

2016

COMMUNITY BENEFIT REPORT



**Saint Alphonse
Health System**



Our Mission

We, Saint Alphonsus and Trinity Health, serve together in the spirit of the Gospel as a compassionate and transforming, healing presence within our communities.

Core Values

Reverence

We honor the sacredness and dignity of every person.

Commitment to those who are poor

We stand with and serve those who are poor, especially those most vulnerable.

Justice

We foster right relationships to promote the common good, including sustainability of Earth.

Stewardship

We honor our heritage and hold ourselves accountable for the human, financial and natural resources entrusted to our care.

Integrity

We are faithful to who we say we are.

2016 COMMUNITY BENEFIT REPORT

January 2017

On behalf of Saint Alphonsus Health System, I am pleased to present our Fiscal Year 2016 Community Benefit Report. The report highlights a few of financial contributions made by our hospitals to their communities, not only in terms of programs, but also in charity care and indigent care. Last year our system invested more than \$47.7 million in these efforts.

As a Catholic health care system, we are called to serve our fellow human beings in the spirit of the Gospel. Meeting the needs of the sick, poor and vulnerable and building healthy communities is at the forefront of all we do. This is our ministry, our calling — to continue Jesus' mission of love and healing.

Every three years we work with community organizations and key stakeholders, including impacted populations, to determine the health needs in each community we serve. These Community Health Needs Assessments determine how we prioritize and develop action plans to address the most pressing needs.

The latest community assessment, conducted in March 2014 for the Treasure Valley, identified the following significant health categories and concerns:

- Health care access including access to mental health services
- Nutrition, physical activity, weight status and related co-morbidities (like diabetes)
- Harmful substance use
- Prenatal care

The community assessment conducted in Ontario identified similar health needs and also underscored the importance of financial stability and educational attainment. In Baker City, the focus is on access to primary care and health insurance coverage, particularly for lower income families.

Additionally, in every community, we are focusing on the so-called social determinants of health and trying to go after the root causes that allow for or inhibit a healthy community.

The stories on the following pages are just a few examples of our efforts. I am confident that working collaboratively we can continue to answer God's call to foster healing, act with compassion, and promote wellness for all persons and communities, with special attention to our neighbors who are poor, underserved, and most vulnerable. Together, let's continue the work of transforming hurt into hope.

Pam Thomas, Vice President, Mission Integration
Saint Alphonsus Health System



Pam Thomas, V.P.
Mission Integration

Transforming Communities Initiative Grant

In February 2016, Saint Alphonus, United Way of Treasure Valley and other community partners were awarded a \$1.5 million Transforming Communities Initiative grant by Trinity Health, to support the Promise Partnerships initiative being launched in Ada and Canyon Counties. Specifically the grant helps to move forward the “Community Schools” concept in which elementary schools become community hubs where health and social service agencies bring needed services closer to vulnerable populations, eliminating time and transportation barriers for residents of the neighborhood around the school.

The grant is heavily focused on policy changes that will impact the greatest causes of preventable

disease and premature death, obesity and smoking. Through initiatives to raise the legal sale age for tobacco (Tobacco 21), ensure “Complete Streets” that are walkable and bikeable, make hospitals more “baby-friendly” encouraging breastfeeding, and increase physical activity and nutrition standards in child care and schools – our community partnership aims to significantly improve health in the Treasure Valley.

If successful with the first three years of the grant, there may be \$1 million additional funding made available to continue/deepen our work.





Advocacy

Access to Care:

Saint Alphonsus continues to take a leadership role in advocating for a complete solution to Idaho's coverage gap affecting 78,000 Idahoans, primarily from working families at or below the poverty level. We had breakthrough year in 2016, with multiple bills introduced in the Idaho Legislature, and while no consensus was reached on a path forward, a legislative workgroup was formed to explore development of an Idaho solution. Saint Alphonsus presented a proposed solution on behalf of the Close the Gap Coalition, and several Saint Alphonsus physicians provided key testimony to the workgroup. Work will continue into the 2017 Legislative Session, as this issue is likely to be one of the main priorities of the legislature.

