

St. Joseph Hospital  
**Community Service Plan**

2016-2018  
Year Three Update



To be approved by the Board of Trustees on December 18, 2019



**St. Joseph Hospital**  
Catholic Health Services  
At the heart of health

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## **Mission Statement**

We, at Catholic Health Services, humbly join together to bring Christ's healing mission and the mission of mercy of the Catholic Church expressed in Catholic health care to our communities.

## **St. Joseph Hospital Service Area**

St. Joseph Hospital is a 203-bed facility located in Bethpage, New York, approximately 25 miles from Manhattan in the southeastern part of Nassau County. This not-for-profit hospital is a member of Catholic Health Services of Long Island (CHS). The hospital primarily serves patients from the surrounding communities of: Bethpage, Massapequa, Farmingdale, Amityville, Levittown, Massapequa Park, Wantagh, Seaford, Bellmore, East Meadow, Lindenhurst, Copiague, Babylon, Hicksville, Plainview and Woodbury. Approximately 90% of hospital patients who are admitted and/or provided care in the hospital's Emergency Department reside in the aforementioned service areas.

## **Key Health Partners**

Partnering with community-based organizations is the most effective way to determine how the health priorities will be addressed. Some of St. Joseph Hospital partners include:

American Cancer Society	Hunter Ambulance Services
American Diabetes Association	Jericho EMS
American Heart Association	Levittown EMS
American Parkinson Disease Association	Lindenhurst/North Lindenhurst EMS
Amityville/North Amityville EMS	Long Island Blood Services
Bellmore/North Bellmore EMS	Long Island Health Collaborative (LIHC)
Bellmore/Merrick EMS	Maryhaven Center of Hope, Port Jefferson
Bethpage EMS	Massapequa/North Massapequa EMS
Bethpage Library	Massapequa Senior Center
Bethpage School District	Melville EMS
Catholic Charities	Mercy Medical Center, Rockville Centre
Catholic Faith Network (formerly Telecare TV)	Merrick EMS
Catholic Home Care, Farmingdale	Nassau Police Medic Association
Cancer Services Program of Nassau County	New York Institute of Technology College of
Cancer Services Program of Suffolk County	Osteopathic Medicine, Central Islip
Central Park Historical Society, Bethpage	Our Lady of the Assumption Church, Copiague
Copiague EMS	Our Lady of Loretto Church, Hempstead
Cornell Cooperative Extension/Eat Smart NY	Our Lady of Lourdes, Massapequa Park
East Meadow EMS	Our Lady of Mercy Academy, Syosset
Farmingdale/East/South Farmingdale EMS	Plainview EMS
Farmingdale Public Library	Seaford EMS
Farmingdale School District	Senior Care
Fidelis Care	Senator Kemp Hannon, Nassau County
Gerald J. Ryan Outreach Center, Wyandanch	Sisters United in Health
Girl Scouts of America, Nassau County	Society of St. Vincent de Paul
Good Samaritan Hospital Medical Center, West Islip	St. Catherine of Siena Medical Center, Smithtown
Good Samaritan Nursing Home, Sayville	St. Catherine of Siena Nursing & Rehabilitation Care
Good Shepherd Hospice, Farmingdale	Center, Smithtown
Hicksville EMS	

St. Charles Hospital, Port Jefferson  
St. Joseph Hospital, Bethpage  
St. Brigid Church, Westbury  
St. Kilian Church, Farmingdale  
St. Martha Church, Uniondale  
St. Martin of Tours Church, Bethpage  
Stony Brook Medicine/Creating Healthy Schools and  
Communities  
Syosset EMS

Town of Hempstead, Dept. of Senior  
Enrichment  
St. William the Abbot, Seaford  
Wantagh/Wantagh Levittown EMS  
West Babylon EMS  
Western Suffolk Boces /Creating Healthy Schools  
and Communities  
Wyandanch EMS  
YES Community Counseling Center, Levittown

### **Public Participation**

CHS is a member of the Long Island Health Collaborative (LIHC) which is an extensive workgroup of committed partners who agree to work together to improve the health of Long Islanders. LIHC members include both county health departments, all hospitals on Long Island, community-based health and social service organizations, academic institutions, health plans and local municipalities, among other sectors.

The LIHC was formed in 2013 by hospitals and the health departments of Suffolk and Nassau counties with the assistance of the Nassau-Suffolk Hospital Council to develop and implement a Community Health Improvement Plan. In 2015, the LIHC was awarded funding from New York State Department of Health as a regional Population-Health Improvement Program (PHIP). With this funding, the LIHC has been able to launch various projects that promote the concept of population health among all sectors, the media and to the public.

