

## Organization Information

### Organization Address and Contact Information

**Organization Name:** South Shore Hospital  
**Address (1):** 55 Fogg Road  
**Address (2):** Not Specified  
**City, State, Zip:** South Weymouth , Massachusetts 02190  
**Web Site:** www.southshorehospital.org  
**Contact Name:** Alan Macdonald  
**Contact Title:** Community Benefits Officer  
**Contact Department:** Not Specified  
**Telephone Num:** 781-624-8564  
**Fax Num:** Not Specified  
**E-Mail Address:** alan\_macdonald@sshosp.org  
**Contact Address (1):** Not Specified  
(If different from above)  
**Contact Address (2):** Not Specified  
**City, State, Zip:** Not Specified , --None- Not Specified

### Organization Type and Additional Attributes

**Organization Type:** Hospital  
**For-Profit Status:** Not-For-Profit  
**DHCFP ID:** Not Specified  
**Health System:** Not Specified  
**Community Health Network Area (CHNA):** South Shore Community Partners in Prevention (Plymouth)(CHNA 23), Blue Hills Community Health Alliance (Greater Quincy)(CHNA 20), Greater Brockton Community Health Network(CHNA 23)  
**Regional Center for Healthy Communities (RCHC):** 4, 6  
**Regions Served:** Other-Southeastern MA

## CB Mission

### Community Benefits Mission Statement

South Shore Hospital's community benefits program will advance the hospital's charitable mission of promoting good health, healing, caring and comforting by focusing on initiatives that support the principles of Massachusetts health care reform, improve the management of chronic diseases, reduce disparities in the provision of care, promote wellness in vulnerable populations, and sustain access to vital health services.

### Target Populations

Name of Target Population	Basis for Selection
Those at risk of developing or who have chronic disease	Community health needs assessment, statewide health priority

Particularly vulnerable population: elderly and at-risk youth

Community health needs assessment,  
statewide health priority

Those at risk of experiencing disparities in care due to income, education, disabilities, race, ethnicity, language or other criteria

Statewide health priority

Those requiring assistance obtaining health insurance or guidance in navigating health system

Statewide health priority

### **Publication of Target Populations**

Marketing Collateral, Annual Report, Website

### **Hospital/HMO Web Page Publicizing Target Pop.**

<http://www.southshorehospital.org/communitybenefits>

### **Key Accomplishments of Reporting Year**

Several accomplishments represent highlights of fulfilling our 2014 Community Benefits Plan. Among these highlights are:

- 1) The expansion and further success of the South Shore Moves! program. South Shore Moves! is an 8-week workplace wellness challenge created in 2013 to engage people in actively improving their health through a structured friendly competition. More than 1,000 participants, from 30 organizations, competed in South Shore Moves! during 2014.
- 2) The return of our Diabetes Expo, which attracted 160 participants, 60 volunteers, and 20 vendors and clinicians. The Diabetes Expo was a clear success, providing members of the community with education and meaningful resources to improve the management and prevention of diabetes.
- 3) Strengthening the internal coordination and planning process of our Community Benefits programs through the creation of a Community Benefits Advisory Group. This group established a more regular structure for meetings and communication among leaders from various clinical areas engaged in community activities.
- 4) Working with the Community Health Network Areas (CHNAs) in our region to increase the resources provided to the community and enhance the impact to benefit these communities through the work of the CHNAs.

### **Plans for Next Reporting Year**

Major initiatives for 2015 include:

- 1) Utilizing a new web based health data tracking tool, we plan to conduct a new Community Health Needs Assessment in 2015.
- 2) Engaging members of our community in the regular meetings and communications held by the Community Benefits Advisory group in order to further improve the coordination and impact to regional health of our Community Benefits programs.

The general vision for our programs can be reviewed in more detail through our 2015 Community Benefits Plan. This plan can be found at:

[http://www.southshorehospital.org/workfiles/About/FY2015\\_Community\\_Benefits\\_Plan.pdf](http://www.southshorehospital.org/workfiles/About/FY2015_Community_Benefits_Plan.pdf)

## **Community Benefits Process**

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### **Community Benefits Leadership/Team**

South Shore Hospital demonstrates support for its community benefits mission statement at the highest levels of the organization. Our Board of Directors reviews and approves our community benefits plan and monitors its successful implementation. An executive within the organization serves as the Hospital's Community Benefits Officer.

South Shore Hospital's medical and clinical staff members are integral to the provision of our programs to benefit the community, offering their services as teachers and presenters in their fields of expertise. Community leaders with specific experience, expertise and resources also participate in our community benefits programs.

