

THE WINDOW

SEPTEMBER-OCTOBER 2018



JHF news, events, milestones, publications, and more

Honoring Lives Lost, and Celebrating Acts of Goodness

*I came into the world without being asked,
And when the time for dying comes
I shall not be consulted;*

*But between the boundaries of birth and death
Lies the dominion of Choice:*

*To be a doer or a dreamer,
To be a lifter or a leaner.
To speak out or remain silent,
To extend a hand in friendship
Or to look the other way:
To feel the sufferings of others
Or to be callous and insensitive.*

*These are the choices.
It is in the choosing
That my measure as a person
Is determined.*

—Gertrude Hildreth Housman, “The Gift of Choice”

On October 27, the Pittsburgh community suffered a tragic loss that was fueled by one person’s hatred. We honor the victims of that day’s horrific attacks on the Tree of Life, Dor

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Hadash, and New Light Congregations: Joyce Fienberg; Richard Gottfried; Rose Mallinger; Dr. Jerry Rabinowitz; Brothers Cecil Rosenthal and David Rosenthal; Husband and wife Bernice Simon and Sylvan Simon; Daniel Stein; Melvin Wax; and Irving Younger. We express our deepest sympathy to the families, friends, and congregants. We wish a full and rapid recovery to those who were wounded.

Our choices following this atrocity—this attack on the values of diversity, inclusion, and shared community—will determine our measure as people. In the face of tragedies and acts of evil, we have a choice to be active healers and rescuers, or bystanders. I could not be more proud of our region's choices.



Today, we celebrate acts of goodness. We celebrate the heroic first responders, police, and clinicians who risked their own well-being to prevent further loss of life. We celebrate Dr. Rabinowitz, who gave his life to honor his professional commitment. We celebrate the millions of people from all backgrounds who have expressed their sympathy to members of our Jewish community. We celebrate Tree of Life Rabbi Jeffrey Myers and the staff of our Jewish organizations, who have responded so nobly and tirelessly to provide comfort and support. We celebrate those who volunteered their facilities for funerals, and those who protected the funeralgoers.

We celebrate, as *New York Times* columnist and Squirrel Hill native Bari Weiss so aptly calls them, the “better angels” who are healing our community. Below is an excerpt from Weiss’ deeply personal [Sunday Review column](#):

If you are lucky, when a terrorist comes to your town, you will bear witness to some of this country’s better angels.

Better angels like the father who walked down the block outside of Tree of Life as he calmly explained to his young son: “They’re trying to tell people that they are coming to invade our country. And it’s just not true.”

Better angels like Wasi Mohamed, the young executive director of the Islamic Center of Pittsburgh, who stood up and said if what you need is “people outside your next service protecting you, let us know. We’ll be there.” He said that in making this offer he was only repaying a favor: “That was the same offer made to me by this community after this election happened that was so negative and the spike in hate crimes against Muslims.”

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Better angels like the sisters Alisa Fall and Melanie Weisbord, who spent Sunday night doing shmira — guarding the body of one of the victims so that, in keeping with Jewish custom, the person would never be alone.

Better angels like Brett Keisel, the Pittsburgh Steeler who helped carry the coffin of David Rosenthal.

Better angels like Nina Butler, who delivered quarts of homemade chicken soup to a SWAT officer who took seven bullets and was healing from his wounds in the hospital.

Better angels like Rabbi Jeffrey Myers, who watched his congregants be executed and then found a way to represent his community to the world with dignity.

Better angels like Michael Sampson, who showed up with a giant Israeli flag, his wife, Leslie, and his two kids to join the protest. His 11-year-old son, Jordan, will tell you: "We're here because hate came to what should be a safe space. And it should not be tolerated."

Better angels like the Rev. Eric Manning of the Emanuel African Methodist Episcopal Church in Charleston, S.C., who knows what it is like to go through such a massacre and who showed up to speak on Friday at the funeral of Rose Mallinger.

In the face of tragedies and acts of evil, we have a choice to be active healers and rescuers, or bystanders. We have a choice. I take comfort in knowing that so many people in our community have chosen to be better angels. And, I am privileged to work every day with people who act and speak out for social justice, as you will see on the following pages.

We would like to [share an article](#) by Matthew D. Neal, MD, FACS, the Roberta G. Simmons Assistant Professor of Surgery at the University of Pittsburgh, on the importance of the Stop the Bleed initiative. We thank the many regional partners who helped to implement the initiative, which equips the general public with the training and supplies to stop or slow life-threatening bleeding. We thank our Board for supporting Stop the Bleed training and toolkits for our local synagogues.

Karen Wolk Feinstein, PhD
President and CEO
Jewish Healthcare Foundation



On October 28, thousands of people gathered at Soldiers & Sailors Memorial Hall for an interfaith vigil—one of many acts of solidarity by the Pittsburgh community since the tragedy at Tree of Life.



Children at Israel's Clalit Hospital show their support for the Pittsburgh community.

WHAMglobal Symposium Gathers Worldwide Leaders to Confront Maternal, Infant Mortality Crises

On October 8, the [Women's Health Activist Movement Global](#) (WHAMglobal), a supporting organization of the [Jewish Healthcare Foundation](#) (JHF), hosted a Maternal Health Leaders Symposium at the Westin Convention Center in Downtown Pittsburgh. Nearly 130 local, national, and international leaders gathered to identify cutting-edge research and evidence-based programs that address the causes and conditions related to maternal and infant mortality, and identify action strategies.

Despite its economic, technological, and clinical prowess, the United States is the most dangerous place to give birth in the developed world, and among the most dangerous in which to raise a newborn. The maternal mortality rate in the U.S. is nearly three times higher than in any similar country (approximately 26 deaths per 100,000 live births, according to a 2015 study in *The Lancet*). And, while other countries around the world are reducing maternal mortality, the rate in the U.S. keeps climbing. Many of those deaths—sixty percent, according to the Centers for Disease Control and Prevention (CDC)—are preventable. Annually, another 50,000 mothers suffer severe complications or life-threatening injuries while giving birth, according to the CDC. Babies are also in peril, with the U.S. ranking 33rd in infant mortality (5.9 deaths per 1,000 live births) among countries studied by the Organisation for Economic Co-operation and Development.



Renee Montagne (third from right), a special correspondent and host for NPR News, describes her work on “Lost Mothers,” an NPR/ProPublica investigative series that uncovered widespread safety issues and gaps in care that contribute to the high maternal mortality rate in the U.S. During the Symposium, Montagne participated in a panel discussion on translating research into action to reduce maternal mortality along with (L-R) moderator Jeannette South-Paul, MD, chair of the department of family medicine at the University of Pittsburgh School of Medicine; Yoel Sadovsky, MD, executive director of the Magee-Womens Research Institute; and Ginger Breedlove, PhD, CNM, APRN, FACNM, the president and founder of March for Moms.



A sampling of the nearly 130 researchers, health and social service providers, policy-makers, health insurers, and community advocates who attended the Maternal Health Leaders Symposium at the Westin Convention Center, Downtown.

