



Atlantic Health System



2015 REPORT TO THE COMMUNITY





A Letter from the President and CEO

I would like to introduce you to Marie.

We met Marie at the supermarket when the 55-year-old sat down at our health screening area and told us that she had a headache and chest tightness. A quick check showed that Marie had very high blood pressure and needed further examination. While this sounds like a simple process, Marie spoke Haitian Creole but very little English. Our community health nurses and educators got to work, ensuring an effective translation process that would continue as Marie received follow-up care to change and save her life.

Marie, and the countless other community members whose lives intersect with ours, serve as our inspiration.

From supermarkets to elementary schools to newly-planted gardens, nothing would be possible without our strong partnerships with organizations and individuals in the community. Improving community health is a shared goal, and we are thrilled to work closely with hundreds of organizations across the region to do just that.

Together, we are making a difference in our communities. In 2015 alone, we contributed more than \$158 million to improving the health of people across our region. This includes:

- › \$114,968,690 in free, discounted and subsidized health care services to people who need support in our community
- › \$38,116,250 in education and research, including medical residents and fellows and groundbreaking clinical trials
- › \$4,217,256 on a broad array of community prevention and health promotion programs, reaching 4,896,623 individuals
- › \$1,397,045 in financial contributions to other not-for-profit organizations

Behind each of these numbers, there are stories. Please take a moment to read about a few of the many heroes in our communities who are deeply committed to improving health and saving lives.

Sincerely,



Brian A. Gagnolati
President and Chief Executive Officer
Atlantic Health System



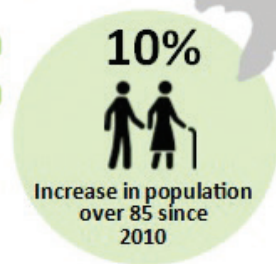
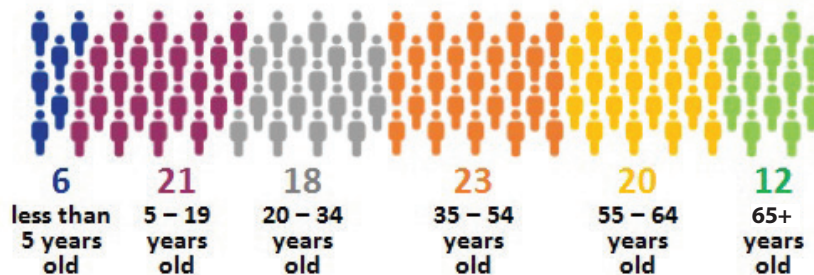
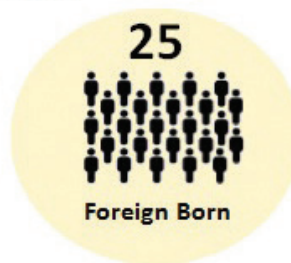
OUR COMMUNITY

Atlantic Health System, headquartered in Morristown, New Jersey, reaches more than two million people across northern NJ. The geographies and residents we serve represent the diversity that is characteristic of the Garden State. The “Atlantic Health Community” spans the gamut from farmers supplying the roadside fruit and vegetable stands of rural Sussex County to those living in the busy towns and cities of Union County; from quiet Pennsylvania counties nestled on the banks of the Delaware River, to suburbs with a view of the New York City skyline. We embrace the fact that there is no “typical” town in our community.

Our community is ethnically and linguistically diverse as well. People of color represent nearly one-third of the population, and approximately three out of ten residents identify as Hispanic or Latino. More than one-third of our community speaks a language other than English at home, and while Spanish is the most commonly spoken of these, dozens more can be heard – from Gujarati and Tagalog, to Korean and Russian.

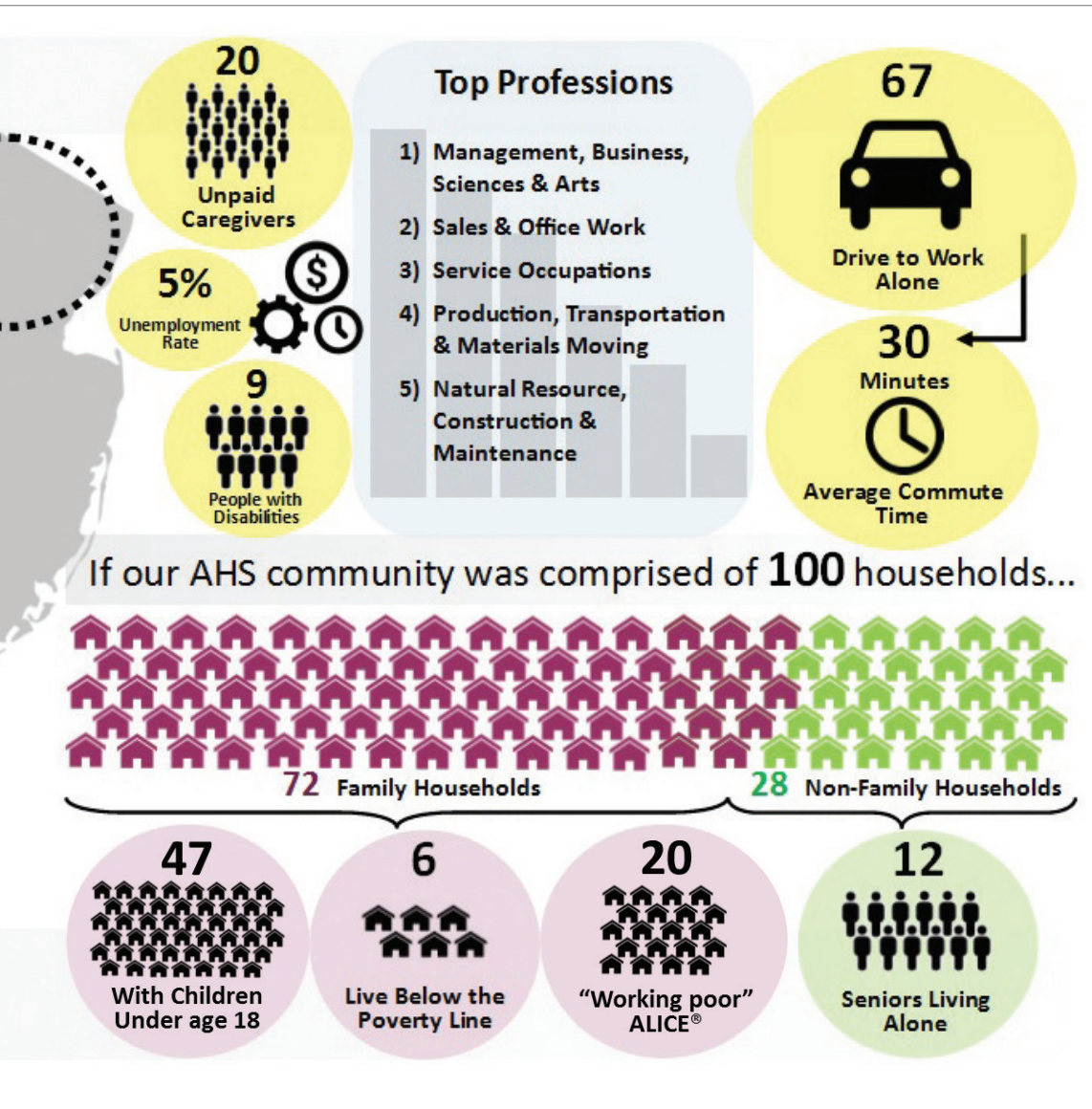
Age is another useful way to look at different residents in our community, and their respective needs. Overall, our community

If our AHS community* was comprised of **100** people...



* Calculations based on the populations of the primary counties we serve: Morris, Passaic, Sussex and Union





is getting older. Over the past few years the birth rate has declined, while we've seen an increase in residents 85 years and older. Approximately half of the families in our community have children under 18 years old.

