



reflections

PERSPECTIVES ON GIVING TO SAINT AGNES

New Partnerships as We Grow our Community Commitment

Our FY16 Annual Report now Available



Executives of Saint Agnes Healthcare and the University of Maryland Medical System.

IN THIS ISSUE

ANNUAL REPORT OVERVIEW

HEART-TO-HEART PROGRAM

DIABETES PREVENTION PROGRAM

THE SUPPER

NEW FOUNDATION BOARD MEMBERS

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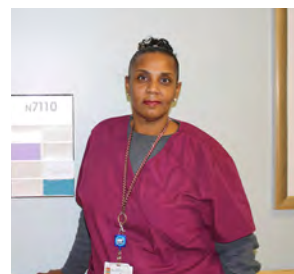
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Baltimore, Maryland 21229
667-234-3155
foundation@stagnes.org
www.stagnes.org

Writing:
Nikki Natoli and Lindy Small

At the start of 2016, **University of Maryland Medical System (UMMS)** and Saint Agnes Healthcare announced that the two organizations developed a formal affiliation. The goal is to share resources and create a regional, clinically integrated system of care while improving the health of West Baltimore residents.

Caroline Center educates women who are experiencing unemployment or want to leave low-wage jobs for meaningful careers with opportunities for advancement. They have expanded their Tuition-Free Career Training Program to West Baltimore and are now located on the Saint Agnes campus. Keith Vander Kolk, president and CEO of Saint Agnes Healthcare stated "Saint Agnes has had a longstanding relationship with Caroline Center – in fact we have employed many women who have successfully completed the center’s program – and we’re excited to continue working together to improve the quality of life for West Baltimore residents.

As part of our commitment to the community, **Gibbons Commons**, a 32-acre multipurpose community space across from Saint Agnes Hospital, is dedicated to providing Southwest Baltimore with much needed green space, recreational facilities, and community housing.



After graduating from Caroline Center’s program in August 2015, Teresa Dent was hired by Saint Agnes.

We recently completed two significant projects on the Gibbons Commons campus:

- Saint Agnes Healthcare and the Cal Ripken, Sr. Foundation teamed up to redevelop the ball field on which Babe Ruth played as a young man. The Babe Ruth Field at Gibbons Commons is a new multi-use ball field positioned on the exact site where the legendary slugger played baseball in the early 1900s. The ribbon cutting will take place in November.



Baltimore Housing Paul T. Graziano joined the members of the community for a grand opening celebration of the Bon Secours Gibbons Apartments.

- Bon Secours Gibbons Apartments has 80 affordable, modern and convenient homes for families, individuals and adults in Southwest Baltimore City. This is a result from a partnership between Bon Secours Baltimore Health System, Saint Agnes Healthcare and Enterprise Homes, Inc.

We could not have made any of this possible without the hard work and support of our loyal donors. As you read through the online annual report, we hope that you feel proud of the role you’ve played in our mission and the expanded community outreach.

Please visit our website at www.stagnes.org/annual-report-2016 to view the full FY16 Annual Report.



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The Seton Society are very generous donors who contribute \$1,000 or more to the Saint Agnes Annual Fund that support areas of greatest need across Saint Agnes Healthcare.

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Heart-to-Heart, a Program for Local Churches in our Community

A three year partnership between AstraZeneca HealthCare Foundation and Saint Agnes Foundation

Saint Agnes Foundation is grateful to our partners and friends at AstraZeneca HealthCare Foundation's *Connections for Cardiovascular Health* SM, a program with the mission of improving cardiovascular health in the United States and a devoted supporter of our community health initiatives.

The Heart-to-Heart (H2H) program was a three year faith- and community-based cardiovascular assessment and intervention program for underserved African American women. Utilizing established faith-based social networks, the H2H program has addressed disparities in access to cardiovascular healthcare for women in the West Baltimore community.

