

# THE WINDOW

AUGUST 2018

JHF news, events, milestones, publications, and more



## Tenth Anniversary Fine Awards Celebrate Teamwork Excellence, Enduring Commitment to QI

Since 2008, The Fine Foundation has partnered with the [Jewish Healthcare Foundation](#) (JHF) to celebrate teams that demonstrate exceptional performance around patient safety and quality improvement within and beyond their organizations. On August 27, The Fine Foundation and JHF honored winners of the 10th anniversary Fine Awards for Teamwork Excellence in Health Care during an event at the QI<sup>2</sup>T Center.



The UPMC Palliative and Supportive Institute received top recognition for the 2018 Fine Awards for Teamwork Excellence in Health Care. Patient Safety Fellow Alexa Vercelli (far left), a master's candidate in healthcare ethics at Duquesne University, gave a presentation on the Institute's commitment to quality improvement. (L-R): Richard Weinberg, MD; Susan Saxon, CRNP; and Kimberly Gottschalk, MBA accepted the award on behalf of the UPMC Palliative and Supportive Institute team.

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This year's Fine Awards recognize and reward healthcare organizations that have proven to be wired for excellence by developing, sustaining, and spreading quality improvement initiatives.

In 2018, the Fine Award winners were selected by the 34 multidisciplinary healthcare graduate students and professionals who participated in JHF's Patient Safety Fellowship. This summer, the Patient Safety Fellows delved into the emerging field of health implementation science, and then interviewed and analyzed healthcare teams that had previously received Fine Award recognition. Based on what they learned, the Patient Safety Fellows then voted for the healthcare organizations that demonstrated the strongest commitment to continuous excellence in safety, quality, efficiency, and innovation.

The 2018 Fine Award winners are (award amount in parentheses): UPMC Palliative Care Institute (\$15,000 award); St. Clair Hospital (\$10,000); VA Pittsburgh Healthcare System (\$10,000); Prevention Point Pittsburgh (\$7,500); The Open Door, Inc. (\$7,500); Community LIFE (\$5,000); and Jewish Family and Community Services (\$5,000).

"During this year's Patient Safety Fellowship, we had the unique opportunity to marry [Perfecting Patient Care](#)<sup>SM</sup>—our Lean quality improvement methodology—with exciting new constructs from the world of health implementation science," said JHF President and CEO Karen Wolk Feinstein, PhD, while welcoming the 80 attendees of the August 27 event, including Fine Award-winning teams, JHF and Fine Foundation Board members, and Fellows. "By exploring these concepts and partnering with Fine Award-winning teams that exemplify them, the Patient Safety Fellows understand what helps or hinders long-term quality improvement."

Health implementation science considers the broader context in which quality improvement takes place, examining factors such as policies and incentives; organizational culture and structure; individual values and beliefs; and the planning, execution, and evaluation of projects. Joel Stevans, PhD, DC, a senior implementation scientist at the University of Pittsburgh Health Policy Institute, instructed and guided the Patient Safety Fellows through their journey.

The Fine Awards celebration featured a panel discussion with four Patient Safety Fellows: Melanie



JHF President and CEO Karen Wolk Feinstein, PhD, welcomes the 80 attendees of the 10th anniversary Fine Awards and explains how the diverse cohort of Patient Safety Fellows selected the winners.



The 10th anniversary Fine Awards celebration included a panel discussion with some of the Patient Safety Fellows who selected this year's winners. Pictured are (L-R): Melanie Callahan, MPH, a University of Pittsburgh graduate and an application services developer at UPMC Health Plan; Melanie Hailsham, MBA, a Point Park University graduate and senior contract negotiator at PA Health & Wellness; Karl Gibson, an MHA candidate at the University of Pittsburgh and an administrative resident at UPMC Magee-Womens Hospital; and Steven Guo, a Carnegie Mellon University graduate and a population health intern at Gateway Health.

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Callahan, MPH, a University of Pittsburgh graduate and an application services developer at UPMC Health Plan; Karl Gibson, an MHA candidate at the University of Pittsburgh and an administrative resident at UPMC Magee-Womens Hospital; Steven Guo, a Carnegie Mellon University graduate and a population health intern at Gateway Health; and Melanie Hailsham, MBA, a Point Park University graduate and senior contract negotiator at PA Health & Wellness.

"My biggest takeaway from the Fellowship is to resist entropy," Callahan said. "You always have to evaluate, sustain, improve, and adapt to change."

Hailsham noted that organizations that listen to those performing the work and encourage feedback are the most successful.

"The Fine Award-winning sites created an environment for change, with engaged leadership and a process to measure quality," Hailsham said.

Following the panel, a few of the 2018 Fine Award judges—the Patient Safety Fellows—presented the case for this year's winning healthcare organizations. Adele Flaherty, a PhD candidate in healthcare ethics at Duquesne University; Steven Guo; Jessica Maneer, an MHA candidate at Point Park University; and Alexa Vercelli, a master's candidate in healthcare ethics at Duquesne University shared the characteristics of organizations that are wired for excellence.