Tobacco 21:

Saint Alphonsus led efforts to form a statewide coalition to raise the legal sale age for tobacco products and e-cigarettes from 18 to 21. Initially the goal was to secure city ordinances in several local communities; however, interest has emerged from several key legislators to introduce Tobacco 21 legislation this year. Coalition building, youth engagement, toolkit development and statewide polling are all moving forward toward a goal of bill introduction in 2017.

Go Noodle

Saint Alphonus Health System is committed to improving the health and well-being of children in our communities. We are dedicated to reversing the trend of childhood obesity and have joined efforts to get kids moving in southern Idaho!

In collaboration with Blue Cross of Idaho Foundation High Five Children's Health Collaborative, we fully underwrite GoNoodle in southern Idaho and Saint Alphonus Health System continues the program in the Eastern Oregon communities we serve. GoNoodle is a website with a full-suite of interactive games and videos designed to help kids focus using physical activity breaks.

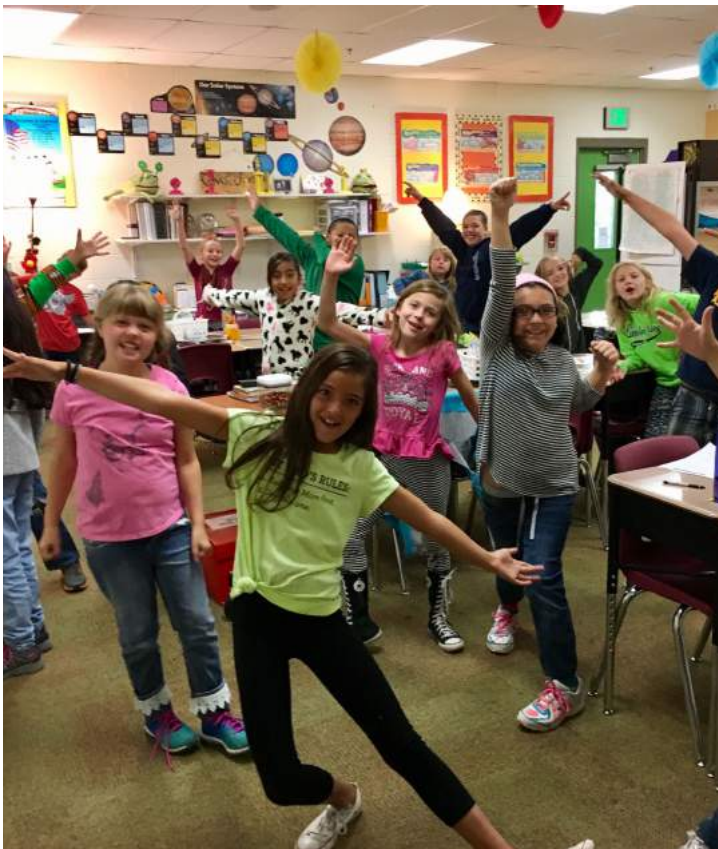
GoNoodle is more than just movement. GoNoodle creatively weaves short bursts of physical activity

into the school day teaching kids the lifetime benefits of movement. Activities within GoNoodle are designed to improve student engagement, behavior, performance, and integrate math and language arts, helping teachers meet core-subject standards.

Coverage Summary

- Sponsored Elementary Schools 233
- Eligible Teachers 2,937
- Eligible Students 93,524

Student Minutes Of Physical Activity
(August 2015 - May 2016) 12,934,820



“GoNoodle is a great way to keep our classroom engaged and excited about learning. Sometimes we participate as a brain break to move our bodies, and other times we play academic games to assess our reading and math fluency in the classroom. The benefits and advantages of using GoNoodle surpass movement and education purposes. GoNoodle brings us together as a class and creates a climate of safety, trust, and FUN!!!”

— Jaymie Hogg
4th Grade Teacher
Grace Jordan Elementary

And here is what some of her students have to say:

“GoNoodle is so fun. It's fun, active, and friendly.”

