthcare careers in this monthly after-school program sponsored in partnership with the Greenwich chapter of the Boys Scouts of America. Students learned about numerous hospital settings and spoke with medical professionals while touring Greenwich Hospital.

Smoking Prevention

Greenwich Hospital collaborated with the American Cancer Society to provide smoking prevention education programs to Greenwich and Westchester County students. CH@GH conducted the Great American Smoke Out at various community sites and provided literature and health counseling on the hazards of smoking.

Wellness Day

In collaboration with Port Chester and Blind Brook high schools, the hospital sponsored a Wellness Day designed to empower teens to make healthy choices. The program included interactive educational workshops about healthy cooking, time management, stress management, reducing anxiety, responding to emergencies, CPR/AED, heart maps, meditation, acupuncture and more.

Mini-Med Seminars

Board-certified physicians presented a series of mini-medical seminars focusing on diabetes, degenerative joint disease and infectious diseases.

Support Groups

Lupus Support Group

Several people attended this support group that explores new ways to cope with lupus.

Better Breather's Club

Co-sponsored by the American Lung Association, this program for people with lung disease met six times and supported 91 individuals.

Celiac/Food Allergy Support Group

Ten people took part in this support and information group on food allergies geared especially for parents of children with food allergies.

Diabetes Educational Lectures

This monthly support group drew a total of 251 people who were educated about diabetes-related topics, including medications, nutrition, blood glucose monitoring, eye health, neuropathy, foot care, self-management tools and more.

Family Support Group for Cancer Patients

This program that provides support and information on managing the challenges of having a loved one with cancer drew 201 families.

Heart Health Education

A total of 127 people attended six education programs about coronary artery disease designed to inform people with heart disease and their loved ones.

Heart Health Support Group / Congestive Heart Failure

Forty-seven people attended these support and educational monthly meetings focusing on congestive heart failure.

I Can Cope Series

The "I Can Cope" series, a free educational program offered in cooperation with the American Cancer Society, drew 61 people to six meetings.

Multiple Sclerosis Support Group

More than 15 people took part in this support group, which offers patients and caregivers an opportunity to expand their understanding of the disease and share coping strategies.

Pain Support Group

Six people participated in these quarterly sessions focusing on pain management.

Parkinson's Support Group

Approximately 30 people attended this weekly support group for people 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 10 times and drew 217 people, provided men and their families an opportunity to learn about treatment options and meet cancer survivors.

Stroke Support Group

This support group attracted 10 people to monthly meetings that provide education and support to patients who are recovering from a stroke.

Support Services for Cancer Patients

A total of 213 cancer patients and their families had access to counseling, stress management sessions, nutrition, exercises designed to restore strength and well being, and information about local support and cancer resources.

Take Off Pounds Sensibly

A total of 20 people attended weekly meetings to weigh-in and receive mutual support and education on achieving healthy weight by making lifestyle choices.



Education and Health Promotion

AARP Safe-Driving Classes

This educational driving program co-sponsored with AARP to promote safety and reduce accident rates among drivers 55 years and older drew 414 individuals.

Cancer Awareness Campaign

CH@GH partnered with Greenwich schools, the Greenwich Department of Health, the American Cancer Society, Gilda's Club and the Breast Cancer Alliance to sponsor various cancer-awareness events that provided education about the disease, early detection and treatment therapies. These events included Greenwich Thinks Pink, Hands Across the Avenue (which drew 550 walkers), Making Strides against Breast Cancer and the Westport Cancer Walk at Sherwood Island.

Chronic Pain Education Forum

A total of 130 chronic pain sufferers and their caregivers met four times to learn more about pain management from a specialist in the field of chronic pain.

Community

Health Improvement Partnership

The Community Health Improvement Partnership is a committee composed of Greenwich community and hospital leaders that meets monthly to identify community needs and implement health programs. More than 300 parent and children received free health screenings and information about community resources at a health and wellness fair titled Teddy Bear Repair Clinic at the New Lebanon School in Greenwich. The clinic featured family-friendly exercise activities and nutritious snacks by YOLATA. The event was sponsored in collaboration with community partners, including the United Way, Greenwich Emergency Medical Service, Greenwich Police Department, Greenwich Department of Health, The Greenwich Alliance, Family Centers, Child

Guidance Center and the Housing Authority of the Town of Greenwich. To promote awareness about mental health, nationally recognized speaker, Jordan Burnham, shared his experiences and conducted suicide prevention and awareness seminars to 350 students at Greenwich High School and Arch Street School.

Community Gardens

Administered in collaboration with the Council of Community Services, Port Chester Schools and area houses of worship, this program provided fresh vegetables and health education to needy participants in Port Chester, N.Y.

Dance for Parkinson's Disease

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

Council of Community Services

In New York, Greenwich Hospital collaborated with The Council of Community Services (CCS) of Port Chester, Rye Brook and Rye Town to provide community health outreach activities. The CCS board, which includes a Greenwich Hospital representative, meets bi-monthly. The CCS consists of approximately 10 community coalitions, including the Adolescent Health Task Force, Health Network, Latino Network, Senior Network, Housing Information Network and Port Chester Care Committee. Each coalition conducts initiatives with the overall mission of linking community leaders and resources to meet vital needs. As a community provider, Greenwich Hospital provided staff and financial support for diverse health and wellness initiatives.