To collect input from community members, and measure the community-perspective as to the biggest health issues, the LIHC developed a regional survey called the Long Island Community Health Assessment Survey. This survey was distributed via SurveyMonkey® and hard copy formats. The survey was written with adherence to Culturally and Linguistically Appropriate Standards (CLAS). It was translated into certified Spanish language and large print copies were available to those living with vision impairment.

Long Island Community Health Assessment surveys are distributed both by paper and electronically through SurveyMonkey® to community members and are distributed at hospital outreach events.

### **Results of Community-Wide Survey**

An analysis of the LIHC Community Member Survey was completed by LIHC and made available to members to obtain community health needs for their service area. The analysis represents every survey that was mailed to LIHC from community members, delivered to LIHC from hospitals, or entered directly into SurveyMonkey®. The demographic information includes information from the American Community Survey (ACS) 2014, a survey distributed by the United States Census Bureau in years where a census is not conducted. The ACS provides demographic estimates and can be found at American FactFinder. Surveys collected by the hospital were sent to LIHC and entered in the database.

Using the LIHC Community Health Assessment Survey data, we reviewed the data for the hospital's service area by selected zip codes. Below are the findings for St. Joseph's Hospital. The data represents results of surveys collected January through December 2018.

1. What are the biggest ongoing health concerns in the community where you live?
  - Cancer 19%
  - Drugs & alcohol abuse 17%
  - Obesity, weight-loss issues 12%
  - Diabetes 11%
  - Heart disease & stroke 10%
  - Mental health, depression, suicide 8%
  - Safety 4%
  - Environmental hazards 4%
  - Child health & wellness 4%
  - Other (please specify) 3%
  - Women's health & wellness 3%
  - Asthma 3%
  - Vaccine preventable diseases 2%
  - HIV/AIDS & Sexually Transmitted Infections (STIs) 0%
  
2. What are the biggest ongoing health concerns for yourself?
  - Heart disease & stroke 19%
  - Obesity, weight-loss issues 17%
  - Women's health & wellness 13%
  - Diabetes 12%
  - Cancer 11%
  - Safety 8%
  - Environmental hazards 7%
  - Mental health, depression, suicide 7%
  - Child health & wellness 5%
  - Drugs & alcohol abuse 1%
  - Vaccine preventable diseases 1%
  - HIV/AIDS & Sexually Transmitted Infections (STIs) 0%
  
3. What prevents people in your community from getting medical treatment?
  - Unable to pay co-pays/deductibles 19%
  - No insurance 19%
  - There are no barriers 15%
  - Fear 13%
  - Don't understand need to see a doctor 13%
  - Don't know how to find doctors 6%
  - Transportation 5%
  - Language barriers 4%
  - Lack of availability of doctors 3%
  - Cultural/religious beliefs 3%
  
4. Which of the following is the MOST needed to improve the health of your community?
  - Healthier food choices 19%

- Clean air & water 17%
- Mental health services 11%
- Weight-loss programs 10%
- Drug & alcohol rehabilitation services 8%
- Recreation facilities 7%
- Job opportunities 6%
- Safe places to walk/play 6%
- Transportation 6%
- Smoking cessation programs 5%
- Safe child care options 4%
- Safe work sites 1%

5. What health screenings or education/information services are needed in your community?

- Cancer 13%
- Importance of routine well checkups 13%
- Diabetes 10%
- Exercise/physical activity 9%
- Mental health/depression 9%
- Nutrition 8%
- Blood pressure 7%
- Drug & alcohol 6%
- Dental screenings 6%
- Cholesterol 6%
- Vaccination/immunizations 3%
- Heart disease 3%
- Eating disorders 2%
- Prenatal care 1%
- Emergency preparedness 1%
- HIV/AIDS & Sexually Transmitted Infections (STIs) 1%
- Disease outbreak information 0%
- Suicide prevention 0%

6. Where do you and your family get most of your health information?

- Doctor/health Professional 42%
- Internet 18%
- Family or friends 10%
- Television 7%
- Newspaper/magazines 7%
- Social media (Facebook, Twitter, etc.) 4%
- Library 3%
- Hospital 2%
- School/college 2%
- Worksite 2%
- Health department 2%