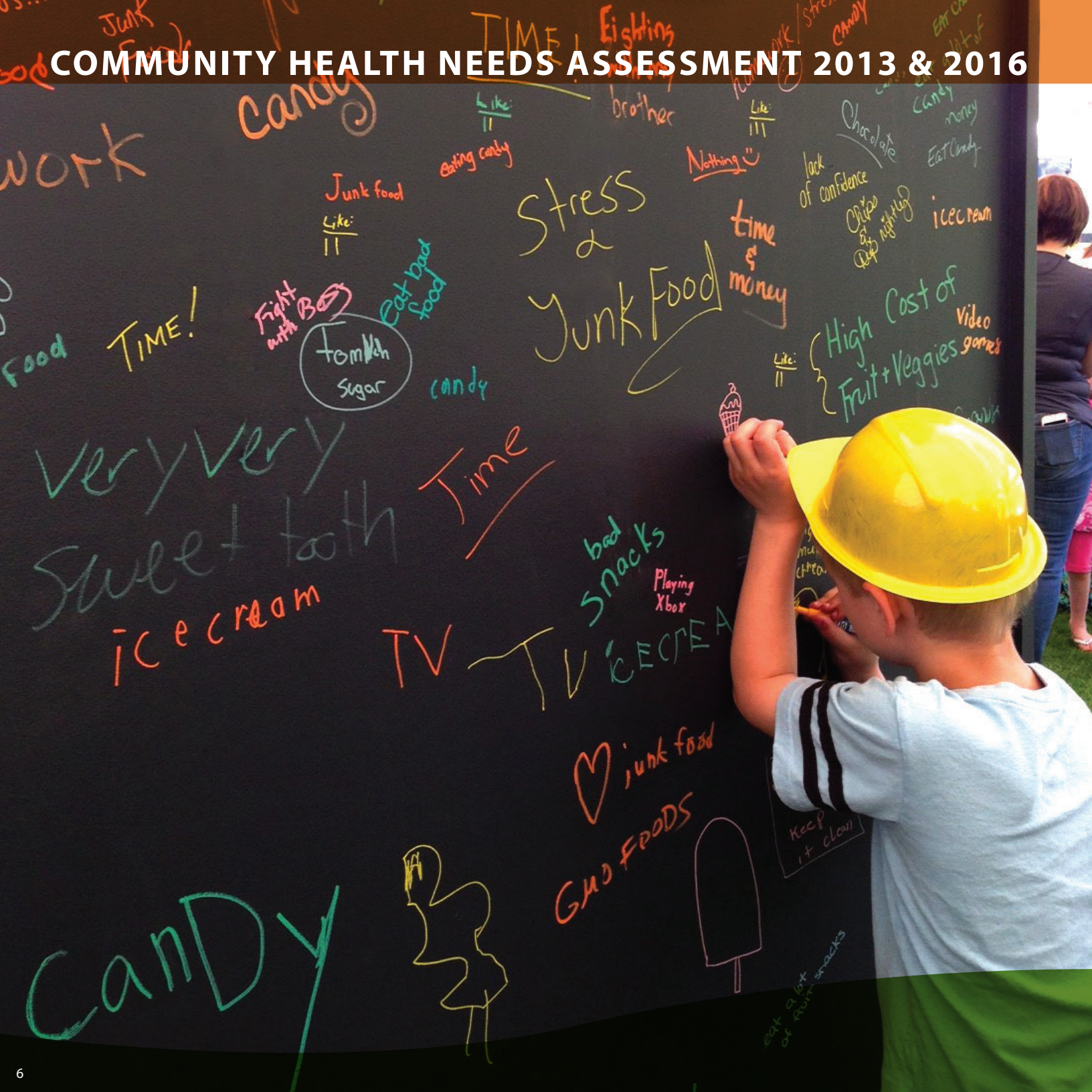
We are lucky to have such a diverse group of people calling our community their home. This infographic points out some interesting highlights about our community – from the average travel time to work (30 minutes!) to the number of families struggling to make ends meet. This is who we are, this is whom we serve.

Data for this infographic was pulled from the 2010 US Census, the American Community Survey, the N.J. Department of Labor, U.S. Bureau of Labor Statistics, and the N.J. Department of Health – as well as the United Way ALICE® (Asset Limited, Income Constrained, Employed) Project and Atlantic Health System's 2013 Community Health Needs Assessment.

Now that we've described "our community" – the question is how can we, as a health care system, help improve health outcomes for our diverse community members, across their lifespan? How can we support healthy community environments – so that becoming and remaining healthy is easier? We begin to answer these questions through our Community Health Needs Assessment.



COMMUNITY HEALTH NEEDS ASSESSMENT 2013 & 2016



work

Food TIME!

Very very Sweet tooth
ice cream

CANDY

Candy

Junk food
Like: //
Fight with BS
Eat bad food
Tomlin Sugar
candy

TIME!

Stress &
Junk Food

Time
TV
bad snacks
Playing Xbox

junk food
GMO FOODS

Eating candy
brother
Nothing :(

time & money

Lack of confidence
Chocolate
Candy money
Eat Candy
ice cream
High Cost of Fruit + Veggies
Video games



Keep it clean

eat a lot of junk snacks

2013 Community Health Needs Assessment: Understanding and Responding to Health Needs in Our Community

In 2013, Atlantic Health System partnered with other area hospitals to assess the health care needs of their respective communities. We surveyed, interviewed and met with community representatives regarding pressing health matters, including chronic illnesses and issues affecting underserved populations. This was the first time we, as a health care system, took a look at the health needs of our community in the systematic way outlined by the Patient Protection and Affordable Care Act of 2010.

Through this process, we identified behavioral health, healthy behaviors (healthy eating/active living) and access to medical care as areas of high priority. In response to these needs, several community initiatives were implemented by our hospitals over the subsequent years.

Highlights from those initiatives include: establishing a community garden, increasing access to medical specialists for underserved populations, implementing Mental Health First Aid and hosting a wide variety of exercise and health education classes for area seniors. Additionally, Community Health Committees from across Atlantic Health System invested in improvements related to healthy eating and active living through direct grants to community agencies. This funding was given out as part of a larger, state-wide grant program in which Atlantic Health System was the only health care system to act as a funder.

Data and health improvement initiatives that emerged from the 2013 Community Health Needs Assessment were used to set goals for the 2016 Assessment.

2016 Community Health Needs Assessment: Improving Our Approach

Building off the successes of the 2013 Community Health Needs Assessment, we learned that we were most successful in improving the health status of our community when we worked in partnership with others to create real and impactful changes.

In order to broaden this partnership approach and to help identify shared community priorities, Atlantic Health System became a founding partner of the North Jersey Health Collaborative in 2013.

The North Jersey Health Collaborative is a 501(c)3 organization, now with more than 120 partner organizations aligned around shared goals for collective impact. Recently, the

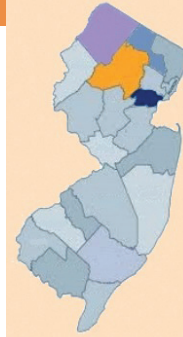
Collaborative conducted a yearlong process of community-based assessment entitled "Painting a Picture of Community Health". Throughout this process, 107 community leaders participated from 56 organizations representing 12 community sectors across four counties (Morris, Passaic, Sussex and Union) that Atlantic Health System serves.

The shared ownership in this process allowed us to listen to the health needs of the community like never before – we surveyed key stakeholders, analyzed public health indicators, brought together locally-collected data sources from participating organizations (e.g., daily usage from the local community food bank, or Emergency Department data from our own hospitals), and hosted a community-wide art contest entitled, "Show Us Health."

Through this thorough assessment, several priority issues were identified at the county level, ranging from obesity, to drug use, to diabetes and cardiovascular disease, to mental health, and access to health care. (See chart above, Priority Needs by County)

As of the writing of this report, North Jersey Health Collaborative-sponsored workgroups are crafting implementation strategies and action plans to determine how we can best share our resources to improve the health of our community. Given the power of this collective impact approach, Atlantic Health System has committed to contributing resources to these workgroups and to this innovative, collaborative process.