CPR Programs

As a community training center for the American Heart Association, Greenwich Hospital provided

cardio pulmonary resuscitation (CPR) training to 266 professional and lay rescuers. Another 18 people attended free adult CPR classes at community sites and 20 people attended free infant and child CPR classes at the Open Door Family Medical Center in Port Chester, N.Y.

Dance for Your Health

Twenty people attended a free dance program for cancer patients sponsored by Grand Ballroom of Greenwich and Greenwich Hospital.

Diabetes Health Fair

Greenwich Hospital provided more than 150 individuals with information from vendors specializing in diabetic care and conducted free diabetes-related health screenings.

Family Night Out

Twelve families totaling 45 people participated in the Family Night Out program offered in collaboration with the Boys and Girls Club



in Greenwich with assistance from a grant by the Pepsi Bottling Group. This three-month program promotes healthy lifestyles among low-income families, including healthy cooking demonstrations, family-friendly exercise activities and education on leading healthy lifestyles.

Family University (Family U)

A Family University program designed to empower students and their parents to make smart, healthy choices was presented by the hospital

in collaboration with the Port Chester school system and the Port Chester Cares Committee. The evening program included diverse interactive workshops in English and Spanish for parents and students.

Health Fairs

Greenwich Hospital participated in more than 38 health fairs reaching an estimated 10,000 people at various community sites with the goal of increasing



people's knowledge and health literacy. The fairs were held at parks, schools, multi-housing developments, houses of worship, and youth and senior centers in Westchester and Fairfield counties. Participants received information and education about exercise, healthy habits/behaviors, hand washing/hygiene, immunization, sun safety, cholesterol, stroke, weight management, nutrition, breast self-exams, smoking cessation and more. Greenwich Hospital staff also offered free blood pressure and metabolic screenings along with health education and counseling on healthy living.

Mental and Behavioral Health

Several behavioral health programs were held to promote awareness of mental health and reduce the stigma of mental illness. These included depression and anxiety screenings, substance

abuse education programs and forums focusing on “Seasonal Affective Disorder,” “Winter Blues,” “Safe and Happy Holidays,” “Escape Fire,” “Race to Nowhere,” and “Understanding Co-Occurring Disorders.”

Parish Nurse Program

This partnership with the First Congregational Church of Greenwich includes a registered nurse who conducts screenings, coordinates support groups, administers flu shots, provides health education programs and serves as a confidant to more than 2,000 church members.

Relay for Life

CH@GH was a major sponsor of Greenwich’s Relay for Life, an American Cancer Society event that brings cancer survivors together to celebrate life. The event raised approximately \$200,000 for the American Cancer Society.

Teddy Bear Clinic

Greenwich Hospital’s 15th Teddy Bear Clinic attracted 1,700 community members 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 setting.

Smoke Stoppers Program

Seven participants attend this smoking cessation program that provides a supportive format for smokers who want to quit.

Shed Your Meds

This collaborative project continued to be sponsored by Greenwich Hospital, the Town of Greenwich, the Greenwich Police Department, Connecticut Department of Consumer Protection, the Silver Shield of Greenwich, Greenwich Youth Services Council, Community and Police Partnership and the Community Health Improvement Partnership. A “Drop Box” was permanently installed in the lobby of the Greenwich Police Department, providing residents with round-the-clock access

to drop off unwanted or expired medications.

Senior Health Fairs

The Greenwich Department of Health, the Greenwich Commission on Aging and Greenwich Hospital sponsored an annual senior health fair



that offered free health education, screenings and resource referrals to more than 500 older adults. A total of 31 free cholesterol screenings were conducted at the event. Community Health of Fairchester also participated in the Westchester County Salute to Seniors Program in White Plains, which drew more than 500 area residents.

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 2013, Greenwich Hospital physicians, nurses, dietitians, physical therapists, social workers and pharmacists conducted free lectures at libraries, senior centers, schools, corporations and community service organizations such as Rotary Clubs, 40/40 Club, YWCA and YMCA in the Connecticut and Westchester communities. Topics included diabetes, stroke, heart attack prevention, cancer awareness (breast, skin and colon), cholesterol reduction, healthy lifestyles and habits, hygiene, heart health, immunization, nutrition, osteoporosis, knowing your numbers, Parkinson’s disease, prostate health, robotic surgery, smoking prevention/cessation and weight management.

Greenwich Hospital Mission Statement

Greenwich Hospital is a community hospital dedicated to providing quality, value-driven healthcare to all we serve. Individuals within the communities we serve are assured access to quality healthcare regardless of their ability to pay.

Greenwich Health Care Services, Inc. is committed to service excellence and continuous performance improvement. As a healthcare service provider, we remain attentive to the health and well-being of those we serve through education, outreach and other innovative services. Greenwich Health Care Services, Inc., a member of Yale New Haven Health System, is the parent entity overseeing Greenwich Hospital, Greenwich Health Services, Inc. and the Perryridge Corporation.

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 2013, Greenwich Hospital conducted a Community Health Needs Assessment to determine the health needs of residents in Fairfield, Conn. and Westchester, N.Y. counties. The assessment included a secondary data profile, 144 key informant interviews and focus groups. The hospital collaborated with numerous community partners to develop implementation strategies to address top priorities, including access to care, cancer, mental health and promoting healthy lifestyles. The Community Health Needs Assessment report is available on the Greenwich Hospital website greenwichhospital.org.

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