• Radio	1%
• Religious organization	1%
7. I identify as:	
• Female	71%
• Male	29%
• Other	1%
8. Average age of respondents:	56
9. What race do you consider yourself?	
• White/Caucasian	82%
• Asian/Pacific Islander	8%
• Black/African American	6%
• Other (please specify)	2%
• Multi-racial	1%
• Hispanic/Latino	1%
10. Are you Hispanic or Latino?	
• Yes	8%
• No	92%
11. What is your annual household income from all sources?	
• \$0 to \$19,999	10%
• \$20,000 to \$34,999	13%
• \$35,000 to \$49,999	10%
• \$50,000 to \$74,999	21%
• \$75,000 to \$125,000	21%
• More than \$125,000	25%
12. What is your highest level of education?	
• College graduate	34%
• Some college	22%
• Graduate school	18%
• High school graduate	17%
• Doctorate	3%
• Some high school	2%
• Technical school	2%
• K-8 grade	1%
• Other (please specify)	1%
13. What is your current employment status?	
• Employed for wages	51%
• Retired	37%
• Self-employed	7%

- Student 3%
- Out of work, but looking for work 0%
- Out of work, but not currently looking 2%

14. Do you currently have health insurance?

- Yes 92%
- No 6%
- No, but I did in the past 2%

### **Community Health Priorities for 2016-2018**

For the 2016-2018 cycle, community partners selected *Chronic Disease* as the priority area of focus with (1) obesity and (2) preventive care and management as the focus areas. The group also agreed that mental health should be highlighted within all intervention strategies. Mental health is being addressed through attestation and visible commitment to the Delivery System Reform Incentive Payment (DSRIP), Performing Provider Systems (PPS) Domain 4 projects. Priorities selected in 2013 remain unchanged from the 2016 selection; however, a stronger emphasis has been placed on the need to integrate mental health throughout the intervention strategies. Domain 4 projects with a focus on mental health include:

- Project 4.a.i Promote mental, emotional and behavioral (MED) well-being in communities
- Project 4.a.ii Prevent substance abuse and other mental emotional disorders
- Project 4.a.iii Strengthen mental health and substance abuse infrastructure across systems
- Project 4.b.i Promote tobacco use cessation, especially among low socioeconomic status populations and those with poor mental health

Hospital partners are fully attested and active participants in DSRIP project and deliverables, thus supporting the emphasis being placed on improving outcomes related to mental health.

### **St. Joseph Hospital Interventions, Strategies and Activities**

**Priority Number One:** Obesity

**Goal:** Reduce obesity in adults through community-based awareness initiatives such as free community lectures and BMI screenings.

**Interventions, Strategies and Activities:**

1. St. Joseph Hospital staff volunteer at CHS Healthy Sundays community outreach events held at churches in underserved communities, offering free health screenings and providing educational materials on nutrition, healthy eating and preventive health.

**Process measures:** Hospital staff will participate in at least four Healthy Sunday events, track number of attendees, types of screenings and referrals.

**Baseline: May 1, 2015 through April 30, 2016:** St. Joseph Hospital participated in five Healthy Sundays events. Volunteer staff provided a total of 121 blood pressure screenings, 103 BMI screenings and 113 flu vaccinations. Eight people were referred for free follow-up care.

**Year Three Update: May 1, 2018 through April 30, 2019:** St. Joseph Hospital supported four Healthy Sundays events, compared to three events in Year Two. There were fewer attendees in Year Three, but the number of flu vaccinations increased by 104% (90 vaccinations), as 3 of the 4 events were held during the flu vaccination season.

- 5/6/2018 St. Martha RC Church, 20 attended, 11 blood pressure screenings, and 1 referral for free follow-up care.
- 10/6/2018 World Restoration Center, 25 attended, 11 free flu vaccinations, 4 blood pressure screenings.
- 11/3/2018 St. Killian RC Church, 60 attended, 50 free flu vaccinations, 25 blood pressure screenings and 1 referral for free follow-up care.
- 12/2/2018 Our Lady of Miraculous Medal, 50 attended, 29 flu vaccinations, 15 blood pressure screenings and 6 referrals for free follow-up care.

2. St. Joseph Hospital will offer a 15-week Weight Watchers program for staff and community members. After Year One, the hospital will evaluate community participation to determine program offerings in Year Two and three.

**Process measures:** The hospital will offer the 15-week program and track number of participants and total pounds lost. Strive to increase community participation in the program by 5% over the previous year.

**Year Three Update: May 1, 2018 through April 30, 2019:** No Weight Watcher sessions were held in Year Three due to low enrollment.

