

Community Benefit 2020

*Inspired by our faith, SCL Health addresses the most critical needs of the communities we serve; especially of those who are poor and vulnerable. In 2020, SCL Health system provided **\$294.4 million** in community benefit, supporting areas such as community health improvement services, health professions education programs, community building activities and subsidized health services. Care site specific totals are highlighted below.*



2020 Community Benefit Highlights

Across the health system, SCL Health supported the mental health of its community members and associates through one of the most trying years by engaging with community collaboratives and offering virtual mental health and well-being training. The trainings focused on suicide prevention, stigma reduction, compassion fatigue and trauma-informed practices.



50 trainings,
reaching nearly
1,000 individuals

**2 mental health
first aid instructors**
trained in Montana and Grand Junction



Re-launched **Let's Talk CO**
with the Metro Denver Partnership for Health
Collaborative



30% increase
in depression and anxiety
symptoms since 2020



Performed
**1,104 Car seat safety
checks** for community families.



Over **306 encounters**
provided through the Stroke Support
Group for survivors and their families



Administered
**30,774 COVID-19
vaccinations**

Support for social determinants of health:
\$27,000 (food insecurity)
\$20,000 (housing)



Boulder Area Agency on Aging Chromebooks

COVID brought new challenges to everyone, but especially made life difficult for people who did not have computers or internet access. Routines during the pandemic relied heavily on remote access for education, healthcare, shopping, and social interactions. Older adults were hit especially hard during the pandemic and experienced social isolation on a greater level due to the quarantine mandates. Good Samaritan Medical Center partnered with the Boulder County Area Agency on Aging (BCAAA) to provide funds to purchase Chromebooks and internet access for this population. The program gives Chromebooks, internet access, and technology support to older adults at no cost.

The total program budget was \$71,000. \$15,000 from Good Samaritan Medical Center and the SCL Health Mother Xavier Ross Community Grant awards was used to purchase 50 Chromebooks. Additional funding from the Colorado Department of Human Services in the form of State Funds for Senior Services and Aging and Disabilities Resource Centers (ADRC) CARES ACT were used to pay for internet access, technology support, and to purchase additional Chromebooks.

BCAAA goes the extra mile to break down barriers on the use of the Chromebook by personalizing the device to the client before it is delivered. The client describes the main functions for which they intend to use the device and the tech provider tailors the device to their needs. For example, the tech provider may install streaming applications such as Netflix or Hulu if the client stated they wanted to stream TV or movies. Upon delivery of the Chromebook to the home of the client, they receive personalized education on the use of the device and any special applications or bookmarks installed for them.

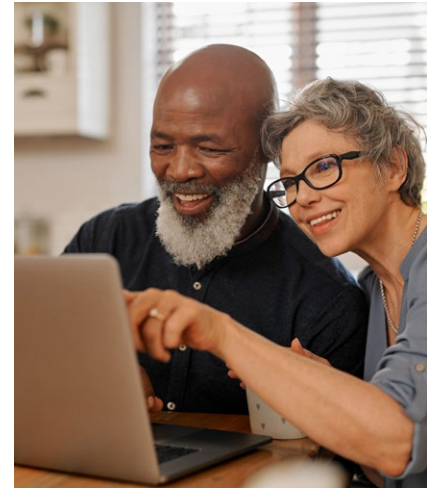
Clients are identified through collaboration with community based organizations that serve Boulder County Seniors and their caregivers such as the BCAA Community

Living Team, Boulder County Housing and Human Services, City of Boulder Older Adult Services and Boulder Library Foundation, as well as organizations in Lafayette, Longmont, Louisville and Erie. The program distributed the first Chromebooks in 2020 and has served

145 clients with one or more of their services. To date, 76 clients have received Chromebooks, 66 clients are receiving assistance to pay for internet access, and 230 clients have taken advantage of the technology installation and education services. Additional statistics from the survey include: the average age of the client is 72 years; 30% of the clients identify as a minority; 73% of the clients are female; 78% of clients live alone; and 48% of the clients live below the federal poverty level.

According to a pre-distribution survey of clients, the top three goals for the Chromebook were to 1) Send and receive emails, 2) Ask a question on the internet, and 3) Shop. Clients received a 6 month follow up and the top four actual uses of the devices have been 1) To send and receive emails, 2) Ask a question on the internet, 3) For social connection and 4) To search for a job.

BCAAA has found the Chromebook program to be a great service to its older adult population and intends to incorporate this program permanently into their list of services. Funding has been secured in order to sustain this program through June of 2022.



Aging Mastery Program

The Aging Mastery Program is an evidence-based program consisting of ten, one and a half hour classes. Data from the World Bank states that the average life expectancy in the US in 1960 was 69.77. As of 2017, that number had risen to 78.54 years. According to the National Council on Aging (NCOA), "Once people reach age 65, they can expect to

live another 19 years with roughly 66% of that time in good health." The class focuses on the "gift of Longevity," and invites discussion on ways to plan so that those extra years are healthy, meaningful, and enjoyable. The program is targeted for audiences over 60 years of age, but people as young as 30 have attended the classes.

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Aging Mastery Program *(cont.)*

Classes for the Aging Mastery Program include: Navigating Longer Lives, Exercise, Sleep, Healthy Eating and Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medication Management, Community Engagement, and Fall Prevention. The program was adapted to a virtual class in 2020 due to COVID-19. The classes met twice weekly for five weeks to cover the ten topics. SCL Health provides the education materials by the National Council on Aging (NCOA) at no cost to participants and local experts are invited to make the presentations.

Through lectures, peer to peer discussions, class activities, and on-line activities, the participants move through classes that touch on important aspects of growing older and how to master behaviors that help to make the most of the

extra years. An example of the curriculum is a discussion on gratitude. Participants receive a presentation on gratitude with an accompanying video. Following the video, participants are asked to share one thing for which they are grateful and to then review a list of items that may or may not be initially viewed as positive, but to think about how they are ultimately grateful for all of the items listed. This exercise always results in a very spirited discussion among class participants. Finally, the participants are asked to keep a gratitude journal once or twice a week in order to hardwire the behavior and to share it online if they are willing.

In 2020, a total of two programs were offered. The interaction of the group members made for an enjoyable and educational experience for all.

COVID Response

SCL Health's community impact efforts would be incomplete without including highlights of our response to urgent and essential needs during the COVID-19 pandemic. At the onset of the pandemic, President and Chief Executive Officer Lydia Jumonville, partnered with peers at all large Colorado health systems to form a collaborative which enabled improved patient



outcomes and reduced mortality rates. In the Montana region, hospital leaders worked similarly to create multi-stakeholder emergency response collaboratives aimed at maximizing resources and minimizing community impact.

In partnership with community based organizations, SCL Health redirected the Mother Xavier Community grants to support individual and family needs for food, housing, personal protective equipment and eviction assistance. For many, social distancing mandates amplified disparities in access to the internet and computer equipment. Grant funding for computer equipment and online access became a life-line to increase social connectedness, access to health services (telehealth) and education for older adults and families with children. In 2021, an extension of our care for the community efforts would shift to developing multi-access points for COVID-19 vaccine delivery. Partnering with the State of Colorado, City of Denver and over 40 community partners, SCL Health hosted a mass vaccination event in February and March 2021 dedicated to reaching vulnerable and disproportionately impacted populations. Over 5,000 individuals were served.

Please visit the Good Samaritan Medical Center website to access the full Community Health Needs Assessment: <https://www.sclhealth.org/locations/good-samaritan-medical-center/about/community-benefit/>



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