



2016 Impact Report

# **YOUR PHILANTHROPY**

**CREATING HOPE • IMPROVING LIVES**

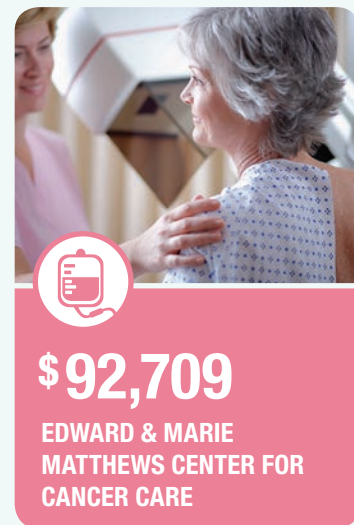
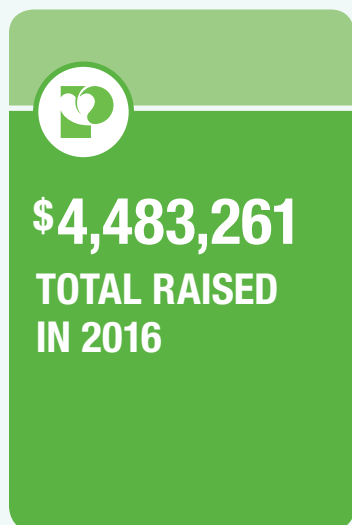


Princeton HealthCare System  
Foundation

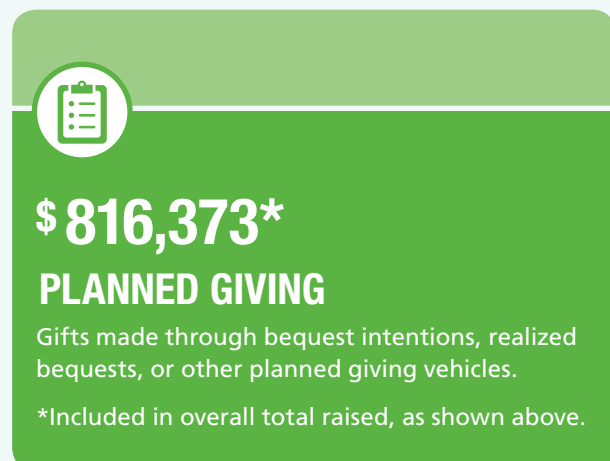
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Investing in Your Health

**THE MISSION** of Princeton HealthCare System Foundation is to financially support and promote the mission of Princeton HealthCare System.



An independent audit of the Princeton HealthCare System (PHCS) Foundation conducted by Price WaterhouseCoopers resulted in an unqualified opinion. The Foundation's investment portfolio is managed by SEI Private Trust Company and Grosvenor Capital Management, L.P., with oversight provided by a joint Investment Committee of the PHCS Board of Trustees and the PHCS Foundation Board of Directors. All *Design for Healing* capital campaign contributions were maintained in short-term holdings at Wells Fargo Bank. Our thanks go to the PHCS Audit Committee, along with the PHCS Finance Committee.







## Initiative Enhances End-of-Life Care

When faced with a terminal illness, patients and their caregivers strive to balance symptom and pain management with sustained quality of life. Medical professionals play a key role, helping patients understand their options and advocating for the patient's wishes. Because medical and nursing schools across the country have not yet incorporated comprehensive end-of-life (palliative care) training into their curriculums, clinicians sometimes require additional resources to provide guidance and support for patients and their families during this difficult time.



Seeing this gap in education as an opportunity, David Barile, MD, (pictured left) Chief of Geriatric Medicine, created the Palliative Medicine Staff Education Initiative to bring this critical training to University Medical Center of Princeton (UMCP) clinical staff and to encourage them to attend additional off-campus training and to share what they have learned with their colleagues through in-service sessions.

Dr. Barile's goal for the program is for all clinicians to become more aware of what patients experience in the final stages of life so they can help to align the personal preferences of those under their care with available therapies, creating a customized approach that respects each individual's unique wishes. "Our program will have a huge impact on staff education and the quality of palliative care we're able to provide during a patient's final phase of life," Dr. Barile explained.

The **Palliative Medicine Staff Education Initiative** was launched in 2016 thanks to a generous grant from Robert Baldwin and Margaret Sieck, who heard Dr. Barile speak on the topic. After learning more about his palliative care proposal, they made a major commitment to fund the program, providing training for clinicians from a variety of departments.

*The gift was made in loving memory of Bob and Margaret's parents, Robert and Gay Baldwin and John and Genevieve Sieck.*



Bob and I were interested in palliative care because we became concerned about end-of-life issues as they pertained to Bob's father and the patients around him in a skilled nursing facility. We felt that family members need to know more about this difficult period in a loved one's life, and we wanted to do something about it."  
— Margaret Sieck, pictured below with husband, Robert Baldwin.