3. St. Joseph Hospital will actively promote the Long Island Health Collaborative's walking program, distributing promotional materials at community events and through social media reach. Also, St. Joseph Hospital will share program information with CHS-affiliated physicians and mid-level practitioners to encourage more people to walk and choose a healthier lifestyle.

**Process measures:** Long Island Health Collaborative materials are distributed at multiple community lectures, both in the hospital and out in the community, the monthly diabetes support groups and at the Healthy Sunday events held each year in. Materials are also shared and via social media.

**Year Three Update: May 1, 2018 through April 30, 2019:**

St. Joseph continues to promote the Long Island Health Collaborative's walking program with CHS at the Marcum Workplace Challenge, American Heart Association Walk, St. Vincent de Paul Friends of the Poor Walk and Making Strides Against Breast Cancer Walk. Material is shared at the diabetes education programs and is displayed throughout the hospital. Information is distributed at each event the hospital attends, including:

- Four hospital blood drives
- Nassau County events, including Senator Kemp Hannon Senior Health Expo, Garden City and the annual Farmingdale Health Summit.

4. Staff from all CHS entities participate as a team in the American Heart Association Heart Walk, the Long Island Marcum Workplace Challenge—a 3.5-mile run-walk for charity—and American Cancer Society's Making Strides Against Breast Cancer walk. These events promote walking for physical activity and good health for employees and the community. Educational materials are offered at each event.

**Process measures:** Attendance (hospital staff and community) is recorded for all three events. The goal is to increase the number of hospital participants over the previous year by 5%.

**Baseline: May 1, 2015 through April 30, 2016:** There was a total of 55 participants in the American Heart Association Heart Walk, American Cancer Society Making Strides Against Breast Cancer Walk, the LI Marcum Workplace Challenge and the St. Vincent de Paul Friends of the Poor Walk.

**Year Three Update: May 1, 2018 through April 30, 2019:**

St. Joseph staff continues to support and to participate in the walks supported by CHS. There were 35 participants representing a 57% decrease from Year Two. St. Joseph will continue to promote all walking events to staff and the community to increase participation.

- Marcum Workplace Challenge, 7/31/2018: 27 participants
- American Heart Association Walk, 9/16/2018: 5 participants
- Making Strides Breast Cancer Walk, 10/21/2018: 3 participants

**Priority Number Two: Preventive Care and Management**

**Goal:** Increase access to high-quality disease preventive care and management for diabetes in clinical and community settings.

**Interventions, Strategies and Activities:**

1. St. Joseph Hospital offers free monthly education lectures on topics closely related to diabetes.

**Process measures:** Attendance averages eight attendees and the goal is to increase this by 5% each year.

**Baseline: May 1, 2015 through April 30, 2016:** There were 9 in-house lectures with a total of 86 attendees, averaging 9 attendees each.

**Year Three Update: May 1, 2018 through April 30, 2019:**

St. Joseph Hospital continues to raise awareness about its outpatient diabetes education programs. Free classes are offered to the community, providing education on how to better manage health. The programs, presented by certified diabetes educators, supports all areas of diabetes care, management and education in various locations, targeting high-risk populations and included nearby, underserved communities of Farmingdale and Huntington Station. During this time period, there were 12 free diabetes education events with a total of 185 attendees. This was one additional event over Year Two with an average of 15 attendees per event, consistent with Year Two.

- 5/16/18: Chair Yoga & Fall Prevention Tips, 11 attendees
- 6/20/18: Foot Care Tips for Healthy & Safe Feet, 9 attendees
- 7/18/18: Stress Management Tips & Techniques, 8 attendees
- 8/15/18: Spotlight on Eye Care, 4 attendees
- 9/18/18: Extreme Dining: The Best and The Worst of Eating Out, 8 attendees
- 10/17/18: Grocery Store Tour at ShopRite of Bethpage, 8 attendees
- 11/14/18: Celebrate Diabetes Month: Community Resources, Raising Awareness, and Creating a Support Network, 5 attendees
- 11/20/18: Diabetes Month presentation at the Economic Opportunity Commission of Nassau County, 20 attendees
- 12/18/18: Diabetes Presentation at the Bethpage Community Center, 80 attendees from the St. Pius Senior Club

- 1/16/19: Comparing Weight-Loss Diets: What Works, 5 attendees
- 3/20/19: National Nutrition Month: New Foods & New Ideas, 7 attendees
- 4/17/19: Diabetes Medications: Q&A With a Pharmacist, 20 attendees

2. The hospital offers the Centers for Disease Control (CDC) Diabetes Prevention Recognized Program (DPRP). A trained facilitator helps participants make lifestyle changes such as eating healthier, reducing stress, and getting more physical activity.