The Fellows observed that Fine Award winners are responsive to patient needs and work to remove barriers to better care. They understand the policy environment in which they work. The Fine Award winners have engaged leadership, strong natural communications networks that break down traditional hierarchies, and champions who drive quality initiatives forward while getting others to buy in. They're data-driven and are honest self-evaluators. Organizations that are wired for excellence understand the unique characteristics of the communities that they serve, and tailor their services to be successful in that particular context.

Of the 22 total hospital, outpatient, and non-profit organizations that the Patient Safety Fellows studied, 18 of them have sustained their Fine Award-winning quality improvement projects. More than half have spread their projects to other units or departments within their organization, and a handful have spread their work to other organizations.

Sheila Fine, co-founder of The Fine Foundation, recalled that the last name of Milt Fine's father was changed when his father arrived in the U.S. at Ellis Island.

"Milt's father would be so proud that his new name, and such an appropriate name, accompanies this award for excellence and the advancements it recognizes," Sheila Fine said.

"Standing here, I'm amazed by what has happened," said Milt Fine, chairman and president of The Fine Foundation, a hospitality expert, and the visionary behind the Fine Awards. "Wonderful, enduring changes have been made within and beyond your organizations. Today could not be more satisfying. Thank you, and keep it up."



Milt and Sheila Fine, co-founders of The Fine Foundation.

# JHF Approves More than \$1M in New Grants

## A Partnership to Improve Cardiovascular Health in Pregnancy

JHF approved a three-year, \$600,000 grant to advance the understanding of women's cardiovascular health in pregnancy, and to ultimately improve the quality of care provided and outcomes related to cardiovascular health for pregnant women. Cardiovascular disease is a leading cause of maternal mortality and morbidity. The Magee-Womens Research Institute (MWRI) will collaborate with RAND through the grant.

The initiative will build on MWRI's research expertise in maternal mortality, and aim to develop a series of proposals to the National Institutes of Health and other funders related to women's cardiovascular health during and after pregnancy. The initiative will focus on research that can be translated into best practices for cardiovascular health care for pregnant women, and on addressing gaps in care.

MWRI will work in partnership with JHF's newest supporting organization, the Women's Health Activist Movement (WHAMglobal). WHAMglobal is committed to identifying the root causes of maternal and infant mortality, and supporting mothers and families through the entirety of their care. WHAMglobal aims to accomplish those goals by studying high-quality maternal care models from around the world, championing policy and practice reforms, and forming a strong network of women's health advocates.

The new research initiative furthers JHF's more than 25-year commitment to improving the well-being of women, including through the Foundation's prior Working Hearts® initiative that built a multisector coalition to boost women's heart health.



The new initiative will also build upon lessons learned from the MWRI Summit, which will take place on October 9-10. JHF is among the funders supporting the MWRI Summit. Prior to the summit, WHAMglobal will host a Maternal Health Leaders Symposium on October 8 (for more information on both events, see page 7).

"We simply could not ignore the shocking statistics about the tragedy of a newborn without a mother," says Debra L. Caplan, MPA, chair of the WHAMglobal board of directors and vice chair of the JHF board. "The maternal mortality rate in the U.S. is three times higher than in any other comparable nation, and it's rising at a time when other countries are lowering their rates. We in the U.S. are a disturbing outlier, and it's time to address this crisis with the urgency that it requires."

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## Modifying the Aging Trajectory: The Healthy Aging Program

JHF approved a two-year, \$300,000 grant to establish a Healthy Aging Program within the Aging Institute of UPMC Senior Services and the University of Pittsburgh. The program aims to modify the aging trajectory for seniors, identifying the key characteristics of successful and unsuccessful aging and developing new interventions that enhance quality of life for older adults.

Through the Healthy Aging Program, the Aging Institute will conduct novel research and leverage technology to help seniors slow the progression of disability and disease. The Healthy Aging program will use electronic health records, biological markers, personal monitoring devices, self-assessments, and other measures to stratify health risks for seniors and develop personalized interventions that promote successful aging. These include dietary and pharmaceutical modifications, physical activity, and preventive therapeutics, among other interventions.

"JHF has a strong conviction that the senior years need not be a period defined by a rapid decline in health and quality of life," Dr. Feinstein says. "There are opportunities for early intervention and improvement. The Aging Institute, led by Director Dr. Toren Finkel and Clinical Director Dr. Anne Newman, is on the vanguard of translational research that helps seniors live longer, healthier, and more fulfilling lives."

## Training Physician Assistants and Nurses Beyond the Medical Model

JHF approved a one-year, \$100,000 grant to Carlow University to develop and implement behavioral health training for its physician assistant and nursing programs. Using a blend of classroom education, simulated interviews with patients, and case studies, the training will prepare Carlow University students to effectively treat mental health and substance use challenges while operating as part of an expanded healthcare team. The grant will help to create a sustainable training model that addresses a workforce shortage, strengthening the expertise of more front-line healthcare workers who serve as the gate-keepers for getting mental health care to teens, young adults, and adults.

## Addressing the Teen Mental Health Crisis: A National Policy and Action Summit

JHF approved a one-year, \$55,000 grant to AcademyHealth to hold a 2019 summit in Washington, DC to develop a national policy and advocacy strategy that creates a robust safety net for teens and families experiencing a mental health crisis. The summit will gather leading legislators, behavioral



Aging Institute of UPMC Senior Services Clinical Director Anne Newman, MD, MPH and Director Toren Finkel, MD, PhD.