Priority Needs by County



Morris County

Obesity, Access to Behavioral Health Treatment, Heroin Use, Diabetes & Cardiovascular Disease

Passaic County

Access to Healthcare, Caregiver Health, Heroin Use, Diabetes & Cardiovascular Disease

Sussex County

Substance Use Disorders, Access to Care, Obesity, Mental Health, Transportation

Union County

Diabetes, Mental Health Services, Obesity, Health Literacy, Heart Disease



COMMUNITY ENGAGEMENT & HEALTH IMPROVEMENT



People & Places: Community Engagement & Health Improvement Activities

At Atlantic Health System, we are committed to listening to our community, to building strong partnerships and to investing in strategies designed to improve health. To do so, we focus on providing resources and support to diverse individuals across our region, and increasingly we focus on creating healthier places for those people — from organizations to neighborhoods. “Real improvement in community health requires a multi-faceted, collaborative approach that leverages resources and best practices across the region,” said Chris Kirk, PhD, director, Community Engagement & Health Improvement for Atlantic Health System.

Our signature Community Health programs are working with individuals across the lifespan, from preschoolers to the thousands of older adults who participate in our New Vitality program. This program offers a variety of classes, health coaching and community resources to help people improve and maintain their health as they age. In 2015, more than 2,000 members participated in over 700 of these classes, and this makes a big impact on the lives of our participants. One participant shared, “It has been extremely beneficial because my legs and arthritic knees are strong, and I can walk longer distances now.”

On the other end of the age spectrum, our Atlantic Healthy Schools initiative is working with more than 200 schools to make the next generation the healthiest. This requires partnership and a focus on working with the schools, not just to educate the students, but to make improvements in the environment that help kids make healthier choices. With this program, we’ve enhanced physical education classes, taught students healthy behaviors and worked toward helping schools create policies that promote health. With an Atlantic Healthy

Schools mini-grant, the Wantage School created a six-week “Race to Good Nutrition” program. This program, based on a race car theme, taught children the basics of “fueling” their bodies with foods that will nourish their performance, growth and development. “The grant provided funds so the school cafeteria could be decorated with checkered flags, balloons and signs and a racetrack where the children could watch which classroom race car was ahead,” said Deborah Fisher, school nurse.

Not only is Atlantic Health System working to help individuals and settings like schools, but we’re working in neighborhoods as well to improve the conditions in which people live. With a focus on communities experiencing health disparities, Atlantic Health System became a funder in the New Jersey Healthy Communities Network, a state-wide funding collaborative, funding eight agencies in 2015. With these funds, trails were created and improved, gardens were planted and food environment assessments were conducted. “The Healthy Communities grant from Atlantic Health System enabled Lincoln Park to launch our ‘Eat Well. Live Well. Lincoln Park’ program. We are building walking trails and creating healthy menus. Community partners, such as ShopRite and Wolfson’s Market, are under the same banner, promoting healthy choices ... one apple at a time,” said Kathy Skrobala, health officer and public health nurse at the Lincoln Park Health Department.

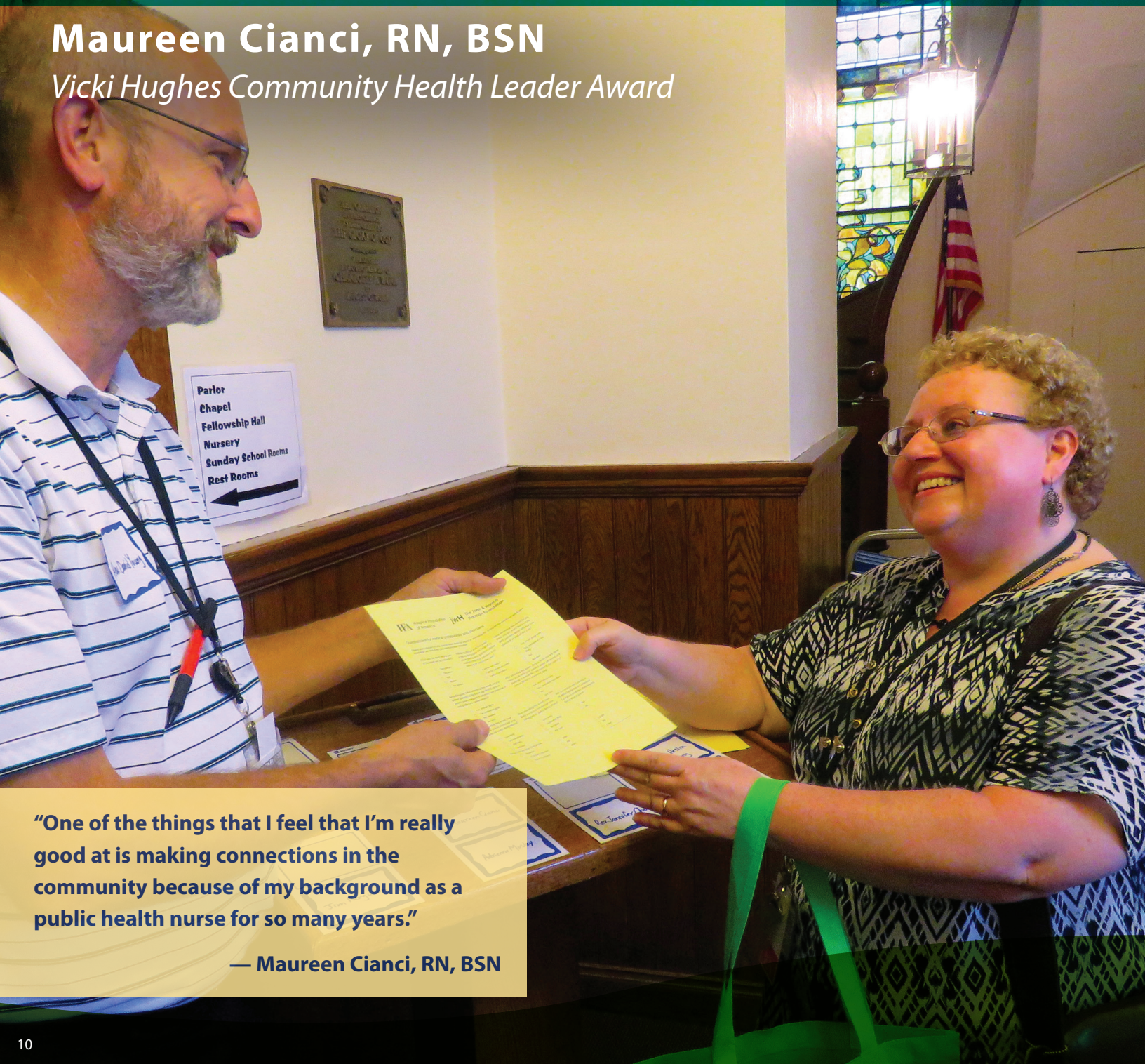
Community health improvement is a big task, but Atlantic Health System remains committed to investing in these efforts and working ever more closely with partners and patients to make our communities healthier. Whether we’re teaching healthy habits to grandparents or to children, or creating healthier organizations and neighborhoods, each investment is geared to maximize our impact on the people and places we serve, working collectively to build a culture of health across our region.



EMPOWER AWARD WINNER

Maureen Cianci, RN, BSN

Vicki Hughes Community Health Leader Award



“One of the things that I feel that I’m really good at is making connections in the community because of my background as a public health nurse for so many years.”

— Maureen Cianci, RN, BSN

This award recognizes an Atlantic Health System employee who has contributed above and beyond to community health improvement.

Reaching Out for Community Health Partnerships

For the past eight years, Maureen Cianci, RN, BSN, has served as coordinator of Community Health at Newton Medical Center, where she provides leadership and direction of daily community health operations, occupational health and related programming to address community needs. Previously, she spent more than 20 years as a public health nurse in Sussex County.

Working tirelessly to improve the health of the community, whether it be through health education, connecting people to services, organizing or teaching health education programs, Cianci says that she is happiest when she is serving as a resource in the community.

She much admired and was inspired by her older sister — a nurse — when choosing her life's work, saying: "My sister was very influential in my decision. I knew that I was very lucky to get a position in a public health department early on. Getting into public health, making connections in the community and then being able to come into the hospital with the resources that Newton Medical Center and Atlantic Health System can bring, has made both sides of my experience great."

Making Connections and Being a Resource

Cianci is considered an ambassador for Newton Medical Center in the community. She has been instrumental in various county-wide projects, such as transitions of care, chronic disease, caregivers coalitions, and more, that improve the health of the community by bringing various organizations together to support a specific group of people.

She is an active member of many community organizations including the Sussex County Chronic Disease Coalition, Coalition for Healthy & Safe Communities and United Way Caregivers Coalition.