**Process measures:** Attendance is recorded at both the start of the 16-week sessions and upon completion of the program. The goal is to increase the number of attendees signed up for the program and the number of attendees who complete the program by 5%. Attendees will complete the Long Island Health Collaborative Wellness Survey at both the start and end of the program to measure the program's effectiveness.

**Baseline: May 1, 2015 through April 30, 2016:** There was one group that concluded in its Post-Core session in August 2016 and had five participants (this group began in August 2015).

**Year Three Update: May 1, 2018 through April 30, 2019:** This program was discontinued in Year Three due to declining enrollment.

#### **Additional Activities:**

1. St. Joseph Hospital continues to offer programs both at the hospital and in the community. The following free blood pressure screenings were held:
  - Massapequa Library: 17 screenings – the library is located adjacent to the underserved communities of Amityville and Copiague and open to all Nassau County residents.
  - Massapequa Senior Center: 122 screenings.
2. St. Joseph presented free education lectures at the hospital for EMS personnel:
  - 9/26/18 – Anaphylaxis – Dr. Shermil, 21 attendees
  - 12/12/18 – Stroke – Dr. Mathew and Dr. Poletti, 23 attendees
  - 3/5/19 – Comprehensive Stroke Conference, 25 attendees
3. Physician Spotlight seminars took place at the hospital for staff, students and community physicians:
  - 9/11/18 Dr. Sun – Oncology, 58 attendees
  - 10/17/18 Dr. Addona – Breast Reconstruction, 85 attendees
  - 1/10/19 Dr. Rochman – Veins, 85 attendees
  - 2/28/19 Dr. Yousefzadeh – Gastroenterology, 65 attendees
  - 3/13/19 Dr. Dengenis – Orthopedics, 81 attendees
  - 4/11/19 Dr. E. Cope – Palliative Care, 66 attendees
4. St. Joseph Hospital participated in many additional free community events during Year Three:
  - 6/8/18 – Balance presentation by a hospital physical therapist at The Oaks in Massapequa NY, 102 attendees
  - 6/28/18 – Sleep Presentation, Dr. Rawinis, Brady Park Senior Center, Massapequa, 85 attendees
  - 8/1/18 – Girl Scout Camp at St. Joseph, 22 attendees
  - e9/19/2018 – AARP meeting in Farmingdale – over-the-counter drugs discussion with VP Patient Safety and Pharmacist Ihab Ibrahim, 89 attendees
  - 9/26/2018 – Breast Health Summit with Dr. David Kaufman at The Carlton, 125 attendees

- 10/13/2018 – Teddy Bear clinic at South Farmingdale Fire House, 62 attendees
- 10/19/2018 – St. Joseph Hospital health fair, 257 attendees
- 11/8/2018 – Massapequa High School Career Day, 400 attendees
- 11/10/2018 – WWE wrestling event, 500 attendees
- 12/5/2018 – Medicare update meeting for all office managers, 30 attendees
- 12/13/18 – Community Christmas tree lighting, 120 attendees
- 12/13/2018 – *Time is Brain* presentation with Dr. Bekelis at The Oaks, 132 attendees
- 4/9/2018 – Shadow Day for local high school students, 15 attendees
- 4/15/2019 – Hicksville High School medical forum, 225 attendees
- 4/16/2019 – Plainedge High School shadow day, 22 attendees
- 4/30/2018 – Massapequa High School, student SIM Lab visit with Dr. Bekelis, 18 attendees

**Priority: Mental Health**

**Goal:** Increase the frequency of mental health-oriented lectures, providing information, education and available resources to the community.

**Interventions, Strategies and Activities:**

1. Offer bereavement groups to community members who suffered a loss. Currently two bereavement groups are offered: a general bereavement group and a Next Steps group. In response to community inquiries, a new group is being offered is Loss of a Child.

**Process measures:** Attendance will be tracked to meet goal of six to eight participants per group. Attendees will complete the Long Island Health Collaborative Wellness Survey at both the start and end of the program to measure the program’s effectiveness.

