



2019 Mount Carmel Foundation Board of Trustees

2019 Community Impact Report

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We serve together in the spirit of the Gospel as a transformative and healing presence within our communities.
Please remember the Mount Carmel Foundation in your will.

What's Inside

Mount Carmel Foundation 2019 Community Impact Report



2

2019 IMPACT
IN COMMUNITY



6

CONVERSATION WITH
CARDIOLOGISTS



4

ART MALO:
GRATEFUL PATIENT



8

FINANCIAL
HIGHLIGHTS

Dear Friends,

This past year Mount Carmel Health System has faced a number of unprecedented challenges. Through it all, however, Mount Carmel physicians, nurses and colleagues have demonstrated an unwavering commitment to providing exceptional healthcare to all. For that, we are truly grateful.

Because of YOUR generosity, the Mount Carmel Foundation is delighted to report several new fundraising records. At this year's Champagne & Diamonds Gala, we celebrated the legacy of the Sisters of the Holy Cross and raised \$1.1 million for a new state-of-the-art Street Medicine Mobile Coach. In the spring, Mount Carmel Health System colleagues donated more than \$632,500 to fund services for patients and the underserved. Lives are being changed every day, thanks to the caring, compassionate generosity of many.

Because of YOU, our generous donors, the Foundation was able to invest \$13.6 million into the Central Ohio community. The money is funding programs and facilities that offer hope for patients who may be confronting healthcare challenges. These individuals trust Mount Carmel to continue to fulfill its mission to deliver compassionate and transformative healthcare.

Inside this year's report, you will find stories of gratitude and innovation. First, Art Malo, a grateful patient, shares his remarkable story of hope and healing. Thanks to the care he received at Mount Carmel, the father, Navy veteran and retired teacher is continuing to enjoy life to the fullest.

Next, Laura Gravelin, MD and Amrita Karve, MD inspire us with their heartfelt vision for cardiology and women's health. These cardiologists are leading the charge in the fight against heart disease by implementing a series of innovations that include a Women's Heart Program, support groups for women survivors of heart disease and a Heart Symposium that will take place in the Fall of 2020.

Finally, we are blessed with the leadership of Mike Englehart who is serving as interim president and CEO of Mount Carmel Health System. Mike is a strategic, team-oriented leader who is committed to the organization's Catholic ministry, patient and colleague safety, and a transformation that will restore faith and trust in Mount Carmel.

On behalf of our patients and their families, our colleagues, our nurses and our physician partners, we are truly grateful not only for your generosity but for everything you do to further the mission of Mount Carmel. Because of YOU, we look forward to continuing to provide compassionate and transformative healthcare in our communities.

With Gratitude,

David Montgomery
Board of Trustees Chair
Mount Carmel Foundation

Deanna Stewart
President
Mount Carmel Foundation

2019 Community Impact

Building on the legacy established more than 130 years ago by the Sisters of the Holy Cross, Mount Carmel remains committed to providing exceptional healthcare for all, with a special focus on healing mind, body and spirit.

Investing more than 13 million dollars of your donations, your generous support enables us to serve more than 100,000 individuals annually. Please celebrate with us the mission-driven, people-centered care your dollars supported.

4,700

patients were provided with compassionate care through Cancer Services and Survivorship programs.

\$463,000

was allocated to provide professional training and development for Mount Carmel Health System colleagues.



President Emeritus Ann Schiele, PhD, RN, (center) is surrounded by some of the Mount Carmel College of Nursing students who benefitted from the Dr. Ann E. Schiele Presidential Endowment Scholarship in 2019.

\$740,000 in total was raised for the Mount Carmel College of Nursing Scholarship for the 2019-2020 academic year.



5,000 families received car seat safety training. **\$10,000** was invested to ensure families in need had bottles, car seats and other necessary supplies.



\$14,900 was awarded to Women's Health to certify 20 doulas of color, in an effort to curb infant mortality disparities for African American women.

800 at-risk patients who needed extra support, received clothing, transportation vouchers and emergency food supplies upon being discharged at Mount Carmel care sites.

