

The **WINDOW**

October 2019 | Jewish Healthcare Foundation news, events, milestones, & more

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Raising Resilient Teens

There are still a few spaces available for this **Sunday, Nov. 3 [forum](#)**, **Raising Resilient Teens: How Parents Can Help Kids Stay Healthy & Get The Help They Need**. This discussion begins at **7:30 p.m. on November 3** at the Jewish Community Center's Levenson Hall. Admission is free but registration is requested [here](#).

JHF's GRAN intergenerational reading program launches in Hazelwood

Amid laughter and high spirits, JHF's intergenerational reading program GRAN kicked off at two after-school programs in Hazelwood last month.

Created with help of a \$100,000 grant from the Heinz Endowments, GRAN matches volunteers ages 50 and older with children in kindergarten through fourth grade. The program provides opportunities for older adults and children to connect and foster relationships while learning valuable lessons and a love of reading.

Each month the students and volunteers pair up and read a beautifully illustrated children's book on a new value: love, respect, honesty, justice, courage, loyalty, or hope. The students are given the books to keep and take home, as well as activity packets to share with their families, keeping the conversations going.



Children and volunteers participate in the new GRAN program at Center of Life on October 24.



Children and volunteers read books and make crafts around a different value each month.

The GRAN reading program provides a way for community members to make connections across generations, inspiring the sharing of knowledge, lessons of inclusivity and acceptance. GRAN is open to volunteers (grandparents or not) ages 50 and older who obtain state clearance requirements. All monthly sessions occur at the K-8 Propel Hazelwood school and at the Center of Life, whose Fusion program offers educational enrichment and recreational activities to children in the community.

The October 17 and October 24 gatherings seemed to delight organizers and participants alike.

"I loved using children's literature to reinforce a meaningful value," said volunteer Susan Bails. "The kids I worked with were great listeners, enthusiastic readers, and full of insight about the main character's journey discovering love."

Amy Burrows, assistant director of Hazelwood Propel's afterschool programs, called GRAN a wonderful addition. "We loved seeing the students so engaged and excited about the story that the volunteers were reading with them," Burrows said. "Even after the volunteers left, students continued to read the books given to them. One even asked, 'Are they coming back tomorrow?'"

This month JHF launches an additional aspect of the program for children not enrolled at Propel or Center of Life. The GRAN At-Home Reading Program will put the books in the waiting rooms of Kids Plus Pediatrics, while the Squirrel Hill Food Pantry will provide packets to 20 families who regularly visit the pantry. The Greater Hazelwood Family Center will offer the program to 20 families, and family developmental specialists will work alongside participants who to read and complete the activity.

So far 48 students and 14 adults are participating in the program at the two centers. More volunteers are welcome, and may contact [Kylea Covaleski](#) or [Anneliese Perry](#). More information about the program may be found at [Facebook.com/GRANpgh](https://www.facebook.com/GRANpgh).

In 2020, JHF will launch the second program under GRAN: The Grandparent Activist Network, which will train and activate seniors to become politically active and advance policies that can improve the ability for seniors to live well and safely in the community.



PRHI coordinates multiple statewide gatherings for COE, PCMH programs

The Jewish Healthcare Foundation's staff members who work on training and education are having a busy fall.

Staff members with JHF's Pittsburgh Regional Health Initiative operating arm coordinate several statewide Learning Networks. In October, those included two meetings of the [Medicaid HealthChoices Patient-Centered Medical Home](#) (PCMH) program and three meetings for members of the [Centers of Excellence](#) (COE).

PCMH is an approach that provides comprehensive primary care for a patient. The quarterly learning collaborative sessions include clinician champions, practice manager champions and representatives from the Medicaid MCOs.



Participants at the PCMH meeting in the QIT Center on October 24.

Pennsylvania's Department of Human Services funds 45 COEs across the commonwealth. The COEs ensure effective care coordination, integrate physical and behavioral health needs for every patient with an Opioid Use Disorder, and increase access to Medication-Assisted Treatment.

Jennifer Condel, educator and manager of JHF/PRHI's Lean Healthcare Strategy and Implementation, said "the lines are beginning to blur" amid the knowledge shared through JHF's various learning collaboratives.

"We have a very unique opportunity to make broader, stronger connections across the state," Condel said.