**Year Three Update, May 1, 2018 through April 30, 2019:**

A total of 145 people have benefitted from the bereavement groups held during this time period, averaging 20 participants per group. St. Joseph offers three different bereavement groups: General, Next Steps and Loss of a Child. The group sessions run for 6 or 8 weeks, depending on the needs of the group. In addition, the facilitator of these groups also provided one-to-one counseling to 16 individuals during this period. As the support group attendees can be different at each session, the LIHC Wellness Survey is not suitable for this forum. The hospital will continue to publicize the availability of the support groups.

2. St. Joseph Hospital participates in the Annual Bi-County Empowerment Conference sponsored by The Mental Health Association of Nassau County, Inc.

**Process measures:** Each year, attendance at the conference increases, introducing new community members to the free services offered at SJH regarding diabetes, healthy eating and nutrition.

**Year Three Update May 1, 2018 through April 30, 2019:**

St. Joseph Hospital participated in the Bi-County Empowerment Conference on 8/17/18. This event is sponsored by Hands Across Long Island and is produced by and for individuals in Nassau and Suffolk counties living with mental health challenges. Information on eating healthier, reducing stress, the importance of physical activity and the Long Island Health Collaborative’s walking program information was distributed. Informational packets on free diabetes education programs offered at the hospital were also available, along with the *CHS Services Guide* and the *CHS Mental Health and Substance Abuse Services Guide*.

3. St. Joseph Hospital will support Long Island Health Collaborative and DSRIP projects that address mental health.
4. When a lack of access to mental health resources is identified, St. Joseph Hospital will provide information on and refer patients to the extensive mental health services available within CHS and its partners. If not available within CHS, St. Joseph will use Long Island Health Collaborative's database to identify or recommend a suitable option.
5. The *CHS Mental Health and Substance Abuse Services Guide*, in English and Spanish, was completed in April 2017 and continues to be offered for free in print or as a PDF from the CHS and hospitals' websites. Free copies are available to anyone contacting CHS at its toll-free telephone number. An updated guide will be available in late 2019.
6. To combat the growing opioid epidemic, Catholic Health Services (CHS) began collaborating with the Diocese of Rockville Centre, Long Island Council on Alcoholism & Drug Dependence and the Family & Children's Association (FCA) to build an addiction treatment infrastructure on Long Island. Two goals were determined: to revisit existing Emergency Department (ED) protocols for overdose victims and to create a liaison program to connect these patients with support services. A new CHS policy was established to prevent unnecessary opioid prescriptions in the ED, and the Sherpa Program was developed by FCA. A free service provided by FCA, Sherpa is made up of peer recovery coaches trained to meet with overdose survivors and their families in EDs. The team directs people to treatment, offering encouragement and follow-up. The high-volume ED at Good Samaritan was the site of the pilot, and the Sherpa Program was initiated at St. Catherine on December 7, 2018. Sherpa is supported by the New York State (NYS) Office of Alcoholism & Substance Abuse Services, NYS Senate and Long Island Community Foundation.

### **Living the Mission**

The Nassau-Suffolk Hospital Council, on behalf of LIHC, was identified as the Population Health Improvement Program (PHIP) contractor for the Long Island region. LIHC continues to focus on chronic disease prevention and treatment through its "Are You Ready Feet?" walking program, chronic disease self-management education workshop series and the Awareness Campaign (Live Better) via social media and traditional media platforms. More information can be found at [lihealthcollab.org](http://lihealthcollab.org).

During 2018, CHS's Maryhaven Center of Hope food pantry provided more than 75 bags of free food each month to non-resident Maryhaven clients and individuals from the local community of Port Jefferson Station. The food is donated by CHS staff with support from Island Harvest food bank.

In June 2018 and 2019, CHS participated in HOPE DAY in Valley Stream, providing free blood pressure screenings and health education material to hundreds of Long Island residents. HOPE DAY brings together community and faith-based organizations to areas of need, offering necessities, free food, entertainment and health education.

In the last quarter of 2018, CHS employees once again pulled together to help others less fortunate in underserved areas. Initiatives included the annual Christmas toy drive in collaboration with the Church of Our Lady of the Miraculous Medal and the Gerald J. Ryan Outreach Center. Employees from the Melville corporate offices collected almost 900 new toys which were distributed to more than 400 families. Many employees donated their time to distribute the toys and much-needed food packages.

In 2018, Great South Bay Family Practice in Sayville became accredited by the American Diabetes Association to begin its Diabetes Self-Management Education (DSME) Program—the first of CHS’s ambulatory practices to do so. Since then, two cohort of patients have graduation from the five-session program.