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JHF President and CEO Karen Wolk Feinstein, PhD, kicked off the Symposium by explaining that she founded WHAMglobal to channel the energy of recent women's marches for concerted action, and to address unmet women's health needs—a focus of JHF throughout its nearly 30-year history. WHAMglobal sought a “Big Idea,” a focus for its energy and activism that would improve the most lives. WHAMglobal challenged the region's nonprofit organizations to pitch their top idea for improving women's health, and crowdsourced the broader community to select a winning issue.

By the end, WHAMglobal had its directive: to address the shockingly high maternal and infant mortality rates in the U.S.

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.

“Whether you're a researcher, policy-maker, advocate, obstetrician, nurse-midwife, health insurer, or a doula, you are here because you are part of the solution and care passionately about the well-being of mothers and babies,” Dr. Feinstein said. “There is no magic bullet solution to our maternal and infant health crises. But we can learn from other regions and countries, and create a comprehensive support network for pregnant mothers through teamwork.”

The Maternal Health Leaders Symposium featured action-oriented panels that covered a variety of



(L-R): Debra Caplan, MPA, chair of the WHAMglobal board and vice-chair of the JHF board; Tausi Suedi, MPH, co-founder and CEO of Childbirth Survival International and an adjunct professor of Global Health at Towson University; Karen Wolk Feinstein, PhD, founder of WHAMglobal and president and CEO of JHF; and Patricia Siger, board chair of Health Careers Futures, a supporting organization of JHF.



(L-R): David Kelley, MD, MPA, CMO of the Office of Medical Assistance Programs at the Pennsylvania Department of Human Services; John Bulger, DO, MBA, CMO of Geisinger Health Plan; Jessica Schwartz, MHA, episodes strategy manager at TennCare; Robert Edwards, MD, chair and professor of obstetrics, gynecology and reproductive services at UPMC; John Sullivan, MD, senior VP and CMO at St. Clair Hospital; and Eric Lantzman, MD, OB/GYN, co-director of the division of family planning and Ryan Program at Allegheny Health Network.

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(L-R): Network for Excellence in Health Innovation President and CEO Susan Dentzer; Rachel Berger, MD, MPH, chief of the Child Advocacy Center at UPMC Children's Hospital of Pittsburgh; Tausi Suedi; and Ryan Adcock, executive director of Cradle Cincinnati.



(L-R): Christine Morton, PhD, a research sociologist for the California Maternal Quality Care Collaborative; moderator Jennifer Moore, PhD, RN, executive director of the Institute for Medicaid Innovation; Liz DeMaere, BN, RN, LCCE, president of Lamaze International; and Saraswathi Vedam, RM, FACNM, MSN, an associate professor at the University of British Columbia.

maternal and infant mortality and morbidity-related topics. Jeannette South-Paul, MD, chair of the department of family medicine at the University of Pittsburgh School of Medicine, moderated a panel on translating research into action to lower maternal mortality that featured Ginger Breedlove, PhD, CNM, APRN, FACNM, principal consultant for Grow Midwives and a past president of the American College of Nurse-Midwives; Renee Montagne, a special correspondent and host for NPR news who spearheaded the NPR/ProPublica investigative series on maternal mortality called "Lost Mothers"; and Yoel Sadovsky, MD, executive director of the Magee-Womens Research Institute (MWRI), which is the largest research institute in the U.S. devoted exclusively to women's health research.

A panel on addressing infant mortality through evidence-based interventions featured Ryan Adcock, executive director of Cradle Cincinnati; Rachel Berger, MD, MPH, chief of the Child Advocacy Center at UPMC Children's Hospital of Pittsburgh; and Tausi Suedi, MPH, co-founder and CEO of Childbirth Survival International and an adjunct professor of Global Health at Towson University. Network for Excellence in Health Innovation President and CEO Susan Dentzer moderated the discussion.

During lunch, attendees engaged with leaders who are transforming maternity care through innovative payment reforms. David Kelley, MD, MPA, CMO of the Office of Medical Assistance Programs at the Pennsylvania Department of Human Services, moderated a panel that included John Bulger, DO, MBA, CMO of Geisinger Health Plan; Robert Edwards, MD, chair and professor of obstetrics, gynecology and reproductive services at UPMC; Eric Lantzman, MD, OB/GYN, co-director

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of the division of family planning and Ryan Program at Allegheny Health Network; Jessica Schwartz, MHA, episodes strategy manager at TennCare; and John Sullivan, MD, senior VP and CMO at St. Clair Hospital.

The last panel focused on national and global best practices in using a patient-centered approach to lower maternal mortality. Lamaze International President Liz DeMaere; Christine Morton, PhD, a research sociologist at the California Maternal Quality Care Collaborative; and Saraswathi Vedam, RM, FACNM, MSN, an associate professor at the University of British Columbia, joined the conversation that was moderated by Jennifer Moore, PhD, RN, executive director of the Institute for Medicaid Innovation and a research professor at the University of Michigan's Medical School.

Following the panel discussions, attendees broke into smaller groups to develop strategies to elevate the quality of maternal and infant care. Joanne Conroy, MD, President and CEO of Dartmouth-Hitchcock and Dartmouth-Hitchcock Health and Elisabeth Erekson, MD, MPH interim chair of Dartmouth-Hitchcock's department of obstetrics and gynecology, led a breakout focused on creating a team-based workforce and examining scope of practice.

Stacy Beck, MD an assistant professor of maternal-fetal medicine at the University of Pittsburgh and Hyagriv Simhan, MD, MS, division chief of maternal-fetal medicine and medical director of obstetrical services at Magee-Womens Hospital of UPMC, facilitated a breakout on redesigning practices and procedures to support high-quality, coordinated maternal care.

Naima Black, coordinator for the Maternity Care Coalition's North Philadelphia Breastfeeding and Community Doula Program; Stephanie Glover, senior health policy analyst at the National Partnership for Women & Families; and Tamar Krishnamurti, PhD, an assistant professor at the University of Pittsburgh School of Medicine, led a breakout on optimizing maternal and infant health

WHAMGLOBAL MAKING HEADLINES

["Kidsburgh Q&A with WHAMglobal founder on maternal health symposium"](#) (Kidsburgh)

["#SEENintheCity: WHAMglobal Symposium"](#) (Pittsburgh Post-Gazette)

["Important effort for maternal mortality"](#) (Pittsburgh Post-Gazette)

["Conference looks at ways to reduce maternal, infant mortality"](#) (Pittsburgh Business Times)

["Gathering of maternal mortality experts in Pittsburgh seeks 'momentum' "](#) (Pittsburgh Post-Gazette)

["The battle against infant mortality in Allegheny County: exploring the progress and persistent challenges"](#) (PublicSource)

["Interview with Dr. Stacy Beck on maternal health"](#) (PublicSource)

["Women's health leaders from around the world headed to Pittsburgh next week"](#) (Pittsburgh Business Times)

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Hanifa Nakiryowa, MID, a global health associate for WHAMglobal and JHF, and Tausi Suedi encourage attendees to continue the conversation online.

communication, education, and media campaigns.