Program Outputs

- 14 churches and one mosque participated. Our three-year goal was to reach nine faith communities - we exceeded this goal by 155 percent!
- 516 women completed a baseline screening. Of those, 347 (67%) were identified as candidates for intervention due to high health risk.
- Of participants eligible for intervention, 61 percent completed at least one post intervention screening.
- 35 Heart Health Champions were trained from 21 churches and faith communities in capacity building, resource development and grant seeking. Training was conducted through three workshops.
- May 2015 session facilitated by National Heart Lung and Blood Institute staff (NHLBI)— included 6 participants from 5 faith communities.
- September 2015 Sustainability Training Session—19 participants from 13 faith communities.
- November 2015 Sustainability Training Session—20 participants from 16 faith communities.
- Developed and disseminated a faith-based toolkit.

Program Outcomes

The following includes improvement in health status indicators:

- Conducted EKGs on 415 participants at high risk and identified 101 (24%) with potential abnormalities who were referred to a cardiologist for follow-up.
- Minimum of 5 point decrease in systolic blood pressure in 40 percent of participants.
- Minimum of 5 percent increase in HDL cholesterol in 40% of participants.
- Minimum of 10 percent decrease in total cholesterol at 4 month post intervention in 40% of participants.
- 100 percent of participants increased their knowledge of cardiovascular disease and their own risk factors.

If you are interested in the Heart-to-Heart Toolkit to implement your own church program please visit our website at <http://www.stagnes.org/wp-content/>



“The Heart-to-Heart Program created a community for me around being healthier,” Hattie Carter said, featured in this photo. “It’s important for people to realize you don’t have to make huge changes to improve your health. You’d be surprised at how much difference small changes can make.”

We invite you to participate in Red Dress Sunday on Sunday, February 12, 2017.

Red Dress Sunday is a faith-based community outreach program that Saint Agnes Healthcare sponsors and promotes annually to educate African-American women and their families about the prevalence and impact of heart disease. This program was introduced 12 years ago with three local participating churches, and has continuously grown over the years. In 2017, nearly 180 churches will take part. For more information on hosting a Red Dress Sunday event at your church, please access the Red Dress Sunday website, <http://www.stagnes.org/about-us/red-dress-sunday/overview/>.

Over the past three years, the following churches and mosque participated in our Heart-to-Heart Program. We extend our appreciation to the leaders of these organizations for their commitment to making the health and wellness of their members a key priority.

Bethel AME Church
Central Church of Christ
Douglas Memorial Community Church
The Tabernacle of the Lord (Jones Tabernacle Baptist Church)
Payne Memorial AME Church
St. James' Episcopal Church
New Shiloh Baptist Church
New Christian Community Church
St. Mark's Institutional Baptist Church
Timothy Baptist Church
Macedonia Baptist Church
Rehoboth Church of God
Perkins Square Baptist Church
Masjid-ul-Haqq

Expanding Diabetes Prevention

Saint Agnes Foundation awarded \$40,000 grant



Some of the pre-diabetes classes are held off-site, like this once conducted at a local church.

The purpose of this grant is to increase access to healthy lifestyle education and resources reducing the incidences of diabetes in our community.

Saint Agnes Healthcare is dedicated to healing, sustaining and improving the lives of the individuals and communities we serve. Saint Agnes strives to deliver acute and community-based care to West Baltimore by addressing chronic disease at two levels – helping patients with multiple chronic diseases better manage their complex conditions and providing community-based preventative programs. Many of our patients at Saint Agnes struggle with barriers to care including no transportation, limited mobility, poor public transportation schedules, unsafe neighborhoods and concern about traveling at night.

In an effort to eliminate these barriers, we are partnering with Bon Secours Baltimore and Community Development to provide the Centers for Disease Control and Prevention (CDC) evidence-based Diabetes Prevention Program (DPP) to West Baltimore. The DPP will address residents who are living in senior, disabled and low to moderate housing facilities, by bringing the program directly to where they live, supporting a circle of influence in their communities.

The approach focuses on preventive care and providing health literacy and lifestyle self-management tools to pre-diabetic individuals which includes increased knowledge of nutrition, healthy lifestyle habits, benefits of physical activity and managing stress. Participants complete a 16-week core program followed by monthly post core

sessions for 6-months. Each session consists of a healthy lifestyle topic and a 60 minute fitness class. Based on four years of providing a diabetes prevention program, we have witnessed significant change in peoples' health through group interventions where participants support one another for life long health.