Crucial participants in our Community Benefits Programs include:

South Shore Hospital Board of Directors

Kenneth Kirkland  
Sherry Penny, PhD.  
Christopher Oddleifson  
Maria Recalde  
Richard Aubut  
John Walsh, MD  
Brian Hotarek  
Lisa Walsh  
David Howse  
Matthew Weiss, MD  
Thomas McCarthy  
Colleague advisors and Community Benefits Advisory Group  
Jann Ahern, home care  
Charles Arienti, respiratory care  
Benjamin Asfaw, quality  
Donna Chase, RN, clinical professional development  
Andrea Collins, office of research  
Lynn Cornelius, marketing/media relations  
Joan Cooper-Zack, emergency preparedness  
Cheryl Coveney, patient access services  
Jeannette Currie, information technology  
Sarah Darcy, media relations  
Katrina Dwyer, RN, home care  
Eugene Duffy, paramedic services  
Jim Doyle, public safety/ transportation  
AnneMarie Firestone, diabetes education  
Greg Garofolo, information technology  
Deborah Gilman, cancer resources  
Barbara Green, PhD, South Shore Hospital Youth Health Connection  
James Green, orthopedics  
Mary Higgins, RN, nursing  
Peg Holda, strategy, marketing, governance  
Carl Holland, budget  
Katie Howard, community benefits  
Jackie Kilrain, rehabilitation services  
Karen LaFond, RN, cardiac and pulmonary rehabilitation  
Loberta Lacrete, SBIRT, health promotion advocate  
Jennifer Logan, community exercise programs  
Kathy Loveridge, marketing  
Alan Macdonald, community benefits officer  
Mark Mahnfeldt, RN, nursing  
Marie McCarthy, controller  
Susan Medici, RN, case management  
Jesslyn Murphy, respiratory care  
Kimberly Noble, Youth Health Connection  
Peggy O'Neil Files, pastoral care  
Maria Parisi, RN, smoking cessation  
Deborah Pentecost, RN, trauma  
Tim Quigley, RN, chief nursing officer  
Lisa Rabideau, interpreter services  
Lisa Raymond, RN, nutrition education  
Patricia Smith, home & health resources  
Jason Tracy, MD, emergency medicine  
Barbara Wahlstrom, Friends of South Shore Hospital

### Community Benefits Team Meetings

The Community Benefits Advisory Group generally meets quarterly. Recurring communications are shared regularly among the group to promote community events to be held and opportunities for clinical areas to participate in community activities.

### Community Partners

Community Partners

Blue Hills Community Health Network Area (CHNA 20)

Greater Brockton Health Alliance (CHNA 22)

South Shore Partners in Prevention (CHNA 23)

Quincy Asian Resources

Health Care For All

South Shore Chamber of Commerce

Town of Weymouth

Town of Braintree

Massachusetts Hospital Association

South Shore YMCA

Congressman William Keating

Plymouth County District Attorney

Norfolk County District Attorney

MA Department of Public Health

Manet Community Health Center

Gwen Morgan, What If? Program

Julie Kembel, Helping Children Cope

Maureen O'Brien, Helping Children Cope

### Community Health Needs Assessment

#### Date Last Assessment Completed and Current Status

Summer 2013

#### Consultants/Other Organizations

Healthy Communities Institute

#### Data Sources

CHNA

## Community Benefits Programs

### Chronic Disease Management: South Shore Moves! Workplace Wellness Challenge

#### Program Type

Community Education, Direct Services, Prevention

#### Statewide Priority

Chronic Disease Management in Disadvantage Populations, Promoting Wellness of Vulnerable Populations

#### Brief Description or Objective

South Shore Moves! is an 8-week workforce wellness challenge to engage people in taking an active role in their health and to help them build wellness activities into their busy lives. The program leverages an environment of friendly competition to illustrate that everyone can take steps to accomplish meaningful improvements in their health regardless of where they start. Through coaching and collective support participants become committed to making wellness a recurring aspect of their daily routine or find new ways to keep at it.

#### Target Population

• **Regions Served:** Other-Southeastern MA

- **Health Indicator:**Other: Cardiac Disease, Other: Diabetes, Other: Hypertension, Other: Stress Management, Overweight and Obesity
- **Sex:**All
- **Age Group:**Adult
- **Ethnic Group:**All
- **Language:**All

### Goal Description

To engage employees from regional organizations in activities that help participants find ways to build wellness in their busy schedules. Using the power of friendly competition, this program seeks to help people make wellness a priority, become more productive employees, and lead more active, healthy lives.

### Goal Status

In 2014 1,074 people from approximately 30 organizations participated in a SSM challenge. All teams met the goal of an average of 150 minutes of exercise per week and shared many stories of building wellness into their lives.

### Partners

#### Partner Name, Description

#### Partner Web Address

South Shore Moves!

