

GIVING

THE METROHEALTH FOUNDATION - AUTUMN 2023



METROHEALTH'S INSTITUTE FOR H.O.P.E.™

LIFTING HEALTH, OPPORTUNITY,
PARTNERSHIP AND EMPOWERMENT

FROM KATE BROWN AND DR. AL CONNORS

THE POWER OF IMPACT

Welcome to the Autumn 2023 issue of *Giving*, the publication that honors the generosity of our donors and celebrates the life-changing impact of philanthropy on our patients, caregivers and community.

Over the summer, we conducted a donor survey. Thank you for your feedback! We were heartened to learn that you support MetroHealth because of our enduring mission to serve all; because of the excellence, care and compassion of our caregivers; and because of your commitment to health equity and the health and wellness of our Greater Cleveland community.

We were humbled and gratified for your feedback and alignment with our collective drive and work.

You also shared that you are inspired by stories of impact – stories that help you understand how gifts to MetroHealth make a difference and where you can have the greatest impact. We’ve listened, and in this issue of *Giving*, you will have a chance to learn more about the extraordinary caregivers in MetroHealth’s Department of Family Medicine, who are skilled in a variety of disciplines including obstetrics, geriatrics, developmental disabilities, and, more recently, sports-related care. These caregivers often care for multiple generations within a family, and they form close bonds with their patients impacting their health and well-being over a lifetime.



You will also meet a local family whose commitment to community and giving back to others brought them to MetroHealth. And we will share with you how the compassion of one of our Community Health Workers in her role with MetroHealth’s School Health Program changed the life of a Cleveland Metropolitan School District student and her family.

Thank you again for supporting the mission of MetroHealth. With you, we can continue to transform lives, communities, and futures – one person at a time.

We are grateful for your feedback. If you have questions or would like to share your thoughts, please send us a note at kbrown@metrohealth.org or mhfoundation@metrohealth.org.

Thank you,

Kate Brown
President
The MetroHealth Foundation

Alfred F. Connors Jr., M.D.
Chair
The MetroHealth Foundation Board of Directors



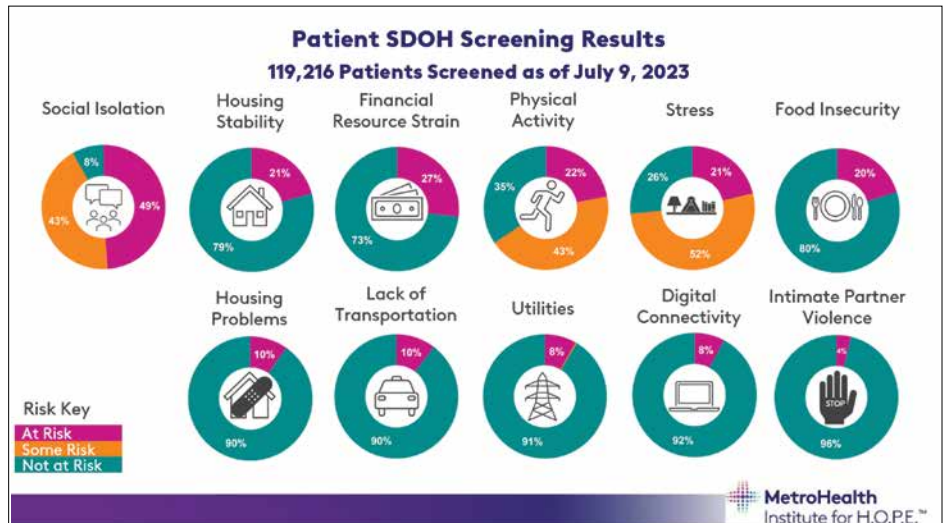
Going beyond medicine to nurture the key ingredient to better health: HOPE

MetroHealth’s Institute for H.O.P.E.™ (Health, Opportunity, Partnership, Empowerment) was created in 2019 to address the social drivers of health – those factors outside of medical care that adversely affect a patient’s quality of life and well-being.

Key to the Institute’s work are health screenings that help identify our community’s most pressing needs.

As of July 2023, the Institute had screened almost 120,000 patients (see table at right). About two-thirds of patients were at risk for at least one adverse social driver of health. About 20% percent of patients screened – 1 in 5 – had three or more areas of risk.

Social isolation was the No.1 risk.



Answering the call for connection

A casual phone call can do more than lift someone’s spirits; it can improve their health, too.

The Institute’s **Calls for HOPE** program was created to address social isolation, especially in the senior population.

