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**MOUNT CARMEL CONTINUES
TO SERVE FRANKLINTON'S NEEDS**

MOUNT CARMEL IS REDEFINING HEALTH CARE FOR FRANKLINTON

BY TIM PUET

Reporter, Catholic Times

The phrase “I’m going to Mount Carmel” is taking on a new meaning for residents of the Franklinton neighborhood and other parts of Columbus’ west side.

Instead of expressing that someone in that area is ill and is being treated at Mount Carmel West Hospital, those five words are now just as likely to signify that a person is interested in preventing illness by taking part in one of many wellness programs at the hospital’s Community Health Resource Center.

The center is part of what Sean McKibben, president and chief operating officer of Mount Carmel West, describes as “a redefinition of health care, with a hospital having as much, if not more, to do with keeping people healthy as with caring for them when they are sick.”

In moving health care information and education beyond traditional definitions, the center hopes to better prevent and manage chronic medical conditions, to encourage healthy lifestyle habits, and to promote holistic wellness, resulting in a healthier community.



Its features include a consumer health library; a demonstration kitchen for cooking classes and nutrition education programs; an area for child-birth education and outpatient breastfeeding support; a cancer services area, with oncology nurse navigators; and classrooms for a variety of programs.

Ami Peacock, manager for the center, said the combination of programs and services it is offering or planning was determined through working with community partners over the past year-and-a-half. The partners represented 40 to 50 community organizations and more than 1,000 individuals in the neighborhoods surrounding the center.

Those discussions continue as staff members determine how the center can best serve the community. “In the past two weeks, I received 28 requests from people or groups who would like to work with the center to start programs,” she said. “We can’t do them all, but we want to handle as many as we can. This type of response is encouraging because it demonstrates there is a need.”

Peacock said an average of about 100 programs and meetings, some of which are bilingual, take place each month at the site, which is on the first floor of the medical office building at 777 W. State St. These include more than 30 ongoing programs and several



Clockwise from left: Ami Peacock, manager of the Community Health Resource Center at Mount Carmel West; the medical office building which includes the center; Stevo Roksandic, Mount Carmel library director, in the center's consumer health library; a healthy-cooking class at the center. CT photos by Ken Snow (building, library); other photos courtesy Mount Carmel Health

one-time events. As of the end of March, nearly 8,500 people had taken part in activities at the center since it opened in November 2013.

“It’s been an exciting time as the center keeps expanding its mission to the neighborhood it serves. We’re anticipating an even more exciting future,” said Brian Pierson, regional director of outreach population health for the Mount Carmel Health system.

“Some of the things we are doing also are taking place in other places, but I don’t think anyone in the nation is providing the combination of services and activities you can find here, especially as it relates to the mission of serving the area’s most vulnerable population that

Mount Carmel has performed for nearly 130 years.”

In March, Mount Carmel announced it is investing more than \$700 million in its people-centered care strategy in central Ohio. The investment includes major projects at Mount Carmel’s Grove City, East, and West campuses. The largest part of this investment involves a \$355 million expansion which will make Mount Carmel’s one-year-old Grove City facility the first full-service hospital south of Interstate 70 in the Columbus area and will include an adjacent medical office building. Those facilities will open by 2018.

Mount Carmel East Hospital,



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which opened in 1972 as the first full-service hospital on the city's far east side, will undergo a \$310 million modernization which will be completed in phases through 2019. Mount Carmel Health also operates Mount Carmel St. Ann's Hospital in Westerville, Mount Carmel New Albany Hospital, and several urgent-care and other facilities, and is affiliated with Diley Ridge Medical Center in Canal Winchester.

After construction is completed in Grove City, Mount Carmel West's in-patient operations will be transferred there, and its Level II trauma program will move to Mount Carmel East. The West campus then will undergo a \$46 million transforma-

tion into a health and educational area focusing on primary, urgent, and emergency care, maintaining an emergency department that is always open.

The transformation of Mount Carmel West will expand upon the efforts of the Community Health Resource Center and will allow for additional expansion of the Mount Carmel College of Nursing at the site, where it has been providing health-care training since 1903. Also remaining at Mount Carmel West will be its crime and trauma assistance program; its Center for Innovative Learning, a training area featuring human patient simulators; a full-time outpatient imaging lab; and physical therapy and

women's health areas.

"We're still determining what other alterations will be made on the West campus," McKibben said. "All of this is being done in ongoing discussions with our community partners to determine how Mount Carmel can best continue its presence in Franklinton."

He said the shift of inpatient care to Grove City is in response to population trends and to the hospital's history of filling health-care needs in the areas where its patients live.

"More than 50 percent of the patients at Mount Carmel West now come from areas that are closer to Grove City than to Franklinton," he said. "Conversely, we feel a



Classes offered at Mount Carmel West Hospital's Community Health Resource Center include tai chi (above) and cooking for diabetics. Photos courtesy Mount Carmel Health

greater need for prevention and wellness programs in Franklinton than in Grove City, and our community partners agree with that need. We feel the changes we are planning are the best way to match health-care expectations and needs in both places."

About three-fourths of the \$1 million cost of building the Community Health Resource Cen-



ter came from private donations to the Mount Carmel Foundation, said Deanna Stewart, the foundation's president and executive director.

The foundation, the Mount Carmel Health System's principal fundraising unit, received more than \$2.8 million from donors in fiscal 2014. Its largest annual event, the Champagne and Diamonds gala in February, concentrates on supporting one specific area each year. In 2013, it raised \$512,000 for the center.