<http://southshoremoves.com/>

A Healthy Balance, Inc., corporate wellness company

<http://www.ahealthybalanceinc.com/>

### Contact Information

Alan Macdonald, South Shore Hospital, (781) 624-8564, [alan\\_macdonald@sshosp.org](mailto:alan_macdonald@sshosp.org)

### Detailed Description

[Download/View Attachment](#)(448981 KB)

File Name: South Shore Moves! Spring 2014.pdf

## Chronic Disease Management: Cardiovascular Community Outreach Program

### Program Type

Community Participation/Capacity Building Initiative,Direct Services,Health Screening,Prevention,Support Group

### Statewide Priority

Chronic Disease Management in Disadvantage Populations, Promoting Wellness of Vulnerable Populations

### Brief Description or Objective

South Shore Hospital's Cardiovascular Center is dedicated to the prevention – as well as the treatment – of heart disease, stroke, and peripheral vascular conditions. In addition to the core clinical services, our Cardiovascular Center provides free health education, workshops, and screenings to help reduce the incidence and severity of cardiovascular disease. In FY2014, the Center's community benefits initiatives to address cardiovascular disease included:

- o Hosting free community health education programs, to familiarize participants with cardiovascular disease and stroke prevention and management techniques. These include visits to community centers, information and screening tables at community health fairs, and regular heart health lectures.
- o Hosting free support groups for those who have experienced a stroke and for those with cardiovascular disease.
- o Partnering with the South Shore YMCA to offer a cardiac rehabilitation maintenance exercise program for individuals with stable heart disease (e.g., following bypass surgery, angioplasty, previous MI, stable angina) who have completed a course of cardiac rehabilitation. Participants will have the opportunity to exercise in a supervised outpatient group setting.
- o Offering a pulmonary rehabilitation maintenance program for individuals with stable pulmonary disease who have completed a course in pulmonary rehabilitation.
- o Supporting activities that promote building heart health such as the Friends of South Shore Hospital Road Race and a new community mall walking group.

### Target Population

- **Regions Served:**Other-Southeastern MA
- **Health Indicator:**Other: Cardiac Disease, Other: Diabetes, Other: Hypertension, Other: Stress Management, Other: Stroke, Overweight and Obesity, Physical Activity
- **Sex:**All
- **Age Group:**All
- **Ethnic Group:**All

- **Language:**All

### Goal Description

To promote awareness of the factors contributing to cardiovascular conditions, the health implications of such conditions, and access to resources to help prevent and manage cardiovascular disease.

To engage the community in activities promoting cardiovascular health. Programs include subsidized rehab programs, The Friends of South Shore Hospital Road Race, and our new mall walking programs at the South Shore Plaza.

### Goal Status

Approximately 400 blood pressure screenings were provided per month and 50-75 people attend health presentations per month.

300 people participated in the Road Race, more than 1,000 people attend exercise classes, and approximately 50 are mall walkers.

### Partners

#### Partner Name, Description

#### Partner Web Address

American Heart Association	www.heart.org
American Stroke Association	www.strokeassociation.org
Weymouth Health Department	www.weymouth.ma.us/health/index.asp
Friends of South Shore Hospital	http://www.southshorehospital.org/friends
Braintree Department of Elder Affairs	www.townofbraintreegov.org/coa/index.html
South Shore YMCA	www.ssymca.org
South Shore plaza	http://www.simon.com/mall/south-shore-plaza

### Contact Information

Karen LaFond, RN, Nurse Manager, Cardiac and Pulmonary Rehab Dept, South Shore Hospital, (781) 624-8903, karen\_lafond@sshosp.org

### Detailed Description

[Download/View Attachment](#)(52373 KB)  
File Name: Walk to Wellness Poster rev.1.pdf

### Chronic Disease Management: Diabetes Community Outreach Program

#### Program Type

Community Education, Direct Services, Health Screening, Prevention, Support Group

#### Statewide Priority

Chronic Disease Management in Disadvantage Populations

#### Brief Description or Objective

Our Diabetes Center provides specialized programs for health assessment, education, and motivation for those newly diagnosed with diabetes and for those who have been managing the condition for years. The program assists people who may have concerns about diabetes or want assistance making healthy lifestyle changes. Our Diabetes Community Outreach program: o Coordinated a Diabetes Expo o provided free community health education to familiarize attendees with diabetes prevention and management techniques, o hosted free support groups for those with Type I diabetes, Type II diabetes, and who use insulin pumps, and o enhanced the availability of information about diabetes prevention and management on our website and at community events.

#### Target Population

- **Regions Served:**Other-Southeastern MA
- **Health Indicator:**Other: Diabetes, Other: Nutrition, Overweight and Obesity

- **Sex:**All
- **Age Group:**All
- **Ethnic Group:**All
- **Language:**All

### Goal Description

To educate people in the region on the signs and implications of diabetes as well as to connect them with resources to prevent and manage the disease.

### Goal Status

The Diabetes Expo connected 160 participants together with 20 providers and vendors to fulfill this goal.