"One of the things that I feel that I'm really good at is making connections in the community because of my background as a public health nurse for so many years," she explains. "I know the individuals, I've done the work at the individual level in the community, and I've worked with these other professionals in the county. Before I started at Newton Medical Center, I already had a good working relationship with other professionals in the county because I *was* one of them. Because I worked in a very small public health nursing department, I recognize how important it is to work with other agencies. So I always reach out to our other community partners here in Sussex when something's going on and try to bring them in to what we're doing, and the same with them. They will include Newton Medical Center — sometimes it's a program that we're running, sometimes it's something they're doing and we're able to be a resource to them."

Remembering a Champion for Community Health

The Vicki Hughes Community Health Leader

Award is named for the late Victoria Hughes, MA, RN. From 1999 until her death in 2014, Vicki worked at Morristown Medical Center, most recently serving as manager of community health. She graduated from Seton Hall University with a bachelor of nursing degree and earned her master's in nursing administration from NYU.

Vicki was known for her ever-present smile and for always putting the needs of the patient and the community first. Trusted, respected, gracious and community-driven are the words most often used by all who knew her. Two nursing awards were also created in her honor, the Vicki Hughes Tribute Award and the Community Nursing Award, which are presented during Nurses Week in May.

Beloved by both patients and staff, Vicki was profoundly supportive of community health initiatives and to Atlantic Health System's vision of "Empowering our communities to be the healthiest in the nation".



ACCESS TO CARE

Making a Difference Every Day

There's a story told about a young man who stood at the shoreline early one morning picking up starfish that had washed ashore and throwing them back into the sea. When someone asked him why he was doing that, he explained: "The sun is up and the tide is going out. If I don't throw them in, they'll die." He was then asked, since there were hundreds

of starfish, how could what he was doing possibly make a difference? The young man replied, as he picked up another starfish and threw it into the sea, "It makes a difference to *this one.*"

When it comes to providing access to care, Atlantic Health System's Community Health team, like that young man, knows that their efforts to educate, screen for prevention of chronic conditions/disease, and guide the public to seek treatment, *can* make a difference for each person they encounter.

"In 2015, Atlantic Health System contributed nearly \$115 million in free and subsidized health care to residents in our communities. We are committed to improving the health of those we serve and are continuing to explore ways to expand access and integrate care for patients and families."

**— Kimberly Simensen, SVP
System Network and Planning, Business Development
Atlantic Health System**



“We always feel that we’ve done a hard day’s work, but more importantly, we’ve done a good day’s work.”

— Joanne Selitto, RN

Making a Difference to *This One*

Joanne Selitto, RN, and Solangel Patarroyo, health educator, are part of the Healthy Communities initiative, conducting free monthly health screenings at multiple sites. Selitto explained what happened during one screening.

“On June 24, we had two nurses conducting a free blood pressure and glucose screening at the ShopRite of Greater Morristown. A 55-year-old-woman, Marie, who appeared to not speak much English, approached them, sat down, and indicated that she had a headache. When they took her blood pressure, it was very high and she began to complain of chest tightness. The nurses determined that the patient needed to be transported to Morristown Medical Center and an ambulance was called.”

Follow-up attempts to contact this patient were conducted several days after the encounter with little success in speaking directly with the patient on the phone. Initially, the Community Health screening nurses thought that the patient spoke French. So, the first time actual contact was made, an attempt was made to speak with her in French.

Patarroyo said: “One of the times we called, we were lucky and a relative answered the phone and explained that Marie only speaks Creole. So we knew then that we had to get assistance to communicate with her because we need to speak directly to the patient. We have a confidential online translation system used in the hospital called CyraCom, which has access to translators for more than 150 languages. We contacted the service to set up the system and, within 24 hours, we were able to solve the language barrier with this patient.”

“It’s set up as a three-way conference call between us, the language translation service and the patient. The translators ask which language you would like, and when we said Haitian Creole, they immediately connected us with someone,” Selitto explained. “We speak with them, and they speak to our patient and translate her answers back to us.”

Patarroyo and Selitto contacted her several times using the translation service to get more information, explain the discharge instructions, connect her for help with medical insurance, explain the importance of taking medication and where to get it and the need for follow-up care. Working with the department of Family Medicine, they scheduled follow-up appointments for her, based on availability of the doctor, the patient and someone to drive her. They also alerted the doctor’s office ahead of time about the need to use the translation service.

According to Selitto: “We always feel that we’ve done a hard day’s work, but more importantly, we’ve done a good day’s work.”

“And, in this case,” Patarroyo said, “with this particular patient, we know that by getting the screening, and by following up to help her get treatment, everyone worked together to literally help save her life.”



EMPOWER AWARD WINNER

Faith Community Health Partnerships

Innovative Community Program Award



**“All that we may experience and claim as
our personal power is derived from the
communities that shape and support us.”**

— Gary Myers, PhD

This award recognizes an Atlantic Health System department that has implemented an innovative program with demonstrable outcomes for improving community health.

Supporting Spiritual, Emotional and Physical Well Being

Faith Community Health Partnerships (FCHP) is an Atlantic Health System program that partners with faith communities in the region to enhance spiritual care and promote the general health of their members. It began as a pilot program at Newton Medical Center in 2014 and has since grown into a system-wide program, active in all of Atlantic Health System's medical centers.

Studies indicate that one's faith and participation in a faith community can contribute to overall health, yet this relationship has rarely been recognized through official programs of modern health care institutions. FCHP is an innovative program through which Atlantic Health System publically embraces the importance of the faith-health connection and dedicates resources to support it by offering training to volunteer visitors, known as FCHP Liaisons, who provide spiritual and emotional support to their hospitalized congregation members, and by notifying them when a member has been admitted or discharged. Since the program is system-wide, Atlantic Health System chaplains can facilitate communication between patients and their faith community so that Liaisons can continue to offer support through admission, discharge and into their recovery at home.

In cooperation with the Community Health departments in each region, FCHP works with congregations of all faiths to develop educational events, screenings and programs to enhance the health of their membership. To date, the FCHP program has recruited 30 faith communities, trained 40 volunteer Liaisons and supported the visitation of 350 patients.

Faith and Health Have Powerful Connections

"Studies show that a person's faith and their relationship with their faith community increases their resiliency for coping

with adverse events, particularly those that pose health challenges," said Gary Myers, PhD, manager of Faith and Health. "However, when a person is hospitalized, it is more difficult to fully experience this important relationship due to their physical separation from their community."

For example, an elderly patient had been out-of-state for three months and, shortly after returning home, she became ill and was hospitalized before she had reconnected with her congregation. Her admission was reported to her congregation through FCHP, and that day, with the patient's permission, a chaplain called one of her congregation's Liaisons who promptly visited her. Not only were the patient and her Liaison members of the same congregation, they were also good friends. The patient was thrilled to unexpectedly be reunited with a good friend when she was in great need of care and support.

Myers says, "One of my graduate school professors inspired me to serve and strengthen communities by helping me to realize all that we may experience and claim as our personal power is derived from the communities that shape and support us. We expect that participation in FCHP will contribute to shorter hospital stays and less frequent readmissions. We also expect to find that volunteer visits to patients will strengthen their connection to spiritual and emotional resources critical for lowering stress associated with illness and recovery, and could lead to healthier behaviors upon discharge."





EMPOWER AWARD WINNER

Cornerstone Family Programs

Community Partner Award

“At Cornerstone Family Programs, we believe that every person deserves a chance to have a happy, healthy and productive life.”

— Patrice Picard

This award recognizes one organization in each service area that has worked closely with Atlantic Health System to create healthier communities.

Building Stronger, Healthier Communities

Cornerstone Family Programs (formerly Family Service of Morris County) and Morristown Neighborhood House, long-time aid agencies based in Morristown, merged in 2013 to help individuals, families and new immigrants confronting economic and other life challenges to build better lives and stronger communities.

According to Patrice Picard, CEO, "At Cornerstone Family Programs, we believe that every person deserves a chance to have a happy, healthy and productive life. We offer all of our programs at either no or very low cost. Each year, the generous support of our donors, including individuals, foundations and corporations allows us to serve 10,000 people in need regardless of their financial circumstances."

