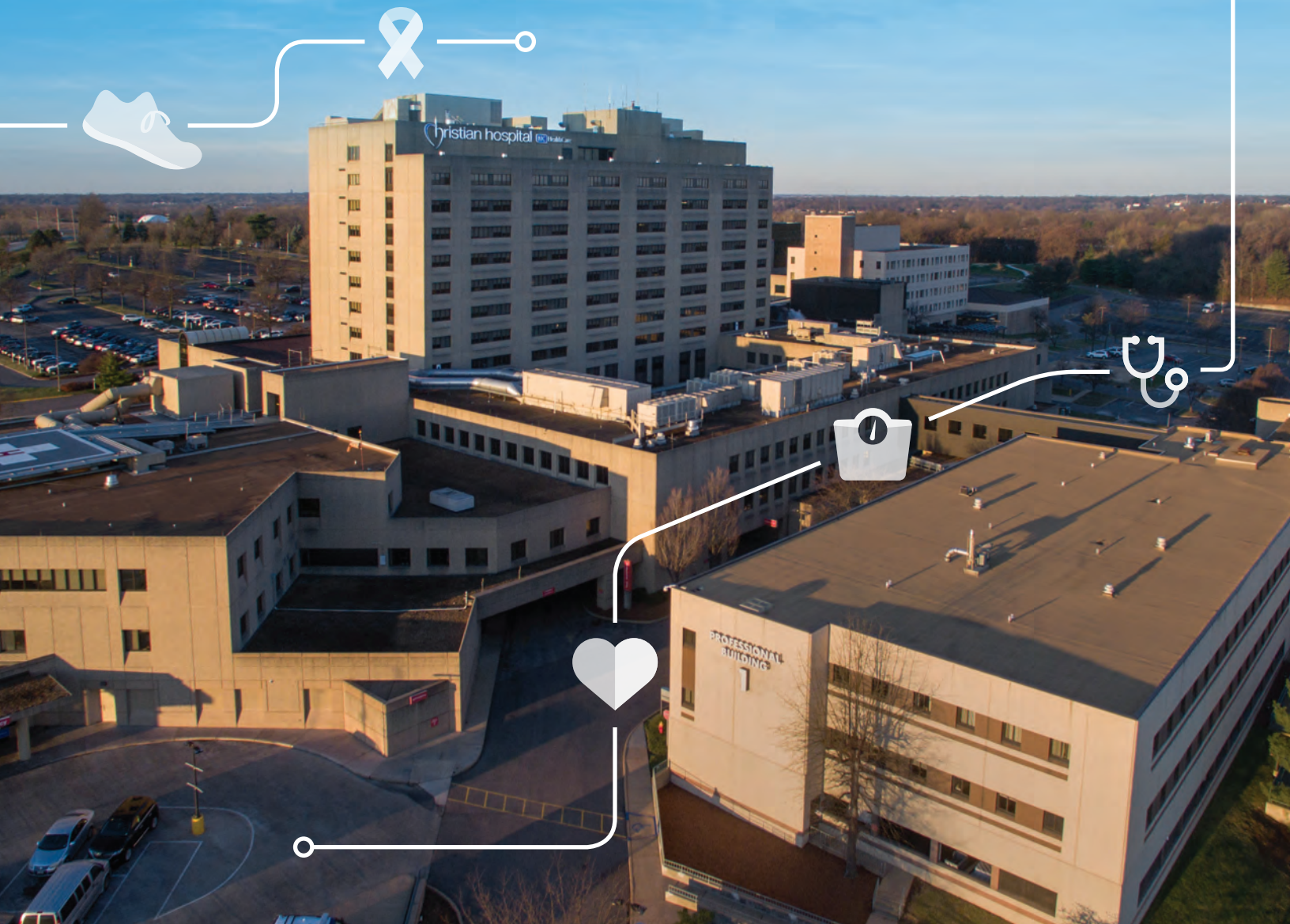


# Your Community. Your Hospital.

CHRISTIAN HOSPITAL FOUNDATION | 2016 ANNUAL REPORT



# 2016 Community Benefit



## Heart Fair

SATURDAY, FEBRUARY 27

- 400 Participants
- 247 Blood Pressure Screenings
- 247 Cholesterol/Glucose Screenings
- 45 Surgical Area Tours Given



## Screenings

- 107 Follow-up Appointments
- 181 Blood Pressure and Cholesterol Screenings



## Cancer Prevention and Awareness Fair

SATURDAY, OCTOBER 3

- 194 Participants
- 55 Prostate Screenings

Lectures on oral cancer, colon cancer, lung cancer, radiation exposure and risk of developing cancer, breast cancer, colonoscopy & detection of cancer, robotic surgery for kidney cancer, and erectile dysfunction.