Some of the sessions featured presentations by the Program Evaluation and Research Unit (known as PERU) of the University of Pittsburgh's School of Pharmacy on how to better engage with patients with addiction issues using language that doesn't judge or stigmatize.



Participants at the COE meeting on October 16.

PRHI's chief Learning and Medical Informatics Officer Dr. Bruce Block said that while he and fellow PRHI staff and leadership are immersed daily in pulling analytics on patients and healthcare delivery, for the frontline staff attending these learning sessions data is often a dirty word.

"When they hear the word 'data,' they get panicky," Block said. "To them, data is about measuring their personal performance and finding it lacking."

Health system managers, too, often take that approach, he added. "Putting COE practices into place and centering patient needs can often slow down intake." That's a difficult shift for managers "whose entire careers have been about increasing productivity."

The PCMH learning collaborative for Northwestern & Southwestern PA occurred on October 24 at the QIT Center in JHF's offices, while the collaborative session for Northeastern PA took place in Scranton on October 30.

JHF's team will coordinate a meeting in Harrisburg for COE members in the Lehigh/Capital PA region on November 6, while a virtual session for Southeastern PA COEs will take place on November 12.

Liftoff PGH 2020 efforts continue full steam ahead through the fall

Work continued briskly through October on preparation for [Liftoff PGH 2020](#), with a second advisory committee meeting and the public announcement that Liftoff PGH will merge with the Pittsburgh's Life Sciences Week next year.

The combined effort aims to spur health, education, civic, and corporate players to collaborate and leverage assets to make Pittsburgh a national leader in healthcare innovation by 2030.

The September 15-16, 2020 Liftoff PGH event at the David L. Lawrence Convention Center will feature national and international experts on health care and technology, as well as interactive Explorations around the themes of workforce, entrepreneurship, health spaces, the “new” patient, and more.



Some of Pittsburgh's leaders in education, innovation, health care, and entrepreneurship discussed Pittsburgh's future at the Liftoff PGH advisory meeting.

Members of the Liftoff PGH Advisory Committee met on October 3 to continue planning for next year's gathering. “You achieve what you are structured to achieve,” said JHF CEO Karen Wolk Feinstein, PhD. “What are we structured for in Pittsburgh?”



Members broke out into facilitated groups to discuss questions of innovation, legacy institutions, and the next Pittsburgh renaissance.

Participants heard from Maryland Innovation Initiative Executive Director Arti Santhanam, PhD, who explained how her state structured itself through TEDCO to capitalize on existing assets, including University of Maryland-Baltimore, the nation's largest National Institutes of Health-funded research institution. They also watched a video presentation from Purdue University President Mitch Daniels about how one university is reimagining the role that educational institutions can play in their communities. Purdue University recently opened its own high school to better prepare students, especially underrepresented and first-generation students, for college.

Joining the meeting virtually from Israel, Laura Gilinski from the



Discussion from the advisory meeting will continue to shape the focus of Liftoff PGH 2020.

The advisory committee will reconvene in 2020, after registration for the summit opens on [LiftoffPGH.org](#).

JHF shares HPV insights with international Rotarians

The Jewish Healthcare Foundation hosted members of International Rotary on October 28 to share knowledge about HPV vaccination campaigns.

Accompanied by [Eye and Ear Foundation](#) Chairman George Fechter, the two Rotarians met with JHF's CEO Karen Feinstein, COO Nancy Zions, Program Manager Deborah Murdoch, Program Coordinator Sue Steele to discuss the issue. While the Rotary has a focus on global polio eradication, they also have a working group on preventing cervical cancer and other HPV related diseases.



Also attending to share insights were several of JHF's champions on HPV prevention, including Donald Burke, MD, of the University of Pittsburgh School of Public Health; Francis Colangelo, MD, of Premier Medical Associates; Joan Cates, PhD, of the University of North Carolina; Linda Robertson, DPH, of UPMC; Ann McGaffey, MD, of UPMC; Kristen Mertz, MD, of the Allegheny County Health Department; and Emilie Delesteinne of Kids Plus Pediatrics.

JHF [ran an HPV awareness and vaccination promotion campaign from 2014 to 2016](#).