The program pairs trained MetroHealth volunteers with patients for once-a-week chats over the phone for six months. Patient participants include individuals managing chronic illness or injury, those living alone and individuals experiencing life changes that present new challenges for socializing.

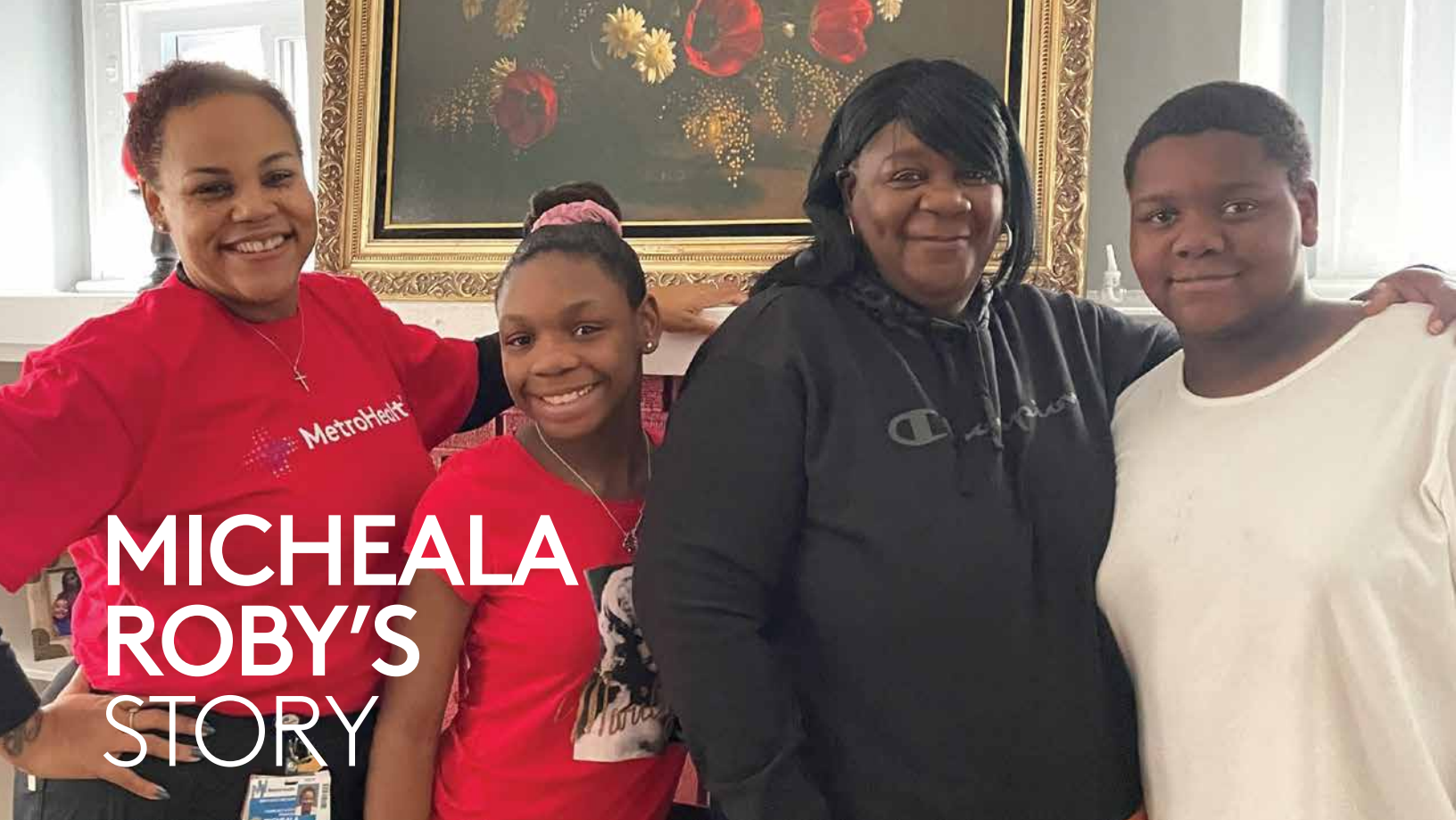
The volunteers engage in positive conversations while being on the lookout for concerning behavior.



Food as Medicine

In 2018, MetroHealth established the **Food as Medicine Clinic**. Eligible patients who face food insecurity and have certain health conditions can visit the clinic twice a month for a three-day supply of nutritious food for their household at no cost.

Last year, the clinic served 290 households over more than 2,400 visits, an 86% increase in visits over the previous year. The program resulted in a significant reduction in inpatient visits among the participants, an increase in primary care visits and a smaller increase in health care costs compared to a control group. Trending improvements in patients’ A1C and systolic blood pressure values can be attributed to the service provided through the Food as Medicine Clinic and home-delivery service. It is boots-on-the-street effort with lasting impact.