1.2 MILLION patients were served this year thanks to your generous donations.



We are so grateful for our Volunteer Services Teams! The total impact of our volunteers was \$1,514,560* including 33+ full-time employees and 64,919 hours served.
*Based on Independent Sector 2019 Ohio rates.



The Mount Carmel Mobile Coach, Street Medicine Program provided 21,650 encounters, which delivered critically needed medical services to vulnerable people, including those living on the land.

Father, Veteran, Former Teacher, and Grateful for His Care at Mount Carmel

At 88, Art Malo could easily pass for a much younger man. He's intelligent, articulate, and a great conversationalist who moves around the room with ease. On most days, if he's not riding his bike on a trail through the woods, he's probably enjoying a three-mile walk. A retired teacher, Navy veteran and father of three, Malo enjoys life to the fullest.

Unfortunately, life recently threw Malo a curveball that led to seven hospital stays in only three months. Despite what he'd been through, by the time we met the only visible sign that remained was a small bandage on his lower leg. "It was a very positive experience," Malo said about his time at Mount Carmel. "They know what they're doing, and they do their job well."

Malo's recent health problems began when the pacemaker, which he had for years, stopped working properly. About that time, he was also diagnosed with malignant melanoma and underwent oncology surgery at Mount Carmel St. Ann's. Soon after, the pacemaker was replaced at Mount Carmel East. Then, as luck would have it, he fell over his lawnmower and bruised his leg, which led to an infection. Things went from bad to worse when he ended up with sepsis.

Despite everything, Malo has recovered. And he is quick to credit the physicians and other healthcare professionals at Mount Carmel for his recovery, particularly his cardiologist, Dr. Laura Gravelin, and his oncologist, Dr. Brenda Sickle-Santanello. "Dr. Gravelin is absolutely wonderful. When she spoke to us about the procedure, she did not speak down to us. I have three college degrees, and I resent when people talk down to me. I still know where I am and what I'm doing,"

he said. "Dr. Sickle-Santanello treated me like a family member. She has a wonderful bedside manner."

According to Malo, it's not just about the doctors. He attributes his positive experience at Mount Carmel to every member of the hospital staff. "In every case, the nursing staff went out of their way to be competent and caring," he said, "When you're not feeling well, that's important." That same caring attitude was also extended to his family. "I was in the new heart section of the hospital, and my wife (of 52 years) stayed with me every single night. The room had a futon that you can pull out, and she slept comfortably there."

Even when Malo became very ill from the sepsis, the Mount Carmel doctors, including infectious disease specialist Dr. Timothy Anderson, went above and beyond to quickly address the problem. "They went out of their way to get me out of the hospital in a timely fashion so I could get to the oncologist to have the drain removed," Malo said. Today, he credits the professionals at Mount Carmel for his recovery from the life-threatening health problems he encountered.



“I am grateful for my life.”

— Art Malo

The day we met, Malo came to the door with a copy of *The Kite Runner* in his hand. He was reading the book for the second time — this time to discuss it with his grandson who'd been assigned the reading for English class. After three months of fighting for his life, conversations with his grandchildren are some of the many things Malo is thankful for. "I've had a lot of heart problems over the years, and I never thought I'd live to be 60," he said. "Instead, I not only watched my three boys grow up. I'm also enjoying time with my six grandchildren."

Malo has big plans for his life. He'd like to return to teaching English to non-English-speaking individuals in the community. Tutoring is an extension of his many years in the classroom, which began in 1961 when he started teaching at South High School. For the people who know him well, it's not surprising that he'd like to spend some of his time tutoring, especially since his entire life has been devoted to helping others, whether as a father, teacher or Navy veteran.

Thankfully, things are finally returning to normal for Malo. "I am grateful for my life," he said. "I was at a New Albany soccer game last night. I can still drive, attend the symphony and go to card groups. Now I want to get back to riding my bike."