# Gifts to the Annual Fund

## Supporting Present Needs and Future Health

200

AVERAGE NUMBER OF BEHAVIORAL  
HEALTH PATIENTS SEEN AT THE  
EMERGENCY ROOM EACH MONTH



300

NUMBER OF UMCP STAFF THAT HAVE  
ATTENDED THE CRISIS INTERVENTION  
TRAINING



\$1.3 million

PATIENTS' SAVINGS IN  
PRESCRIPTION MEDICATIONS



Our Annual Fund and other unrestricted gifts totaled more than \$1.7 million last year. This support is among our most important sources of funding, as it offers us the flexibility to address priority projects and allows us to take advantage of new opportunities while responding to unanticipated needs. Several of the projects funded by your support of our Annual Fund include:

### Crisis Intervention and Prevention Training

As the number of psychiatric beds available nationwide has fallen, individuals with severe mental illness are turning to local hospital emergency rooms for care. Hospital staff are not always familiar with these conditions, however, and may be unprepared to meet the challenges of caring for behavioral health patients.

The **Nonviolent Crisis Intervention initiative** is led by the University Medical Center of Princeton (UMCP) Nursing Department and Department of Psychiatry's Behavioral Health Work Group. It focuses on providing staff support and training, and improving communication throughout the hospital, to ensure that all patients' medical and behavioral health needs are met. The initiative educates nurses, nursing assistants, patient care technicians, and other select staff across the hospital. The training includes strategies for preventing and deescalating disruptive situations; coping techniques to bolster confidence in difficult situations; and skills to maintain personal, patient, and staff safety.

### Prescription Assistance

Uninsured and underserved populations face many barriers to care, including an inability to afford vital prescription medications. The Bristol-Myers Squibb Community Health Center responded to this growing need among its patients by creating the **Prescription Assistance Program**.



Prescriptions can be expensive, and often our pharmacy technicians can coordinate directly with pharmaceutical companies or other prescription discount programs. When prescriptions can't be covered through these services or patients need assistance paying for medications until the discounts are available, our Prescription Assistance Program can help provide these medications at little or no cost to our clinic patients, who might otherwise not be able to afford them. Staff also offers counseling that educates patients in disease management—resulting in better health outcomes and fewer hospital admissions.





90%

PARTICIPANTS WHO HAVE MET OR EXCEEDED THEIR WEIGHT LOSS GOALS



### Princeton Community Obesity Clinic

In New Jersey, more than one in four adults is obese. Obesity affects many aspects of a patient's health and has a real, lasting impact on communities. In our local area, patients rely on the Bristol-Myers Squibb Community Health Center for care. Weight management challenges are another area where care is needed.

With the community's health needs in mind, Rameck Hunt, MD, FACP, (*pictured right*) a board-certified, fellowship-trained physician with expertise in obesity, who oversees the Weight Management Program at Princeton Medicine, spearheaded an effort to offer the program to clinic patients. The 12-month program focuses on diet and lifestyle modifications, helping patients succeed in achieving significant and sustained weight loss to improve their overall health. Participants work with a multidisciplinary team, including mental health professionals, advanced nurse practitioners, nutritionists, pharmacists, and the attending physicians. Philanthropic support for this program allows us to provide nutritional supplements, medications, fitness trackers, and gym memberships at little or no cost so that patients have every opportunity for success in reaching this goal.



## Access to Care: A Promise Delivered

The Bristol-Myers Squibb Community Health Center stands as a trusted source of compassionate, comprehensive medical care and health literacy for the uninsured and underinsured residents of Mercer and Middlesex counties.

Our patients, approximately one-third of whom are children, come from a wide range of backgrounds—nearly half of all patients speak Spanish as a primary language. When asked about the impact the center has on her life, a patient remarked:



The treatment I receive here is the only option I have for medical care. I appreciate that I can understand what they say to me. I am able to communicate better in my own language."

Support from our donors ensures that the center is able to meet the growing demand for free or low-cost health care by treating more patients each year, offering assistance with prescription costs and transportation needs to the clinic, and expanding our clinic hours to evenings and weekends to guarantee more access.

We extend our appreciation to our Leadership donors who support our clinic:

Mary and Dick Benioff

Doll Family Foundation

Duncan and Nancy MacMillan

Mr. Edward E. Matthews

Mr. and Mrs. Glenn D. Mekles

The New York Community  
Trust—The Scheide Fund



31,287

TOTAL PATIENT  
VISITS AT THE  
BRISTOL-MYERS  
SQUIBB  
COMMUNITY  
HEALTH CENTER





## A Path Forward After Cancer

Receiving a cancer diagnosis is a life-changing event, affecting patients in all aspects of their days. From these first moments, the cancer team at the Edward & Marie Matthews Center for Cancer Care approaches the impact of cancer in a complete biological, psychological, and social context.

When patients undergo treatment, they are surrounded by staff who constantly monitor their medical and psychological needs. After care is complete and they are no longer in the embrace of the cancer center staff, many can feel lost and unsure about the future.

Since 2015, support from philanthropy has enabled the center to launch a **Comprehensive Survivorship Program** and hire a Survivorship Coordinator, Karen Davidson, RN, who works directly with post-treatment survivors, creating care plans and providing ongoing emotional support. The coordinator also communicates with the survivor's primary care physician, sharing a treatment summary so the physician understands the recommendations for follow-up care and is aware of possible complications from chemotherapy. A survivorship support group, **Living Beyond Cancer**, was also created to focus on stress management, nutrition, and coping strategies—offering emotional support and guidance as its members navigate life after cancer.