This year, donations from the gala totaling \$614,000 went to various community outreach programs including the center; the crime and trauma program; the Mount Carmel mobile coach, an urgent-care facility for the homeless, the uninsured, and the underinsured; a street medicine program which brings medical care and referrals to the homeless who are "living on the land"; Wel-

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come Home, providing babies who are delivered at Mount Carmel with a wellness check at home by a registered nurse; and Help Me Grow, providing health and developmental services to families of children with developmental delays.

Transformation of the Mount Carmel West campus will allow all of the health system's outreach programs to be based there.

"This is where we want those programs to be because most of the people they serve come from the nearby area," Pierson said.

He said the street medicine program, which sends Mount Carmel staff members to visit encampments for the homeless once a week, has hired an advocate, Ben Sears, who for the last three months has been visiting the camps daily and will continue to do so, giving homeless people with critical needs an immediate chance to receive the help they need.

"In his short time with us, he has taken the care we provide to a new level," Pierson said.

The crime and trauma assistance program also is entering new areas. It has been working with police since its founding in 1997, and now is also beginning to help area fire departments outside of Columbus, many of which, unlike the Columbus department, do not have firefighters trained to help people who are dealing with physical and emotional trauma.

Classes currently being offered by the Community Health Resource Center include diabetes education; relaxation, stress management, and mindfulness; tai chi; pregnancy and childbirth; and cooking.

The monthly one-hour cooking classes are the

most popular. Peacock said they attracted about 10 people at first, then 20, and now about 40 to 50, filling the center's demonstration cooking area to its capacity.

They are sponsored by Mount Carmel and the Gladden Community Center and feature Mount Carmel executive chef Adam Harms, or another Mount Carmel Health chef, and a nutritionist.

"Adam's philosophy is 'Let's show people how to prepare food people want to eat and what's also available in the food pantries,'" Peacock said. "We give people an education on healthy foods and how to choose, store, and prepare them in a tasty, healthy way, a bag of groceries to take home, and a free lunch."

"We also provide free parking, free bus passes, and free child care for this and all the other classes offered here, because we don't want people not coming here because they can't afford it."

In addition to the monthly cooking classes, the center offers a special six-week course on cooking for diabetics, in partnership with the Local Matters food education organization.

One of the center's key components is a library that's unlike most medical libraries in that it's a very visible part of the building and is designed primarily for patients for rather than medical personnel.

"We have the big medical books here, but this is really a library for consumers," said Mount Carmel Health library services director Stevo Roksandic, who has been involved with Mount Carmel's various libraries since 2003.

Our motto is 'better information for better health,'" he said.

"What we display most prominently and usually provide patients with are small, easy-to-read publications which cut through medical jargon.

"They cover topics like how to talk with your doctor; obesity and children; reading food labels; what's good and bad about alternative medicine; and a variety of other things. People can look at them and feel comfortable about discussing their medical concerns with the doctor, and this benefits everybody."

The library offers in-person and over-the-phone service and direct chat connections through its website. It's open from 10 a.m. to 5 p.m. weekdays.

The Community Health Resource Center's hours also are 10 a.m. to 5 p.m. Monday to Friday, and it is open for special events on Saturdays.

McKibben said the creation and growth of the center, and the other changes which will dramatically transform Mount Carmel over the next decade, are all designed to help the hospital fulfill what the Sisters of the Holy Cross had in mind when they founded it as an 18-room hospital in Franklinton in 1886.

"Our Catholic mission has always been to serve people regardless of their ability to pay, with a special emphasis on vulnerable populations," he said.

"All the not-for-profit hospitals in Columbus have this role, but we especially have made it a point to minister to people where they are, rather than waiting for them to come to us. Our ultimate goal is to help them live in the best, most healthy way they can, in the way God intends them to as people made in his image."

Our Lady of Peace tectonics lab



Sixth-grade students at Columbus Our Lady of Peace School work on a plate tectonics lab experiment as part of science class as they study various types of plate boundaries.

Photo courtesy Our Lady of Peace School

Bob Lennon Loop run

The second annual Lennon Loop run in honor of the late Bob Lennon will take place Saturday, June 27, at Alum Creek Park North, 211 W. Main St., Westerville. Proceeds will benefit Columbus St. Francis DeSales High School's Bob Lennon scholarship fund.

There will be two distances to choose from this year – five kilometers or 10 kilometers. There also will be a children's run for those younger than 12 years old.

Lennon, 64, died on Sept. 15, 2013, after being struck by a car while riding a bicycle. He spent 40 years at DeSales as a science teacher and coach of cross country, track, and boys and girls basketball.

Registration for the event will begin at 7 a.m., with the run at 8 a.m. Online advance registration and fee information are available at <https://runsignup.com/Race/OH/Westerville/LennonLoop5K10K>.

DeSales camps

Looking for something fun to do this summer? Sign up for a Stallion camp (or two!) at Columbus St. Francis DeSales High School. The camps are a great way for students to meet new friends while improving their skills, whether in the classroom or on the athletic field. Check out the camps taking place this summer by visiting www.sfdstallions.org/camps.

This year, the school is offering four new camps: iPad essentials, drama, sports literature, and SHINE (a wellness camp), as well as 14 sports camps. Find out when your favorite sport or enrichment camp is taking place this summer by going to the registration brochure found online at www.sfdstallions.org/camps.