CHS hospitals and continuing care all hosted blood drives, collecting 1,991 pints of blood in 2018 and achieving the Long Island Blood Services Diamond Award.

All six CHS hospitals are Baby Safe Haven sites where newborn infants can be safely relinquished.

CHS provides medical services support to the region’s pregnancy crisis centers, including four operated by the Life Center of Long Island and six Birthright locations across Nassau and Suffolk. Also, CHS supports two Soundview Pregnancy Services locations and collaborates with Regina Residence, operated by Catholic Charities. Regina Residence and CHS offer a one-call pregnancy support line through which trained professionals offer expectant mothers encouragement and an array of practical support at this critical time and beyond, in the hope of helping the women continue their pregnancies.

The CHS behavioral health hotline—established in 2017—is staffed by social workers from CHS Physician Partners. A small number of calls has been received, and the hotline continues to be staffed and available.

CHS provides an array of resources to promote good health in the region. Its two TV series, “CHS Presents: Lifestyles at the Heart of Health” and “CHS Presents: Dr. O: Faithfully Transforming Health Care” feature experts providing medical, nutritional and fitness information. The shows are broadcast on Catholic Faith Network, reaching 6.4 million households in the tristate area, and is accessible on [cfntv.org](http://cfntv.org). CHS has earned two Telly Awards for the “Lifestyles at the Heart of Health” program and “Dr. O: Faithfully Transforming Health Care.” These programs and other health-related videos can be viewed on demand on CHS’s YouTube channel at [www.youtube.com/user/chsli](http://www.youtube.com/user/chsli). The programs in the series are also available on CHS’s website under “Community Health”, along with “Recipes for Healthy Living”. In addition, CHS’s online events calendar in the same location lists free health screenings, blood drives, lectures and other programs open to the public, with social media used to disseminate this information.

CHS’s Executive Vice President and Chief Medical Officer writes a column, “Dr. O’s Health Care Tips and Solutions” for *The Long Island Catholic*, the official publication of the Diocese of Rockville Centre, published 10 times per year. Many of these tips are taped and hosted on CHS’s YouTube Channel and began airing on Catholic Faith Network’s *Everyday Faith Live*.

CHS is engaged in promoting education, training and workforce preparedness through collaboration with organizations such as the Long Island Regional Advisory Council on Higher Education, Long Island STEM (Science, Technology, Engineering and Math) Hub, Health Care Regional Industry Council and Western Suffolk BOCES. From May 1, 2018 through April 30, 2019, resources were provided to develop, engage a keynote and speakers panel, coordinate the program and moderate the event including the Q & A after the program for the annual LI STEM forum with the Long Island Regional Advisory Council on Higher Education (LIRACHE). A total of 112 individuals participated in this forum which required approximately 6 hours of preparation and 4 hours on the day of the event. This was held on November 30, 2018 at the Molloy College Center.

Through the New York State Mentoring Program and in partnership with Cordello Avenue Elementary School in Central Islip, CHS staff recently facilitated students’ volunteer service at St. Anne Church in Brentwood. The group of students lent a hand serving guests at the church’s weekly food pantry. Efforts such as these encourage children to help others in need, while being mentored by adults who listen and offer guidance.

Our Lady of Consolation Nursing & Rehabilitative Care Center's 107 volunteers contributed 103,697 hours of service serving as spiritual care companions, extraordinary ministers of Holy Communion, transporters, *No One Dies Alone* companions and safety companions. In addition, several OLOC employees participate in the NY State Mentoring Program and volunteer once per week at Cordello Elementary School in Central Islip.

Catholic Home Care (CHC) continued to provide patients and families with needed services using its Patient Assistance Fund. The fund is made up from staff donations in the form of a payroll deduction and allows staff to recommend assistance for patients with specific needs impacting their health. This can include a provision of food, clothing, fuel oil and other critical items. All donations are approved by the CHC Chief Administrative Officer and Chief Operating Officer. Allowable funding is capped at \$250 per patient.

To ensure patient safety in the home environment, Catholic Home Care provided smoke and carbon monoxide detectors to patients unable to purchase such devices. In addition, the agency purchased and distributed scales to monitor fluid retention for patients who were physically or financially unable to obtain them.