Maternal Health Leaders Symposium attendees identified promising strategies, including incorporating midwives and doulas into an expanded maternal care team, creating an accountable system to track and improve pregnancy outcomes, and assessing mothers' pregnancy risk levels and needed physical health, mental health, and social service supports more frequently. These are cornerstones of the maternal and infant health system of Australia, which has a maternal mortality rate that is five times lower than that of the U.S.

Other states could also learn from California, which has dramatically reduced its maternal mortality rate (to a nation-leading 7.3 deaths per 100,000 live births) by implementing basic safety science principles, including checklists, toolkits, and safety carts. Attendees also emphasized the need to respect mothers' cultural and religious preferences, and to expand the use of innovative bundled payment models that empower health systems to redesign the birth experience for high-quality outcomes.

WHAMglobal and its partners will strive to make some of the programs, policies, and advocacy strategies showcased during the Symposium the standard of care for mothers and babies. These efforts include establishing the Maternal Coalition and Action Network (MOMsCAN), along another JHF supporting organization, the [Pittsburgh Regional Health Initiative](#) (PRHI). MOMsCAN is a perinatal quality collaborative that will 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.

In late 2018, WHAMglobal and PRHI will also partner with the Network for Excellence in Health Innovation to hold a national policy summit focused on improving perinatal care through payment, practice, and workforce innovations.

"Collectively, we have the components needed to create a best-in-class maternal and infant health system," Dr. Feinstein said. "Our charge, our duty, is to assemble them."

Pittsburgh Members of IWF attend World Leadership Conference, Establish Special Interest Group for Health Care

For more than 40 years, the International Women's Forum (IWF) has cultivated strong leadership around the globe. The invite-only organization has nearly 7,000 members spread across 33 countries and six continents, with decision-makers from Fortune 500 companies, government, the non-profit sector, the arts, and science among the network.

That includes decision-makers in Pittsburgh, where Karen Feinstein and several dozen fellow women leaders founded a chapter of IWF in 1996. In October, representatives of the Pittsburgh chapter traveled to Miami, FL to attend the three-day 2018 IWF World Leadership Conference and discuss the possibility of creating a women's health-focused interest group among IWF members.

The Pittsburgh contingent included Dr. Feinstein, who served as president of the IWF Pittsburgh chapter from 1997-1999; Kenya Boswell, president of the BNY Mellon Foundation of Southwestern Pennsylvania; IWF Pittsburgh Vice President Debra L. Caplan; Betty Lamb, a financial advisor at Morgan Stanley; and IWF Pittsburgh President Aradhna Oliphant, who is also the president and CEO of Leadership Pittsburgh, Inc.

On October 24, Dr. Feinstein organized a pre-conference women leaders in health care luncheon along with Caplan and Fleur Sack, MD, a member of the Florida chapter of IWF. More than 40 IWF members with backgrounds in women's



(L-R): JHF Program Manager Mara Leff, MPH; Karen Feinstein; Debra L. Caplan; Betty Lamb, a financial advisor at Morgan Stanley; Carol Johnson, president of the IWF Philadelphia chapter; and Aradhna Oliphant, president of IWF Pittsburgh and president and CEO of Leadership Pittsburgh, Inc.



During a luncheon that preceded the IWF World Leadership Conference, Karen Feinstein (far right) leads a discussion on creating a healthcare-focused interest group among IWF members.

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health, mental health, pediatrics, and social services attended the luncheon.

Dr. Feinstein provided an overview of WHAMglobal, JHF's supporting organization that is committed to improving maternal and infant health outcomes, as an example of what a strong women's group can accomplish when focused on a health-related goal. She explained that during a study tour of Australia's maternal and infant health system in the spring of 2018, members of the WHAMglobal team attended the IWF Cornerstone Conference in Melbourne and started the conversation about creating a health interest group within IWF. During the luncheon, attendees discussed ways to share the inspiring personal stories and accomplishments of IWF members, and identified some common areas of interest, including issues related to end-of-life care, mental health, and adolescent health.

While in town, the IWF Pittsburgh contingent also went on a site visit to the University of Miami School of Nursing and Health Studies Simulation Hospital. The state-of-the-art building features training environments that focus on emergency care, obstetrics, and home health care, among other specialties. IWF Florida member Emily Berlin accompanied the Pittsburgh members on the tour, which was organized by Dr. Sack.

The trip to Miami concluded with the World Leadership Conference and an enthusiastic endorsement from IWF leadership to create a special interest group for women working in health care, led by Dr. Feinstein, Caplan, and Dr. Sack.

Virtual Senior Academy™ Wins Audience Favorite Award at UpPrize Finals

In just over a year's time, JHF's [Virtual Senior Academy™](#) has progressed from a concept into an interactive, online hub that provides nearly 700 of our region's older adults with an opportunity to take or teach live classes covering subjects like health and wellness, arts and music, cooking, current events, history, and more. The platform, which can be used in a variety of residential and community settings, offers a fun way for seniors to stay socially and intellectually engaged, make new friends, and express their creativity.



UpPrize finalists celebrate their accomplishments with supporters who paced the Carnegie Science Center's PointView Hall.

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On October 11, the Foundation had the opportunity to showcase the Virtual Senior Academy™ on a big stage: The finals of the UpPrize: BNY Social Innovation Challenge. 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. Among a pool of more than 100 applicants, the Virtual Senior Academy™ was one of five selected for the UpPrize finals.

JHF Program Manager Mara Leff, MPH, delivered a pitch on the Virtual Senior Academy™ and competed for a \$150,000 first-place prize during the UpPrize finals event, which was held at the Carnegie Science Center. While the platform didn't take home the top prize, the Virtual Senior Academy™ did receive \$10,000 for winning the Audience Favorite competition.

The Virtual Senior Academy™ is always on the lookout for new class ideas and facilitators, and for “Tech Buddies” who help older adults navigate the platform. To learn more about the Virtual Senior Academy™, visit virtualsenioracademy.org or email Mara Leff at leff@jhf.org.



JHF Program Manager Mara Leff, MPH.

Salk Health Activist Fellows Building Movements for Social Change

While the nation eagerly awaits possible health system reforms, JHF continues to train the next generation of health activists who will help lead the transformation.

This fall, JHF welcomed its second cohort of the Jonas Salk Health Activist Fellowship—a ten-week deep dive into changing practice, policy, and perspectives around a health issue. Thirty-two Fellows, from undergraduate students to seasoned professionals in various fields, will expand their activist toolset with new frameworks and skills. Working alongside experienced community organizers and activists, and



The 2018 Jonas Salk Health Activist Fellows.

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AIDS Free Pittsburgh Project Manager Julia Och (far left) explains the goals and vision of the initiative during a Salk Fellowship tabling session. Also pictured are Salk Fellows (L-R): Chinmayi Venkatram, an undergraduate at the University of Pittsburgh; Jessica Maneer, an MHA candidate from Point Park University; and Sara Luby, director of quality and compliance for Allies for Health + Wellbeing.

with the support of mini-stipends as well as the [Health Activist Network](#) platform, the Fellows will form an action group, develop a project strategy, and build a case for action.