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health professionals, insurers, researchers, and community advocates to identify best practices in diagnosis and treatment, and to identify policy levers that address payment, scope of practice, and overall workforce barriers.

The national policy and advocacy summit advances JHF's Adolescent Behavioral Health Initiative, which was launched in 2016 to improve access to and accountability for effective behavioral health services for teens who are experiencing a mental health or substance use crisis. Through the initiative, JHF has engaged state and county leaders, mental health and substance use providers, social service representatives, family and patient advocates, educators, health plan representatives, nonprofit leaders, and researchers.

"The state of teen mental health in the U.S. cannot be ignored—our young adults are taking to the streets crying out for help," Dr. Feinstein says. "Compared to similar nations, U.S. teens have higher rates of depression, substance use, and anxiety. Suicide is now the second-leading cause of death among adolescents.

Currently, we have an insufficient safety net for teens in families in crisis due to a workforce, payment, and practice constraints. This leads to long waiting lists for services, teens in danger to themselves and others who are denied care or lost to treatment, and ultimately unrealized potential. We want to create a policy and advocacy playbook that eliminates barriers to timely, effective, and accountable teen mental health care."



**AcademyHealth**

### **Improving U.S. Maternity Care: A National Policy Summit**

JHF approved a one-year, \$25,000 grant to the Network for Excellence in Health Innovation (NEHI) to hold a national maternity care summit in Washington, DC in November of 2018. The multi-stakeholder summit aims to identify state and federal policy opportunities to improve maternal and infant care and outcomes; reduce racial and ethnic disparities in such care and outcomes; and increase access to high-quality, comprehensive, and cost-effective maternal and infant care through bundled payment approaches and other innovations in reimbursement and practice.

The NEHI summit will advance the key practice and policy recommendations that emerge from JHF and WHAMglobal's October 8 Maternal Health Leaders Symposium. The summit will also advance the Foundation's efforts to create a statewide Maternal Coalition and Action Network (MOMsCAN). MOMsCAN is a perinatal quality collaborative (PQC) that aims to build a statewide, multi-stakeholder coalition and use research, training, quality improvement, technical assistance, and policy/advocacy to lower maternal mortality rates in Pennsylvania and achieve excellent attachment and outcomes for mothers and babies.

### **Grant Renewals**

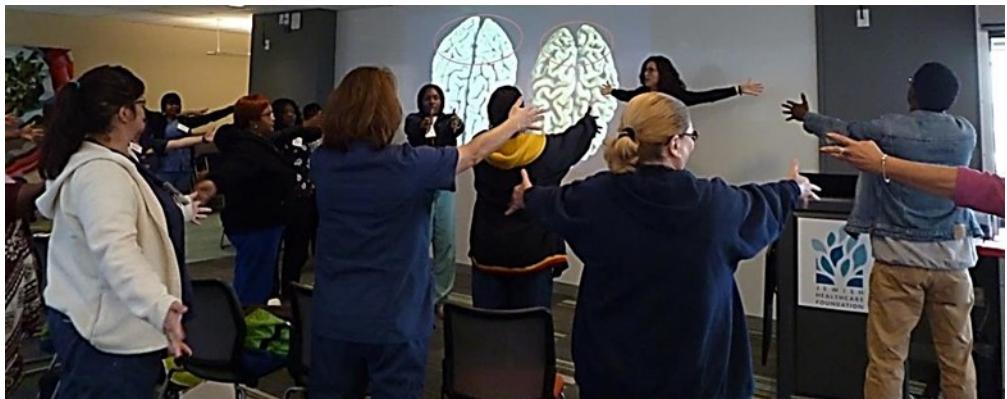
In addition to providing new grants, JHF renewed a one-year, \$50,000 grant to WESA, the local NPR affiliate, to provide independent coverage of healthcare issues of interest to the residents of southwestern Pennsylvania. The Foundation also renewed a two-year, \$30,000 grant to support the Human Services Integration Fund and a two-year, \$30,000 grant to support the Public Health Improvement Fund. Both of these funds, operated through The Pittsburgh Foundation, are designed to seed innovation in the public sector.

# JHF Receives \$100,000 Grant from Pittsburgh Foundation for a Community Health Worker Apprenticeship Program

JHF received a one-year, \$100,000 grant from The Pittsburgh Foundation to advance a community health worker (CHW) apprenticeship program that is focused on employing neighborhood residents as community aides to help seniors live safely in community settings. Through the program, JHF will provide on-the-job CHW training and coaching to frontline workers in partnership with their employers.

Community-based organizations, such as LIFE (Living Independence For the Elderly) programs, will employ CHW apprentices (minimum 2,000 hours), and JHF will provide the CHW apprenticeship curriculum (a state-required 144 hours) plus coaching support for both workers and their LIFE mentors. JHF coaches will also work with administrators to ensure that CHWs are successfully integrated into workflows and care teams. Upon completion of the apprenticeship program, successful CHWs receive a portable state certification credential.

JHF's experienced long-term care trainers and coaches have developed customizable courses around quality improvement education and coaching, workflow design and process improvement, leadership and communication, customer service in long-term care, and dementia awareness and education.



JHF's Stacie Bonenberger leads a long-term care and community health worker training session on cognitive changes in older adults.

