



*Community Healthcare System*

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# ST. MARY *Medical Center*

## **Statement of Community Benefits Fiscal Year Ended 2010**

In 1973, St. Mary Medical Center, Hobart was opened to fill a need for health service to the communities of East Lake and Porter Counties. Today the hospital continues to provide a full range of medical services for inpatients and outpatients. St. Mary Medical Center is a non-profit hospital operating as a part of the Community Healthcare System, which includes Community Hospital in Munster, Indiana and St. Catherine Hospital in East Chicago, Indiana. The hospitals are committed to providing the highest quality healthcare in the most cost-efficient manner, respect the dignity of the individual, providing for the well being of the community and serving the needs of all people, including the poor and disadvantaged. Community Healthcare System is the leading medical provider in Northwest Indiana, operating three non-profit hospitals, several outpatient clinics and physician offices. Together, the three operate the largest cardiovascular and cancer programs. In the spirit of Catherine Kasper's founding charisma, St. Mary Medical Center continues to minister to our neighbors within the community, providing compassionate care of body and spirit.

St. Mary Medical Center focuses on designing and providing services that meet the needs of its diverse community in Hobart and the surrounding communities of Northwest Indiana. The hospital regularly surveys its patients to ascertain their satisfaction with our facilities and the programs we offer and to identify outstanding needs. By working in conjunction with our medical staff and associates, we ensure that programs and services not only address the patient's medical needs, but consider their cultural and social needs as well.

At St. Mary Medical Center, our mission and values guide us to provide quality, compassionate care for our patients and comfort for our visitors. Our philosophy is to care for all guests as if they were members of our own family. We have been recognized locally and nationally for various programs, proving our commitment to excellent service.

St. Mary Medical Center continues to provide education, screening programs and support groups that are free to all participants. Community benefit net expenses in total for FYE 2010 were \$1,100,398. Blood pressure, skin cancer, breast exams and foot screenings are offered, in addition to nutritional counseling, Doula Postpartum Assistant program, Lamaze and Teen Lamaze classes, Alzheimer's, Consoling Hearts, Pulmonary Rehab Support, tobacco cessation class and diabetes management. In addition to these programs, St. Mary Medical Center also offers the following programs to the community free of charge:

### **Alzheimer's Support Group** –

Alzheimer's Support Group meets the third Tuesday of each month at St. Mary Medical Center. This group is for patients, family and friends dealing with Alzheimer's. Participants in support groups receive emotional support, practical assistance in coping with the issues they face and the latest information about research.

### **Alzheimer's Symposium** –

Support and resources are provided to help caregivers and those in very early stages of Alzheimer's learn about and navigate the medical and legal issues of this diagnosis. A physician and attorney give a speech and participants may also browse a consortium of vendors providing information about everything from assisted living to home monitoring.

### **Blood Profile Screening** –

These screenings offer a way for those concerned about heart health to monitor cholesterol, HDL, triglycerides or glucose. No physician order is necessary for the screening.

### **Cancer Survivors Day** –

The Cancer Resource Centre and St. Mary Medical Center provide a local celebration of this national event, honoring the strength and courage of those who have lived – and continue to live – with cancer. Prizes are raffled and each attendee receives a strength gift and food and entertainment are also provided.

### **Cardiac Rehab** -

Informational session for patients to ask a pharmacist questions regarding their cardiac medications. Handouts are provided to patients comparing certain blood pressure medications.

### **Consoling Hearts Grief Support** –

Support offered to those suffering from the loss of a loved one.

### **Cooking Demonstrations** –

Chef Ryan C. Smith demonstrates delectable appetizers, salads, entrees, desserts and more in these fun and interactive demonstrations.

### **Coronary Health Appraisal** –

This appraisal helps to determine risk for heart disease and other related medical conditions. Screening includes: cholesterol (total, HDL, LDL, triglycerides), blood sugar, metabolic syndrome, blood pressure, body mass index and a Heart Health Profile.

### **Coumadin Class** -

A pharmacist and dietician discuss appropriate diet and medications to avoid while taking Coumadin.