“The Salk Activist Fellowship is providing me with lifelong lessons on how to not only express the changes that need to be made in maternal care, but also how to drive those changes and be the voice of the voiceless,” says Selena Eisenberg, an undergraduate at the University of Pittsburgh studying natural sciences and English literature. “The joy and energy I have because of my participation is unlike anything I have experienced elsewhere.”

The Fellows come from a wide range of twenty different disciplines, including medicine, healthcare administration, education, social work, nursing, pharmacy, health management systems, occupational

therapy, psychology, public health, public policy, community engagement, and microbiology. The health issues that drive their passions are also just as varied. The Salk Health Activist Fellows are working to address challenges that include reducing maternal mortality, strengthening immigrant and refugee health, developing a health needs assessment of older LGBTQ individuals, improving low-income families’ access to child resources, crafting solutions for physician burnout, and devising various programs to address social determinants of health like health literacy and transportation.

Building on the success of last year’s inaugural program, this year’s Salk Health Activist Fellowship features two additional, brand-new sessions on top of the content from 2017. The Fellowship kicked off on September 25 with JHF staff members holding a tabling event to explain the Foundation’s various projects and programs. On October 2, Karen Feinstein presented on the joy of making social change and took part in an interview with several Salk Fellows.

The first new session, held on October 9, focused on hearing directly from local elected officials about building public support and engaging policy-makers. Five of our region and state’s up-and-coming women leaders—Pennsylvania Department of Health Policy Director Kimberly Early; Marita Garrett, mayor of the Borough of Wilkinsburg; Sara Innamorato, representative-elect for the Pennsylvania House of Representatives District 21; Erika Strassburger, Pittsburgh City Council member for District

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8; and Lindsey Williams, a candidate for the Pennsylvania State Senate's District 38—offered insights and inspiration on building a case for change.

On October 16, the Fellows learned how The Open Door, Inc. has used advocacy to create a harm reduction housing model for HIV-positive individuals from Mary Hawk, DrPH, a founding board member of the organization and an assistant professor of behavioral and community health sciences at the University of Pittsburgh. The following week, the Fellows explored the importance of storytelling and investigative reporting in activism with Mike Dillon, PhD, an associate professor at Duquesne

University's McAnulty College and Graduate School of Liberal Arts; Pittsburgh Post-Gazette health reporter Kris Mamula; and PublicSource Executive Director Mila Sanina. The October 30 session centered on being an activist at work, and featured Ann McGaffey, MD, FAAFP, medical director of UPMC St. Margaret Bloomfield-Garfield Family Health Center; Todd Wahrenberger, MD, MPH, CMO of Pittsburgh Mercy; and Jim Withers, MD, founder and medical director of Operation Safety Net.



Steve Irwin, JD (far left), a JHF Board member and partner at Leech Tishman, moderates an October 9 Fellowship panel discussion focused on engaging policy makers featuring (L-R): Pennsylvania Department of Health Policy Director Kimberly Early; Marita Garrett, mayor of the Borough of Wilkensburg; Sara Innamorato, representative-elect for the Pennsylvania House of Representatives District 21; Erika Strassburger, Pittsburgh City Council member for District 8; and Lindsey Williams, a candidate for the Pennsylvania State Senate's District 38.



PublicSource Executive Director Mila Sanina (far right) discusses the importance of storytelling and investigative reporting during an October 23 Fellowship session. Also pictured are panelists Mike Dillon, PhD, an associate professor at Duquesne University's McAnulty College and Graduate School of Liberal Arts; and Pittsburgh Post-Gazette health reporter Kris Mamula.

In future sessions, the Fellows will explore the role of new technology in health activism with local startup leaders (which is the other new session for 2018); examine the post-midterm election policy landscape; and gain insights on leading change from an executive level.

“Being a part of the Salk Fellowship allows me to take the blinders off and see what could be,” says Charles Franklin, an MHA candidate at Robert Morris University who has worked as a paramedic for 25 years. “I’m not being constrained into thinking one particular way. I’m being encouraged to be a constructive disrupter. This is so contrary to what I have always been as a traditional healthcare provider. I’m being given the freedom to express my concerns and advance a cause that I am passionate about, and being provided with the tools to make it happen.”

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On November 29, the Fellows will showcase their visions for social change during a Health Activist Expo at the August Wilson Center. The event will take place from 6-8 PM and will feature live entertainment and refreshments. To RSVP for the Expo, visit healthactivistnetwork.org/expo2018.

Karen Feinstein Champions Safer, Higher-Quality Perinatal Care during NRHI Affordability Summit

The U.S. spends nearly one-fifth of its total GDP on health care—the highest rate among peer nations—and in return produces among the worst population health outcomes in the developed world. An estimated 30-40% of U.S. healthcare spending is wasted on unnecessary treatments, preventable complications, inefficiencies, and errors. In addition to causing harm to patients, that staggering amount of waste hampers economic growth, strains household budgets, and decreases resources available for other public policy initiatives.

What if the U.S., on a massive scale, were to reinvest in health—to redesign the care delivery experience and reimbursement system to remove unnecessary services, and pay for what matters?

Karen Feinstein posed that question during the Network for Regional Healthcare Improvement (NRHI) Affordability Summit, which took place on October 4 at the Ronald Regan Building and International Trade Center in Washington, D.C. The Affordability Summit gathered more than 200 healthcare professionals; local, state, and federal policymakers and administrators; and health plan representatives for a daylong exploration of how health, price, and waste influence the affordability of health care.



Karen Feinstein and Stuart Altman, PhD, the Sol C. Chaikin Professor of National Health Policy at Brandeis University's Heller School for Social Policy and Management. During the NRHI Affordability Summit, Dr. Feinstein introduced Dr. Altman, who discussed ways to tackle high healthcare costs through policy change.

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NRHI is a group of more than 30 regional health improvement collaboratives from across the U.S. that works together to achieve higher-quality, cost-effective care. PRHI, a supporting organization of JHF, is a founding member of NRHI and plays a leadership role in the national network. During the summit, Dr. Feinstein gave a featured presentation on PRHI's Reinvest in Health initiative to remove wasted spending and unlock new resources for high-value perinatal care. Bundled payments are a key component of the initiative. With bundled payments, health systems have greater flexibility to redesign the birth experience for high-quality outcomes than in a traditional fee-for-service model. They can wrap services around the mother and incorporate midwives, doulas, and mental health professionals as part of a team-based approach to care.

Dr. Feinstein explained that PRHI is engaging regional health systems, insurers, and employers to design a bundled payment model for perinatal care. Dr. Feinstein and JHF/PRHI Director of Government Grants and Policy Robert Ferguson, MPH, attended the Affordability Summit along with a delegation that included leaders from Highmark Health, UPMC Health Plan, and the Pittsburgh Business Group on Health.