Involving CHWs in healthcare delivery is a cost-effective strategy for helping seniors manage health conditions, preventing unnecessary hospital and nursing home admissions, and easing the burden of supporting family caregivers. CHWs, who typically come from the very neighborhoods in which the seniors live, may be able to help slow the rate of age-related decline in vulnerable older adults by ensuring that they have the resources they need as they age-in-place—including connections to community resources and help with navigating the healthcare system when necessary.

Historically, seniors and individuals with disabilities who wished to age in the community faced limited options, as public policy and resources leaned toward institutionalized care rather than home-based solutions. That changed significantly with the 2018 rollout in western Pennsylvania of the Community HealthChoices program, however. Community HealthChoices delivers long-term services and supports to seniors, individuals with disabilities, and people who are Medicaid-eligible or dually eligible for Medicare and Medicaid. The goal of the program is to improve service coordination and

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strengthen eligible consumers' options for receiving community-based care.

CHWs help to assure that our region has a sufficiently sized, well-trained workforce that provides families with community-based care options.

Over the past several years, JHF has worked to advance the emerging workforce role of CHWs in a variety of ways. The Foundation organized statewide task forces focused on CHW training, policy, and employment; provided quality improvement training and coaching to LIFE staff members as part of a CHW Champions program; and offered a range of educational courses to frontline workers through the JHF's Long-Term Care and Community Health Worker Training Center.

In June of 2018, JHF's workforce-focused supporting organization, Health Careers Futures, was approved as a CHW apprenticeship program by the Pennsylvania Department of Labor and Industry's Apprenticeship and Training Council. JHF is exploring additional partnerships to provide CHW apprenticeship certification to doulas, outreach workers who connect HIV-positive individuals to care, and outreach workers who help teens and families experiencing a behavioral health crisis.

## JHF, Community Partners Order up Senior Health and Nutrition

Neighbors gather for a dinner party. Over chicken, roasted veggies, and a little wine, a man worries about his elderly mother. She recently fell and is currently homebound. She's not eating well, and sometimes doesn't take her medications. He visits her often, but he works full-time. She feels isolated. He's stressed. What should he do?

The neighborhood chimes in. A physician friend recommends that the mother schedule a virtual consult to discuss her recent setback, and what drives her to get better. A pharmacist at the table offers to do a medication review and recommend foods that pair well with her pills. A senior care provider reminds the man about affordable, home-delivered meal services, which have friendly volunteers who may notice changes in an older adult's condition. All of the man's problems aren't solved, but he no longer feels so stressed. He has a plan to help mom.



JHF's Senior Nutrition and Pharmacy Charrette featured a "dinner party" conversation instead of a typical panel discussion, with participants taking on the particular vantage point of someone who cares for an older adult. Pictured are (L-R): Terry Starz, MD; Elaine Berkowitz, DMD; Elizabeth Surma, MPH; Marge Lewandowski; Amber Lapping, PharmD; John Allison; Anne Newman, MD, MPH; Debra L. Caplan, MPA; Phyllis Cohen; and Danny Rosen, PhD, MSW.

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This dinner party conversation—acted out by local experts and community volunteers in elder care—set the tone for JHF’s “charrette” (a community planning session) on August 15 that focused on improving seniors’ quality of life through better nutrition. During the event, 85 health providers, consumers, nutritionists, pharmacists, chefs and dining professionals, dentists, and policy-makers gathered at JHF’s table to share and discover best practices and innovations. They were joined by a dozen local pharmacy, nutrition, and public health students. The attendees explored unique barriers that stand in the way of older adults receiving high-quality nutrition, including those related to finances, physical and cognitive challenges, polypharmacy, and the underutilization of the Supplemental Nutrition Assistance Program (SNAP).

The event advances JHF’s *Senior Connections* initiative, which engages community partners to strengthen service opportunities for older adults in southwestern Pennsylvania and beyond. JHF previously convened partners to tackle challenges related to senior exercise and recreation, geriatric-friendly health care, and housing, resulting in new programming and collaborations that help older adults live safer, more satisfying lives.

“I’m a student of ekistics, which is the science of human settlements,” said Karen Feinstein while welcoming attendees to the QI<sup>2</sup>T Center on August 15. “With our *Senior Connections* initiative, we’re looking at all of the components that make a difference in seniors’ lives and how they fit together. We all have the power to create the human settlement that we want. Let’s get to work.”

At the beginning of the event, each attendee selected a persona—a particular kind of senior nutrition and pharmacy stakeholder—and then engaged in breakout discussions from the vantage point of that kind of stakeholder. The personas ran the gamut, from a 75-year-old recently diagnosed with CHF who must cut back on salty snacks to a 40-something caregiver for a parent who has dementia. The first series of breakout discussions centered on nutritional opportunities and barriers faced by seniors in various community, hospital, and long-term care settings. The second series of breakouts focused



JHF Consultant Judith Black, MD, MHA (center, left) and Senior Quality Improvement Specialist Stacie Bonenberger, MOT, OTR/L (center, right) facilitate a breakout discussion on senior nutrition and pharmacy in community settings.



The event featured a delicious, nutrition-packed lunch provided by Pittsburgh Fresh.