## Partners

### Partner Name, Description

### Partner Web Address

American Diabetes Association	www.diabetes.org
Diabetes Coalition of Massachusetts	www.diabetescoalitionma.org
South Shore YMCA	www.ssymca.org
Weymouth Health Department	www.weymouth.ma.us/health/index.html

### Contact Information

Anne-Marie Firestone, Diabetes Outpatient Program Coordinator, South Shore Hospital, (781) 624-4163, annemarie\_firestone@sshosp.org

### Detailed Description

[Download/View Attachment](#)(235794 KB)  
File Name: SSH Diabetes Expo 11-8-14.pdf

## Chronic Disease Management: Cancer Care Community Outreach Program

### Program Type

Community Education,Direct Services,Health Screening,Prevention,Support Group

### Statewide Priority

Chronic Disease Management in Disadvantage Populations

### Brief Description or Objective

South Shore Hospital has a clinical affiliation with Dana-Farber Cancer Institute and Brigham and Women's Hospital to bring world-leading cancer care and treatment to the people of our region. Our Cancer Care Community Outreach Program involves 1) hosting free health education programs for anyone in the community to familiarize participants with cancer prevention as well as early detection and management techniques, such as "Beating Cancer with a Fork," (2) hosting free skin, prostate, and oral/neck/mouth screenings to support early cancer detection, (3) hosting free support groups for anyone in the community who is coping with breast cancer or prostate cancer, and (4) staffing a cancer resource center for anyone in the community who would benefit from free access to its books, brochures, computers,and other resources.

### Target Population

- **Regions Served:**Other-Southeastern MA
- **Health Indicator:**Other: Cancer
- **Sex:**All
- **Age Group:**Adult
- **Ethnic Group:**All
- **Language:**English

### Goal Description

To provide free and accessible cancer prevention and care resources through our Workman Cancer Resource Center.

### Goal Status

Approximately 1,500 community members utilized the Resource Room.

To build knowledge of disease prevention and management techniques through free health education, screenings, and

Approximately 500 people from across the region participated in these service programs.

support groups.

## Partners

Partner Name, Description	Partner Web Address
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American Cancer Society	www.cancer.org
Dana-Farber/Brigham and Women's Cancer Center	www.dfbwcc.org
Friends of Mel	www.friendsofmel.org

## Contact Information

Jennifer Croes, Executive Director, Cancer Care Administration,(781) 624-8548, jennifer\_croes@sshosp.org

## Detailed Description

Not Specified

## At-Risk Youth: Youth Health Connection

### Program Type

Community Education,Community Participation/Capacity Building Initiative,Direct Services,Health Professional/Staff Training,Healthy Communities Partnership,Prevention,School/Health Center Partnership,Support Group

### Statewide Priority

Promoting Wellness of Vulnerable Populations

### Brief Description or Objective

South Shore Hospital's Youth Health Connection is dedicated to the positive mental health and physical well being of youth and families. The program advances positive youth health outcomes through knowledge-sharing, risk prevention, respect, collaboration, connection, communication, and coalition building to collectively reduce risk and increase resiliency among children and teens. YHC was founded in 1994, primarily as a suicide prevention program, and continues to grow and develop its mission and reach. Among several signature programs within the YHC, several stand out as particularly effective in supporting youth wellness and constructive parenting, including, "How Not to Keep a Secret,""Typical or Troubled," and "South Shore FACTS: Families, Adolescents, and Communities Against Substances."

### Target Population

- **Regions Served:**Other-Southeastern MA
- **Health Indicator:**Injury and Violence, Mental Health, Other: Alcohol and Substance Abuse, Other: Drunk Driving, Other: Parenting Skills, Other: Smoking/Tobacco, Other: Stress Management, Physical Activity, Responsible Sexual Behavior, Substance Abuse, Tobacco Use
- **Sex:**All
- **Age Group:**All Adults, Child-Preteen, Child-Teen
- **Ethnic Group:**All
- **Language:**English

### Goal Description

To develop connected relationships for children with trusted adults. To promote positive mental health and resiliency. To reduce the risk of adolescent suicide through education about depression, destigmatizing, asking for help, increasing connection to a trusted adult. To support healthy lifestyles. To encourage positive decision-making. To provide education and awareness of bullying and cyberbullying and models for addressing it in both schools and the community. To provide education about the effects of alcohol, tobacco, and other substances and assist in developing new social norms that do not accept teen substance use.

### Goal Status

Finishing its 20th year, the Youth Health Connection impacts the lives of hundreds of families from across the region in fulfillment of the program's mission.