(L-R): Jessica Brooks, MPM, CEO and executive director of the Pittsburgh Business Group on Health; Mike Casey, Senior VP at Aon Hewitt; Alefiyah Mesiwala, MD, senior medical director for value-based care and innovation at UPMC Health Plan; Kate Flynn, president of the Health Care Improvement Foundation; JHF and PRHI Director of Government Grants and Policy Robert Ferguson, MPH; Pamela Browner-White, Senior VP of communications at the ABIM Foundation; Sven Berg, MD, CEO of Quality Insights, Inc; Tony Farah, MD, executive VP and chief medical and clinical transformation officer at Highmark Health; Stephanie Zarus, managing director of healthcare innovation at the Avancer Group; Karen Feinstein; and Elaine Markezin, consultant and former senior VP and COO at Health Partners Plans at a pre-Affordability Summit dinner.

JHF Hosts Community Planning Session on Senior Behavioral Health—The Invisible Pain of Aging

JHF hosted its final *Senior Connections* “charrette,” or community planning session, on October 22 at the QI²T Center. The charrette focused on behavioral health challenges for seniors—challenges that some refer to as the invisible pain of aging. The goals of the charrette were to reduce the stigma associated with mental illness, raise awareness of how prevalent behavioral health challenges are for seniors, and develop partnerships and action plans to better support older adults and their caregivers.

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About one in five older adults (age 55 or older) experiences some type of mental health concern, according to the CDC, with depression being the most common issue. Older adults are more likely to try to handle this burden on their own. Less than half of older adults say that they would seek help for a mental health problem, according to Mental Health America.

The behavioral-health charrette brought together 82 regional health practitioners (including physical, behavioral, home and community-based, institutional, primary and specialty), as well as caregivers, seniors, attorneys, clergy, public-sector partners, funders, and other community members with special expertise and interest. Their charge was to identify interventions and tools that could improve senior behavioral health through service coordination, workforce development, policy change, and advocacy.

The event advances JHF's larger *Senior Connections* initiative, which engages community partners to promote successful aging in southwestern Pennsylvania and beyond. JHF previously convened partners to tackle challenges related to senior exercise and recreation, geriatric-friendly health care, housing, and nutrition, resulting in new programming and collaborations that help older adults live safer, more fulfilling lives.

Life expectancy has gradually increased, Karen Feinstein noted while welcoming charrette attendees, but it's crucial to also consider the quality of those added years. Seniors who have meaningful social connections and a defined purpose have better mental and physical health outcomes than those who do not. It's incumbent upon all community members to help older adults stay connected.

"I love the lyrics to Gershwin's *Porgy and Bess*: 'Methus'lah lived nine hundred years, Methus'lah lived nine hundred years, But who calls dat livin', When no gal will give in, To no man what's nine hundred years,' Dr. Feinstein said. "But living longer for the sake of living older rings hollow when those years are unsatisfactory, lonely or pain-filled."

The charrette was co-convened and funded by the Staunton Farm Foundation, which is dedicated to improving the lives of people who live with mental illness and/or substance use disorder. JHF and the



Joni Schwager, executive director of the Staunton Farm Foundation, discusses the importance of the words that we use to discuss mental health challenges.

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Staunton Farm Foundation have partnered on a variety of initiatives over the years that have demonstrated the interconnected nature of mental and physical health.



Graphic artist Emily Marko captures the innovative ideas, programs, and partnerships identified during the behavioral health-focused event.

“One of the most important things we can do is learn new, good habits. How do we talk about persons with a behavioral health issue?” said Staunton Farm Foundation Executive Director Joni Schwager while addressing attendees of the October 22 charrette. “One thing we know is that using the right language is a critical part of establishing respectful relationships. So today, we will all try to use person-first language.”

As attendees entered the event, they completed an introductory quiz that surveyed their knowledge about mental health in older adults. Questions included

best care practices and incidence rates of mental illness in the older adult population. The results, which were later read aloud, surprised many.

To raise awareness of mental health conditions and how they affect older adults, 14 volunteers represented various physical and mental health conditions faced by seniors. The volunteers were then asked to rank their conditions from least debilitating to most debilitating, while the audience ranked these same conditions individually. The conditions varied from severe dementia to conditions like back pain, asthma, and post-traumatic stress disorder. During a group discussion that followed, many concluded that behavioral health conditions are often overlooked or minimized.

The attendees then split into four breakout groups to discuss the challenges and opportunities that care providers face in preventing and treating behavioral health conditions among older adults. The topics included depression, dementia, isolation, suicide, end-of-life care, abuse and neglect, substance use, and trauma. The groups examined resource, workforce, and policy gaps that affect these conditions in seniors, and potential solutions to bridge those gaps.

Facilitators for the breakout sessions included JHF Consultant Judy Black, MD; Sandy Budd, LCSW, geriatric care manager at Jewish Family and Community Services of Pittsburgh; Alec Finochio, aging care management supervisor at the Allegheny County Area Agency on Aging; PRHI Practice Transformation Specialist Carol Frazer, LPC; Rachel Goldberger, MPH, MSW, a JHF *Senior Connections* program assistant; JHF Quality Improvement Specialist Nicole Greer, RN, MPH/MPA;

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Robert Marin, MD, associate director of the Center for Public Service Psychiatry at the University of Pittsburgh; Libby Moore, LSW, VP of River Community Fiduciary Services Beaver; Joseph Olimpi, Esq., an elder law attorney at Olimpi & Kramer, LLC; JHF Senior Quality Improvement Specialist Anneliese Perry, MS; Danny Rosen, PhD, MSW, the JHF Board secretary and the David E. Epperson Associate Professor of Social Work at the University of Pittsburgh; Fran Sheedy Bost, executive director of Turtle Creek Valley Community Services; and Dan Swayze, DrPH, a JHF Board member and VP and COO of the Center for Emergency Medicine of Western Pennsylvania.

Self-care was a constant discussion point throughout the charrette. JHF's Mara Leff introduced attendees to the [Virtual Senior Academy](#)TM, an online, interactive platform that connects older adults in Allegheny County through live courses on a variety of subjects. JHF developed the platform, Leff explained, to help address the "disease" of social isolation that afflicts too many older adults. Attendees also participated in two self-care exercises—a relaxing imagery video, and a chair and yoga exercise—led by Bonnie Livingston, the fitness and wellness director of the JCC South Hills.



Bonnie Livingston, the fitness and wellness director of the JCC South Hills, leads a self-care exercise during the October 22 community planning session.

Following a nutrition-packed lunch, attendees shared what they learned in a larger group and provided some action steps. Nancy Kukovich, CEO of Adelphoi and a board member of the Staunton Farm Foundation, facilitated a solutions-focused conversation. Attendees mentioned ideas such as intergenerational housing to alleviate loneliness among seniors and create a natural support network, and a registry to vet the quality of caregiving options. In the months to come, JHF will work to operationalize some of the ideas with attendees.

"This is not a one-time exercise," Schwager said. "Both JHF and the Staunton Farm Foundation are eager to advance solutions and investments for a future where behavioral health is understood, supported, and accepted."

Magee Summit Showcases Women's Health Research Innovation across the Lifespan

One day after the WHAMglobal Maternal Health Leaders Symposium, top researchers, health practitioners, policy-makers, and business and non-profit leaders from around the world convened in

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Pittsburgh for the inaugural Magee-Womens Research Institute (MWRI) Summit. The Magee Summit, held on October 9-10 at the David L. Lawrence Convention Center, was designed to explore known women's health risk factors and social determinants, and identify future interventions and research directions. JHF was among the supporting funders of the MWRI Summit.

