



We reveal and foster God's healing love by improving the health of the people and communities we serve, especially those who are poor and vulnerable.

## Community Benefit 2017

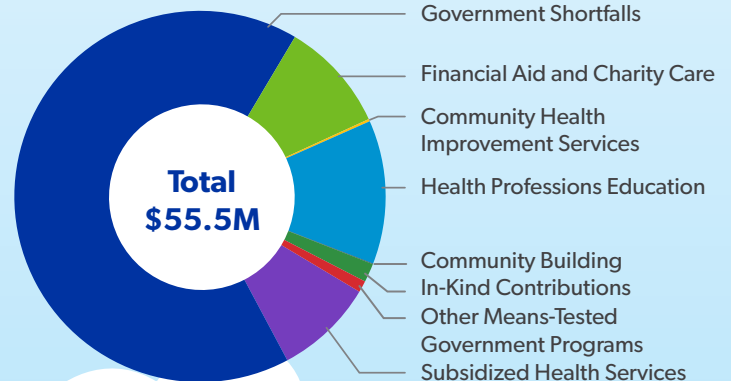
### Investing in the Social Determinants of Health

Improving the health of our communities is a call to action embedded in our mission. As a Catholic health system, we realize that wrapped within this call to action is a need to address the number of factors that impact overall health beyond access to healthcare. These social determinants of health include: economic stability, education, social and community context, and neighborhood and built environment. In 2017, St. Mary's Medical Center addressed these social determinants through investments in education, aging in place and social connectedness, food security and poverty reduction.

#### Western Colorado Region Community Benefit 2017



St. Mary's  
Medical Center  
GRAND JUNCTION, CO



#### St. Mary's Medical Center | Grand Junction, CO



We serve communities and individuals within a **100-mile radius**

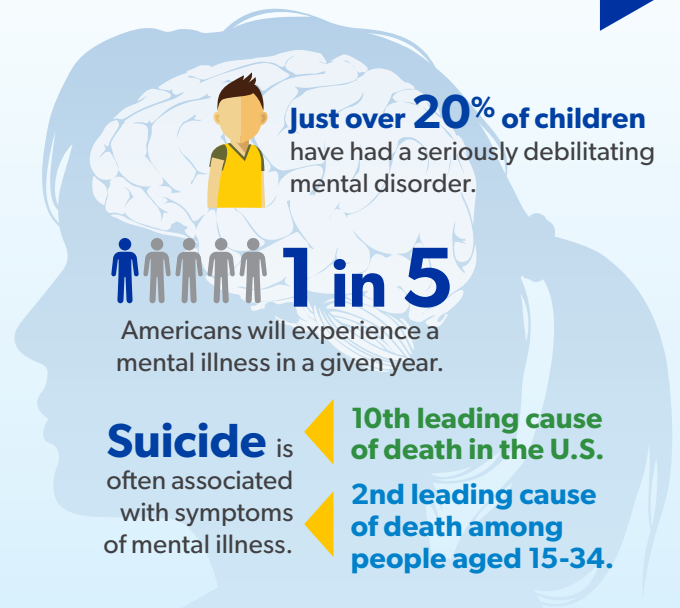
**FIVE-STAR RECIPIENT**  
for **Cardiac,**  
**Neurosciences,**  
**Critical Care** and  
**Labor & Delivery**

Mental illnesses are among the most common health conditions in the United States.

## In 2017, SCL Health made strides to address mental health needs

in the communities it serves by offering a variety of mental health trainings to community members. As a system, SCL Health was able to provide mental health education to over **1,600 individuals** across **3 states** and **17 counties**.

SCL Health **trained 4 new Mental Health First Aid instructors** (including one in Mesa County) to continue educating their communities and sustain the initiative well beyond the grant year.



## St. Mary's Medical Center Initiatives

### ACCESS TO CARE

#### *Training the Next Generation*

St. Mary's Medical Center Family Medicine Residency Program is celebrating 40 years! Starting in 1977, the program has produced half of the family physician pool in Mesa County.

**141** graduating residents

**103** graduates became family physicians in Mesa County

### CARING FOR THOSE WHO CARED FOR US

#### *St. Mary's Medical Center Senior Programs*

The Senior Corp Foster Grandparent and Senior Companion Programs, as well as Meals on Wheels Mesa County, provided services to over 3,300 individuals in 2017. Services ranged from addressing food insecurity to fostering social connectedness to mentorship.

**476** volunteers

**162,473** volunteer hours

### A HOME AWAY FROM HOME

#### *Rose Hill Hospitality House*

Rose Hill Hospitality House provides patients and families with close, safe and affordable accommodations in an environment conducive to spiritual support and encouragement.