## Partners

Partner Name, Description	Partner Web Address
Braintree Public Schools	<a href="http://www.braintreeschools.org">http://www.braintreeschools.org</a>
Abington Public Schools	<a href="http://www.abingtonps.org">http://www.abingtonps.org</a>
Weymouth Public schools	<a href="http://weymouthschools.org">http://weymouthschools.org</a>
Hingham Public Schools	<a href="http://hinghamschools.org">http://hinghamschools.org</a>
Cohasset Public Schools	<a href="http://cohassetk12.org">http://cohassetk12.org</a>
Quincy Public Schools	<a href="http://quincypublicschools.com/">http://quincypublicschools.com/</a>
Scituate Public Schools	<a href="http://www.scituate.k12.ma.us">www.scituate.k12.ma.us</a>
Norwell Public Schools	<a href="http://www.norwellschools.org">www.norwellschools.org</a>
Norfolk County District Attorney	<a href="http://www.mass.gov/da/norfolk/">http://www.mass.gov/da/norfolk/</a>
Plymouth County District Attorney	<a href="http://www.mass.gov/da/plymouth/">http://www.mass.gov/da/plymouth/</a>
Massachusetts DPH-Suicide Prevention Program	<a href="http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/dvip/injury-prevention/suicide-prevention/">http://www.mass.gov/eohhs/gov/departments/dph/programs/community-health/dvip/injury-prevention/suicide-prevention/</a>
South Shore Community Action Council	<a href="http://www.sscac.org/">http://www.sscac.org/</a>
Mass Coalition for Suicide Prevention	<a href="http://www.masspreventssuicide.org">www.masspreventssuicide.org</a>
Youth Health Connection	<a href="http://www.southshorehospital.org/yhc">http://www.southshorehospital.org/yhc</a>
Scituate FACTS	<a href="http://scituatefacts.org/">http://scituatefacts.org/</a>

**Contact Information** Kim Noble, RN, BS, MBA, program coordinator South Shore Hospital's Youth Health Connection, c/o South Shore VNA, 30 Reservoir Park Drive, Rockland, MA (781)794-7415, [kimberly\\_noble@sshosp.org](mailto:kimberly_noble@sshosp.org)

**Detailed Description** [Download/View Attachment](#) (609685 KB)  
File Name: yhc\_th\_07-17-2014.pdf

## At-Risk Youth: Head Smart

**Program Type** Community Education, Direct Services, Health Screening, Prevention

**Statewide Priority** Promoting Wellness of Vulnerable Populations

**Brief Description or Objective** HeadSmart™ is a recovery protocol developed by physicians and school nurses to facilitate a student's healthy return to school and sports following a concussion. The protocol is designed to engage students — as well as their families, friends, health care providers, teachers and coaches — in the recovery process. HeadSmart is the outcome of a unique collaboration among

Scituate Pediatrics, Scituate High School and three South Shore Hospital programs: Sports Concussion Clinic, Youth Health Connection, and Reading Partnership. HeadSmart outlines four color-coded stages of recovery that students experience after a concussion. The four stages help to create a common language and understanding among students, family members, friends, educators and health professionals throughout the recuperation process. The HeadSmart handbook is an easy-to-use guide for middle, high school and college age students who have experienced a concussion. It is recommended that students review the handbook with family members, teachers, coaches and school health professionals. Handbook users will find:

- Information about concussions
- Descriptions of the four color-coded stages of recovery
- Resources, programs and additional readings for students, families and teachers

The handbook also includes a helpful tool called the Recovery Action Plan that can serve as a valuable checkpoint through each stage of recovery.

#### Target Population

- **Regions Served:**Other-Southeastern MA
- **Health Indicator:**Injury and Violence, Mental Health, Other: Safety - Sports
- **Sex:**All
- **Age Group:**Child-Preteen, Child-Primary School, Child-Teen
- **Ethnic Group:**All
- **Language:**Not Specified

#### Goal Description

To teach concussion prevention and recovery protocols to students, parents, teachers, and coaches.

#### Goal Status

Conducted educational programs attended by several hundred members of target population. Also updated and re-published the HeadSmart Handbook for distribution through doctor's offices and sports programs.

#### Partners

##### Partner

Partner Name, Description	Partner Web Address
South Shore Hospital Concussion Clinic	<a href="http://www.southshorehospital.org/concussion">http://www.southshorehospital.org/concussion</a>
Youth Health Connection	<a href="http://www.southshorehospital.org/yhc">http://www.southshorehospital.org/yhc</a>
Scituate Pediatrics	<a href="http://www.healthcaresouth.com/pages/scituate.htm">http://www.healthcaresouth.com/pages/scituate.htm</a>
Scituate Public Schools	<a href="http://www.scituate.k12.ma.us">www.scituate.k12.ma.us</a>

##### Partner Web Address

#### Contact Information

Janet Kent, MD, medical director, concussion management program, South Shore Hospital Center for Orthopedics, Sports, and Spine Medicine, Two Pond Park, Hingham, MA (781) 624-8162, [janet\\_kent\\_MD@sshosp.org](mailto:janet_kent_MD@sshosp.org)

#### Detailed Description

[Download/View Attachment](#)(28672 KB)

File Name: Link to HeadSmart Program and Handbook.doc

#### At-Risk Seniors: Healthy Aging

##### Program Type

Community Education,Direct Services,Health Professional/Staff Training,Health Screening,Prevention,Support Group