Through keynotes, panel discussions, and breakouts, the Summit focused on three central themes: improving women's health from preconception to old age, understanding sex differences beyond the X and Y chromosomes, and reimaging the aging process. The centerpiece of the summit was the Magee Prize—a \$1 million award provided to a team for collaborative and transformative reproductive sciences research.

The winning research team, which is focused on investigating the causes of preterm heart defects, includes Yaacov Barak, PhD, an associate professor within the department of obstetrics, gynecology and reproductive sciences at the University of Pittsburgh; Myriam Hemberger, PhD, professor and chair of biochemistry and molecular biology at the University of Calgary; and Henry Sucov, PhD, a professor of stem cell and regenerative medicine at the University of Southern California.



During the Magee Summit, Karen Feinstein (third from left) takes part in a panel discussion with community and advocacy groups on advancing women's health research through collective action.

During the Magee Summit, Karen Feinstein participated in a panel discussion on October 9 with community and advocacy groups on advancing women's health research through collective action. The panel included Agnes Binagwaho, MD, PhD, a senior lecturer on global health and social medicine at Harvard University and the former Minister of Health of Rwanda; Monwabisi Gantsho, MD, the Rooney International Visiting Scholar at Robert Morris University; Sharon Hillier, PhD, director of reproductive infectious disease research at MWRI; Elizabeth Miller, MD, PhD, chief of the division of adolescent and young adult medicine at UPMC Children's Hospital of Pittsburgh and a professor of pediatrics at the University of Pittsburgh School of Medicine; and Gretchen Sorensen, principal of The Sorensen Group. Laura Ellsworth, partner-in-charge of global community service initiatives at Jones Day, moderated the discussion.

On October 10, Dr. Feinstein moderated a pair of keynote addresses from Clay Marsh, MD, VP and executive dean for health sciences at West Virginia University, and Annetee Nakimuli, MD, PhD, a senior lecturer in the department of obstetrics and gynecology at Uganda's Makerere University. Dr. Marsh focused on changing the paradigm in medicine from transaction to purpose, and from disease

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to health. Dr. Nakimuli highlighted challenges and opportunities related to preventing preeclampsia and maternal mortality.

Some of the lessons learned from the Magee Summit will inform JHF's recent 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. MWRI collaborate with RAND through the grant, focusing on research that can be translated into best practices for cardiovascular health care for pregnant women, and on addressing gaps in care.

JHF Consultant Publishes Book on Improving Patient-Provider Relationship, Earns Award for Outstanding Primary Care

As a general internist and pediatrician at the Squirrel Hill Health Center as well as a longtime JHF consultant, Jonathan Weinkle, MD, FAAP, has forged meaningful bonds with patients and families of all backgrounds. Recently, Dr. Weinkle authored a guide to help improve patient-provider interactions—and received an award for embodying those same principles in his daily practice of medicine.

In partnership with JHF, Dr. Weinkle published [*Healing People, Not Patients: Creating Authentic Relationships in Modern Healthcare*](#). The book, which is available on Amazon, focuses on building a covenant between patient and provider based on deep, respectful communication.

In October, Dr. Weinkle was also honored with the 2018 Outstanding Primary Care Clinician Award from the Pennsylvania Association of Community Health Centers (PACHC). The award recognizes Dr. Weinkle's significant contribution to the delivery of primary care to vulnerable populations, thereby improving quality, access, and outcomes of care.



Jonathan Weinkle, MD, FAAP, a general internist and pediatrician at the Squirrel Hill Health Center, a JHF consultant, and author of the new book *Healing People, Not Patients: Creating Authentic Relationships in Modern Healthcare*.

JHF Staff, International Study Group Discuss HIV/AIDS Care

Recently, several JHF staff members and representatives of the [AIDS Free Pittsburgh](#) (AFP) advisory group met with a contingent of international professionals who are focused on improving the health of marginalized populations. The visit was arranged through Global Pittsburgh as part of a larger, three-week study tour of the U.S. healthcare system. The international group featured representatives from Botswana, China, Eritrea, Romania, South Africa, and Tanzania.

During the visit, Foundation staff and AFP advisory group members provided an overview of AIDS Free Pittsburgh, which is a coalition of government agencies, healthcare institutions, and community-based organizations that is

working to eliminate new AIDS diagnoses in Allegheny County and reduce new HIV infections by 75% by the year 2020. AFP is managed by JHF and financially supported by the Allegheny Singer Research Institute (Allegheny Health Network) and UPMC Presbyterian Shadyside. The group explored HIV/AIDS care in the U.S. and abroad, and shared strategies to reduce stigma as well as improve access to medication.



International participants in a Global Pittsburgh-organized study tour to the U.S. volunteer at North Hills Community Outreach. The study tour participants, representing six different countries, are focused on improving care for marginalized populations and met with representatives of AIDS Free Pittsburgh during their trip.

Learning Session Creates “Yellow Brick Road” to Quality HIV/AIDS Care

Since 2012, JHF has provided coaching and training to AIDS Service Organizations (ASOs) in Pennsylvania that participate in the Minority AIDS Initiative (MAI). MAI links HIV-positive individuals with medical, behavioral, and social services to help them better manage their condition and reduce transmission of the virus.

On October 3-4, JHF hosted a learning session for 19 outreach workers who represent 11 different MAI grantees. This was the first learning session during the new MAI grant period, which began in July 2018, and included two new service organizations: the Spanish American Civic Association, located in Lancaster, and Alder Health, located in Harrisburg.

Since many of the outreach workers are new to their positions or to the MAI program, the JHF team as well as representatives from the Pennsylvania Department of Health’s Special Pharmaceutical Benefits Program (SPBP) oriented the outreach workers to the aims and objectives of the grant.

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Through interactive learning sessions—including one-on-one interviews and a *Wizard of Oz*-themed “Yellow Brick Road” activity that allowed outreach workers to map their journey in returning clients to care—participants had the opportunity to share their knowledge. They also learned how they can help remove barriers to care and strengthen clients’ health literacy skills during a presentation from Kevin Progar, a project analyst for the UPMC Center for High-Value Health Care.



Outreach workers and JHF staff at the Minority AIDS Initiative learning session.

Learning Networks Promote Quality, Coordinated Patient Care

Over the past decade, JHF and PRHI have created a variety of learning networks to help providers integrate behavioral health services into primary care, implement and meaningfully use electronic health records, coordinate care with other medical and social service providers, attain patient-centered medical home (PCMH) status, and connect HIV-positive individuals to care. Building off of this work, PRHI is a partner in two newer learning networks that advance goals related to providing coordinated, patient-directed care across settings.

PCMH Learning Network

In October, PRHI and the Health Federation of Philadelphia (HFP) held four regional learning sessions for providers who are participating in the HealthChoices Patient-Centered Medical Home (PCMH) Learning Network. PRHI launched the PCMH Learning Network last year as a statewide

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collaborative that supports high-volume Medicaid providers and managed care organizations (MCOs) in achieving the goals of the Medicaid PCMH program. This PCMH program is part of the Medicaid value-based purchasing strategy. PRHI partners with HFP to facilitate the Learning Network in the Lehigh/Capital and Southeast regions of Pennsylvania. PRHI manages the network, which includes more than 100 practices, for the physical health MCOs.