### ▼ ABOUT JUST LOSE IT!

Participants have lost more than **25,000 pounds** since CH introduced the 12-week program in 2010 as a way to empower community members in managing their own health.

Participants are offered weekly group exercise classes and health- and nutrition-related presentations from clinical experts.

### COMMUNITY PARTNERS

Ferguson Bicycle Shop, City of Bellefontaine Neighbors, City of Florissant, Ferguson Community Center, Lincoln University, YMCA, CH Occupational Health and CH Outpatient Rehab Services at Graham Medical Center



## Just Lose It!

WEIGHT LOSS PROGRAM\*

JANUARY-APRIL

- 350 Participants
- 1,746 lbs. lost

AUGUST-NOVEMBER

- 366 Participants
- 1,788 lbs. lost



## Mammo-thon

SUNDAY, OCTOBER 16

- 50 Mammograms



## Orthopedic Fair

SATURDAY, SEPTEMBER 17

- 123 Participants
- 50 Grip Strength Screenings
- 65 Posture Screenings
- 62 Balance Screenings
- 65 Hearing Screenings
- 74 Blood Pressure Screenings
- 54 Body Mechanics Screening
- 35 Ergonomic Desk Display

Lectures on knee & hip pain, shoulder pain, chronic pain.



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PRESIDENT



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# Thank You

With the gracious, vital support of our donors, the Christian Hospital Foundation’s mission is to partner with our hospital to provide service, compassionate care and clinical excellence to our community.

The Christian Hospital Foundation creates opportunities for individuals and organizations to provide vital support that directly improves the health and wellness of our community. We support Christian Hospital with efforts such as patient care, advancing medicine and technology, community benefit programs, community health access and staff education.

The Hybrid Room, our recent addition to the cardiac catheterization lab, continues to utilize advanced medicine and technology to revolutionize treatment of multiple cardiac and vascular conditions using minimally invasive surgical procedures including Transcatheter Aortic Valve Replacement (TAVR). The Hybrid Room preserves our leadership role as a “heart hospital” in Saint Louis.

The Legacy Prints Artwork Program continues to enhance the walls of renovated areas of Christian Hospital with scenic images to provide therapeutic support for patients and guests. These areas include the ground, main, 4th and 5th floors, and the Courtyard Café.

Through community benefit programs, the foundation provides free education and screening events. More than 11,000 community members improved their health by participating in weight loss programs, a heart fair, an orthopedic services fair, a cancer awareness program and receiving screening mammograms.

The foundation also secured funds on behalf of the Community Health Access Program (CHAP) to successfully help approximately 4,000 non-emergent patients access affordable sources of care using an innovative approach to address needs of the whole person and strengthen their connection to community support systems.

We hope you enjoy reviewing our 2016 annual report with highlights of our efforts to provide vital support to Christian Hospital and recognition of our generous donors.

**Thank you for your continued support of our hospital, foundation and community!**

Rick Stevens

Dave Otto

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Your support means our community events and screenings are always free to attend.\*

\*A nominal fee is charged for the Just Lose It Weight Loss Program.

# Recognizing clinical excellence and compassionate care.

The Heart of a Hero program offers an opportunity for patients and their families to make a donation to honor physicians and staff throughout the hospital. Your gift will make an immediate difference in patient care, advancing medicine and technology, community benefit programs and staff education.

Share your story about your healthcare hero at Christian Hospital by calling 314.653.4191 or visiting [christianhospital.org/HeartofaHero](http://christianhospital.org/HeartofaHero).

## Hero in the Spotlight

**Matthew Fraley, MD**  
HEART OF A HERO RECIPIENT



BJC Medical Group physician Matthew Fraley, MD, of The Heart Care Group at Christian Hospital, was awarded the Heart of a Hero award in January 2016. A representative from the Christian Hospital Foundation presented him with the award, which originated with a pleased patient.

Dr. Fraley specializes in cardiovascular disease and provides exceptional care to all of his patients. One such patient decided to reward Dr. Fraley with more than a verbal “thank you” for the care he received and recognized Dr. Fraley through the Heart of a Hero program.

The patient mentioned the support and the personal care he received from Dr. Fraley in his award.