The organization serves people — from infants to seniors — in five focus areas:

- › Education, including early childhood development and afterschool care and enrichment;
- › Military families and veterans, including Operation Sisterhood for female veterans;
- › Seniors and caregivers, including in-home services and an adult day center;
- › Financial well-being, including workforce development for adults and teens; and
- › Immigrant families, including English language instruction and help finding employment

Merger Provided Expanded Access

"Merging two of Morris County's longest standing and most highly respected organizations allowed us to increase our capacity to help people in need build happy, healthy and productive lives. Since the merger, Cornerstone has served more than 20,000 people in Morris and Warren counties," Picard says.

"Combining the strength of two human services agencies has helped us turn obstacles into opportunities. Faced with new restrictions that health care reform placed on our programs for frail seniors, we were able to consolidate and fortify our efforts to provide older adults and their care givers in-home services, as well as day center care," she explains.

Collaboration between the two organizations' professional staff also stimulated program growth. Last year, the organization added two

unique programs: Teen Pathways to a Brighter Future, which offers high school students experiences in college preparation, workforce readiness, summer internships and mentoring, and Operation Sisterhood, which is designed for female veterans who face specific challenges as they transition from war to life at home.

A Variety of Services Available

By focusing on prevention and early intervention, the organization impacts the community by:

- › Empowering families with children's programs that focus on improved social and emotional well-being, early childhood education, grief counseling, family support and resources;
- › Keeping older adults independent and in their homes through social day centers, caregiver respite, in-home case-management, financial literacy and programs for the blind and visually impaired;
- › Building and maintaining healthy families by helping them cope with everyday challenges of stress, anxiety, parenting concerns, marital issues and the unique concerns of military families;
- › Providing counseling and advocacy to service members, veterans and their families, helping them to reintegrate and readjust to civilian life; and
- › Preventing substance abuse in families and communities through education.

The Community Health department has a long-standing partnership with Cornerstone Family Programs, from hosting on-site annual flu clinics for parents and staff to bilingual health lectures on topics such as nutrition and stress management. With support from the Foundation for Morristown Medical Center, Atlantic Health System is also able to share "Bright Smiles," an interactive dental health program that teaches children about brushing, flossing, the importance of regular dental check-ups and healthy eating, which was presented to the preschoolers.


"Cornerstone Family Programs has been a true leader in improving the lives of Morris County residents. We look forward to continuing to find ways Atlantic Health System can work with this vital organization to make our shared communities healthier," says Gwendolyn Rippey, PhD, manager, Community Health.



EMPOWER AWARD WINNER

Interfaith Food Pantry

Community Partner Award



"The Interfaith Food Pantry empowers clients to make good food choices, which restores integrity to the process of receiving food. They are our neighbors and we embody the traditional spirit of neighbors helping neighbors."

— Rosemary Gilmartin

Healthy Choices Begin with Nutrition

Established in 1994, the Interfaith Food Pantry (IFP) was formed by local houses of worship to consolidate efforts to address the growing issue of hunger in the Morris area communities. This non-denominational, non-profit 501(c)(3) organization distributes almost 19,000 pounds of food to 325 families each week. In 2015 alone, the Food Pantry served 4,179 different households consisting of 9,620 people, distributed 986,116 pounds of food, and provided 821,672 meals totaling 493 tons of food.

IFP's clients include senior citizens living on fixed incomes, disabled individuals, low-income wage earners, unemployed workers and families in crisis in Morris County. Each family is allowed to visit the Pantry monthly where they shop from the stocked shelves, and are taught how to make healthy choices when selecting what they need to feed their family.

Rosemary Gilmartin, executive director, says: "The Interfaith Food Pantry empowers clients to make good food choices, which restores integrity to the process of receiving food. They are our neighbors and we embody the traditional spirit of neighbors helping neighbors."

For more than a decade, the Community Health department at Morristown Medical Center has partnered with IFP's Healthy Choices program. The program provides nutrition education for prevention and/or management of diet-related illnesses by offering access to a greater variety of nutritious foods not typically available at food pantries, such as fresh produce, dairy, low-salt and low-sugar items. Each month, a different health topic is addressed, and prior to "shopping", clients are invited to cooking demonstrations where samples, recipes and nutrition information is provided. Children are also exposed to different types of produce and taught healthier eating through

the "Sprouts" education program that takes place in the IFP Community Garden.

As part of the Healthy Choices program, staff members from Morristown Medical Center provide free screenings for cholesterol, glucose and blood pressure, and counseling and referrals are offered to those who require them. In addition to on-site screenings, other services and workshops are offered through the Community Health department, including workshops for diabetic and pre-diabetic clients. Each fall, they also provide free flu shots.

The Foundation for Morristown Medical Center, along with other companies, sponsored the Kitchen to Table program, which served 160 households in 2015 through a home delivery program designed to meet the needs of elderly and disabled clients by providing healthy prepared meals that are easy to re-heat in the microwave.

Providing Sustenance, Education and Advocacy

In addition to its mission to improve the health and well-being of Morris County residents in need by providing access to food, nutrition education, and related resources, the Pantry strives to educate the public about hunger and related issues and promotes volunteerism and advocacy. It provides information and community awareness of the legislative impact on hunger and related issues. And, it provides hunger-related educational and hands-on sessions for civic, scout, school and worship-based youth groups.

"As we determine what other needs families may have, we give them referral information to resources that provide assistance, such as eyeglasses, day care scholarships, furniture, clothing, and more," Gilmartin explains.





EMPOWER AWARD WINNER

New Jersey YMCA State Alliance

Community Partner Award

**“While many see the YMCA as a ‘gym and swim,’
our role goes far beyond that ... we are the leading
and largest provider of preschool child care,
afterschool child care and day camp services in NJ.”**

— William Lovett

No Longer Just a 'Gym and Swim'

The New Jersey YMCA State Alliance is comprised of 37 corporate YMCA associations with more than 80 branches from across the Garden State. These YMCAs work together to strengthen the foundations of community to better serve the people of the state by monitoring public policy issues and engaging in advocacy activities; fostering state-wide communication between YMCAs and collaborative partners; and coordinating state-wide initiatives related to youth development, healthy living, and social responsibility. Each year, the New Jersey YMCAs reach approximately 14 percent of the state's youth population.

The Y is one of the nation's leading nonprofits, strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 21 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors.

According to William Lovett, executive director: "The YMCA sees itself as a convener and collaborator. We know we cannot do it all ourselves, and look to meaningful partnerships on a local and state level to get the work done. While many see the YMCA as a 'gym and swim,' our role goes far beyond that. For example, we are the leading and largest provider of preschool child care, afterschool child care, and day camp services in NJ," he explains.

Grants Provide Quantifiable Benefits

For the past two years, the New Jersey YMCA State Alliance has been a key partner for collaborative grant-making and shared learning via the Shaping NJ/NJ Healthy Communities Network (NJHCN) grants. The NJHCN brings together local,



regional, and statewide leaders to support communities in a collective impact model that ensures that grantees, funders, and advocates are aligned to build healthy environments for people to live, work, learn and play.

This year, the Network awarded \$860,000 to 43 organizations, with Atlantic Health System providing 13 grants for a total of \$325,000. These grants have had measurable impacts including nine new community/school gardens, seven park improvements, the implementation of seven new Complete Streets policies, 11 health food policies and seven Safe Routes to School policies, 13 healthy corner store initiatives and the creation of eight new farmers markets — all within the past year.