*Take the advice of Dr. Gravelin and Dr. Karve!
Get regular checkups and adopt a healthy lifestyle.
Heart health should never be taken for granted.*

A Conversation with Mount Carmel Cardiologists

It's 6:30 a.m. on a Wednesday. The sun is just beginning to emerge in the eastern sky, although the first signs of rush hour traffic are still barely noticeable. Despite the early hour, Laura Gravelin, MD and Amrita Karve, MD enter a meeting room at Mount Carmel East with smiles on their faces and a show of confidence that says they're ready to take on the day. The two women are Mount Carmel cardiologists, and the day ahead could be a long one.

Both physicians are passionate about fighting heart disease, and both are committed to improving women's health. The two often go hand in hand. Early on, Dr. Gravelin wanted to specialize in obstetrics and gynecology as a way to focus on women's health. "Although I discovered that it wasn't the right fit for me, I still wanted to take care of women," she said. "Since cardiac disease is the number-one killer of women, I realized it was a way to serve more women and impact their quality of life and longevity."

Dr. Karve grew up loving math and physics, and that paved the way for a career as a cardiologist. She's also passionate about diet, fitness and exercise, which are important components of heart health. "I enjoyed the science, but I also liked making people feel good about themselves. I wanted to talk about diet and exercise in a non-punitive way," she said.

Both Dr. Gravelin and Dr. Karve have discovered that Mount Carmel is a great place to fuel their passion, with its robust network of primary care physicians, dedicated ancillary support staff, strong administrative team — and an overall commitment to women's heart health. "Everybody thinks about what's best for the patient, and that's what's driving patient care," Dr. Gravelin said.

Women's Heart Program

Several initiatives are currently underway that showcase the system's commitment to promoting heart health. This includes designing a Women's Heart Program. Located within the Mount Carmel Heart and Vascular Center, the program will reinforce the importance of guideline-directed therapy in women, help reduce the time to diagnosis, and improve the patient experience by creating a more comfortable setting for women. "Women in general are undertreated for their diseases. They are less likely to receive therapy or to be referred for procedures, and some things that are specific to women recovering from a heart attack or other heart condition are under-recognized," Dr. Gravelin said. "We are highlighting and being more proactive about managing the things that are more specific to women."

Both doctors would like to make the space a family-friendly environment where patients can also talk with physicians about a range of topics beyond heart health, such as diet

and weight loss. "We are trying to create a judgment-free environment that is not punitive, especially when discussing topics such as obesity. We want patients to feel safe and comfortable and know they will be heard, and also that we will try to guide," Dr. Gravelin said. "We want it to be a place where women feel welcome and know that it's for them."

Support Groups

Both women are also the driving force behind the creation of support groups for women survivors of heart disease.

The support groups have been successful, and they feature topics that range from something very specific like valve disease all the way to mindfulness and other lifestyle matters. "Patients like to talk with each other about what they're going through," Dr. Karve said. "The research shows that underprivileged people are more likely to experience heart-related conditions, and people who are most disadvantaged — either socioeconomically or racially — for instance, are more likely to benefit from support groups. We are excited to see all patients represented in our groups."

Heart Health Symposium

Next on the list is a symposium that will take place in the Fall of 2020. Dr. Gravelin and Dr. Karve are planning for a full-day gathering of 300 to 400 women seeking education on various aspects of heart disease and lifestyle. "We will address different topics, mirroring some of the same things we talk about in the support groups, but also offering some helpful resources," Dr. Gravelin said.

Both cardiologists are excited about the symposium, which they agree is currently their number-one priority in an ongoing effort to promote heart health. "Other areas to be discussed at the symposium include cardio-obstetrics because of increasing obesity and issues related to obesity in pregnant women that affect the heart," Dr. Karve said. "We will also address cardio-oncology and the impact of treatments on the heart, as well as obesity medicine because that ties into risk factors for heart disease."

"Seek help, and if you are not getting the answers you want, or you feel like you should be seeing a cardiologist, then do it," Dr. Gravelin said. "It's important to advocate for yourself in this day and time."

It's not often we think of physicians as being on the grateful side of things, but that's exactly how it plays out with Dr. Gravelin and Dr. Karve. "My spirit is lifted when a patient comes in and I can make them feel better," Dr. Gravelin said. Dr. Karve is quick to agree: "I am grateful when a patient comes to me and I have the opportunity to take care of that person. I am grateful for their trust and for the chance to serve."