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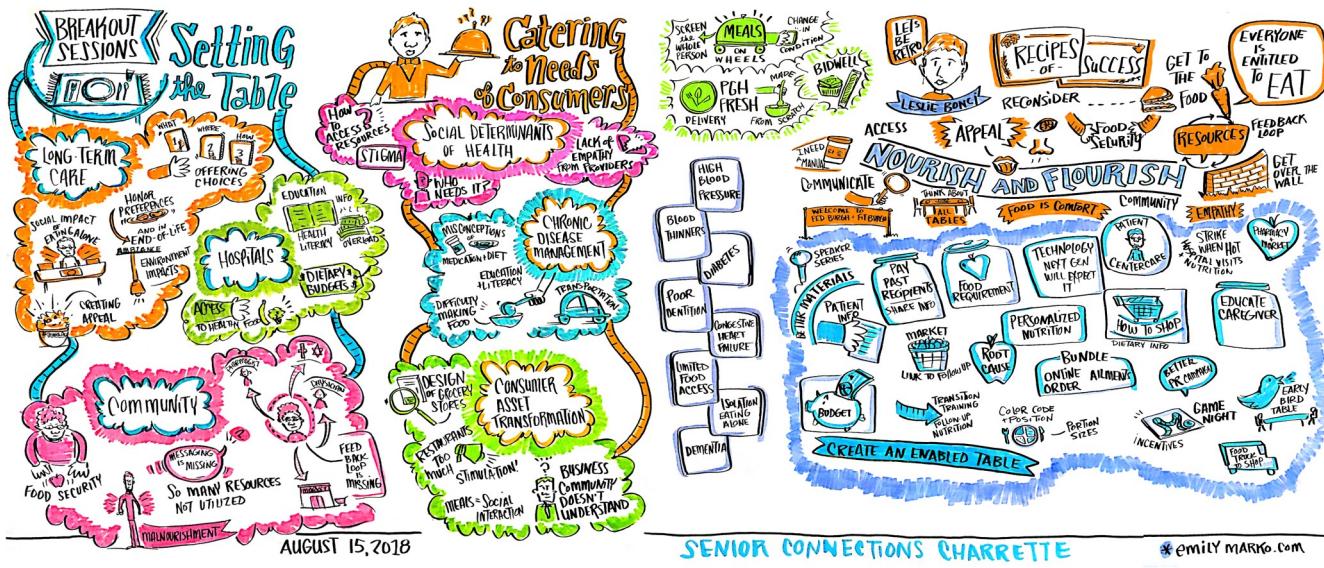
on catering to the nutrition and pharmacy needs of seniors by addressing the social determinants of health, managing and preventing chronic disease, and creating an ecosystem of healthy and convenient dining options.

Facilitators for the breakout sessions included JHF Consultant Judy Black, MD; JHF Senior Quality Improvement Specialist Stacie L.

Bonenberger, MOT, OTR/; Amanda Clark, RDN, LDN, from Presbyterian SeniorCare; JHF HIV/AIDS Program Coordinator Christopher Garnett, MSS; Phyllis Glass, MSN, RN-BC, of UPMC Senior Care; JHF Quality Improvement Specialist Nicole Greer, RN, MPH/MPA; Hannah Hardy, MPA, Chronic Disease Prevention Program Manager for the Allegheny County Health Department; JHF Program Manager Mara Leff, MPH; JHF Quality Improvement Specialist Anneliese Perry, MS; Laura Poskin, MPSG, director of Age-Friendly Greater Pittsburgh; and Dan Swayze, DrPH, VP and COO of the Center for Emergency Medicine of Western Pennsylvania.

Following a delicious, nutrition-packed lunch provided by local meal delivery company Pittsburgh Fresh and desserts prepared by the culinary department at Manchester Bidwell Corporation, attendees shared what they learned in a larger group and provided some action steps. Leslie Bonci, MPH, RD, CSSD, LDN, a registered dietitian and owner of nutrition consulting company Active Eating Advice, facilitated a conversation on partnerships and initiatives that could improve seniors' diets and resolve medication issues. In the months to come, JHF will work to operationalize some of the ideas with attendees.

"Physical, mental, and dental health, transportation, availability, affordability—we looked at senior health and nutrition in a variety of ways," Bonci said. The ideation and energy in this room is exciting. But it doesn't stop today. We have immediate, short-term, and long-term ideas that can be implemented. Providers, caregivers, and patients all have a role. Why shouldn't Pittsburgh set the standard?"



Leslie Bonci, MPH, RD, CSSD, LDN, a registered dietitian and owner of nutrition consulting company Active Eating Advice, leads a conversation on partnerships and initiatives that could improve seniors' diets and resolve medication issues.

# Happy 1st Birthday, Virtual Senior Academy™!

JHF's [Virtual Senior Academy](#)™ is celebrating its first birthday in style. Last August, the Foundation launched the interactive, online platform that connects local seniors from the comfort of their own residence or community setting, offering them the opportunity to take or teach live classes covering subjects like health and wellness, arts and music, cooking, current events, history, and much more. More than 600 local seniors have signed up for the Virtual Senior Academy™, providing them with a way to stay socially and intellectually engaged, make new friends, and express their creativity.