The PCMH Learning Network is designed to support providers and MCOs in identifying and implementing improvement strategies around common goals. The October sessions focused on including patient and family advocates as part of the healthcare team, screening for social determinants of health, connecting patients to social services through warm handoffs, and joining health information organizations to share health related data. PRHI Chief Learning and Informatics Officer Bruce Block, MD, presented best practices for these PCMH goals.

The regional sessions also included the Health Information Organizations in each region. Several PCMHs presented on how they are working towards these goals. For example, The Wright Center, Guthrie, Temple Physician Inc., Einstein Care Partners, and St. Luke's University Health Network highlighted their experience with patient and family advisory programs. Similarly, Welsh Mountain Health Centers, Penn State Health, The Wright Center, Family Practice and Counseling Network, Lankenau Medical Center, and the Medicaid MCOs shared their experiences and resources for connecting patients to social services.



Representatives of western Pennsylvania Centers of Excellence work on action plans for the COE Goals and Benchmarks.

In between sessions, participants utilize PRHI's online knowledge management platform, [Tomorrow's HealthCare™](#), to share resources and spread best practices.

COE Learning Network

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 Alaigh, MD are providing technical assistance, learning networks, and curriculum that is tailored to the needs of each COE.

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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.

PRHI and PERU held four learning sessions in September and two webinars in October for the Opioid Use Disorder COEs. The curriculum for the sessions in September included peer-to-peer collaboration and networking, an overview of Medication-Assisted Treatment, strategies for working towards the COE goals and benchmarks, and quality improvement workshops. The two October webinars included a “Boots on the Ground” learning opportunity with Allegheny Health Network’s COE, a panel of the Medicaid MCOs, and the Pennsylvania Association of County Drug and Alcohol Administrators.

JHF Shares Community HealthChoices Listening Session Findings across PA

Since 2015, JHF has convened community partners and stakeholders for education and training meetings focused on Community HealthChoices—a program to deliver 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 strengthen eligible consumers’ options for receiving community-based care.

Community HealthChoices rolled out in southwestern Pennsylvania at the beginning of 2018, and will be implemented in other regions of the Commonwealth through 2019. To track and improve the Community HealthChoices experience in our region and inform the rollout of the program elsewhere, JHF coordinated a series of listening sessions for both consumers and contracted providers through during the spring and summer of 2018. The Foundation organized those sessions as a subcontractor of Medicaid Research Center at the University of Pittsburgh.



In October, JHF began to share the findings of those listening sessions with a variety of Community HealthChoices stakeholders. On October 11, JHF COO/CPO Nancy Zionts, MBA was invited to Harrisburg by the Pennsylvania Department of Human Services’ Office of Long-Term Living to present listening session findings to the managed care organizations that are delivering long-term services and supports through Community HealthChoices. On October 15, Zionts shared findings

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with more than 60 consumer advocates during the annual Pennsylvania Health Access Network Conference in Harrisburg. And on October 16, Zions presented findings to more than 200 providers during the Annual Southwestern Pennsylvania Partnership for Aging Conference in Canonsburg, PA.

As a result of the listening sessions, the Commonwealth has made improvements to Community HealthChoices performance assessments, service coordination, and the denial of service process. The listening sessions also highlighted the need to refine the enrollment process for consumers. The findings have also led the Commonwealth to provide earlier opportunities for consumers and providers in southeastern PA to learn about Community HealthChoices before the program goes live in January of 2019.

JHF will continue to be involved in Community HealthChoices as the program enters the post-continuity of care period in southwestern PA. JHF's Community HealthChoices initiatives are supported by co-funders The Pittsburgh Foundation, McCauley Ministries, and FISA Foundation.

Karen Feinstein Delivers Keynote on U.S. Medical Error Crisis

Nearly 20 years have passed since the publication of "To Err is Human," a seminal Institute of Medicine study that uncovered the sweeping nature of our nation's healthcare quality and safety woes.

Yet, currently, more Americans die of preventable medical errors than from any other cause aside from heart disease and cancer. Why is the U.S. health system claiming several hundred thousand lives each year from preventable errors, and what can we do to create systems-level change?

Those questions were at the heart of "Medical Errors: America's #3 Leading Cause of Death—What is the Solution?", a Robert Morris University (RMU)-

sponsored event that was held on October 29 at RMU's Yorktown Hall. During the event, Karen Feinstein delivered a solutions-focused keynote speech on the role that providers, educators,



L-R): Karen Feinstein; Richard Kundravi, a patient safety liaison for the Pennsylvania Patient Safety Authority; Jillian Harrington, Ed.D., assistant professor of health services administration at Robert Morris University; Holly Hampe, D.Sc, director of RMU's health services administration program; Paul Phrampus, MD, director of the Peter M. Winter Institute for Simulation, Education and Research (WISER); Suzan Kardong-Edgren, PhD, RN; Diane Frndak, an assistant professor of health services administration at RMU; and Kathy Hayes Leight, MS, RN, ARM, CPPS, director of patient safety at Allegheny Health Network.

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patients, employers, and insurers can play in resolving the U.S. medical error crisis.

Dr. Feinstein also participated in a panel discussion on medical errors along with Diane Frndak, an assistant professor of health services administration at RMU; Kathy Hayes-Leight, MS, RN, ARM, CPPS, director of patient safety at Allegheny Health Network; Richard Kundravi, a patient safety liaison for the Pennsylvania Patient Safety Authority; and Paul Phrampus, MD, director of the Peter M. Winter Institute for Simulation, Education and Research (WISER). Holly Hampe, D.Sc, director of RMU's health services administration program, and Suzan Kardong-Edgren, PHD, RN, facilitated the panel discussion.

The RMU event included a screening of the new patient safety documentary "To Err is Human," which was directed by Mike Eisenberg—the son of the late John M. Eisenberg, a patient safety pioneer and longtime director of Agency for Healthcare Research and Quality.

JHF Hosts Ryan White Learning Collaborative Session

Since the fall of 2017, members of the Foundation's HIV/AIDS team have hosted bi-monthly learning sessions with Ryan White service provider case managers. Ryan White grantees each send several staff members to participate in sessions that enhance partnerships between agencies that serve people living with HIV across the region. Each session is structured around a three-pronged approach: shared learning and networking, education, and reflection that spurs action.

During a learning session that was held in September, Richard Smith, MSW, the Foundation's HIV/AIDS project director, provided an overview of the Ryan White grant so that case managers have a greater understanding of how the program relates to their daily work with clients. The session also included a visit from Pittsburgh Pro Bono Partnership to discuss ways to help clients with financial matters. The Pittsburgh Pro Bono Partnership is a group comprised of legal departments, law firms, the Allegheny County Bar Foundation, and Neighborhood Legal Services Association that provides free legal services and representation to individuals in the greater Pittsburgh region.