### **Happy Hearts** –

Happy Hearts is a monthly educational support group designed to meet the learning needs of the Heart Failure (HF) patient/family or friends. Each month a program is developed to help answer questions and to teach the self-care need to the HF patient. The group meets at St. Mary Medical Center for two hours a month. There are on average 12-15 participants at each meeting. Some of the topics include: self management of heart failure, pacemakers, medications, recipe sharing, inspiration and coping skills.

### **Healing Touch** –

Healing Touch is a complementary caregiving technique that uses a hands-on and energy-based approach to balance and align the human energy field. Body, mind, spirit and emotion are touched through this therapeutic process and each individual is empowered to participate fully in his or her own healing journey. Healing Touch sessions are held at St. Mary Medical Center on Wednesdays and there are also weekend workshops that provide techniques at Level 1 and 2.

### **Hearts of Hope** –

Crimson lights on the Hearts of Hope trees outside St. Mary Medical Center shine brightly during the holiday season with the help and support of donations to cardiac research. The Hearts of Hope trees are decorated with lights that represent contributions made in honor of or in memory of someone who has been affected by heart disease. Monies raised through donations fund vitally needed research for heart disease. Donors and honorees are invited to a Hearts of Hope tree lighting ceremony that celebrates cardiac research success stories of St. Mary Medical Center.

### **Hope Network Cancer Support Group** –

The last Wednesday of each month this group meets for informative sessions where they can share thoughts and feelings in a comfortable and confidential atmosphere.

### **Knox Suite** –

Knox Suite is similar to a hotel room that is located on the fourth floor of the hospital and accommodates families that need a place to stay.

### **Lamaze** –

Six educational classes are offered each session for those in their last trimester of pregnancy. Classes include informative lectures about comfort measures and medication available for pain. The last session focuses on management of breast-feeding and newborn behavior patterns.

### **Medical Student Internships** –

Medical students interested in learning more about a clinical hospital setting can spend their summer in a volunteer program at St. Mary Medical Center. This innovative program allows pre-med students to shadow the many departments and units of a community-based hospital to assist them in making important decisions regarding their future medical careers. Vijay Dave, M.D. is the director of medical education at St. Mary Medical Center and heads up the summer program which partners with Indiana University School of Medicine – Northwest and the Northwest Indiana Area Health Education Center.

### **Mended Hearts** –

Mended Hearts is a national organization with a local Northwest Indiana chapter that meets on the third Tuesday of each month. It is made up of men and women who have experienced first-hand or have a close family member who has undergone Open Heart Surgery or Valve Replacement Surgery. Some of the volunteers visit patients in the hospital after they have had surgery. They are available to reinforce what healthcare providers have prescribed and recommended. They also are there to listen and be supportive to the patients and their families. The volunteer shares informational packets and encourages patients during recovery.

### **Moving Forward – Stroke Education** –

Stroke survivors and caregivers learn to prevent future strokes through risk detection and management. This is a five-part series that meets every other week Monday – Friday from 4-5 p.m.

**PAD – What’s It All About?** –

The Cardiac Rehabilitation Medical Director discusses peripheral arterial disease (PAD). Attendees learn the signs, symptoms, causes and treatment of this serious disease.

**Pulmonary Rehab “Breathless”** -

The Lung Education Center of St. Mary Medical Center answers questions and helps patients who have medical problems associated with their lungs. Speakers are provided to bring new information on technology. Patients are also encouraged to offer support to each other.

**Scouting for Food** –

St. Mary Medical Center employees help replenish the shelves of the Hobart Food Pantry. St. Mary Medical Center partners with Boy Scouts of America – Calumet Council to participate in this annual food drive campaign. Food collection and delivery are organized under the auspices of St. Mary Medical Center’s Christian Awareness Committee.

**Skin Cancer Screenings** –

Physician examines any questionable areas of the body to look for indications of cancer or pre-cancerous conditions. This screening takes place at a participating St. Mary Medical Center physician’s office on a monthly basis.

**Teen Childbirth Education (Lamaze)** –Our certified childbirth educator teaches how to give baby a healthy start. Participants learn about labor and delivery, nutrition, pain relief options, recovery and valuable resources for support. Classes are designed specifically for teenagers, ages 13-19.

Based in Hobart and the surrounding communities, these programs touched the lives of thousands of patients in the hospital’s service area during the fiscal year 2010.