HPV is the most common sexually transmitted infection in the United States, and about 10 percent of men have oral HPV, compared to less than 4 percent of women. HPV can cause cancer in the oropharynx, or the back of the throat. Of all cases of oropharyngeal cancer, 70 percent are caused by HPV.

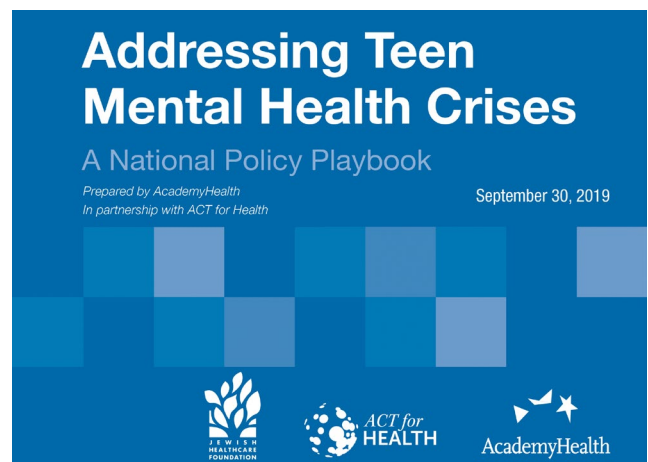
The current HPV vaccine is recommended to anyone between ages 11 and 26 years, but older individuals can also get vaccinated. Many HPV prevention campaigns are aimed primarily at women as prevention against cervical cancer, but men are nearly three times more likely than women to develop head and neck cancer.

The JHF shared lessons from their prior initiative, distributed booklets, and reflected on possible collaborations, such as connecting local Health Activist Network Champions to the new initiative. Mertz stated interest in developing more robust surveillance methods to track HPV incidence at the ACHD. Cates gave an overview of a recent NIH grant-funded research project about "[normalizing preteen HPV vaccination with practice-based communication strategies](#)". Other providers, such as Robertson and Delesteinne, also shared their perspectives.

Teen mental health playbook published

The efforts of the Jewish Healthcare Foundation and others to create policy action guidelines for expanding adolescent mental health services came to fruition last month.

AcademyHealth published *Addressing Teen Mental Health Crises: A National Policy Playbook* on October 8. The [downloadable 58-page document](#) identifies policy priorities across seven policy domains: financing and funding; teen-centeredness and family engagement; models of care; building the workforce; information and communications technology; research and evaluation; performance improvement.



Working with JHF and under the guidance of a national advisory panel, AcademyHealth partnered with Adolescents and Children Together for Health (ACT for Health) to identify best practices, barriers, and policy priorities for creating a teen mental health safety net. At the June 5 National Summit for Policy and Action on Teen Mental Health Crises in Washington, D.C., JHF's CEO Karen Wolk Feinstein, Director of Government Grants & Policy Robert Ferguson, Program Manager

Deborah Murdoch, and Staunton Farm Foundation Executive Director Joni S. Schwager were among the 45 researchers, health system leaders, policymakers, advocates, and other thought leaders to develop a national policy and advocacy strategy to create a safety net for teen mental health crises.

The playbook advocates for teen-centered models of care using digital communications, fresh approaches to financing and funding, and more. Learn more [here](#).

Look who's talking: Family Spinner a hit with local kids, parents

Six months after Jewish Healthcare Foundation supported the free distribution of the low-tech game to three Squirrel Hill parochial schools, the Family Spinner is earning top grades for getting people talking.

Developed by two mothers of Community Day School students, the Family Spinner consists of a cardboard circle with a dial divided into eight themes. Players spin a center spinning arrow and tell a story from their week about the theme on which the arrow has landed: Kindness, Highlight, Gratitude, Challenge, Lowlight, Victory, Compliment, Choice. The spinner was distributed at Community Day, Hillel Academy, and Yeshiva Schools.

Parents say they are hearing about things their children typically don't share, pulling even reserved kids out of their shells. It makes a game out of answering questions they might otherwise dodge.



Community Day School third-graders take a spin to decide on a story topic.

"Our 6-year-old seemed to feel very empowered by this game," said parent Leland Guthrie. "She often feels like the conversation is dominated by stories that don't include her, but with the spinner she really owned her time to speak, and it reminded us to take the time to give her the floor."