“GoNoodle is a great way to get your heart pumping or to put a smile on your face and to stay healthy all at the same time! Gooooo! Noodle!”



Housing First

Saint Alphonius will join the City of Boise and other partners in providing services in support of 40 possible new units of permanent supportive housing for those in the community experiencing chronic homelessness.

Our contribution (\$100,000) will support the community's Housing First initiatives, which is a proven, evidence-based approach to addressing chronic homelessness.

Housing First focuses on quickly moving people experiencing chronic homelessness into permanent housing and then providing “wrap-around” support and services, like mental health counseling, substance abuse treatment and financial counseling. The health systems' commitment of funding will be used to establish

the “wrap-around” support and services essential for helping the chronically homeless address the root causes of their homelessness.

“The Saint Alphonius mission, established by our founding sisters over 100 years ago, calls us to serve the most vulnerable people in our community. The Housing First initiative helps fulfill our call to social justice by assisting those faced with the extreme health challenges that accompany homelessness. We are proud to be collaborating with outstanding local partners to address this issue in a meaningful way.”

— Rodney D. Reider, President and CEO
Saint Alphonius Health System

Saint Alphonius Regional Medical Center – Boise

So Much More Than a Foot Care Clinic: *Helping People Who are Homeless from the Ground Up*

“Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. I have set you an example that you should do as I have done for you.”

– John 13: 14-15

Holy Thursday is the commemoration of the Last Supper of Jesus Christ, and it is also the day Jesus washed the feet of his disciples as an example of how to serve one another. On this day, for the last two years - 2015 & 2016 - Saint Alphonius has sponsored a foot care clinic for people who are homeless at Corpus Christi House in downtown Boise.

The homeless spend much of the day standing and walking, often in dirty wet socks and inadequate footwear. Foot disease is common and, aggravated by neglect, can be disabling. Underlying undiagnosed or chronic diseases such as diabetes and cardiovascular insufficiency, heavy smoking or other substance abuse, and malnutrition are common in this population and frequently associated with problems of the feet.

Combined with poor foot hygiene, repetitive trauma and dependent edema from the inability to lie down at night, this leads to foot problems that could be prevented.

Nursing has been recognized to play an important part in the identification, early intervention and referral of these health concerns in the homeless. This is why Saint Alphonius has supported Faith Community Nurses to help address this important unmet healthcare need. A Faith Community Nurse is a registered nurse with an intentional focus on spiritual health who uses education, counseling, prayer, presence, active listening, advocacy, referral, and touch as main care interventions.

“Providing presence and tenderness in our care, as well as offering trust and understanding — these are keys to our success and attendance at this foot clinic.”

Jennifer Palagi, Mission Director at Saint Alphonius Regional Medical Center.





During the Corpus Christi event, nurses provide foot washing, assessments, nail trimming, other foot care, foot massage, education and new socks, all free of charge.

This year other additional services and provisions were available as well. Saint Alphonus financial assistance staff was on site to offer counseling and options for future medical visits, Medicaid enrollment, and disability enrollment assistance. Other community partners were present and impactful as well. Terry Reilly specialists advised on opportunities for care covered by their homeless grant, and also provided blood pressure checks. The Lions Eye Bank did vision screenings, and Carrington College had 22 students helping sign up participants for dental screenings and services.

Saint Alphonus provided new socks as well as boxed lunches for all participants, made special by the Boise Bistro Market. In just 5 hours, over 80 homeless people were cared for. As one patient stated *"I usually trim my nails with a pocketknife. This is much better."*

After two successful annual events, the community partners are hoping to provide the foot care clinic and other helpful services quarterly. Confirming its value, another patient shared, *"I'm nearly blind and can't see my toe. Thank you so much for helping."*

This event provides dignity for our vulnerable community neighbors, improves foot health among the homeless, and builds relationships among community partners to serve people who are homeless.