In 2016, Good Shepherd Hospice (GSH) earned a two-year grant (2016 and 2017) from the National Alliance for Grieving Children (sponsored by New York Life) to provide bereavement services to Hispanic children and their parents. The program consisted of three, eight-week support groups as well as the provision of community education to the Hispanic population concerning concepts of pediatric grief. The grant also provided for transportation to and from the support groups, as well as transportation to the children's bereavement camp, Camp Hope. A total of 104 people participated in the Hispanic bereavement groups in 2017. The grant expired at the end of 2017 and GSH applied for a renewal; the grant was re-issued for 2019 and 2020. Participation in the support groups continues to remain at just over 100, and over 40 people attended the Children's Summer Camp in 2018 and the same number are anticipated to attend in 2019. The grant now also covers a meal prior to the beginning of the group. Round trip transportation for the support group and Camp Hope continues. The 2019-2020 grant focuses on children who have experienced a traumatic death of a close family member.

In July 2018, Bob Sweeney's Camp H.O.P.E., an annual two-day free children's bereavement camp, continued to have strong attendance with more than 105 children and approximately 60 parents and guardians participating. The event was held at Camp Alvernia and staffed entirely by volunteer professional from Good Shepherd Hospice.

Good Shepherd Hospice conducted more than 45 free bereavement support groups in 2018 for the general public across Long Island at Mercy Medical Center, Our Lady of Consolation, St. Patrick Church in Bay Shore and the Good Shepherd offices in Farmingdale and Port Jefferson. As part of the Coping with the Holidays series, Good Shepherd Hospice held a free workshop addressing bereavement needs associated with St. Valentine's Day, Mother's Day and Father's Day in multiple settings across Long Island.

Fall 2018 and spring 2019 memorial services were conducted by Good Shepherd Hospice at Mercy and St. Charles hospitals. These events are offered to families who have experienced a loss in the previous six months. The events at Mercy had approximately 105 total attendees and approximately 250 people attended the events at St. Charles.

Hospice families continue to benefit from a \$100,000 donation from the family of a patient served by Good Shepherd Hospice in 2014. In October 2018, an additional \$100,000 donation was received for this special program. Monies from this donation are restricted to the provision of aide services in excess of the hospice benefit. It is anticipated that during a 12-month period, more than 50 patients and their families will benefit from this generous donation.

Gabriel's Courage, a Good Shepherd Hospice program offering support and care for families experiencing a life-limiting pregnancy, continued in 2018 to serve families across Long Island, offering social work, pastoral care

and nursing support. Good Samaritan Hospital physicians, nursing, and social work staff remain the primary referrers to this special program. While Good Samaritan remains the main referral source, others have been received from Stony Brook Hospital, Peconic Bay Medical Center and Mercy Medical Center, along with community groups and churches.

Good Shepherd Hospice is now a training site for Resolve Through Sharing® (RTS) training. Resolve Through Sharing® (RTS) teaches evidence-based, compassion-first approaches to bereavement care.

Throughout the year, employees live the mission and share the CHS I-CARE values with the communities served. As a result of their selflessness, in 2018 hundreds of Long Islanders received assistance in the form of baby and school supplies, food, clothing, gift cards and other items.

Staff at CHS facilities across the system conduct food drives throughout the year, in addition to their support of Maryhaven's pantry. Employees also adopt families in need at Christmas and Easter to provide holiday cheer. Other support includes the donation of food and supplies to animal rescue shelters.

Employees are generous with their time, participating in and volunteering at hospital health fairs, Healthy Sundays, the CHS Suffolk County Marathon and fundraising walks and runs benefiting the American Heart Association, American Cancer Society and other charitable organizations. The annual CHS Services Christmas toy drive collected almost 900 toys, along with frozen turkeys and other food items, which were distributed to more than 400 families.

### **Dissemination of the Plan to the Public**

The St. Joseph Hospital Community Service Plan will be posted on the hospital's website at [www.StJosephHospital.chsli.org](http://www.StJosephHospital.chsli.org). Copies will be available at local free health screenings and can be mailed upon request.

By encouraging friends and neighbors to complete the Long Island Health Collaborative Wellness Survey online or at local screenings, the Community Health Needs Assessment will help St. Joseph Hospital continue to further develop ways to best serve the community.

### **Conclusion**

The Community Service Plan is intended to be a dynamic document. Using the hospital's strengths and resources, St. Joseph Hospital, along with community partners, will work to continue to best address health disparities and needs. The hospital will strive to improve the overall health and well-being of individuals and families by expanding free health promotion and disease prevention/education screenings and programs in communities where they are most needed. St. Joseph Hospital is committed to continue to develop ways to best serve the community.