Dr. Heather Ufberg, clinical manager of behavioral health services at The Children's Institute of Pittsburgh, said she has used the Family Spinner to facilitate communication, parent-child bonding, identifying feelings, and problem-solving.

Quipped psychiatrist John Guterson, "I love it! It's inspired tons of family laughter, improv, and closeness. Put your cell phones away for an hour and spin!"

JHF global health staffer opens youth leadership conference in Qatar

Global Health Associate Hanifa Nakiryowa shared her story with 900 students from 16 countries at a youth leadership summit in Doha, Qatar on October 17.

Nakiryowa, a staff member supporting JHF's Women's Health Activist Movement Global (WHAMglobal) since 2018, delivered the opening plenary address at the three-day Qatar Leadership Conference. Designed to enhance the region's leadership capacity and amplify the role of youth in steering the future, the gathering included more than 130 workshops and 150 speakers from the humanitarian and education fields.

Nakiryowa spoke about the acid attack against her orchestrated by her ex-husband in 2011 and how she used her experience to



Hanifa Nakiryowa presenting at the youth leadership summit.

spearhead the [ZERO Tolerance to Acid Violence campaign](#). Such tactics are sometimes used by men in the region to maim and stigmatize women who step outside traditional roles. She was hospitalized for more than a year, endured 18 surgeries to repair her face and body, and continues to live with emotional and physical pain. She founded the Centre for Rehabilitation of Survivors of Acid and Burns Violence in Kampala, and in 2015 immigrated to Pittsburgh with her two daughters to earn a master's degree in International Development from the University of Pittsburgh's Graduate School of Public and International Affairs.

In Doha, Nakiryowa also facilitated two workshops: one considered the meaning of international development for developing countries; the other highlighted the work of JHF's WHAMglobal program in support of sustainable development goals.

As she told the audience, Nakiryowa became "comfortable with people who looked like me, but I eventually felt this was not addressing the problem. What makes a leader is to be uncomfortable all the time, until you begin to relax in your discomfort.... I learned that I needed to show my face and tell people what happened to me. You have to think of the legacy you are creating once you step out of your comfort zone. And, in creating that legacy, you are not focusing on yourself as a leader – you are focusing on the people that you mentor, those behind you and beside you."

JHF-designed session is standing-room-only at Grantmakers in Aging conference

Jewish Healthcare Foundation COO and Chief Program Officer Nancy Zionts designed and spoke on a panel about technology for older adults at the October 15-16 Grantmakers in Aging's conference in New York.

The subject generated so much interest that it was oversubscribed, and the session itself inspired more conversation than could be completed in the time allotted. As a result, a second, "pop-up" session was held the following day, with GIA members and leaders gathering to discuss how an agenda on technology-and-aging could be advanced under GIA's auspices.

Zionts highlighted the new and emerging technologies in clinical care, home safety, caregiver supports, workforce and communications. She also featured information about JHF's [Virtual Senior Academy](#), an education and engagement platform developed and supported with funding from the Consumer Technology Association Foundation.

She was joined on the panel by CTA Executive Director Steve Ewell, as well as by Ben Moultrie, an advocate with the Colorado-based [Next50 Initiative](#), a private foundation that funds game-changing efforts to improve and sustain the quality of life for people in their second 50 years.

Earlier in the month, Zionts also served on a national [panel that highlighted the needs of older adults living with HIV or AIDS](#). More than half of all Americans living with the disease today are age 50 or older, a percentage that will surge to 70 percent by 2030. As Zionts noted, the current service systems around aging, mental health and HIV/AIDS each exist in silos, resulting in missed opportunities to meet the changing needs of older adults. Addressing the intersection of these three issues is an area of great interest to JHF.



Nancy Zionts with fellow GIA panelists Ben Moultrie (left) and Steve Ewell.

JHF CEO joins regional women leaders at Butler County symposium

More than 200 people crowded into the October 11 Women Shaping Our Region Symposium sponsored by [the Butler County Chamber of Commerce](#). Jewish Healthcare Foundation CEO Karen Wolk Feinstein was one of the six speakers to address questions about themselves and the Pittsburgh region. Butler County Commissioners Leslie Osche and Kim Geyer moderated the panel. Discussion focused on sacrifices made to further their careers, their organizations' missions, and critical changes needed to face the future effectively while preparing and inspiring the next generation of leaders.