**“I’m alive! Everyone showed concern for my wellbeing... Dr. Fraley admits to being the world’s second best doctor, but I put him at #1!”**



The 2016 Heart of a Hero Recipients ►

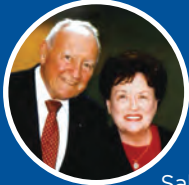




# Legacy Leaders

CHRISTIAN HOSPITAL FOUNDATION

2016 RECOGNITION DINNER



## PAUL F. DETRICK LEGACY LEADERSHIP AWARD

**Sally S. Howell and Dr. Ray E. Howell**

Sally and Ray Howell have been deeply committed to each other, Christian Hospital and north St. Louis County for over 60 years, leading and participating in many charitable organizations. Sally was a deacon and choir member and Dr. Howell was an elder in Presbyterian churches in Dellwood and Ferguson. Sally, beloved wife and devoted mother of Steven (deceased), David and Mark, went to her eternal reward on January 16, 2014.



## COMMUNITY VISION AWARD

**Mark J. Behlmann**

Mark's personal and business motto, borrowed from former President Theodore Roosevelt, is "Nobody cares how much you know, until they know how much you care." Although Behlmann considers himself retired, he remains very active in serving his North County community. He is the current Chair for Boy Scouts of America North Star District and is on the board of directors for TEAM.



## PHYSICIAN OF THE YEAR AWARD

**Timothy P. Rearden, MD**

Dr. Rearden graduated from University of Missouri-Columbia School of Medicine in 1985 and served 10 years active duty in the United States Army, and considers his military career one of his greatest accomplishments. He is Medical Director of Christian Hospital Cancer Care Center and the hospital's Principal Investigator for the Southwest Oncology Group. Dr. Rearden has been one of the "Best Doctors in St. Louis" and "Best Doctors in America" since 2002. He also serves on the Christian Hospital Board of Directors. He is committed to bringing innovative cancer treatment to residents of North County. "Everybody deserves to have the best therapy available delivered in their own back yard."

The 2016 Legacy Leaders Dinner recognized those who are committed to north St. Louis County and to Christian Hospital. With your support, the foundation successfully raised over **\$46,500.**



Attorney Dan Boyle, Sandy Stahlschmidt, Diana Weidinger, Grace Zykan, Don Zykan, Karen Uhlenbrock, Marilyn Fodde, Rick Uhlenbrock



James C. and Ina Rearden, Sung and Chong Kim, Dr. Chi Kim, Dr. Timothy Rearden, Kaitlin Danner, John Gower, James H. Rearden



Dave and Mary Otto

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 Life Care Center of Florissant  
 The Bridge at Florissant  
 Rotary Club of Florissant





CHRISTIAN HOSPITAL FOUNDATION  
**GOLF OUTING**



Kimberlie Lloyd, Kathy Brown, Allen Schneider, Tina Minor



Livy O'Neill, Sandra Roy, Jeffrey Dossett



Kevin Collins, Victor McNeal, Charles Williams III, Eric McNeal



Martha Vonderheid, Kitty Famous



Dr. Timothy Rearden, Dr. Timothy Eberlein,  
 Don Zykan, Ron McMullen

# THANK YOU

to all who supported the 2016 Golf Outing  
 on May 16 at Norwood Hills Country Club.

With your generous support,  
 the foundation raised over

## \$99,530

If you are interested in joining us on the golf  
 outing committee or volunteering during  
 the event, please contact the foundation  
 at **314.653.5035** or **chfoundation@bjc.org**.

### TOP SPONSORS

- Express Scripts
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Care Group
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Andy Pitts, RN, BSN,  
Susan Burch RN, BSN, CCM,  
Stefano Schena, MD,  
and Lily Hughes

# A healed heart

## The first transcatheter aortic valve replacement (TAVR) performed in the Christian Hospital hybrid room

In January of 2016, Lily Hughes, 73, knew something was wrong. She was experiencing fatigue and had severe difficulty breathing.

“I was always tired, even though I slept all the time. I would wake up, do a few things and I would be tired right away again,” says Hughes.

After a consultation with her primary care physician, it became clear it was a problem with Hughes’ heart. She was referred to Christian Hospital for further treatment.

After an extensive evaluation, the cardiology team at CH determined Hughes had severe aortic valve stenosis, and needed her aortic valve replaced. When the aortic valve is damaged, it doesn’t allow the heart to adequately force blood to flow to vital organs. The traditional treatment replaces the diseased valve by means of open-heart surgery. However, with Hughes’ extensive medical history, including a major stroke, it was too risky to perform. Her only option was an advanced procedure called transcatheter aortic valve replacement, or TAVR. TAVR is currently only offered to high-risk patients, and Hughes fit the criteria.

TAVR is performed in a hybrid room, which combines the equipment of an operating room, procedures of a cardiac catheterization lab and advanced medical imaging technology in one space. These specialized rooms are only available in about 2 percent of hospitals across the country. CH opened its hybrid room in 2015, the only of its kind in north St. Louis County.