The Comprehensive Survivorship Program has a positive impact on survivors by offering them ongoing emotional support and, ultimately, creating a new trajectory for their lives and a road map for achieving their post-treatment goals.

*Pictured: Christi Campbell (left) with her friend, Ellen Fuller (right), who organized a "pink party" in Christi's honor and collected donations to the Comprehensive Survivorship Program.*

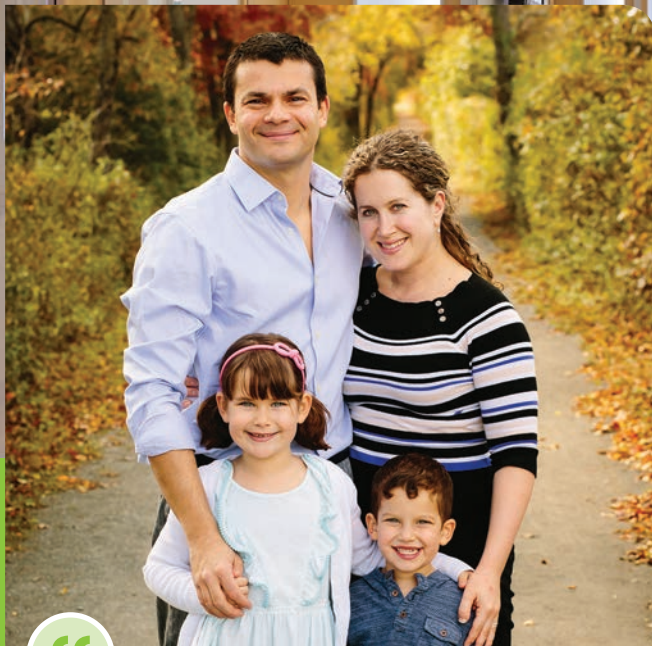


**Christi Campbell, a patient who is part of the Comprehensive Survivorship Program, knows firsthand the importance of post-treatment care.**



After a year and a half that included a mastectomy, 16 rounds of chemotherapy, reconstructive surgery, neuropathy, and 28 days of radiation, I was greeted by the warm smile from Karen Davidson at the Edward & Marie Matthews Center for Cancer Care. She showed me that there are support groups and programs available for people when all their treatment is completed. It meant so much to me because you become dependent on the many amazing and supportive doctors you see during treatment and then suddenly it is over and you have all these side effects and lonely feelings of adjusting to a new body. The side effects made me feel that exercise and even just regular movement were out of reach. The support from staff was so comforting. They helped me realize that there is a place I can go and not feel alone living beyond cancer. I am very grateful and thankful for that peace of mind." — Cristi Campbell





“My wife and I moved to the area almost 10 years ago. For me, working at UMCP has been extremely rewarding both intellectually as well as socially. We just wanted to give back to the hospital where our children were born and honor the people who took care of our family and with whom I work daily.” — Dr. Alexander Wolfson



## Physicians Give in Appreciation

A major gift to support University Medical Center of Princeton (UMCP) Surgical Care Services was pledged by Alexander Wolfson, MD, an anesthesiologist on staff at UMCP, and Natasha Wolfson, MD. Gifts are often made in honor of our doctors, but in this case, a physician is honoring his staff, which is one of the most meaningful ways of showing appreciation.

*Dr. Wolfson dedicated a nurses station honoring the hard work of the perioperative services nurses and staff with his gift.*

## 21st Annual Princeton HealthCare System Golf Outing

Proceeds benefited the Bristol-Myers Squibb Community Health Center, which provides comprehensive community healthcare services to uninsured and underinsured residents. Many thanks to our top sponsors:

Conner Strong & Buckelew  
Edward E. Matthews  
Princeton Anesthesia Services  
The Scheide Fund  
SEI Investments  
Wells Fargo

  
**\$260,000**  
GOLF OUTING



Please refer to page 5 for highlights on how the clinic benefited from the Golf Outing and donor support.





# THANK YOU



The Princeton community has been home to me and my family for over 20 years. Like so many of us, it is where I built my career, raised our family, and made lifelong friends. Serving as the Chairman of the Board of Directors for the PHCS Foundation, I am constantly reminded of how fortunate I am to be part of an institution that is so special and inspires such extraordinary generosity from our community. This year was no exception as you continued to make Princeton HealthCare System a priority, helping us to expand our programs, provide world-class training for our staff, and ensure that quality health care is accessible to everyone in our community. This would not be possible without philanthropists like you. On behalf of our staff and the many patients whose lives you have made better, thank you for being a part of our family of donors.

Gerard A. Compito, MD  
Chairman, PHCS Foundation Board of Directors

Complete list of 2016 donors at  
[www.princetonhcs.org/foundation](http://www.princetonhcs.org/foundation)

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as of December 31, 2016



Princeton HealthCare System  
Foundation

Investing in Your Health

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