MICHEALA ROBY'S STORY

When Micheala Roby, left, a Community Health Worker with MetroHealth's Institute for H.O.P.E.™, found out that the Harris-Little family didn't have the things they needed to set up their new home, she went to work, helping them get a new refrigerator, gas range and more.

"Anything I can do to help my community and build them up, I want to do it," says MetroHealth Community Health Worker

Many extraordinarily kind, caring people work as MetroHealth Community Health Workers (CHWs). Micheala Roby, a CHW in the Institute for H.O.P.E.™ School Health Program, is one of those people.

Like her peers, she is outstanding at her job. In her role with the School Health Program, she connects Cleveland Metropolitan School District (CMSD) students and their families with resources and services available through MetroHealth and other community partner agencies.

Late last year, Micheala had the opportunity to help the Harris-Little family, who were experiencing homelessness. Micheala met the two children of the family after they enrolled

at CMSD. A social services agency was helping the family find housing, but Micheala knew they didn't have the things they needed to set up a home. So, she went to work helping them get a new refrigerator and gas range as well as other necessities like clothing and home furnishings.

"Anything I can do to help my community and build them up, I want to do it," said Micheala, who lives in the same neighborhood as many of the students she serves at CMSD. "I have been homeless, and I know asking for help can be very hard. People can judge you. When I talk to people who are in need, that's one of the things I lead with: Don't be embarrassed. I've been there."

Micheala lives in Cleveland's Slavic Village neighborhood and loves the fact that she walks the same streets, shops the same stores and eats in the same restaurants as the families she helps.

"I love being able to help. I love to help parents. I love to help the kids. That's what fulfills me, knowing that I am in my community, where I live, and I am providing a service that is very helpful. You are more vulnerable and more open with someone who's a little bit more like you. I absolutely love that."

*Interested in supporting the Institute for H.O.P.E.™? Contact **Mary Wheelock** at mwheelock@metrohealth.org or 440-592-1433.*

A SHARED COMMITMENT



If you ask Cigna Healthcare why it supports MetroHealth, the answer is simple: a belief that health equity can be achieved only when everyone has access to quality health care. Like MetroHealth, Cigna believes that we can improve lives by addressing the social drivers of health.

That is why Cigna has focused its support on MetroHealth's Food as Medicine and Calls for HOPE programs. Both are non-medical initiatives that seek to address social factors, like food insecurity and isolation

that adversely affect underserved communities.

Cigna Healthcare employees have a hand in deciding where philanthropic dollars are spent. Cigna's Liberty Valley Market Leader Sally Schufreider says "Our employees chose two programs that have demonstrated impact for MetroHealth patients. They understand that our health starts in the communities where we live, work and play. MetroHealth is a stalwart in the Cleveland community and together we share a passion for changing healthcare for the better."

At first glance, you might not think the Fine-Nadler families would be MetroHealth donors. But dig a little deeper, listen to their story and you'll learn why it's the perfect fit.

Amy Nadler, along with her brother, Randy Fine, manage the Irving and Gloria Fine Foundation. They live on the east side of Cleveland 18 miles away from MetroHealth's main campus, anchored by the state-of-the-art Glick Center that opened in November 2022. They don't get their care at MetroHealth, and they donate to other health care institutions in Cleveland – so why would the family foundation invest its support in MetroHealth?

It all goes back to family, relationships and a deep commitment to the community.

Let's start with family. Amy and Randy's grandparents met at the Jewish Orphanage Home. Their grandmother volunteered for many organizations, including B'nai Brith. Their parents met at Halle's department store. He sold shoes. She sold purses. When he made a sale, he would direct the buyer to her for a matching purse. A perfect fit.

Amy says growing up in Beachwood, they had a comfortable life and giving back was always an important part of it, instilled by their parents, Irving and Gloria Fine. Her father's philosophy was "make sure you are giving a little to everyone." Gloria, who just turned 94, demonstrated through her actions the importance of volunteering and helping others.

Amy and Randy watched their mother volunteer for so many organizations, they joke that their mother has been a professional volunteer her whole life. Now, Amy and Randy volunteer together. "Being Jewish," Amy says, "meant we helped other people, not just those who were Jewish." They adopted that philosophy and added, "the highest form of giving is to give to someone you don't know."