“The hybrid room allows us to provide care for our patients in a way we previously could not. Before, Christian Hospital could only offer traditional surgical

treatment options for valve replacements. Having this technology has opened up a highway of possibilities and revolutionizes the way we treat multiple cardiac and vascular conditions,” says Stefano Schena, MD, a Washington University cardiothoracic surgeon who practices exclusively at Christian Hospital.

**“It was scary to be the first,” she says. “But I had comfort knowing I was in good hands.”**

Hughes’ need for TAVR arose around the same time the hybrid room became equipped to perform the procedure. She was the first patient to receive the procedure at the hospital. “It was scary to be the first,” she says. “But I had comfort knowing I was in good hands.” And she was. CH has a dedicated heart and valve team, who have obtained additional credentials and specialized training in TAVR.

Hughes woke up shortly after her procedure, able to breathe strongly and clearly — something she hadn’t experienced in a long time. She recovered





in the hospital for only three days before returning to her home in Alton, Illinois.

Five months after the procedure, Hughes feels like herself again. “Now I’m awake and energetic, and I can do things I like to do again,” she says. She enjoys spending more time with her five children and watching her grandchildren play.

Since Hughes’ case, multiple successful TAVRs have been performed in the hybrid room. “It’s an ongoing effort at Christian Hospital to provide world-class care to more patients with a greater diversity of needs. Since the opening of the hybrid room, we are constantly working to bring more extensive, innovative treatment options to our patients,” says Dr. Schena. “The TAVR procedure is only the first step.”

► **WHAT IS TAVR?**

Transcatheter aortic valve replacement, or TAVR, is a minimally invasive procedure to replace the aortic valve of the heart. It is performed by threading the new valve via a catheter through the groin. A balloon expands the replacement valve within the damaged valve, allowing it to begin immediate, healthy function.

## The Hybrid Room

The hybrid room is a \$5.5 million modern facility that allows Christian Hospital to perform advanced cardiac therapies. Funding for the hybrid room was primarily raised by the Christian Hospital Foundation, which received donations from Christian Hospital physicians, staff and the community.



**60** HIGHLY SPECIALIZED  
ENDOVASCULAR PROCEDURES  
PERFORMED SINCE INCEPTION

Christian Hospital is constantly working to bring more extensive, innovative treatment options to north St. Louis County.

**2%**

of hospitals nationwide have a hybrid room, and it is the only one of its kind in north St. Louis County.

**\$1.8**  
MILLION

raised by the  
Foundation for  
this project.



**5-Star** AWARD

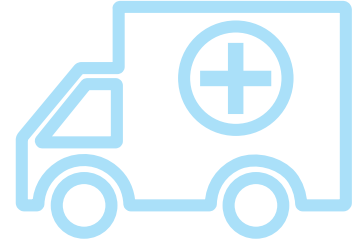
for Cardiac Cath Lab, 2016  
Patient Perception Excellence  
in Healthcare Awards.



**100%** OF CARDIOLOGY  
STAFF TRAINED TO USE THE  
HYBRID ROOM

Christian Hospital’s heart and vascular experts are an integrated team of specialists with advanced training in a variety of heart treatments, with services that range from traditional surgery to minimally invasive procedures.

# COMMUNITY HEALTH ACCESS PROGRAM



CHAP receives three grants from community partners to help expand the program, ensuring more patients receive access to care in the most appropriate setting.

**\$95,000** from Christian Hospital Foundation

CHAP has received this grant to help fund equipment and supply purchases for patient home visits and community events.

**\$100,000** from Mallinckrodt Pharmaceuticals

North County Incorporated has received this grant to help fund the CHAP for Christian Hospital and SSM Health DePaul Hospital.

**\$175,000** from Express Scripts

CHAP and Memory Care Home Solutions have received this grant to fund a pilot program that will enhance the health of seniors with dementia and their family caregivers.

With CHAP, advanced practice paramedics identify people who are overutilizing emergency medical services for non-emergencies (more than three-to-five times a month). Then, when a known high utilizer calls 911 or comes to the ED, CHAP resource coordinators can assess and connect the individual with the help they need.

“Our shared goal is to put medicine within reach of people who need it, and to do so, we must address the underlying social, economic and health-related conditions that hold us back,” says Susan Stith, Vice President, Diversity & Inclusion, and Corporate Giving, Express Scripts. “We proudly support the innovative work of Christian Hospital and Memory Care Solutions, and look forward to improving access to care for people in the North County area.”