Other panelists included Hilary Mercer, vice president of the Shell Cracker Plant in Beaver County; Leadership Pittsburgh CEO Aradhna Oliphant; Pittsburgh Foundation President Lisa Schroeder; WPXI-TV News Anchor Lisa Sylvester; and Hefren Tillotson CEO Kim Tillotson Fleming.

JHF & WHAMglobal head to Toronto to study women's health, attend IWF forum

A dozen executive women from Pittsburgh and beyond are heading north of the border next month for a health study tour organized by the Jewish Healthcare Foundation and its women's health arm, WHAMglobal.

As with previous study tours of Spain and Australia, JHF and WHAMglobal are piggybacking onto an International Women's Forum's [World Leadership Conference](#) to explore best practices around maternity, menopause, and aging in the IWF host city – in this case, Toronto. Executive women with a strong interest in health care as well as healthcare professionals are attending the November 12-13 tour. Organizations represented by participants include the Heinz Endowments, the Pittsburgh Business Group on Health, Huntington Bank, the de Beaumont Foundation, The Commonwealth Fund, and the U.S. Centers for Disease Control. IWF members from Arkansas, Florida and Australia are also joining the health study tour.

The health study tour will be led by WHAMglobal Chair Debra Caplan and JHF's CEO Karen Wolk Feinstein, Women's Health Specialist Kate Dickerson, and Director of Innovation Mara Leff. Feinstein and Caplan will then attend the November 14-15 IWF World Leadership Conference where they lead the IWF Women in Health Care Special Interest Group.

The objective of the Women in Health Care Special Interest Group is to bring together female leaders in the fields of health care and beyond to discuss shared priorities and innovative ways to improve women's health and health care in general. The group hosted a similar experience during the 2018 IWF World Leadership Conference in Miami and the 2019 IWF Cornerstone Conference in Barcelona. In Spain, the focus was on women's singular periods of transition across the life cycle: puberty, maternity, menopause, and seniority. In Toronto, the group will host Dr. Jennifer Pearlman, a frequently published health expert with a strong commitment to supporting women entrepreneurs.

The International Women's Forum is an invitation-only organization of more than 7,000 women in top leadership positions from 33 nations across six continents. Caplan is the current president of IWF's Pittsburgh chapter, of which Feinstein was a founding member.

TRUSTEE PROFILE: Terence W. Starz, MD

Internist, rheumatologist at Arthritis and Internal Medicine Associates-UPMC

Chairman of the Division of Rheumatology at UPMC-Shadyside Hospital; clinical professor of Medicine and of Occupational Therapy at the University of Pittsburgh's schools of Medicine, and of Health and Rehabilitation Sciences

Trustee, Jewish Healthcare Foundation, 2018 to present
Trustee, Pittsburgh Regional Healthcare Initiative, 2018 to present
Frequent leader of JHF's "Fit with a Physician" walks



Dr. Terence Starz with his cherished Angel Wing Begonia and Aglaonema Silver Bay plants that he's nurtured for much of his career.

Starz is a native of Pittsburgh, raised in Highland Park and Fox Chapel. The son of an obstetrician, he enjoyed and excelled in science, earned a bachelor's degree from Penn State University, an MD from Philadelphia's Jefferson Medical College (now Thomas Jefferson University), and completed his residency at Pittsburgh's Presbyterian Hospital. He found his way to rheumatology, the treatment of disorders such as arthritis that cause chronic, sometimes intermittent pain of the body's joints or connective tissue.

Throughout his career, Starz has been active with medical societies including the Allegheny County Medical Society and the Pennsylvania Rheumatology Society (as well as serving as a past president of both), and with the American College of Rheumatology. He has served on dozens of committees and in support of initiatives at Pitt, UPMC, and regional hospitals, and has received many top awards for his board and community service, including from the national and regional chapters of the Arthritis Foundation. He and his wife of 51 years, Jody Starz, are the parents of Peter, a minister recently relocated to Berlin with his German-born wife; and Michael, a U.S. Army lieutenant colonel based in Fort Campbell, Ky., currently deployed in Ukraine. They have four grandchildren.

Why did you choose a career in medicine? Why rheumatology?