##### Statewide Priority

Promoting Wellness of Vulnerable Populations, Reducing Health Disparity

##### Brief Description or Objective

South Shore Hospital recognizes that those over 60 are vulnerable to injury, illness and preventable complications caused by chronic diseases. According to the Massachusetts Department of Public Health Community Health Information Profile, older adults in our region

exhibit many behavioral risk factors, including alcohol consumption, smoking, and physical inactivity. There also is prevalence among older adults in our region to be overweight, have oral health problems, and mental health conditions. Our Healthy Aging Initiative offers many programs, including: (1) providing injury-prevention information in the community, with a focus on strategies to avoid traumatic injuries from falls – a leading cause of death among those ages 65 and older - through the Matter of Balance Program, (2) offering an exercise program for individuals with osteoporosis or osteopenia to help maintain bone density and improve posture, (3) offering a senior conditioning program for any individual with a chronic medical condition to help improve cardiovascular condition and muscular strength, (4) offering a therapeutic pool program to any individual with arthritis to increase motion and strength, (5) encouraging membership in Healthy Values Friends, a senior membership program that provides access to a wide variety of programs to help enhance social interaction and overall health and well-being, and (6) offering anyone age 62 and older discounted meals in our dining room on Mondays-Fridays between 3:30-5 p.m.

### Target Population

- **Regions Served:**Other-Southeastern MA
- **Health Indicator:**Other: Alcohol and Substance Abuse, Other: Arthritis, Other: Cancer, Other: Chronic Pain , Other: Diabetes, Other: Elder Care, Other: Hypertension, Other: Nutrition, Other: Osteoporosis/Menopause, Other: Stress Management, Other: Stroke
- **Sex:**All
- **Age Group:**Adult
- **Ethnic Group:**All
- **Language:**Not Specified

### Goal Description

To provide education and activities that promote physical activity and community connectedness among seniors.

### Goal Status

At least 1,000 seniors from the region participate in the formal and informal aspects of this initiative.

### Partners

#### Partner

Partner Name, Description	Partner Web Address
South Shore Senior News	<a href="http://southshoresenior.com">http://southshoresenior.com</a>
Braintree Council on Aging	<a href="http://www.townofbraintreegov.org/coa/index.html">www.townofbraintreegov.org/coa/index.html</a>
Marshfield Council on Aging	<a href="http://www.townofmarshfield.org/public_documents/marshfieldma_aging/index">www.townofmarshfield.org/public_documents/marshfieldma_aging/index</a>
Hingham Department of Elder Services	<a href="http://www.hingham-ma.gov/elder/index.html">www.hingham-ma.gov/elder/index.html</a>
Rockland Council on Aging	<a href="http://rockland-ma.gov/departments/depts_coa.asp">http://rockland-ma.gov/departments/depts_coa.asp</a>
Weymouth Elder Services Division	<a href="http://www.weymouth.ma.us/elder/index.asp?id=1183">www.weymouth.ma.us/elder/index.asp?id=1183</a>
Scituate Council on Aging	<a href="http://www.town.scituate.ma.us/coa/index.html">www.town.scituate.ma.us/coa/index.html</a>
South Shore Elder Services	<a href="http://www.sselder.org">www.sselder.org</a>

#### Partner Web Address

### Contact Information

Alan Macdonald, Community Benefits Officer, South Shore Hospital, (781) 624-8564, [alan\\_macdonald@sshosp.org](mailto:alan_macdonald@sshosp.org)

**Detailed Description**

[Download/View Attachment](#)(725494 KB)  
File Name: SSH Matter of Balance 9-30-14.pdf

**At-Risk Populations: Musculoskeletal Education****Program Type**

Community Education,Health Screening,Prevention

**Statewide Priority**

Promoting Wellness of Vulnerable Populations

**Brief Description or Objective**

A series of programs were developed and offered in 2014 to provide education on musculoskeletal wellness. Musculoskeletal injuries -- particularly in seniors -- often limit physical activity for both short and long term, leading to a meaningful decline in general wellness. These educational programs were offered to prevent and help recovery from these injuries so that people can remain active and as healthy as possible. The programs include: o Foot Injury Prevention and Care Thomas Lyons,DPM o Prevention and Treatment of Running Injuries Michael Rowland, MD o Matter of Balance (geriatric fall prevention (2 flights of a 10 week program) o Foot Care Options (including diabetic concerns) Christopher Lock DPM o Current Treatment of Osteoarthritis Michael O'Reilly, MD o Osteoarthritis of the Knee Michel O'Reilly, MD o Prevention and Treatment of Foot Injuries Thomas Lyons,MD o Treatment Options for the Arthtic Knee Michael Ayers, MD o Lower Back Pain, Treatment Options Janet Limke, MD

**Target Population**

- **Regions Served:**Other-Southeastern MA
- **Health Indicator:**Injury and Violence, Physical Activity
- **Sex:**All
- **Age Group:**Adult
- **Ethnic Group:**All
- **Language:**English

**Goal Description**

To educate people -- particularly seniors -- in key aspects of musculoskeletal issues in order to promote physical activity and overall wellness.