AIDS Free Pittsburgh Hosts HIV PrEP & RAPID Community of Practice Event

On October 26, more than 40 healthcare professionals who are part of the [AIDS Free Pittsburgh](#) (AFP) initiative convened at Allegheny General Hospital to share their



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experiences with spreading awareness of and access to the HIV prevention medication Pre-exposure prophylaxis (PrEP), and rapidly linking newly diagnosed HIV-positive individuals to care. The event focused on provider and organizational-level data analyses, communication strategies, and workflow changes that support PrEP uptake and rapid linkage to care.

PrEP can reduce the chances of becoming infected by HIV by more than 90% if taken daily. But, while about 1.1 million Americans are at risk for becoming infected by HIV, only around 90,000 PrEP prescriptions were filled at commercial pharmacies, according to a spring 2018 study by the CDC.

The linkage to care protocol, called RAPID (Rapid ART Program Initiative for HIV Diagnoses), was developed by the San Francisco Department of Public Health to connect newly diagnosed HIV-positive individuals with antiretroviral treatment within two days. To promote rapid linkage to care, AFP compiled an online [HIV Care Options List](#), which includes referral information for all HIV primary care providers in Allegheny County.

HIV prevention (through PrEP and other risk reduction efforts) and the RAPID linkage to care protocol are both key quality improvement strategies that AFP uses to achieve its goals.

Get Fit with a Physician This Fall

Are you an older adult who's looking to enjoy the beauty of the fall season, burn some calories, and bolster your health knowledge? Then make sure to get Fit with a Physician! A JHF-sponsored initiative launched in 2017, Fit with a Physician provides an opportunity for seniors of all fitness levels and abilities to get active. Venture Outdoors develops programming for Fit with a Physician, while the Allegheny County Medical Society and UPMC Rehabilitation Services help to recruit healthcare professionals who lead the events. Program outings focus on topics such as arthritis, diabetes, and heart health.

On September 30, Fit with a Physician champion and JHF Board member Terry Starz, MD led a few dozen older adults through North Park while sharing tips on improving balance and managing pain. There are more Fit with a Physician events scheduled for the fall, and they are



JHF Board member Terry Starz, MD (back row, far left) leads participants on an excursion through North Park as part of a Fit with a Physician event on September 30.

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free for participants age 50 and older. Leaders of the initiative are looking to establish additional partnerships with community organizations and senior centers, with a goal of expanding programming for older adults of all physical capabilities.

You can learn more about upcoming Fit with a Physician events by visiting the Venture Outdoors [website](#). If you're interested in getting involved in the program, including ways you can help lead walks, email Mara Leff at leff@jhf.org or call 412-594-2579.

GIA Conference Showcases Programs, Priorities for Generation that's Redefining Aging

Today's generation of older adults is living longer, with the expectation of staying physically active and socially engaged. On October 17-19, members of the national Grantmakers in Aging (GIA) organization gathered in Memphis, TN for an annual conference that centered on identifying funding priorities that maximize quality of life for seniors and take full advantage of their unique contributions to society.

Mara Leff represented JHF at the GIA conference, which featured keynotes, panel discussions, technology demonstrations, and site visits that shed light on senior-related priorities. Those priorities include preventing social isolation, helping seniors age in place, and designing programs for older adults that enhance diversity and inclusion. During the conference, Leff met with a variety of funders and national partners about JHF's [Virtual Senior Academy](#)TM, which aims to keep older adults socially connected and intellectually engaged through live online classes, and the Foundation's larger *Senior Connections* initiative to strengthen services and supports in western Pennsylvania. Leff and partners discussed program scaling, replication and best practices.



(L-R): AIDS Free Pittsburgh Project Manager Julia Och; Marilyn Blasingame, MPH and Kalene Morozumi, MPH, CPH, both HIV educators for the MidAtlantic AIDS Education and Training Center; JHF Program Associate Ashley Chung, MPH; and Maria Abunto-Aguiluz, MD, MPH, a clinical research specialist for the National Institutes of Health at the Mon Valley HIV/AIDS Walk.

AIDS Free Pittsburgh Sponsors Mon Valley HIV/AIDS Awareness Walk

On October 6, AIDS Free Pittsburgh (AFP) sponsored and participated in the 18th annual Mon Valley HIV/AIDS Walk. The HIV/AIDS Walk raises awareness of HIV/AIDS in the Mon Valley and beyond, and collects funds for services provided by the McKeesport Collaborative, which a joint partnership between the Human Services Center and

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the United Way.

A number of JHF staff members hit the streets along with AFP partner organizations, including Allies for Health + Wellbeing, Macedonia FACE, and the MidAtlantic AETC. The longstanding event included free HIV testing, education, refreshments, and raffle prizes.

JHF Board Treasurer Named President and CEO of East End Cooperative Ministry

Congratulations to JHF Board Treasurer Carole Bailey, CPA, who was recently appointed as president and CEO of the East End Cooperative Ministry (EECM). Established in 1970, the EECM is a network of faith communities that responds to the needs of at-risk individuals by providing meals, safe housing, drug and alcohol prevention and recovery services, violence prevention programs, and youth educational programs.



Carole Bailey, CPA, the JHF Board Treasurer and new president and CEO of the East End Cooperative Ministry.

Robert Nelkin, Anne Newman Honored for Commitment to Seniors



Two longtime JHF partners were recently recognized as 2018 UPMC Senior Champions: United Way of Southwestern Pennsylvania President and CEO Robert Nelkin and Anne Newman, MD, MPH. Dr. Newman is a Distinguished Professor at the University of Pittsburgh, chair of the Department of Epidemiology, the Katherine M. Detre Endowed Chair of Population Health Sciences, director of the Center for Aging and Population Health at the University of Pittsburgh Graduate School of Public Health, and clinical director of

United Way of Southwestern Pennsylvania President and CEO Robert Nelkin and Anne Newman, MD, MPH, a Distinguished Professor at the University of Pittsburgh, were honored as 2018 UPMC Senior Champions.

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the Aging Institute of UPMC and the University of Pittsburgh.

The UPMC Senior Champions program celebrates individuals and organizations that improve the lives of western Pennsylvania's older adults, and help make the region a model for healthy aging. Nelkin, a former JHF Board Trustee, received the Community Champion Award. Dr. Newman, a current Foundation Board Trustee, received the Grand Champion Award. Nelkin and Dr. Newman were honored during a ceremony at the Omni William Penn Hotel on October 18.

In 2017, Karen Feinstein accepted the UPMC Community Champion Award in recognition of JHF's nearly 30-year commitment to seniors and their caregivers.

Celebrating *Operation Kidshot* Partner Lucy Hackney

JHF sends its condolences to the family and friends of Lucy Hackney, who recently passed away at the age of 81. Hackney, an attorney who founded the statewide advocacy organization Pennsylvania Partnerships for Children, was a crucial partner in JHF's *Operation Kidshot* initiative. Launched in 1992, *Operation Kidshot* was a project to immunize children against preventable diseases, and link families to sources of health care. *Operation Kidshot* led Pennsylvania to pass a state law that requires all health insurers to cover childhood immunizations.

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