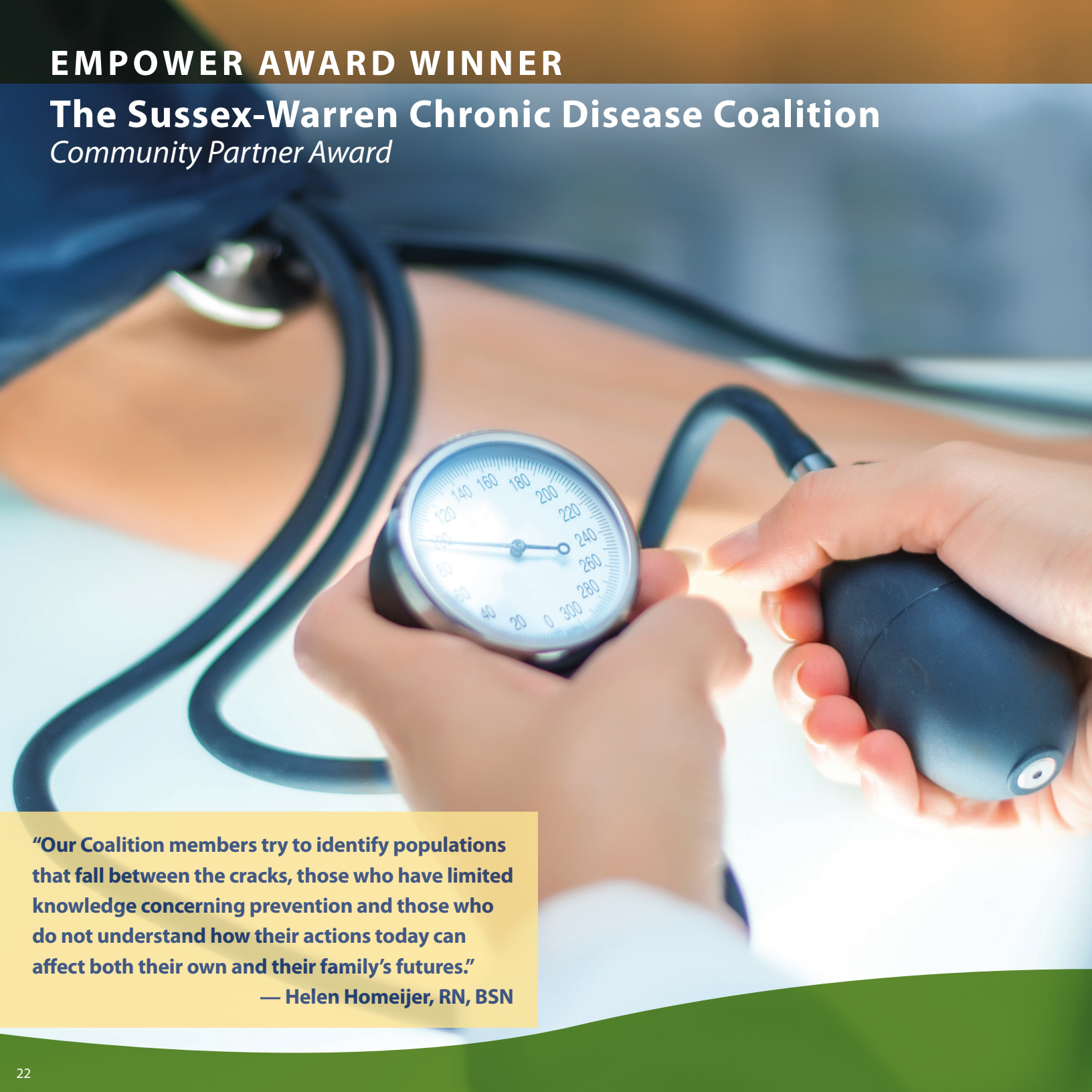
Lovett, who was president and CEO of the YMCA of Metuchen Edison, Woodbridge and South Amboy for 24 years, says that his father always set an example for him growing up in terms of volunteer service, and he first learned the value of community health and service as a YMCA camp counselor from 1972-76 where he saw firsthand the impact that the Y had on the children it served. He says, "The YMCA is open to all, and each local YMCA raises funds to provide support to thousands of NJ families."



EMPOWER AWARD WINNER

The Sussex-Warren Chronic Disease Coalition

Community Partner Award



“Our Coalition members try to identify populations that fall between the cracks, those who have limited knowledge concerning prevention and those who do not understand how their actions today can affect both their own and their family’s futures.”

— Helen Homeijer, RN, BSN

Coalition Promotes Early Cancer Detection

The Sussex Warren Chronic Disease Coalition (SWCDC) is on a mission to address New Jersey's cancer burden and improve health outcomes for people in Sussex and Warren counties with, or at risk for, cancer and other chronic diseases. The SWCDC, which is comprised of many local and national community organizations, is made possible by a grant from the New Jersey Department of Health, Office of Cancer Control and Prevention.

The SWCDC has partnered with Atlantic Health System - Newton Medical Center since 2012, and also for several years prior to the regional Coalition when the group was known as the Sussex County Cancer Coalition. Newton Medical Center and the SWCDC have partnered on community lectures, providing information on prevention and early detection of common cancers, i.e., breast, cervical, prostate, colorectal and melanoma. "This partnership allows us to reach a greater number of community members, including the most frail and vulnerable. We have also collaborated in providing education to medical professionals to enhance their practice," says Helen Homeijer, RN, BSN, SWCDC co-coordinator and senior public health nurse.

The Coalition is dedicated to implementing evidence-based policy, environmental and system change interventions for chronic disease prevention and control to reduce morbidity, mortality and related health disparities. These strategies are utilized to reinforce healthful behaviors for lowering the community's risk for chronic diseases.

"The SWCDC has created an opportunity for every eligible woman in Sussex County to receive a mammogram, regardless of insurance status," according to Homeijer. The collective efforts of the Coalition have provided education for municipal councils to increase their understanding regarding the value in creating smoke-free park and recreation areas throughout Sussex and Warren counties. Additionally, the annual skin

cancer screenings have identified multiple pre-cancerous and potential cancerous lesions in early stages to help decrease the mortality of melanoma and other types of skin cancers. One gentleman even returned the following year to tell Coalition members how thankful he was that he attended the screening because he had been diagnosed with cancer after receiving their recommendation to see a physician.

Early Detection and Prevention Are Key

Early diagnosis of cancer is a personal quest for Homeijer, whose sister lost her fight against melanoma six years ago, leaving two young children without their mother. "My sister was my best friend and her loss reminds me every day how important early detection can be in the fight against cancer," states Homeijer. The Coalition continues to educate community members about early detection in order to lessen the number of families that experience loss due to cancer.

"Our Coalition members try to identify populations that fall between the cracks, those who have limited knowledge concerning prevention and those who do not understand how their actions today can affect both their own and their family's futures," Homeijer says. "Many community members are concerned about the daily struggles of life, placing healthy lifestyle choices and behaviors and early detection on the back burner. The SWCDC wants the community to know that prevention and early detection of cancer greatly increases the chances for successful treatment."



EMPOWER AWARD WINNER

Dr. Elizabeth A. Clemente

Physician Award



“A smile crosses all languages and cultures. To give a person back their smile is to restore, their self-esteem and their lost ability to share this gift.”

— Dr. Elizabeth A. Clemente

This award recognizes an Atlantic Health System-affiliated physician for volunteer contributions to empower our communities to be the healthiest in the nation.

Restoring a Smile Restores Self-Esteem

The Leonard Szerlip Dental Center is making a real difference in our communities. It is the only place in the region where economically disadvantaged and developmentally disabled patients have access to free comprehensive dental care.

With an all-volunteer attending staff representing all dental specialties, the center serves nearly 9,500 patient visits a year with 24,000 procedures performed. Its services include treating dental emergencies, as well as comprehensive care, including X-rays, cleanings, fillings, dentures and extractions.

Over the past 10 years, the program has grown tremendously. A cleft team meets there once a month. Their certification was contingent on having at least three different dental specialties on board. In addition, the Center clears cardiac surgical patients, head and neck radiation patients before treatment and many patients preparing for chemotherapy. It also provides services to pediatrics, the emergency department, OB clinic and the trauma center.

Elizabeth Clemente, DDS, chairperson of the department of Dentistry at Morristown Medical Center and director of the General Practice Residency Program, says: "I have the privilege of working with 90 volunteer doctors who pay dues to teach, treat and consult at Morristown Medical Center. It is these volunteers with whom I share this honor. This department has a nearly 60-year history of service. One of the first dental residents at Morristown is still on staff and teaching after 43 years. Additionally, our program is supported by the Foundation for Morristown Medical Center, the hospital and several outside foundations. Without all of this we would be unable to function. I want to thank all of the numerous people involved for their contributions and support."

Clemente received her doctor of dental surgery degree from Case Western Reserve University and is past president of the Academy of General Dentistry Foundation. She recently joined the board of the Foundation for Morristown Medical Center as a trustee.