In August, the Virtual Senior Academy™ received an exciting birthday present: it was selected as a finalist for the UpPrize: BNY Social Innovation Challenge award. The Social Innovation Challenge, sponsored by BNY Mellon and The Forbes Funds, recognizes technology solutions that improve the lives of vulnerable populations and/or strengthen nonprofit service delivery in southwestern Pennsylvania.



Nancy Averback, an avid Virtual Senior Academy™ member—and Mara Leff's grandmother—cuts a birthday cake during an August 21 celebration of the platform's successful first year.

As a finalist for the Social Innovation Challenge, JHF receives a \$10,000 grant and will have the chance to compete for a \$150,000 first-place prize to support the Virtual Senior Academy™. The first-place winner will be selected by a panel of local subject matter experts in social innovation, technology, and start-ups. The judges will score competitors based on their business plans and performance during a pitch-style event.

On August 21, the team held a birthday bash at the QI<sup>2</sup>T Center to celebrate the program's dedicated facilitators and community partners who have volunteered their time and expertise to the Virtual Senior Academy™. The cake, thankfully, was not virtual.

As the Virtual Senior Academy™ continues to grow, JHF is striving to remove any potential barriers that seniors may face

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Under the leadership of JHF Program Manager Mara Leff, MPH, the Virtual Senior Academy™ has connected more than 600 Allegheny County seniors for lifelong learning while reaching the finals of the UpPrize Social Innovation Challenge.

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in engaging with the platform. To address access issues, JHF has partnered with senior centers, libraries, high-rise buildings, assisted living facilities, and personal care homes to offer the Virtual Senior Academy™ in shared spaces. To help older adults who may lack in-home internet access, the Foundation has teamed up with ConnectHomeUSA, a national program that aims to bridge the digital divide for residents who receive Housing and Urban Development assistance. And recently, JHF established a Tech Buddy program to connect community volunteers with seniors who need a little help in navigating online.

The Virtual Senior Academy™ is always on the lookout for new class ideas and facilitators, and for Tech Buddies.

To learn more about the Virtual Senior Academy, visit [virtualsenioracademy.org](http://virtualsenioracademy.org) or email Mara Leff at leff@jhf.org

## IN THE NEWS

[“Five finalists announced for UpPrize competition”](#) (Pittsburgh Business Times)

## PRHI Co-Hosts First Center of Excellence Learning Network Session

The Center of Excellence (COE) Technical Assistance Project is funded by the Pennsylvania Department of Human Services to support the Commonwealth's 45 COEs. The University of Pittsburgh School of Pharmacy Program Evaluation and Research Unit (PERU), PRHI, Community Care Behavioral Health Organization, and Poonam Alagh, MD are providing technical assistance, learning networks, and curriculum that is tailored to the needs of each COE.

The mission of the COEs is to increase access to addiction treatment and help ensure that people with an opioid-related substance use disorder stay in treatment to receive follow-up care and are supported within their communities. The centers coordinate care for individuals on Medicaid, emphasizing team-based and whole-person-focused treatment.

On August 21, PRHI co-hosted the first COE Learning Network virtual session. Providers from across Pennsylvania received an overview of the COE Technical Assistance Project, and learned about the strategies that will galvanize their quality improvement work to integrate physical and behavioral health care, expand access to medication-assisted treatment, and deploy community-based care management teams. They also received a tutorial of the online learning network, which



The Technical Assistance Project involves Centers of Excellence located throughout Pennsylvania.

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is powered by Tomorrow's HealthCare™, PRHI's online knowledge and communication platform. In September, the COE Technical Assistance Project partners will host in-person, regional learning network sessions.

## Nancy Zions Receives Rudolph Award

Congratulations to JHF's Nancy Zions, who was recognized as the recipient of the 2018 Doris and Leonard H. Rudolph Award during the Jewish Federation of Greater Pittsburgh's annual meeting on August 30. The Rudolph Award celebrates the exceptional personal and professional commitment of an individual who works for the Jewish Federation or for a partner organization.

JHF also congratulates Cynthia Shapira, who received the 2018 Emanuel Spector Memorial Award for exemplary community service.

## Create a More Inclusive Community—Become a Dementia Friend

Nearly one in ten seniors in the U.S. is lives with dementia, a loss of cognitive functioning that affects a person's ability to think, remember, and make decisions. Across the nation and the globe, communities are working together to change the way that people discuss and plan for dementia. The movement, called Dementia Friends, began in the U.K. and has since spread far and wide—including in Pennsylvania.

JHF is the sub-licensee for [Pennsylvania's Dementia Friends initiative](#). JHF Senior Quality Improvement Specialists Stacie Bonenberger, MOT, OTR/L and Anneliese Perry, MS direct the program and serve as the Dementia Friends Pennsylvania Master Champions. Bonenberger and Perry offer educational sessions and train-the-trainer events on dementia-friendly practices to individuals and organizations that touch the lives of those living with dementia.

The program offers simple, actionable information that all community members can use to support individuals who are living with dementia as well as their caregivers. Dementia Friends aims to engage a wide range of stakeholders, including healthcare organizations, businesses, social service



On August 20, many JHF staff members joined the more than 22,000 people from across the U.S. who have become Dementia Friends.

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organizations, schools, government, faith-based organizations, law enforcement, transportation services, and libraries, among other groups.