Irving and Gloria established The Irving and Gloria Fine Foundation while he was still alive, and they always encouraged their children to make important contributions to the community. As early as 2014,

Irving's relationship with MetroHealth began. That's when he was invited to meet with former MetroHealth system trustee Terry Monnelly and Dr. Al Connors, who was then MetroHealth's Chief Medical Officer. Irving was moved by MetroHealth's mission and made an estate commitment. He passed away in 2016 and now Gloria, Amy, and Randy continue to make sure his passion to help others continues.

Fast forward to 2022. Amy meets with Debbie Rothschild, Director of Individual Giving at MetroHealth. The two were already acquainted because Amy taught Debbie's children at Fairmount Temple close to 20 years ago. And it turns out Irving and Debbie had a connection as well.

In 2014, Debbie donated a kidney to a friend in need. She was the only available match. Irving found out about Debbie's act of generosity. He was so moved he wrote a check to the Kidney Foundation in her honor, recognizing her selfless act of generosity and kindness – saying that he would support anything Debbie was a part of.

And now a shared passion moves a tradition of generosity forward. The Irving and Gloria Fine Foundation made generous gifts in 2022 and 2023 to MetroHealth's Institute for H.O.P.E.™

The Institute for H.O.P.E.™ was created in 2019 to address non-clinical factors impacting the well-being of MetroHealth patients. Greater Cleveland has some of the best health care institutions in the world. Yet it also has some of the worst health outcomes across its population. Across two local ZIP codes, just five miles apart, residents have a 23-year difference in their life expectancy. The simple reality is that while quality medical care is essential, it's not nearly enough.

THE PERFECT FIT

HOW THE FINE-NADLER FAMILIES' HISTORY DRIVES THEIR PASSION TO GIVE BACK

Experts believe that roughly 80% of a person's health depends on factors beyond medical care: where you live, what's going on around you, your socioeconomic status, your education level, your habits.

These factors are often called the "social drivers of health." That's why MetroHealth provides programs and resources to address these social drivers and create health equity for every patient and every person. One patient at a time, MetroHealth is building a healthier community.

Funny, how it all comes back around. A relationship that started with

Irving nearly a decade ago flourishes as his family foundation continues to help those in need, even those they don't know.

And credit? Their family wants nothing to do with credit, they just want to "pass it along" and encourage others to do the same. They believe in the Jewish values around tikkum olan (repairing the world). MetroHealth's Institute for H.O.P.E.™ exemplifies those values. What a Perfect Fit.





DRS. CHRISTOPHER BRANDT AND BETH SERSIG: A LEGACY OF CARE, RESEARCH AND EDUCATION

Family Medicine: Creating a Community of Care

MetroHealth's Family Medicine physicians and caregivers are skilled in a variety of disciplines, including obstetrics, geriatrics, developmental disabilities, and, more recently, sports-related care.

Family Medicine doctors often care for multiple generations within a family, and because of this, they form close bonds with their patients, which can involve treating people at various life stages.

"Family Medicine at MetroHealth goes well beyond the four walls of the exam room," said Christine Alexander-Rager, M.D., Chair, Department of Family Medicine. "Because we're immersed in the community, we develop deep, rich connections by listening to and partnering with our patients and stakeholders to understand what they really need and how best to provide it."

Dr. Christopher P. Brandt served as the Department Chair of Surgery at The MetroHealth System, and his wife, Dr. Beth B. Sersig, has had a long career in Family Medicine, including serving at Case Western Reserve University as a staff physician and Director of Women's Health at the University Health Service.

They view the practice of Family Medicine through a lens of optimizing the health of a person within a family or other support network and within a community, recognizing the impact of family and family relationships as factors in the health and disease of individuals.

"I describe it as a 'person first' model rather than a 'disease first' model of care," said Dr. Sersig. "Family Medicine promotes seeing the patient holistically, rather than a collection of specialized organs."

As dedicated philanthropists, Drs. Brandt and Sersig have made a commitment to CWRU to fund the Christopher Brandt and Beth Sersig Professorship in Family Medicine at CWRU's School of Medicine. The professorship is to be held by the Chairperson of MetroHealth's Department of Family Medicine. Once this commitment is fully funded, the professorship will be established and matched by an anonymous donor, the proceeds of which will be used at the Chairperson's direction to support education and research in family medicine within the MetroHealth Department of Family Medicine and the CWRU School of Medicine.

To complement Drs. Brandt and Sersig's commitment at CWRU, a second endowment—The Christopher Brandt and Beth Sersig Endowment at MetroHealth—is being established to support excellence in education and research exclusively in MetroHealth's



Dr. Christopher Brandt and Dr. Beth B. Sersig

Department of Family Medicine. Gifts to the Brandt-Sersig Endowment will help this fund grow strong, thereby helping to ensure outstanding teaching and innovative clinical practice.