**1,970** guests stayed at Rose Hill Hospitality House

**35** states and **10** foreign countries represented

**37%** of guests were family of patients in an intensive care unit

**13%** of guests were NICU moms



## Meals on Wheels Mesa County

"Meals on Wheels is a real life saver!" laughs Susan,\* a Meals on Wheels Mesa County (formally Gray Gourmet) client for the past six years. "I've gotten to know my drivers very well, and they know me now," she says. Two of her favorite volunteers are Steve\* and Becky.\* They've come to her door every Tuesday for the past three years. Recently, they knocked on the door and something didn't seem right. "She's normally really chatty, talking about her dog or asking about us. But this day she was really quiet and kind of confused," Steve said. "We knew something wasn't right, so we called 911." It turned out Susan had a stroke without realizing something serious had happened. "Without Steve and Becky, things could have been so much worse," Susan said. Because of their quick intervention, Susan was able to receive immediate treatment and was released from the hospital within a couple of days.

While the majority of our client stories are not as severe as Susan's, it highlights the importance of the daily wellness check our services provide. For most of our clients, the people they see from Meals on Wheels are the only people they interact with each day.

Established in 1970, Meals on Wheels Mesa County provides a nutritious lunchtime meal to seniors age 60 and older in Mesa County. Today, the program prepares and serves over 120,000 meals annually – 450 to 550 per day. Our registered dietitian-approved meals are served at nine



dining site locations and to over 300 home-bound seniors a day, Monday – Friday.

Evidence supports the fact that good nutrition is essential for health, functionality and quality of life. It also reduces hospital stays and other direct medical costs. Meals on Wheels Mesa County provides healthy

meals, nutritional information and/or dietary consultations and socialization to over 1,400 seniors in our valley. Approximately 2,400 seniors (8%) in Mesa County are living at or below the federal poverty level.

Meals on Wheels Mesa County volunteers are the "heart and soul" of this program. One volunteer said, "The days I volunteer at Meals on Wheels are the best days of my week!" Nearly 300 strong, 30 to 50 volunteers are engaged every day to deliver meals, register diners, serve food at dining site locations, and help in the office. Volunteers donate more than 1,900 hours each month and drive more than 80,000 miles annually.

\*names changed to protect privacy



## Senior Corp Senior Companion Program

"When I noticed cars looked shadowy and I couldn't tell how far away they were, I knew I was never going to drive again. It scared me. However, giving up driving scared me too. How was I going to get to the grocery store or my doctors' appointments? My husband had passed and my kids don't live in town, so I was worried about being alone – loneliness is killer, you know." said a program recipient.

"When I heard about the Senior Companion Program, I was nervous and worried that I would inconvenience my volunteer. Fortunately, that was not something I had to worry about, because my volunteer is a gem! She picks me up every week and takes me to the grocery store, patiently reading the labels of things so I can make healthy choices.

*(Continued on back)*

## Senior Companion Program *(cont.)*

“She keeps me company (and laughing!) We have about three hours to do what I need – she helps me pay bills, takes me shopping and to pick up prescriptions, takes me to doctor and hair appointments, and even reads to me. Sometimes we just go to lunch to get out of the house, or even go out for coffee.”

Since 1990, St. Mary’s Medical Center’s Senior Companion Program (SCP) has served Grand Junction, Clifton, Palisade and Fruita. SCP volunteers serve homebound adults 60 and

older, providing friendship, support and transportation to those who need assistance with medical appointments, grocery shopping, errands and other everyday tasks necessary to maintain independence. The program aims to maintain and potentially improve quality of life by allowing seniors to age in home while also providing assistance to family caregivers. Social connectedness, a social determinant of health, has a great overall effect on one’s health, benefiting both the volunteers and seniors they serve.

## Senior Corp Foster Grandparent Program

“I joined a kindergarten classroom this year at an elementary school. When I started, a young boy was really unhappy and seemed to struggle greatly with reading, writing his letters, learning to write his name, and just about everything else. I started spending a lot of one-on-one time with him and was so pleased with what appeared to be his drastic turnaround.

He worked hard, learned to write his letters, and gained patience with himself as he struggled to sound out words, eventually learning that he could do it!” says a Foster Grandparent volunteer.

“One day, the boy’s mom came to class and asked to speak with me, which made me nervous because I rarely interact with parents. She told me she was about to pull him out of public school and homeschool him because he hated school so much, until he one day came home talking about



‘Grandma.’ She told me he loved coming to school to work with me, thanked me and gave me a hug. I left with my heart full that day; I know I make a difference, not just with the ‘ABCs and 123s,’ but in giving kids the confidence they need to be successful.”

St. Mary’s Medical Center’s Foster Grandparent Program (FGP) has served Mesa and Delta counties since 1973. The program provides

a way for volunteers age 55 and over to stay active by serving children and youth in their communities. FGP volunteers foster a path toward a successful future through tutoring and mentoring. Foster Grandparent volunteers provide invaluable companionship and support in schools and early childhood education centers. Research shows educational attainment has an impact on one’s health outcomes, making the Foster Grandparent program an important resource to the children in Mesa and Delta counties.

Please visit the St. Mary’s Medical Center website to access the full Community Health Needs Assessment:  
<https://www.sclhealth.org/locations/st-marys-medical-center/about/community-benefit/>



2635 N. 7th St. | Grand Junction, CO 81501 | 970-298-2273

[stmarygj.org](http://stmarygj.org)