On August 20, 18 JHF staff members joined the more than 22,000 people from across the U.S. who have become Dementia Friends. Do you want to learn more about the signs and symptoms of dementia, and how you can help those living with dementia have the best quality of life possible?

To learn more about the Dementia Friends program, visit [dementiafriendspa.org](http://dementiafriendspa.org) and contact Anneliese and Stacie ([info@dementiafriendspa.org](mailto:info@dementiafriendspa.org)). You can also connect with Dementia Friends PA on Twitter ([@DF\\_Pennsylvania](https://twitter.com/DF_Pennsylvania)) and on [Facebook](https://www.facebook.com/DementiaFriendsPA/).

## Calling All Activists: Apply for the 2018 Salk Fellowship

This fall, join the [Jonas Salk Health Activist Fellowship](#) and learn how to build a movement. This Fellowship is an incubator for emerging health activists who want to move from making noise to identifying strategies and tactics for sustainable change. During the nine-week program, selected Fellows will form action groups, develop skills to shape winning strategies, and prepare to advocate effectively around the health issue about which they are passionate. In addition to learning how to change policies, practices, and perspectives, Fellows will also have the opportunity to pitch their ideas to the Pittsburgh community during a Health Activist Expo.



Undergraduate students, graduate students, and employees in health-related disciplines are encouraged to apply. To learn more about the Salk Health Activist Fellowship and to apply, visit the [Health Careers Futures website](#). The deadline to apply is September 7.

## RSVP for the Maternal Health Leaders Symposium on 10/8

It's time to resolve the U.S. maternal and infant mortality crises. A nation is waiting for viable, comprehensive solutions.

Join JHF, UPMC Magee-Womens Research Institute (MWRI), and the [Women's Health Activist Movement Global](#) (WHAMglobal, a supporting organization of JHF) on October 8 for a day-long [Maternal Health Leaders Symposium](#). Leading experts and activists will identify cutting-edge research and evidence-based programs that address the causes and conditions related to maternal and infant mortality, and identify action strategies.

The symposium features expert-led, action-oriented panels that cover a variety of maternal and infant mortality and morbidity related topics, including:

- Addressing Maternal Mortality: From Research to Action
- Identifying Evidence-Based Interventions to Address Infant Mortality
- Transforming Maternity Care Through Innovative Payment Reform
- Recognizing National and Global Best Practices that Reduce Maternal and Infant Mortality
- Identifying What's Next and Where Do We Go From Here?
- Breakout sessions will discuss workforce advocacy; delivery and practice; quality improvement; and optimizing communication, education, and media campaigns for patients.



The Maternal Health Leaders Symposium features leaders such as **Renee Montagne**, a special correspondent and host for NPR news who spearheaded the NPR/ProPublica investigative series on maternal mortality called "Lost Mothers"; **Neel Shah**, MD, MPP, assistant professor of Obstetrics, Gynecology and Reproductive Biology at Harvard Medical School and director of the Delivery Decisions Initiative at Harvard's Ariadne Labs; **Jennifer Moore**, PhD, RN, executive director of the Institute for Medicaid Innovation; **Yoel Sadovsky**, MD, executive director of MWRI; and **Tausi Suedi**, MPH, the co-founder and CEO of Childbirth Survival International.

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This symposium will precede the [MWRI Summit](#) on October 9-10. The MWRI Summit will bring together leading researchers, health practitioners, and policy makers to review known women's health risk factors and social determinants, and identify future interventions and research directions.

If you would like more information on the Maternal Health Leaders Symposium or MWRI Summit, please contact Kate Dickerson ([dickerson@jhf.org](mailto:dickerson@jhf.org)) or visit [whamglobal.org/symposium](http://whamglobal.org/symposium).

## Midwives are Special—Share Your Story!

WHAMglobal is on a quest to show how midwives promote healthy moms and babies. JHF's newest supporting organization [is collecting first-person, creative nonfiction-style stories](#) from midwives, mothers and families, and OB-GYNs that capture what's special about midwives—their unique training and capabilities, and the warmth and comfort they provide during a special time in life.

Creative nonfiction stories focus on characters, actions, and scene-setting. The writing is cinematic. WHAMglobal is looking for personal stories about midwives that range from 2,000-4,000 words. We can help you tell your story! To learn more, contact David Golebiewski ([Golebiewski@jhf.org](mailto:Golebiewski@jhf.org), 412-594-2553).



## Seniors Get Fit with Councilman O'Connor

On August 7, a group of more than 25 local seniors trekked through Frick Park along with Pittsburgh City Councilman Corey O'Connor. Councilman O'Connor led a walk through Frick Park as part of a Fit with a Legislator senior exercise event that was sponsored by AARP Pennsylvania and JHF. JHF and AARP's partner, Venture Outdoors, led seniors of all fitness levels through the trails, stopping with the Councilman to learn about new Pittsburgh initiatives, and sampling some healthy snacks.



Pittsburgh City Councilman Corey O'Connor (center) leads seniors on a walk through scenic Frick Park on August 7.

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after the walk at the Frick Environmental Center. Councilman O'Connor noted that the LEED-certified, fully sustainable Frick Environmental Center is a prime example of the city's commitment to healthy, environmentally-friendly living.