Saint Alphonus hosted another follow-up event on September 8th that was equally successful. We provided lunches, foot care, and are grateful for the collaboration we had with other community partners for this event, including:

- ISU Pharmacy students
- RiteAid
- Terry Reilly hair stylists (for haircuts)
- Saint Alphonus Faith Community Nurses
- Saint Alphonus Financial Advocates

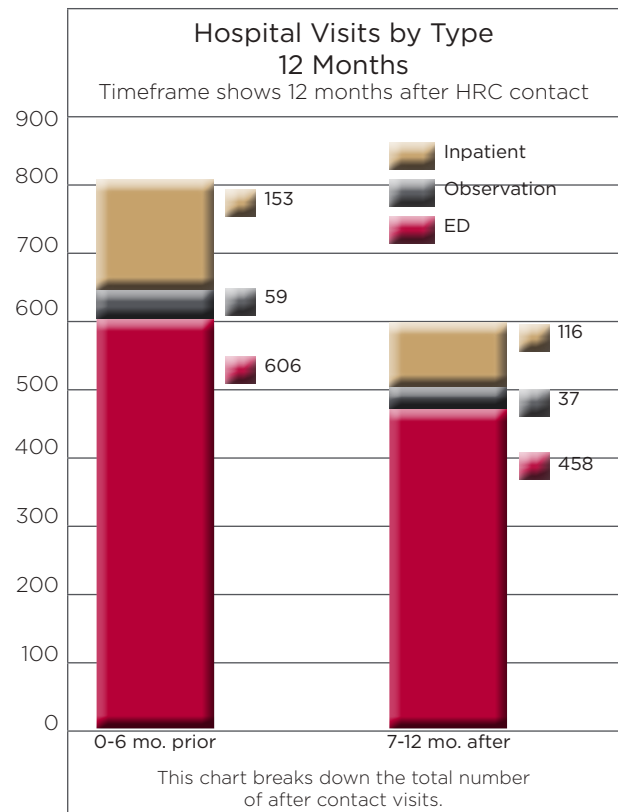
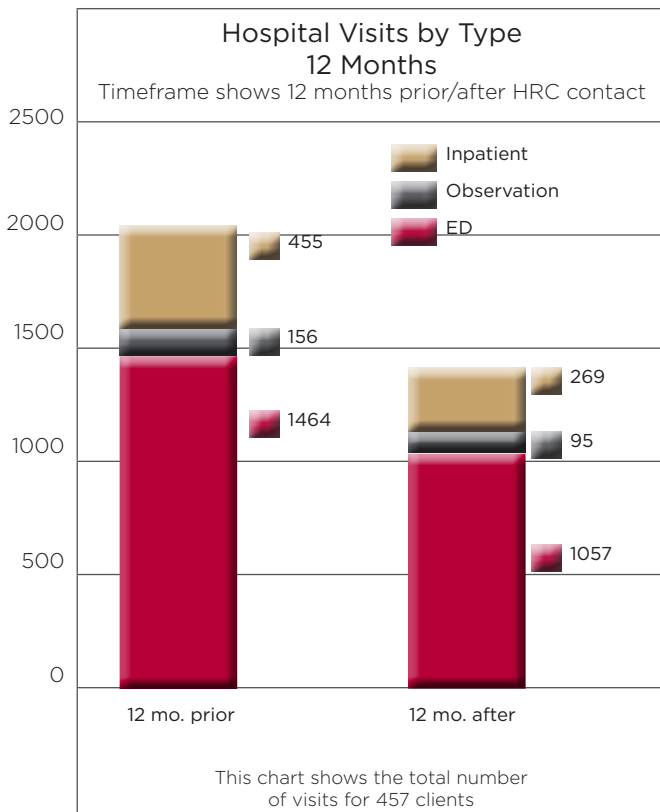
Saint Alphonus Medical Center – Ontario

Keeping Our Community Healthy and Out of the Hospital

The Saint Alphonus Ontario Health Resource Center works closely with the hospital case management team. It is through these referrals the Health Resource Center can help make a difference in patients' lives and help prevent readmissions. The Health Resource Center received a referral for Kathy.