**Since its inception, CHAP at Christian Hospital has positively impacted more than 10,000 people.**

“North County Inc. is pleased to serve as a conduit for collaboration with one of North County’s major corporations, Mallinckrodt and top health care providers, Christian Hospital and SSM Health DePaul Hospital,” said Rebecca Zoll, president and CEO of North County Inc. “This initiative is important

because it connects our community’s highest at-risk residents with access to preventive and wrap-around services that will improve their health and overall quality of life.”

The grant will help Christian Hospital expand CHAP to ensure more patients receive access to care in the most appropriate setting. “We are thankful that Mallinckrodt recognizes our approach to provide measurable and positive outcomes in low-income populations and is willing to help us refine the program and broaden its access so that more patients can benefit,” said Ron McMullen, then president of Christian Hospital.

For SSM Health DePaul Hospital, this grant will enable the hospital to work with community ambulance services to develop a model to test the effectiveness of CHAP in its service area.

**Unlike any other organization, Christian Hospital is coordinating efforts of both EMS and the Emergency Department to re-navigate non-emergent patients to receive care in a more appropriate setting.**



From left: Ruby Mehrer, MESMA president; Christian Hospital CHAP advanced practice paramedics Michelle Moffett, Katie Eisenbeis and Jenny Rieker; Amanda Phelps, CHAP resource coordinator; Rebecca Poindexter, CHAP manager; Brian Froelke, MD, CHAP medical co-director; and Les Jobe, Missouri Bureau of EMS chief.

## 2016 COMMUNITY SERVICE AWARD

CHAP received the 2016 Community Service Award from the Missouri Emergency Medical Services Association (MEMSA) to recognize the hospital's CHAP team for making north St. Louis County a better place to live through their hard work and dedication to the overall improvement of the community's health. The award was presented July 27 at the MESMA annual meeting in Branson, Missouri.

"We take a holistic approach with our patients to ensure not only their medical needs are met, but also their daily living needs such as food, shelter, transportation and more," says Shannon Watson, APP, CHAP community health supervisor. "Our focus is helping people navigate through the health care system, improve population health and the overall experience of receiving care. Among the 150 patients identified as high utilizers and enrolled in CHAP, we had a 63 percent reduction in emergency utilization and a 54 percent decrease in admissions. We're honored and humbled to be recognized statewide by MEMSA as a program that is really making a difference to fill those gaps in health care and create a healthier community."

## BRINGING MEDICAL CARE TO YOUR DOOR



Bobbie Austin of Florissant, Missouri is 70 years old and has Type 2 Diabetes and breathing problems, preventing her from leaving her home for medical care. However, Austin recently started taking part in Christian Hospital's telemedicine program, CHAP. Using a tablet, she can communicate with a doctor at the hospital, and guide a paramedic through a thorough examination. Instead of going to the doctor several times a month, the care comes to Austin.

**"When I looked at them, I just said, 'Oh my God, help is here.' It's great," said Austin, "and I thank God for them."**

"What we do here, trying to keep patients out of the hospital, is really increase their quality of life. If patients are constantly in and out of the hospital, they just get sicker and sicker, and that's no way to live," said Shannon Watson, Community Health Supervisor for Christian Hospital EMS.





# Legacy PRINTS



**NED & JUDY KOPROWSKI**  
Donated in honor of Anne Wilson

The Legacy Print across the hall from the entrance to the Christian Hospital Northeast Gift Shop is in loving memory of Anne Wilson who was a volunteer in the gift shop for many years. Anne was Judy's mother.

"When we learned of the Legacy Prints program, we met with Mindy Copp of the Christian Hospital Foundation to request the cardinal print to honor Anne and to have it placed near the gift shop where Anne spent many happy hours working with hospital staff, patients and visitors." Anne loved the cardinal and was a lifelong fan of the St. Louis Cardinals.

"We were honored to have been given the opportunity to support the work of the foundation while also being able to memorialize Anne with such a fitting tribute."



**SHEREE LEE SHIELDS**  
Donated in honor of  
George and Elizabeth Martin

"This was a perfect opportunity to honor my parents, George and Elizabeth Martin. Also a chance to support Christian Hospital which has given me the opportunity to grow in my career and to establish lasting relationships with co-workers and extraordinary volunteers."

The Foundation launched this program in 2015 to enhance the walls of Christian Hospital with scenic images that provide therapeutic support and a welcome distraction to our guests during stressful times.

This is a great way to honor or memorialize a loved one, with pieces starting at only \$500. You may also make a contribution toward this project.



**TO SUPPORT THE LEGACY PRINT ARTWORK PROGRAM, CONTACT MINDY COPP:**  
Mindy.Copp@bjc.org  
314.653.4410

# 2016 Foundation Donors

## \$10,000+

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