The August 7 walk was part of JHF's larger *Senior Connections* for Recreation and Exercise program, which also includes a series of Fit with a Physician events during which health professionals lead outings while providing wellness advice. JHF is also partnering with AARP to recruit ambassadors who can promote outdoor activity and accompany seniors on outings. To learn about upcoming outings, visit the [Venture Outdoors website](#).

## JHF Sponsors Park Ambassador Training to Help Seniors Get Moving, Enjoy Nature

On August 15, JHF and AARP Pennsylvania teamed up with Venture Outdoors to hold a Park Ambassador training session at North Park. This training, part of JHF's larger *Senior Connections* initiative, focused on getting older adults moving outdoors and teaching them the basic leadership and safety skills required to direct their own group walks.

Eleven older adults—including some who live within walking distance of North Park and some from as far away as Washington County—completed the Park Ambassador training. Many people noted that they would like to lead their own walks. Some expressed interest in volunteering with local organizations, including Venture Outdoors. One attendee even ambitiously stated that she would like to lead group kayak outings in the future.

Are you interested in becoming a Park Ambassador? Contact Jen Blatz, AARP Pennsylvania's associate director for community outreach, at [jblatz@aarp.org](mailto:jblatz@aarp.org) or 412-508-7304.



The latest class of Park Ambassadors, who will lead walks in local parks and promote senior exercise and recreation.

## Hanifa Nakiryowa Receives Strong Women, Strong Girls Award

"You never know how strong you can be, until being strong is the only option."

That's the message that JHF Global Health Associate Hanifa Nakiryowa, MID, had for the more than

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200 attendees of the 2018 Strong Women, Strong Girls Pittsburgh Awards breakfast, held on August 17 at the Doubletree by Hilton Hotel and Suites Downtown. Nakiryowa was one of five community leaders who were celebrated as winners of the 2018 Strong Awards. The Strong Awards recognize women and girls in the Pittsburgh region who serve as outstanding role models, overcome obstacles to achieve success, and demonstrate a commitment to serving others. The theme for the 2018 Strong Awards was “Dream it, Do it.”

Originally from Uganda, Nakiryowa survived an acid attack and has since become an international advocate for fellow survivors and for women’s rights. She founded the Center for Rehabilitation Survivors of Acid Violence (CERESAV), which promotes human services for acid attack survivors in Uganda and advocates to prevent future attacks in the country. She is part of the WHAMglobal team that is working to address the U.S. maternal mortality crisis and support mothers through the entirety of their care.

Along with Nakiryowa, the 2018 Strong Award winners are Aleya Crable Jennings, associate VP and group account director at Gatesman Agency; Rose Homison, a Robert Morris University student; Tiffany Huff-Strothers, founder and CEO of When She Thrives; and Aubrey Kolod, a student at Pittsburgh Greenfield Elementary School.



JHF Global Health Associate Hanifa Nakiryowa, MID (right), receives special recognition during the 2018 Strong Awards. Also pictured is Laura Freedman, MBA, a financial advisor for Southpointe Wealth Management of UBS Financial Services and a Strong Women, Strong Girls Executive Board member.

## JHF Hosts John A. Hartford Foundation President Terry Fulmer

On August 27, JHF hosted a national leader who is dedicated to improving the lives of older adults: Terry Fulmer, PhD, RN, FAAN, president of the John A. Hartford Foundation. Dr. Fulmer was a special guest during a JHF Board meeting, and spent the day with JHF staff to learn more about initiatives such as Senior Connections, the [Virtual Senior Academy™](#), and *Closure* (a planning, education, and outreach initiative to improve end-of-life care).

Dr. Fulmer, who has devoted her career to geriatrics, is a leader in a partnership between the John A. Hartford Foundation and the Institute for Healthcare Improvement (IHI) to create age-friendly health systems. The goal of the initiative is develop standards for senior-friendly health systems and have at least 20% of systems across the country meet the criteria by 2020. The initiative prioritizes four high-level interventions, called the “4 M’s”: what matters (senior health and life goals), mobility,

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medications, mentation (addressing behavioral health and cognitive challenges).

In February of 2018, Dr. Fulmer and Karen Feinstein were part of a panel discussion at the Snowbird Health Summit that focused on innovative, senior-focused initiatives.

## JHF Supports Suicide Prevention at “Out of the Darkness” Walk

On August 25, JHF staff participated in the annual Out of the Darkness Pittsburgh Walk, which was held at Highmark Stadium in Station Square. The walk raised more than \$250,000 for the American Foundation for Suicide Prevention (AFSP). AFSP is a national organization with a western PA chapter that provides educational programming on suicide risks, funds research, and offers resources and aid to those affected by suicide.



JHF staff at the Out of the Darkness Pittsburgh Walk.

## JHF meets with Midwife Center, Sara Innamorato

On August 29, JHF and WHAMglobal staff had the opportunity to meet with Pennsylvania State House of Representatives candidate Sara Innamorato and tour The Midwife Center for Birth & Women’s Health. The Midwife Center, established in 1982, is the largest freestanding birth center in the U.S. and offers primary gynecological care, prenatal care, childbirth care, behavioral health and wellness, breastfeeding support and more.



JHF, WHAMglobal, and The Midwife Center staff with Pennsylvania State House of Representatives candidate Sara Innamorato (first row, second from left).

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