Kathy came to the Emergency Department in acute respiratory distress and would need to be discharged with home oxygen services. She had no health insurance and very limited income. The health resource team met with Kathy while she was still in the ER and was able to enroll her in a medical health plan as well as provide home oxygen services through the hospital's charity care program.

The Health Resource Center continued to work with Kathy on her health care coverage after her discharge from the hospital, arranging for a primary care provider to care for her and eventually submit her disability paperwork. Often times it's as easy as providing a fax machine so the patient can send in their information to apply for assistance, or supporting them by helping place a phone call and answering questions for requesting disability. Navigating through the health care system is not easy and often overwhelming as was the case with Kathy. The Health Resource Center has staff available to take the time and walk with a patient through these processes. They made a difference in Kathy's life and many other people like her.



Poverty to Prosperity (P2P)

Saint Alphonsus Medical Center — Ontario has been working in conjunction with Malheur County, Treasure Valley Community College (TVCC) and the allied health program through the Poverty to Prosperity initiative. This initiative focuses on removing barriers to education and overcoming poverty by empowering citizens to maximize their potential through expanding the country's current career technical education services for High School juniors and seniors.

Our Poverty to Prosperity initiative has added two additional program opportunities for local students; Certified Nursing Assistant and Medical Office Assistant. The Certified Nursing Aid (CNA) program is a well-established, accredited program of

TVCC. Upon successful completion of the 155 hour approved Nursing Aide Course, students receive a Certificate of Completion. This certificate will enable students to take the state test. When this exam is passed, the student will be issued the designation of a "Certified Nurse Aid". Saint Alphonsus- Ontario hired their first student in 2016 who completed the course and passed the CNA exam. She is now on her way to becoming a Registered Nurse and is thankful to all who have made it possible by offering this program and assistance. The hospital has also raised \$10,000.00 for local scholarships to enable more students to take advantage of these educational opportunities.



Saint Alphonsus Medical Center – Nampa

Mobile Health Care Clinic

Many of the families that live in the 260 homes of Farmway Village in Caldwell are limited in their access to healthcare, and face enormous challenges as a result. Last January, Saint Alphonsus Nampa began a mobile health care clinic to increase their access to vital screenings and preventative health services including early treatment for diabetes. Doctors from Family Medical Residency Institute – Caldwell Rural Training Track volunteer out of the mobile unit – checking BMI's, blood sugars and providing no-cost exams.

The Mobile Health Care Clinic aims to provide culturally sensitive health care services in collaboration with community partners to address the social factors that impact health.

- Southwest District Health donates time to educate on diabetes, offers free A1C testing and provides additional space for the medical outreach efforts.
- Terry Reilly shares information to connect families with medical and dental resources and also provides dental screening with sealants for children.
- The Idaho Food Bank Mobile Pantry sends a box of healthy food home with local families needing assistance.
- Catholic Charities attend also, bringing immigration and legal help that would otherwise be difficult for patients to acquire.
- HIV and hepatitis testing is one of the many services Centro de Comunidad y Justicia provides.
- BSU High School Equivalency program is also a partner, sharing their resources to those interested in obtaining a GED.

A screening mammogram is one preventative service provided as part of the Mobile Health Care Clinic. In Idaho, the mobile units travel throughout Boise, Ada, Canyon, Gem, Owyhee, Payette, Washington, Adams, Elmore, and Valley counties. Saint Alphonsus mammogram technologists are on the road every week providing crucial breast screening to indigent women who may not otherwise participate in breast screening, putting their health at risk.

In the past year alone 4,527 mammograms were provided; 591 of which were performed without any cost to the patient. Uninsured and underinsured women are able to gain access to medical care and participate in yearly breast screening through the mobile outreach program.

With a small ultrasound device carried on the mammography mobiles, bone density screening is another service offered to both men and women - free of charge. This screening is an opportunity to encourage, if necessary, dietary changes that can strengthen and keep bones healthy.

