TH E V A L L E Y H O S P I T A L

Responding to Our Community’s Needs

Community Benefit Report
Responding to Our Community's Needs

A Message to Our Community

We are pleased to present you with our annual Community Benefit Report for 2015. This year, our report focuses on how The Valley Hospital connects with our community in response to their most pressing needs for high-quality, safe and innovative health care. Through direct patient care, research initiatives, free health screenings, preventive services, educational outreach programs, partnerships with organizations and investments in technology and facilities, Valley meets the ever evolving challenges presented to us as a not-for-profit hospital that serves more than 400,000 people in northern New Jersey and southern New York.

Engaging our community is vitally important to learning about their needs, in exploring inroads for communication and then to following through with lifelong connections. Over the last five years, Valley Health System invested $318 million in new facilities, equipment and information technology to not only enhance the quality of care provided by Valley, but also to make it more convenient for members of the community who live and work in our region to utilize our services. As the second largest employer in Bergen County, we also invest in people, employing almost 5,000 men and women who, together with Valley, paid almost $76 million in taxes last year to support federal, state and local initiatives and services.

The distinguished author and poet Maya Angelou wrote, “If you find it in your heart to care for somebody else, you will have succeeded.” At Valley, we are proud to follow this advice and count among our most important achievements the partnerships we have developed – and those we are pursuing – to improve the lives of our patients and their families.

I encourage you to take a few minutes to read this report. At Valley, we are privileged to share our stories and those of our patients. We thank you for your continued support of our efforts to respond to all of our community’s needs.

Best regards,

Audrey Meyers
President and Chief Executive Officer
The Valley Hospital
Valley Health System
What is Community Benefit?

Community Benefit is a concept that applies to not-for-profit hospitals and the traditional role they play in the communities they serve. Hospitals are granted tax exemption in return for the vital programs and services they provide the community. Valley is proud to be a not-for-profit hospital serving the healthcare needs of more than 400,000 people in northern New Jersey and southern New York. Valley serves the community by providing thousands of hours of healthcare education and screenings, support groups, classes to assist those in need and care to all those who come through our doors, regardless of their ability to pay.

Enhancing Access to Care for Adults, Children and Families

For more than 20 years, The Valley Hospital Community Care has provided exceptional adult primary care, pediatric services, prenatal care and specialty care for children, adolescents and adults who are covered by Medicare or NJ Family Care, or who are uninsured or underinsured.

Ines Vargas first came to Community Care as a 14-year-old after her family settled in the U.S. from Costa Rica. She was a healthy teenager who visited the center for yearly check-ups and vaccines. After marrying Ronny, she returned for prenatal care during her first pregnancy.

“I felt safe in having Community Care’s doctors and nurses take care of me, my babies and Ronny; this has been our medical home for many years,” says Ines, who works as a nanny.

Ines' first pregnancy was unremarkable; Tatiana is now 17, but eight months into Ines' second pregnancy, a sonogram revealed that one of her growing baby boy's kidneys contained cysts. By the time Rafael, 5, was born, the affected kidney and the cysts had been absorbed within his body. Ongoing monitoring of his remaining kidney by a urologist has enabled Rafael to experience a normal childhood. Ines and Ronny’s third child, Cassandra, 2, has a food allergy which is monitored by a pediatric allergist. Ines and Ronny continue to undergo yearly wellness evaluations from Community Care’s adult advanced practice nurses.

“The nurse practitioners assist us in finding the best doctors within our health insurance network,” says Ines. “God has blessed us with wonderful doctors and nurses.”

Mary Barahona, David Velasquez and their three children come to Community Care regularly for preventive care and treatment of minor illnesses. For the two youngest children, David, 13, and Vanessa, 9, these visits are usually the extent of their medical care. Eldest daughter, Jacqueline, 15, has asthma, requiring treatment by Valley’s Director of Pediatric Pulmonology, Steven Kanengiser, M.D.

“When Jacqueline catches a cold, it can be very scary,” says Maria, a hotel receptionist and housekeeper. “I have always been able to call Community Care and get her in on the same day so her asthma does not worsen.”

Enhancing Access to Care for Adults, Children and Families

[Image of Community Care team members]

Community Care functions like a doctor’s office, with primary care provided by one pediatric and two adult advanced practice nurses as well as a roster of Valley physicians who rotate through the practice. Community Care’s nurses, social workers, dietitians and patient care associates ensure that patients receive comprehensive services and psychosocial support.

In 2015, Community Care recorded 7,863 patient visits, often providing medical care for entire families, such as the Vargas family of Hawthorne and the Barahona-Velasquez family of Midland Park.

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Community Care team members pause during their busy day.

Valley Facts – Did You Know?

Valley contributed $1,736,631 towards education, support services and community-based screenings in 2015.
“Providing primary and specialty care for Jacqueline and all our patients with chronic illnesses helps them manage their health and reduces preventable and costly emergency room visits and hospitalizations,” says pediatric nurse practitioner Ellen Fasanaro, RN, MSN, APN-C.

The partnership was formed two years ago by Valley’s Community Health and Community Benefit Department, Metropolitan A.M.E. Zion Church and Mount Bethel Baptist Church. Valley cardiologist Marcus Williams, M.D., a medical liaison to the churches, and Rev. Mason Jenkins, supervisor of Pastoral Care at Valley, initially connected with the churches’ pastors, Rev. Mack Brandon of Metropolitan and Rev. Thomas Johnson of Mount Bethel to forge communication among parishioners and other community members.

Dr. Williams points to “the Reverends’ courage and willingness to engage their congregations in these efforts” as critical to earning the trust of the community. “Our wellness programs are providing a path for people to meet and recognize physicians so when they need medical care they will be more likely to reach out to Valley and health care professionals.”