**Goal Status**

Several hundred people participated in one or more of these programs.

**Partners****Partner Name, Description****Partner Web Address**

South Shore Orthopedics

<http://www.southshoreorthopedics.com/>

South Shore Hosptial Home Care Division health-care

<http://www.southshorehospital.org/home-health-care>

**Contact Information**

James Green, executive Director, Orthopedic, Sports, and Spine Medicine, south shore Hospital, james\_green@sshosp.org

**Detailed Description**

[Download/View Attachment](#)(342763 KB)  
File Name: SSH Foot Care 3-3-15.pdf

**Supporting MA Health Reform/ Enhancing Access to Care: Insurance Coverage and System Navigation Assistance****Program Type**

Community Education,Direct Services,Health Coverage Subsidies or Enrollment

**Statewide Priority**

Supporting Healthcare Reform

**Brief Description or Objective**

The 2006 Massachusetts Health Care Reform Law has produced an important outcome: 98 percent of residents now have health insurance. The success is due, in part, to organizations such as South Shore Hospital which have taken responsibility for helping people obtain coverage and navigate the health care system. South Shore Hospital's commitment to supporting the community has continued through the introduction of the Affordable Care Act. The October 2013 role out of the Health Insurance Exchange led to many challenges for the community. The Certified Application Counselors of South Shore Hospital worked with the community to support and advocate for health care coverage during a turbulent time. The electronic application process through the Health Insurance Exchange failed leaving leaving applicants to be completed the application process by hand. The paper application forms for continued care

were over 30 plus pages long. The process of applying for insurance benefits can be challenging, particularly among those who have low health literacy and in light of the many changes taking place in the system. Our Certified Application Counselors continued to help anyone in our community apply for health insurance, advocating on their behalf with state, Federal, and private insurers to secure coverage and financial assistance for which they may be eligible. Guidance is also given directly to patients for appropriate resources to provide care, whether at South Shore Hospital or through other providers.

#### Target Population

- **Regions Served:**Other-Southeastern MA
- **Health Indicator:**Access to Health Care
- **Sex:**All
- **Age Group:**Adult
- **Ethnic Group:**All
- **Language:**All

#### Goal Description

Educate and support anyone in our region who needs assistance applying for health insurance and accessing appropriate care providers.

#### Goal Status

Our counselors worked with more than 2,500 people in need of assistance in obtaining insurance coverage and/or guidance to appropriate care. 950 of these individuals were not patients of South Shore Hospital.

#### Partners

Partner Name, Description	Partner Web Address
Not Specified	

#### Contact Information

Cheryl Coveney, Director, Patient Access Services, South Shore Hospital, (781) 624-4054, , cheryl\_coveney@sshosp.org

#### Detailed Description

Not Specified

### Building Healthy Communities Program

#### Program Type

Community Education,Community Participation/Capacity Building Initiative,Direct Services,Grant/Donation/Foundation/Scholarship,Health Professional/Staff Training,Healthy Communities Partnership,Prevention

#### Statewide Priority

Chronic Disease Management in Disadvantage Populations, Promoting Wellness of Vulnerable Populations, Reducing Health Disparity

#### Brief Description or Objective

A "Healthy Community" is where people come together to make their community better for themselves, their families, their friends, their neighbors, and others. A Healthy Community creates ongoing dialogue, generates leadership opportunities for all, embraces diversity, connects people and resources, fosters a sense of community, and shapes its future. South Shore Hospital is actively involved in building healthier communities. Our Building Healthier Communities Program includes (1) playing a leadership role in the South Shore Partners in Emergency Planning, which brings together officials from area towns to plan and simulate how to work together in the event of a man-made or natural disaster, pandemic or other catastrophic event, (2)Using both a hospital-based and a mobile simulation lab, our experts provide realistic emergency services training and certification for regional first responders, (3)collaboration with our home community of Weymouth through several public health initiatives such as medical direction for the Weymouth Health Department, participation in Weymouth's 'Mass in Motion" grant program, and sponsoring the "Healthy Wey" initiative to promote healthy living and working environments, (4) addressing the critical community challenge of substance abuse through the provision of Narcan to first responders in order to save the lives of patients experiencing a life threatening overdose and by providing financial support to the Weymouth Fire Department to create the FAST (Family Addiction Support Team) Program – a resource information program for the families of substance abuse patients, (5) providing more than 1,000 free flu shots to colleagues and members of the community, (6) offering Hospital facilities free of charge and other resources to community groups such as the Weymouth Historical Society, the Friends of Fogg Library, and more than 20 support groups, (7) providing free courtesy coach transportation for patients who have exhausted other options

and need a ride to South Shore Hospital services, and (8) working with our regional CHNA network -- including the Blue Hills Community Health Alliance (CHNA 20), the Greater Brockton Community Health Alliance (CHNA 22) and the South Shore Community Partners in Prevention (CHNA 23) – to expand the impact of these groups as a leading voice and resource to improve the region's health and well-being.