**Recognizing
the importance
of Family Medicine in
managing the health of
individuals and
the community
as a whole.**

"A strong Department of Family Medicine is critical to MetroHealth's mission," said Dr. Brandt. "This professorship honors Beth's career in Family Medicine and recognizes the importance of the principles of Family Medicine in managing the health of individuals and the community as a whole."

*If you would like to learn more about the Christopher Brandt and Beth Sersig Endowment at MetroHealth, please contact **Kellie Mayle** at kmayle@metrohealth.org or 440-592-1433.*

NEW FOUNDATION BOARD CHAIR



Dr. Alfred F. Connors Jr. was elected as The MetroHealth Foundation's new Board chair in May. He has served on the board since 2009. Connors joined MetroHealth as an intern nearly 50 years ago. Now retired, he has built an extraordinary legacy as a clinician, researcher, educator, mentor, and colleague and served as Chair of the Department of Medicine and Chief Medical Officer.

NEW FOUNDATION BOARD MEMBERS



Dr. Richard Blinkhorn was welcomed as one of two new Ex-Officio members of the Board of Directors. Blinkhorn is MetroHealth's Executive Vice President, Chief Physician Executive & Clinical Officer. He oversees the medical staff, advanced practice providers, department chairs, research programs, medical education, designated service lines, and clinical institutes for MetroHealth.



Alan Nevel is MetroHealth's Senior Vice President and Chief Equity and Impact Officer. Nevel, also an Ex-Officio member of the Board, is responsible for defining the overarching vision, identity and strategy at MetroHealth to eliminate systemic disparities and inequities that impact patients, employees and the community.



Dr. Terry Stancin joined the Board in July. She retired in 2022 as MetroHealth's Chief of Psychology and Director of Child and Adolescent Psychiatry and Psychology. She was honored with the National Compassionate Caregiver of the Year award from the Schwartz Center for Compassionate Healthcare.



Deandra Williams-Lewis is the Director, Ethics and Compliance, for FirstEnergy Corp. She joined the company in 2021 after six years at ReliabilityFirst, overseeing the Human Resources, Finance and IT departments to lead cross-functional and organization-wide initiatives. She serves on the Board of Directors for the Diversity Center of Northeast Ohio.

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The MetroHealth Foundation Inc.
2500 MetroHealth Drive
Cleveland, OH 44109-1998

Airica Steed, Ed.D, RN, MBA, FACHE
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Board of Trustees

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The MetroHealth Foundation
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President
The MetroHealth Foundation

phone: 216.778.5665
fax: 216.778.3600
email: MHFoundation@metrohealth.org
web: metrohealth.org/foundation
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RETURNING FUNCTION, RESTORING HOPE

Northeast Ohio is positioned to become a global resource for patients who have lost the ability to move and function following a stroke, spinal cord injury or traumatic brain injury. The work being done at the internationally acclaimed Functional Electrical Stimulation Center (FES) at MetroHealth's Old Brooklyn Medical Center campus, has the capacity to return function to paralyzed muscles and restore hope in people's lives.

The FES Center, founded in 1991, is a joint effort with the MetroHealth Rehabilitation Institute (MRI), the Louis Stokes Cleveland VA Medical Center, Cleveland Clinic, University Hospitals, and the Department of Biomedical Engineering at Case Western Reserve University. The center works to promote the integration of efforts by scientists, engineers and physicians to improve clinical care, advance research, transfer technology to the health care marketplace and educate investigators and clinicians.

FES works by using electrical currents to mimic the activity of nerves, and in doing so, coordinates muscle contraction so a person can hold a cup or utensil, move their limbs, control their body's functions and, in some situations, breathe without a ventilator. The MRI is the primary clinical testing and application site for functional electronic stimulation. Bringing the partners together under one roof pairs FES's transformational technology with MRI's nationally recognized rehabilitation care, differentiating MRI as a destination for the assessment, research and treatment of individuals with movement disorders.

Research done at MRI is an essential part of advancing patient care. MRI's talented researchers and clinicians are constantly working to secure funding to advance their work. They have a strong track record in leveraging pilot research efforts to generate additional funding resources, with the goal of making products commercially available to patients that can block pain, enable upper-limb recovery after a stroke, and stimulate nerves.

Their mission is to restore function, societal participation and quality of life for persons with significant disabilities. In short, returning patients to their lives.

If you are interested in supporting research efforts, visit www.metrohealth.org/rehabilitation, contact Mary Wheelock at mwheelock@metrohealth.org or 440-592-1433.