Supported by a grant from Boston Scientific’s “Close the Gap” program, the two churches hosted three major events in 2015: Health Awareness Day, Steps to a Healthcare Career and Stroke Screening Day. Almost 100 adults attended Health Awareness Day to learn about heart disease, diabetes and stroke and how to prevent them from Dr. Williams and Valley family practitioner Shakira Slater, M.D. Free blood pressure, stroke, cholesterol and blood glucose screenings and body fat analyses were offered.

Steps to a Healthcare Career presented a panel of physicians who work at Valley – including Dr. Williams, family practitioner Dr. Slater, breast surgeon Tihesha Wilson, M.D., and neurosurgeon Gaetan Moise, M.D. – and veterinarian James L. Hill, D.V.M., to discuss their careers before 45 teens and young adults.

“For some of our young people, this may have been the first time they have seen a black physician, and the synergy between the panel and the audience was terrific,” notes Rev. Brandon. “It is important for all our community members to know what options are available to them when considering a career and in seeking health care services for themselves and their families.”

Rev. Johnson notes that all of the 2015 health programs, and several planned for 2016 focusing on nutrition, exercise and cancer, have resulted in his parishioners becoming more open to seeking medical advice, treatment and information about preventive measures to remain healthy.

“No one is immune to health problems, whether they are directly affected or there is a familial connection,” says Rev. Johnson. “Diabetes, heart disease and cancer are challenges that our congregation faces. Adequate health insurance coverage, plus a hesitancy to seek medical care out of fear,
denial or complacency, are difficulties many people face, not just our parishioners. Everyone needs help in navigating the health insurance system and understanding the avenues to take toward wellness.”

Rev. Brandon believes that the creation of new relationships between Valley and the churches is one of the most significant achievements of the faith-based initiative.

“My hope and prayer is that our congregations will continue to value the partnerships we have formed, and that the health information and access to medical care that they gain from these outreach programs will benefit them, their families and our entire community for many years to come,” he says.

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**Linking Patients with Proven Results**

**A key component of Valley’s Lung Cancer Center is the International Early Lung Cancer Action Program (I-ELCAP), a research study begun by Valley thoracic surgeon Robert J. Korst, M.D., Medical Director of the Blumenthal Cancer Center, and physicians at Weill Cornell Medical College. For more than 20 years, Dr. Korst and other I-ELCAP researchers have been evaluating the use of low-dose CT scanning to screen for early-stage lung cancers in high-risk patients.**

Lung cancer screening was instrumental in identifying an early lung cancer for Luke Errett. The Mahwah man first learned about I-ELCAP screenings from a friend who was a nurse at Sloan Kettering Cancer Center in New York City. After moving to New Jersey, Luke heard about Valley’s program on the radio. Lung cancer had claimed his father, aunt and other family members so Luke was concerned about developing lung cancer himself. Although he had quit smoking, his past history of tobacco use combined with his age and lack of lung cancer symptoms qualified him for I-ELCAP screenings.

Luke began screenings in 2008, shortly after Dr. Korst left Weill Cornell and joined Valley. Luke’s original baseline CT scan in 2008 was clear, but his 2009 scan showed a tiny nodule that required medication. The majority of pulmonary nodules are harmless areas of inflammation or scarring in the

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**Combined Financial Contributions**

$97,429,571

**Community Benefit**

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<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<tr>
<td>A. Unpaid cost of Medicaid</td>
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<td>B. Unpaid cost of Financial Assistance</td>
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<td>C. Programs/Other</td>
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**Other Significant Financial Contributions**

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<td>E. Unpaid Cost of Medicare</td>
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<td>Total</td>
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**Category Definitions**

**Programs/Other**
- Community Health Education
- Community Based Clinical Services
- Health Professions Education
- Subsidized Health Services
- Research
- Financial and In-Kind Donations
- Community Building Activities
- Community Benefit Operations

**Financial Assistance**
- The cost of services which are not billed according to Financial Assistance policy.

**Bad Debt**
- The cost of services which are billed but uncollectable.

**Unpaid Cost of Medicaid and Medicare**
- The difference between the cost of the services delivered and the payment received from the government program.

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**Valley Facts – Did You Know?**

In 2015, 59 people participated in Time to Quit Smoking. After one month of completion, 84% were smoke-free.
The Valley Hospital purchases mailing lists in an effort to communicate with community members who may benefit from receiving our publications. We recognize the fact that some residents prefer not to receive our materials. However, Valley does not control the deletion of names from a purchased list. To reduce unsolicited third-class mail, please visit the Direct Marketing Association’s website at www.dmachoice.org.

The nodule had grown to about the size of a walnut and was early-stage cancer,” remarks Luke. “If I had waited until I experienced any symptoms, I might not be alive today.”

The type of cancer diagnosed in Luke — non-small cell lung cancer — is the most common type and highly treatable if discovered early, before it has spread to the membranes of the lungs or into surrounding lymph nodes. Dr. Korst removed Luke’s right middle lobe in May 2014 via video-assisted thoracoscopic surgery (VATS), a minimally invasive procedure that results in less discomfort, shorter hospitalization and a faster return to normal activities.

“I worked from my bed and was home the next day,” recalls Luke. Since then, he has returned for regular follow-up care from Dr. Korst.

I-ELCAP studies at Valley and worldwide have concluded that regular screenings can uncover 85 percent of lung cancers at their earliest, most curable stages. Approximately 415 patients are enrolled in Valley’s I-ELCAP, with about 280 coming regularly for yearly CT scans and screenings.

“For Luke and other I-ELCAP patients, we can make a demonstrable difference in saving lives, and we can help these patients make healthy lifestyle choices, such as attending smoking cessation classes, with a goal toward preventing future illness,” says Valley research nurse Susan Mock, RN, BSN.