The Importance of a Smile

"As a teenage exchange student," Clemente says, "I found myself on the high plains of the Bolivian Andes alone with a Quechua Indian/Spanish family, unable to speak their unwritten language, looking unlike anyone on site and clearly dependent on the generosity of others. It was here I learned the value of a smile and the importance of serving others."

She believes that: "One of the greatest gifts we can share is a smile. It communicates so many things silently. It welcomes, calms, encourages, relaxes, shows gratitude and thanks. A smile crosses all languages and cultures. To give a person back their smile is to restore their self-esteem and their lost ability to share this gift."

Under Clemente's direction for the past seven years, dental residents have taken their services into the community by participating in the annual Community Health Day held in Morristown the second Saturday in September. On that one day in 2015, 65 individuals were screened for oral cancer and 39 were referred for various dental issues. Still, she says, the foundation on which the department was built is its outpatient clinic where its all-volunteer staff is able to restore the community's most needy population to health.



EMPOWER AWARD WINNER

Dr. David Kuo

Physician Award



“If you think of making a difference one person at a time, what we can accomplish is achievable and meaningful.”

— Dr. David Kuo

A Passion for Making a Difference — One Person at a Time

David Kuo, MD, FACP, who graduated from Brown University School of Medicine, has spent the past 18 years practicing as an academic general internist. As an associate program director of the Internal Medicine Residency Program and the director of ambulatory education for Internal Medicine Faculty Associates, the residents' and faculty practice, he is dedicated to maintaining the well-being, vitality and independence of adults.

"In college, I was a disillusioned biology major. I was in a continuum medical education program that allowed motivated high school students to apply directly to medical school from high school, but my excitement for medicine waned during my first two years after courses in mathematical modeling, genetics and organic chemistry," he explains. "I could not see the connection between this material and what I would do for the rest of my life."

The Beginning of a Lifelong Passion

Sensing his frustration, a college dean suggested that the student try volunteer work. Dr. Kuo began spending a few hours a week in a nursing home visiting a blind man, helping with errands and reading to him. Initially awkward, their visits warmed as the man shared memories of growing up in the 1930s. That introduction to volunteering ignited a passion for helping his community in many ways. Dr. Kuo began exploring other opportunities to serve, including tutoring at a local school for educationally challenged kids and a serving food at a homeless shelter.

"Residency and general medicine fellowship training emphasizes care for underserved populations, and I loved working in our hospital clinic and the neighborhood health



center," Dr. Kuo says. One of his ideas to emphasize the importance of nutrition on health was to bring canned food into the exam room and teach patients how to read nutritional values and sodium content from the labels.

Dr. Kuo credits his religion for an emphasis on service to others. He is inspired by those who have undertaken amazing community service projects, sometimes at great personal sacrifice, such as third-world mission trips, which, he explains, provides them with a deep sense of personal growth.

"We as individuals can make a difference in people's lives, so imagine what we can do when several individuals volunteer," he says. "It's often daunting, even paralyzing, to think about the overwhelming number of people who are in need. But, if you think of making a difference one person at a time, what we can accomplish is achievable and meaningful."

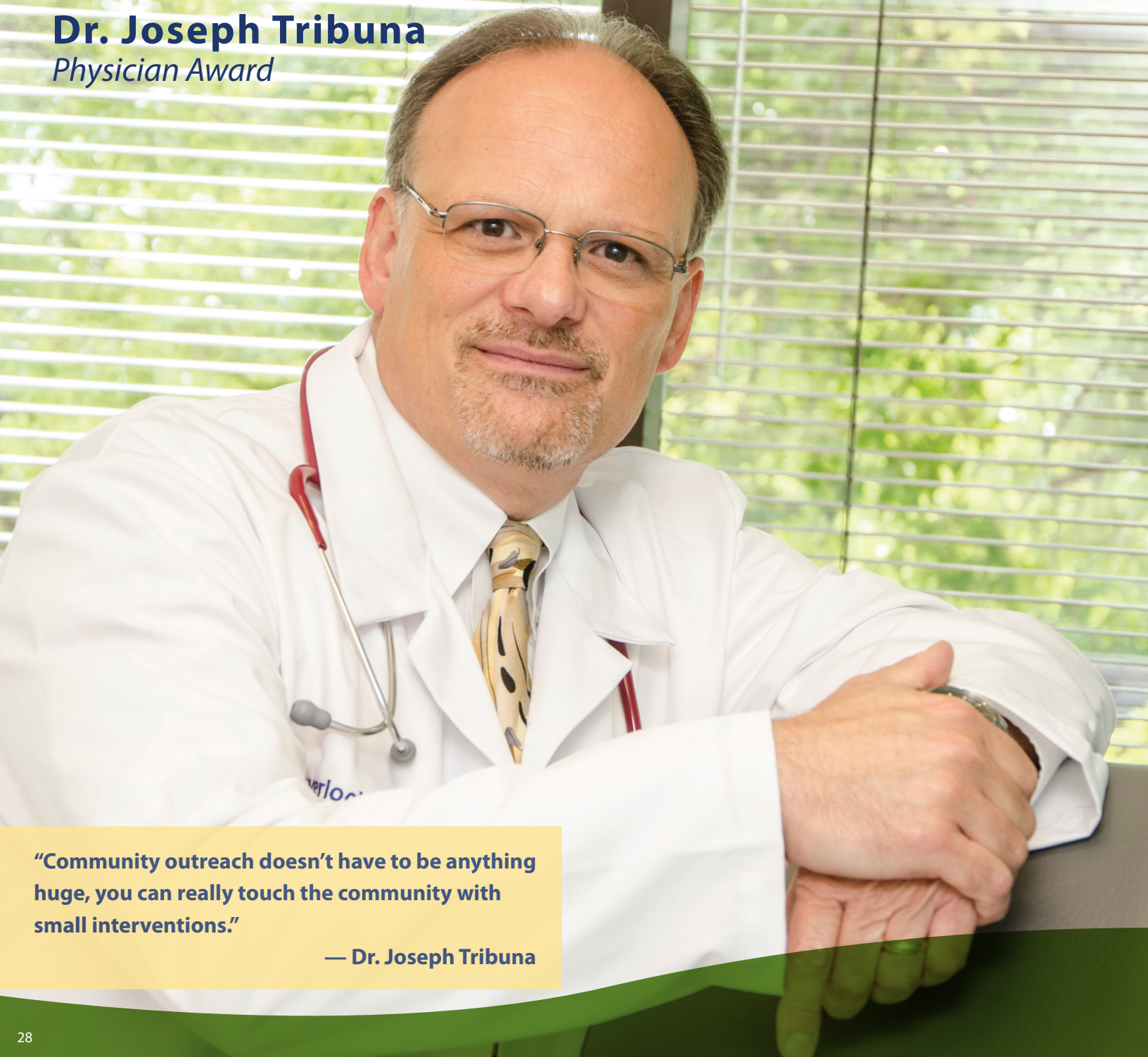
For more than a decade, he has brought and supervised residents doing public screenings at the annual Community Health Day held in Morristown the second Saturday in September. His skill in diagnosing and treating a large array of ailments and disorders in adults has made his team one of the most popular and highly visited screening areas at this event. Uninsured individuals with abnormal results are referred to Internal Medicine Faculty Associates for follow-up. In 2015, in one day alone, Dr. Kuo and his team screened 61 individuals for high blood pressure, with 32 referred for follow-up care. In addition, 20 men were screened for prostate cancer.



EMPOWER AWARD WINNER

Dr. Joseph Tribuna

Physician Award



“Community outreach doesn’t have to be anything huge, you can really touch the community with small interventions.”

— Dr. Joseph Tribuna

Encouraging Residents to Pay It Forward

Life circumstances can change in a moment. When a tragedy strikes and a community comes together to help someone, it can create a profound ripple effect — for the recipient as well as for those who help.

Joseph Tribuna, MD, program director of the Family Medicine Residency Program at Overlook Medical Center, came to be well-acquainted with both aspects. In 2012, his family was involved in a very serious auto accident. His mother-in-law succumbed to her injuries and his wife faced years of recuperation. Their community rallied around the family, bringing meals, providing physical and emotional support, building a wheelchair ramp, and offering spiritual sustenance.