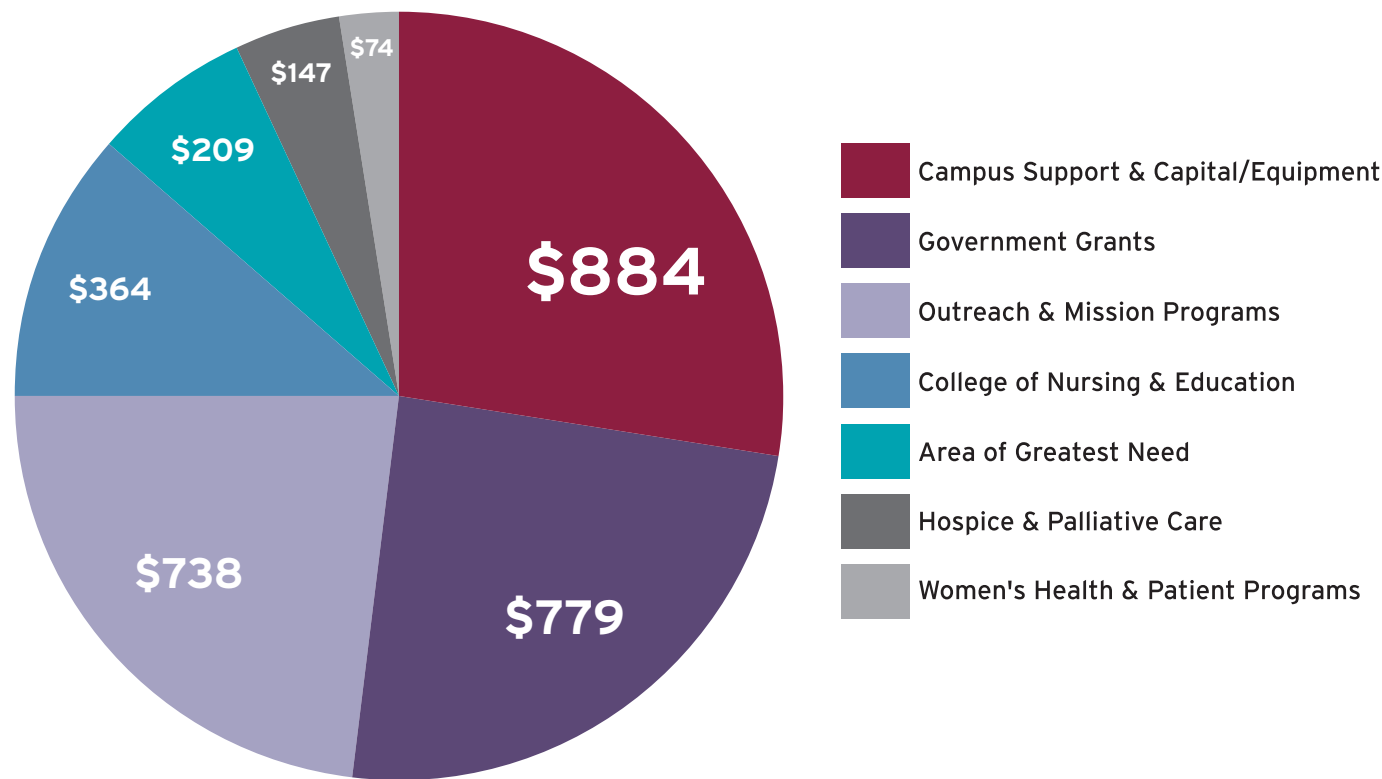


Financial Highlights

FISCAL YEAR ENDED JUNE 30, 2019 **unaudited*

The generous support of our donors has never before been more needed or appreciated. Thank you for helping us heal body, mind and spirit in the communities we serve.

FY2019 Contributions & Government Grant Revenue
\$3,196 (in thousands)



FY2019 Charitable & Government Grant Expenditures
\$13,614 (in thousands)