“With partners such as Saint Alphonsus, we can develop and expand programs increasing our reach to those most in need of preventative health care through a collaborative partnership that focuses on our mutual community members.”

*Carol Julius,
Southwest District
Health Division Director*



Maria, 42 years old of Marsing had a family history of breast cancer and was concerned about her own health. Because of her work schedule in the fields and lack of insurance, she didn't think it was possible to have any type of screening. Through our Mobile Mammogram program, in Marsing Idaho, Maria was able to obtain a mammogram at no cost. Unfortunately, she was diagnosed with breast cancer. As devastating as those words can be, her access to a mammogram on the mobile unit, saved her life. Encouraging her sister Elvia to get screened also, it was then discovered that they both would be battling breast cancer together. In their early 40's both proceeded to have surgery, chemotherapy and radiation. They now have the best chance for survival.

The sisters were so eager to participate in the many integrative services provided by the Cancer Care

Center in Caldwell. They both enrolled their children in the CLIMB program (Children's Lives Include Moments of Bravery). Their families participated in the Spanish cancer support group. And both Maria and Elvia joined our cancer exercise and yoga classes. All these healing activities are possible because of the Saint Alphonsus mission to attend to the whole person; body, mind, and spirit. The families of these two beautiful women and the many more that our mobile mammogram program touches every year are grateful for our effort to educate and provide assistance to those needing yearly breast exams.

From Council to the north, down to Duck Valley in the south, Saint Alphonsus mobile units are making a difference in the health of our communities.

Saint Alphonus Medical Center – Baker City

Activities That Enrich & Assist Members Of Our Community

Saint Alphonus Baker City and Saint Alphonus Rehabilitation Services encourage their employees to be involved in activities that enrich and assist members of our community, especially in areas of need. In 2009 it was determined that there was a need in our community for on-campus access to physical therapy/athletic training services (Wednesday mornings) at Baker High School to better assist students that were either uninsured or that would benefit from missing less class time by being able to go to therapy appointments on-campus.

Saint Alphonus Rehabilitation Services/STARS now provides baseline and post-injury computerized Impact testing by therapists to assess students' muscular and skeletal pain and injuries, as well as evaluate their "brain status" after suffering a concussion.

The most common complaints from students include back/neck pain and knee pain – many times able to treat with education on proper posture and spine alignment, as well as with strength building (core and hip strength) to better address knee and trunk function and stability. Because there was a need in the Baker community for more in depth post-concussion care, we now provide computerized neurocognitive testing (ImPACT) at no charge to student athletes. Progressive exertional training (6-step process over 7+ days) is also supervised by the therapists/athletic trainer. They will also initiate return to academics accommodations as needed based on the students symptoms and help prepare students to safely "return to play" after injuries or a concussion.

Within the last 3 years, further needs for Sports Medicine services were identified and the need for

post-concussion care has increased markedly, so the need for our services has been extended to Mondays after school. Student athletes that need to be quickly screened, have their program progressed or to be treated by a Physical Therapist/Athletic Trainer are taking advantage of this service. Over the 2015-2016 school year, Saint Alphonus and STARS have dedicated 158 hours to this much-needed and ever-growing program that benefits our community as a whole.



Saint Alphonsus In Service To The Community

One of the guiding principles of Saint Alphonsus is to be responsible stewards of our resources, and target our efforts to where there is the greatest need and increased potential for effectiveness.

Throughout southwestern Idaho and eastern Oregon, Saint Alphonsus Health System carries out its healing ministry through:

- Regional Medical Center and Trauma Center in Boise
- Three strong community hospitals in Nampa, Ontario and Baker City
- 60+ clinic Medical Group offering primary and specialty care services

Saint Alphonsus Community Benefit Ministry invested over **\$47.7 million** in fiscal year 2016 in building healthy communities and reaching out to the poor, sick and vulnerable throughout our region.

Programs for the Poor and Broader Community
\$7,821,000

Unpaid Cost of Medicaid/other Public Programs
\$15,147,000

Charity Care
\$24,793,000