Although Dr. Tribuna had been a sports coach and a scout leader even before getting involved in community health programs more than 10 years ago, he says the true impact of being the recipient of kindness during this time really hit home when he had to rely on his community. The experience, he says, triggered his desire to do even more to pay back and pay forward.

Getting Residents Actively Involved

As part of the Community Health Committee, he participates in various health screenings in the community — for diabetes, hypertension and even prostate cancer — and encourages his residents to do the same. “We’ve had a longstanding relationship where our family medicine residents go to the various events that occur in the community and I get them involved with diabetes and hypertension screenings,” he says. “We’ve set up the community health van that goes to local schools to do physicals. We’ve also had skin screenings for cancer in our family medicine office.” These screenings are targeted for low-income families but it’s really open to all in the community, he explains.



One resident, who is fluent in Spanish, worked with the OB clinic, teaching Spanish-speaking new mothers basic child health care to combat colds and flu. Last year, a group of residents formed an exercise class for patients without the means to join gyms. The Family Medicine group also received a grant through the Overlook Foundation to cover the enrollment fee for patients with prediabetes so that they can participate in programs with local YMCAs.

Christina Johnson, another resident, told Dr. Tribuna last year that she was volunteering time with Family Promise, which works to house the homeless — an organization that he was also supporting. She is now on the group’s board and has taken charge of organizing health care lectures for homeless families. Attendees and residents alike in the Family Medicine office have also become active participants in this program.

“Community outreach doesn’t have to be anything huge, you can really touch the community with small interventions,” Dr. Tribuna says. “I think it’s infectious; if I participate and demonstrate my desire to help the community, then it rubs off onto others, and they can see that just a few hours can help a lot. I think that everybody can do that.”

He encourages the medical residents under his supervision to participate in community health programs during their training so they feel a connection to the community and maybe it can become a lifelong passion for them, too, either at Overlook Medical Center or wherever their future takes them.



HEALTH PROFESSIONS EDUCATION & RESEARCH

The Overlook Family Medicine Residency Program was established in 1973 and provides education and research opportunities to its residents as well as compassionate health care to patients through two community-based family medicine centers in Summit and Chatham. Faculty is composed of family physicians with additional expertise in a variety of areas, including sports medicine, hospice and palliative care, women's health, school health and global health.

Susan Kaye, MD, FAAFP, chairperson for the department of Family Medicine at Overlook Medical Center, says: "It's a very robust learning environment for all kinds of health care professionals. Our family medicine sites are training sites for residents as well as medical students, psychology students, and even pharmacy students."

"We also train nurses and nurse practitioners, and we have active ongoing affiliations with Rutgers for nurses and the College of St. Elizabeth, both for psychologists and for allied health students, so it is really a wide array," adds Joseph Tribuna, MD, director of Overlook Family Medicine Residency Program.

Dr. Kaye explains: "We have a large and diverse patient population, particularly at our Summit site, which sees about 12,000 patients annually who are economically, racially, ethnically and religiously diverse. We care for a large at-risk population, many of whom are either uninsured or underinsured, and a large population of immigrants, so that many of the patients we serve have significant medical, economic and social service needs."

"We ask our residents to look beyond the walls of the office to see how to help patients and their families remain healthy by looking at all aspects of their lives including their spiritual lives, their home and school lives, their economic life and how all these things impact their health."

— Dr. Susan Kaye

In 2015, Atlantic Health System contributed close to \$37 million to educate future health care professionals.

Over a resident's three-year training, they spend much of their first year in a hospital setting learning how to provide hospital-based care in family medicine. But, by their second year, they need to focus much more on outpatient medicine, which is what they will be doing once they finish their residency. In addition to the set curriculum, residents may choose electives that allow them to explore other areas of interest related to family medicine.

"In the second year of training, residents learn how to not only provide the medical and psychosocial components of care, but also how to address issues in patient's lives that impact their health and wellness," Dr. Kaye explains. "We ask our residents to look beyond the walls of the office to see how to help patients and their families remain healthy by looking at all aspects of their lives including their spiritual lives, their home and school lives, their economic life and how all these things impact their health."

Looking Beyond the Walls

Third-year resident Christina Johnson, MD, PhD, took that request to heart. In 2015, as a second-year resident, she began volunteering with Family Promise Union County (FPUC), a nonprofit organization that works with houses of worship to provide overnight accommodations on a weekly basis for homeless families.

According to Family Promise, the most prevalent cause of homelessness is a lack of affordable housing, followed by unemployment or underemployment, family break up, domestic violence and medical bankruptcy. Families with children comprise nearly 40 percent of all who are homeless.

“Everyone across the practice bought in because they believe that having a footprint in the community and helping the neediest people in the community is the best part of being in this practice.”

— Dr. Christina Johnson



Dr. Christina Johnson

Originally volunteering to only help with a reading program, Dr. Johnson was approached by Geleen Donovan, the executive director of FPUC, to do more. As a resident, she wondered if she would be able to devote the time. Donovan explained that what she had in mind was a health-based opportunity and that Dr. Johnson had much to offer for the families.

So, Dr. Johnson began informally meeting with the FPUC families at the congregations where they are housed to talk about preventive health topics. Once she explained to the faculty what she had been doing, Dr. Tribuna and Stuart Green, DMH, LCSW, associate director and behavioral science director of Overlook Family Medicine Residency Program, thought that it would be a good idea to get the practice involved. So they met with the director and discussed expanding the health-based discussions into a weekly program.

While FPUC helps families with housing and job preparation, “We’re filling in the health education component through a program for psychological and overall health and wellness,” Dr. Johnson explains. “There are three layers to that. The first layer provides weekly sessions where we’re building relationships with each of the families and providing information on basic preventive health topics and encouraging them to reach out to their primary care providers to establish relationships.”

“The second layer,” she explains, “is that we have started a community health education outreach in the FPUC Day Center, located at the First Baptist Church in Elizabeth. The pastor of the church, Diana Brown, was a public health nurse prior to entering the ministry and she opened her facility for a health education session. In September, we held a one-

day community event where we did weight and BMI checks, diabetes and blood pressure screenings, and held activities for the kids and adults who came. The Overlook Community Health department, along with the physicians and nurses at our office were partners for that event. We hope to be doing that kind of community outreach on a quarterly basis.”

“The third layer is assisting Family Promise to quantify the need for health services. We started a research program between FPUC and Overlook Family Medicine. We’re screening homeless families for preventive health interventions, to see if they have had their blood pressure and weight checked recently, if they know their cholesterol numbers, if eligible women have had mammograms, etc. We provide them with health information for each of the screenings that they’re lacking. This gives Family Promise some hard statistics about the health needs of the families, which had rarely been collected in the past. Then we will follow up to see if the families were able to get the screenings done and connect with their primary care provider.”

“I love family medicine so much because I can do community-based academic work at the same time as I’m in residency,” says Dr. Johnson. “That’s what I think is probably rare about our practice. Everyone across the practice bought in because they believe that having a footprint in the community and helping the neediest people in the community is the best part of being in this practice. And, I have received so much support, because as a resident I could not do this if I were just doing it by myself. The administrative support from faculty, from our director, from staff, everybody has been so positive and has given us such great ideas.”



ATLANTIC HEALTH COMMUNITY BENEFIT SUMMARY 2015



Financial Assistance and Means-Tested Government Programs:	\$89,713,950
Uncompensated Charity Care Free and reduced-cost care provided for people unable to pay.	\$22,060,693
Medical Assistance Shortfall New Jersey Medicaid is health insurance provided by the state, covering low-income parents/ caretakers and dependent children; pregnant women and people who are aged, blind or disabled.	\$67,653,257
Community Health Improvement Services and Community Benefit Operations: Includes community-based initiatives and resources to promote health and wellness.	\$4,217,256
Research: Includes a variety of research programs and clinical trials to benefit the community.	\$1,190,353
Health Professions Education: Includes clinical programs to provide medical education to future physicians and nurses.	\$36,925,897
Subsidized Health Services: Clinical services provided by Atlantic Health System hospitals despite a financial loss to the organization. Financial loss is measured after removing losses from uncompensated charity care, bad debt and Medicaid shortfalls.	\$25,254,740
Cash and in-kind Contributions for Community Benefit	\$1,397,045
<hr/> Total	\$158,699,241









 Atlantic Health System