There are many elements of it that appeal to me. I like immunology, I like anatomy, I like general medicine, and I like taking care of people over a period of time. Of course, you want an answer to medical conditions quickly, but often you need a tincture of time. To quote one of my mentors, with some diseases you tell time by your watch; with others you tell time by the calendar. Voltaire said the art of medicine consists of amusing the patient while nature cures the disease.

I ask all of the patients I see, "Who is in charge of your care?" They'll think for a bit, and often say, "You are, Doctor." No. I tell them: "**You** are in charge. You are the captain. Your significant others are the first mates. We doctors are your navigators."

I do a lot of teaching: in lectures, in classes, in writing, but also with patients. There are certain pieces of information that are necessary for them: thinking about what a joint is, what cartilage is, how those structures work together. We the navigators help them apply this knowledge and explore the technology available to treat the disease: what are the good effects and side effects versus what might happen if we do nothing at all. We are here to engage patients, to answer their questions, to let them know they are not alone. We are not God. We're here to guide them.

What drew you to the Jewish Healthcare Federation?

One tremendous aspect of JHF is that it provides a forum in which this whole world of medicine can be looked at from a patient-center perspective. Everyone brings their expertise, to be able to come up with a composite best solution that we focus on. It's a very synergistic place, where one plus one equals more than two. I met (state Rep.) Ed Gainey on one of our

[Fit with a Legislator walks](#), and talked with him about an initiative to make Pennsylvania the healthiest state in the union. I'm heading to Harrisburg next week to continue the conversation and try to line up more supporters.

Another thing that's so wonderful about JHF is there are expectations. You've got to participate. I like getting things done. In leadership, you have to set the goals, pick the people to work on it, and energize the effort. JHF has really been able to do that.

How do you like to spend a free day or weekend?

I love to play golf; I play near Ligonier, where we have a little place... I really enjoy the outdoors. My mother liked flowers and plants, and I find I've taken after her. I have an Angel Wing Begonia that she passed along to me. Someone gave me a "money tree" plant to brighten up my first, tiny office in 1978. It wasn't doing well but I moved the soil around, watered it, babied it for a month or two. With a lot of patience, it began to thrive. There are offshoots that I've given to other people.... I have orchids that have bloomed four or five times. There's a feeling, a real joy you get from plants.

STAFF PROFILE: Deborah Murdoch, MPH, Program Manager

Throughout her studies and into her career, Deborah Murdoch has bridged two worlds, and happily so.

Her enjoyment of science and math set this Sewickley native on a pre-med track at the [College of William and Mary](#), a cutting-edge research university chartered in 1693.

But she began to doubt whether she wanted to spend the nearly another decade in study and preparation, especially given a keen interest in international development. A student advisor suggested [Tulane University's School of Public Health and Tropical Medicine](#), which offered a master's degree in public health paired with two years of service in the U.S. Peace Corps.



"So I went from Colonial Williamsburg to New Orleans," Murdoch recalls. "The slower pace, climate, and cultural diversity of city and students at Tulane was a really good transition into work in the developing world. It's a region unlike anywhere else in the United States."

She sped through the first year of studies stateside, taking classes both summers before heading to Mpumalanga in eastern South Africa. "It was just a decade post-apartheid, and I lived in a semi-urban township that had been historically designated for black South Africans. There were not a lot of resources. Meanwhile, 20 kilometers away the provincial capital offered First World amenities."

Murdoch worked with a nonprofit led by registered nurses who trained community health workers to visit people at home, offering discreet counseling and testing as well as treatment support, for tuberculosis and HIV. "There was still incredible stigma related to HIV, and people weren't seeking care."

Her day-to-day job was providing organizational support to strengthen the fledgling organization, planning and coordination anti-retroviral therapy trainings, and writing grant proposals and reports to funders. She also helped to organize an after-school program and to develop a small library with English and isiZulu storybooks. Through the experience, she gained new insight into race and racial dynamics both in South Africa and back home in the United States.

When her Peace Corps service was up, Murdoch found a job in with a USAID contracting agency in Washington, D.C., coordinating proposal development for grants in various parts of the world on a range of public health initiatives. "I learned a lot about health care quality improvement and project management. One of the proposals I helped to coordinate got funded, and to help with the startup I went to Uganda for a three-week trip, which ended up being six weeks. Then the project team in Kampala asked if I'd do interim support for three months...."