“If we can stop this from happening, or delay it for as long as possible, then everyone wins.”

– Shadi Barakat, M.D. Medical Director for the Diabetes & Endocrinology Center

We are grateful to the Maryland Department of Health and Mental Hygiene, Office of Minority Health and Mental Hygiene for the Minority Outreach & Technical Assistance (MOTA) grant to eradicate the rise in type 2 diabetes in communities with significant healthcare inequities.

If you are interested in participating in an upcoming program please call 667-234-3244.

If you are interested in helping to expand our Diabetes Prevention Program reach, we welcome your donation. Please visit give.stagnes.org or send your check today!

You can make a difference in a patient's life with your gift by designating Saint Agnes Foundation.



Designation # 25520



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SAVE THE DATE FOR THE ULTIMATE FOODIE EXPERIENCE IN BALTIMORE!

On Friday, April 21, 2017, two award-winning chefs will take the stage and compete against each other in the ultimate food showdown. The winner of this qualification round will compete against last year's champion, Zack Mills from Wit and Wisdom in a live action competition during *The Supper*.

The Supper will guarantee a night filled with food, fun and fanfare. The live-action competition will include commentary from our returning emcees – award-winning restaurateur and author, and our founding celebrity chef, Bryan Voltaggio and James Beard Award nominee and Baltimore native, Julia Bainbridge.

Eight ultimate foodies will also get the exciting chance to be official judges of the competition. This exclusive experience includes a seat on stage and the opportunity to enjoy the dishes prepared by each chef; an epicurean adventure like never before!

The Supper is a foodie's delight! Stay tuned to learn about which of your favorite chefs will be competing at this year's event. Sponsorships and judges seats are now available by calling the Foundation at 667-234-2734 or visit thesupper.org.

Please keep in mind that last year, this event sold out.



Saint Agnes Foundation Welcomes New Board Members

The Foundation recently welcomed five new members to the Board of Directors. Featured below are three of these talented leaders.

Eugene de Lara, PharmD, MBA



Dr. Eugene de Lara is a retired U.S. Navy Captain and the current Chief of Pharmacy Services for the Veterans Affairs Maryland Health Care System. Dr. de Lara has more than 25 years of experience in pharmacy and the health industry, having led a variety of clinical and administrative operations throughout his career. He has won numerous awards and decorations, including the Bronze Star Medal. He is active in various civic and professional associations, including the American Society of Health-Systems Pharmacists, the American Pharmacists Association and was a past president of the National Capitol Area Medical Service Corps Association.

Syeetah Hampton- EL, Esq.



The Foundation is excited to welcome Syeetah Hampton-EL, Esq. as a new board member. Ms. Hampton-EL is the family advocacy attorney for the Green & Healthy Homes Initiative. She previously served as assistant state's attorney for Baltimore City and has had an extensive legal career prosecuting domestic violence cases, preparing criminal jury trial cases and handling district court cases. She is active in many legal and civic organizations including the Maryland State Bar Association, the St. Ambrose Housing Aid Center Board of Directors, and past president of the Monumental City Bar Association.

Rosa Scharf



Rosa Scharf is vice president and small business administration specialist for M&T Bank's Maryland region where she provides loan solutions to small businesses across a variety of industries. She has more than 30 years of experience in financial sales, commercial lending and management experience. Scharf has had a rich banking career at a variety of different banks including Howard Bank, Citizens National Bank, Commercial and Farmers Bank, First National Bank of Maryland and more. She won the Maryland Banker's Association Individual Achievement Honor in 2015 and was named one of Maryland's Top 100 Women in 2008 – 2011.

We are delighted to welcome Dr. de Lara, Ms. Hampton-EL and Ms. Scharf to the Foundation Board of Directors. We are most appreciative to all the Foundation volunteers for their tremendous counsel and generosity. Their dedication makes a difference in the lives of each and every one of our patients.