She ended up staying for three years, working on a \$32 million program to support the Uganda Ministry of Health with the transition from emergency responses to HIV/AIDS care and treatment toward a more systematic approach at more than 18 hospitals across the country. Murdoch worked closely with a local pediatrician directing the project and the leadership team to hire core staff, coordinate capacity-building and training, renovate laboratory systems, and document program achievements and lessons learned.

“This was the project director’s first time working with a D.C.-based company on implementation of such a large-scale project. My experience allowed me to liaise among the home office and USAID and the field team to ensure that all requirements were met. And I loved being closer to the actual work being done.”

Still, she wanted to try working in public health domestically and started her search in Pittsburgh to be near family. “I learned about JHF – the HIV program it manages, its quality improvement work.... I realized it would make a nice transition and fit.”

That was in July 2013. Since then, Murdoch has led learning sessions and grants management for the Minority AIDS Initiative, coordinated the annual Patient Safety and Jonas Salk fellowships, and worked on the foundation’s community-wide initiative to increase HPV vaccination. Her role includes grants management, quality improvement coaching, facilitation of collaborative learning and peer-exchange, analysis of program data, and documentation of lessons learned. She also provides leadership for the Adolescent Behavioral Health Initiative, which partners with youth organizations to develop a youth advocacy network focused on improved teen mental health services and supports.

“I really enjoy planning for the peer-to-peer learning in our HIV program. Finding ways our grantees can encourage and can learn from one another about their efforts to re-engage HIV-positive clients in medical care has been exciting. I also love working with high school students on mental health advocacy. They offer a unique perspective, and their energy and sense of urgency will move us towards a system that better meets the mental health needs of all young people.

“The great thing about JHF is that there are opportunities for thinking at the systems level – programmatically, and strategically. But there is still engagement with frontline workers, the people actually providing the services. There is a bridge between the two that we can cross, and together both sides are really rewarding.”

In her free time, Murdoch volunteers with the [Greater Pittsburgh Community Food Bank’s Produce to the People](#) program on the North Side, and enjoys reading, taking in performances at the South Side’s [City Theatre](#) and [Pittsburgh Ballet Theatre](#), hiking in places like Riverview and North Park, and especially spending time with “three really great nephews” ages 7, 6, and 3.

JHF hosted several events in October

- JHF hosted receptions for two eminent women of letters prior to their public appearances in Pittsburgh last month. They are Pulitzer Prize-winning author and presidential historian Doris Kearns Goodwin at the Carnegie Music Hall in Oakland on October 28 as part of [Pittsburgh Arts & Lectures](#); and Zanny Minton Beddoes, the first female editor-in-chief of *The Economist*, prior to her October 30 talk at Heinz Hall as part of the [Pittsburgh Speakers Series](#)
- The Jewish Healthcare Foundation played host to [2019 Heinz Award](#) recipient Sarah Szanton on Oct. 17. [Szanton \(PhD, ANP, FAAN\) a professor at John Hopkins University School of Nursing and director of its Center for Innovative Care in Aging](#), discussed her model for using an interdisciplinary team comprised of a nurse, occupational therapist, and “handyman” to help older adults age and thrive in their own homes. Called CAPABLE (Community Aging in Place Advancing Better Living for Elders), it is a person-centered approach to assess challenges, establish



goals, and modify participants' physical home environment over a four-month period. Implemented in 28 sites, the program has shown itself to be cost-effective and appreciated by participants.

- Extending its work in end-of-life issues, on October 29 the Jewish Healthcare Foundation hosted healthcare professionals for a [continuing medical education course in engaging seriously ill patients in discussions about end-of-life treatment](#). Faculty included JHF's physician advisor Judith S. Black (MD, MHA) and Quality Improvement Specialist Nicole Greer (RN, MPH, MPA), as well as instructors from the University of Pittsburgh School of Medicine and Coalition for Quality at the End of Life (CQEL).

Upcoming events

- The Fit with a Legislator walk with City Councilperson Erika Strassburger was rescheduled from last month to **Thursday, November 7** from 1-3 p.m., beginning at the Anderson Playground in Schenley Park. Admission is free but registration is requested via VentureOutdoors.org