### Target Population

- **Regions Served:**Other-Southeastern MA
- **Health Indicator:**All
- **Sex:**All
- **Age Group:**Adult
- **Ethnic Group:**All
- **Language:**All

### Goal Description

Play an active role in making our home community of Weymouth and the neighboring region a healthier place to live and work.

Address the severe community challenge of substance abuse through both life saving treatment and follow-up prevention resources.

Enhance community access to needed Hospital services through the provision of transportation when necessary.

Increase community capacity to address regional public health issues.

Increase the preparedness and collaboration among public health and first responder organizations across the region in the event of natural or other crises.

### Goal Status

Support and collaboration in "Mass in Motion" program, the "Healthy Wey" initiative, and medical direction of the Weymouth Health Department.

Provided 119 Narcan kits to regional first responders and funded Weymouth Fire Department FAST Program.

More than 1,000 free rides were provided to our patients using the Courtesy Coach.

Served on the Steering Committee of three Community Health Network Areas (CHNAs), stressing the opportunity for expanded impact of the CHNAs as a recognized regional leader.

Led by our Emergency Preparedness Manager, we are consistently engaged with other regional entities in planning efforts and training exercises. We also provided training and certification of several fire and police departments.

### Partners

Partner Name, Description	Partner Web Address
Town of Weymouth	<a href="http://www.weymouth.ma.us">www.weymouth.ma.us</a>
Blue Hills Community Health Alliance (CHNA 20)	<a href="http://www.bluehillscha.org">http://www.bluehillscha.org</a>
Greater Brockton Health Alliance (CHNA 22)	<a href="http://chna22.org/">http://chna22.org/</a>
South Shore Community Partners in Prevention (CHNA 23)	<a href="http://chna23.org/">http://chna23.org/</a>

### Contact Information

Alan Macdonald, Community Benefits Officer, South Shore Hospital, (781) 624-8564, [alan\\_macdonald@sshosp.org](mailto:alan_macdonald@sshosp.org)

### Detailed Description

Not Specified

## Community Support & Community Engagement

<b>Program Type</b>	Community Education,Community Participation/Capacity Building Initiative,Grant/Donation/Foundation/Scholarship,Healthy Communities Partnership,Prevention
<b>Statewide Priority</b>	Address Unmet Health Needs of the Uninsured, Chronic Disease Management in Disadvantage Populations, Promoting Wellness of Vulnerable Populations, Reducing Health Disparity
<b>Brief Description or Objective</b>	As a large provider of health care and a major employer in our region, it is important for South Shore Hospital to be engaged in our larger community and to support efforts to make our region a healthier, safer, and more vibrant place to live and work. In an effort to fulfill this objective we provide financial sponsorship and direct personal participation is many organizations and initiatives committed to the same goal. Among the financial and personal resources that we commit to strengthening our community are the following organizations: o Health Care For All o Manet Community Health Center o Massachusetts Health Council o The Town of Weymouth through a voluntary Payment In Lieu Of Taxes (PILOT) in the amount of \$752,244 in 2014. o South Shore Chamber of Commerce o Weymouth Rotary Club o Weymouth Columbian Square Business Association o Massachusetts Taxpayers Foundation o South Shore Workforce Investment Board
<b>Target Population</b>	<ul style="list-style-type: none"> <li>• <b>Regions Served:</b>Other-Southeastern MA</li> <li>• <b>Health Indicator:</b>All</li> <li>• <b>Sex:</b>All</li> <li>• <b>Age Group:</b>All</li> <li>• <b>Ethnic Group:</b>All</li> <li>• <b>Language:</b>All</li> </ul>

### Goal Description

To be an engaged participant in the community and region that we serve through initiatives and organizations that promote efforts to make the South Shore a healthier, safer, and more economically vibrant place to live and work.

### Goal Status

Active financial support and direct participation in the organizations listed above.

## Partners

Partner Name, Description	Partner Web Address
Health Care For All	<a href="http://www.hcfama.org">www.hcfama.org</a>
Manet Community Health Center	<a href="http://www.manetchc.org/">http://www.manetchc.org/</a>
Town of Weymouth	<a href="http://www.weymouth.ma.us/">http://www.weymouth.ma.us/</a>
South Shore Chamber of Commerce	<a href="http://www.southshorechamber.org/">http://www.southshorechamber.org/</a>
Weymouth Rotary Club	<a href="http://portal.clubrunner.ca/5381">http://portal.clubrunner.ca/5381</a>
Weymouth Columbian Square Business Association	<a href="http://columbiansquare.com/">http://columbiansquare.com/</a>
Massachusetts Taxpayers Foundation	<a href="http://www.masstaxpayers.org/">http://www.masstaxpayers.org/</a>
South Shore Workforce Investment Board	<a href="http://southshorewib.org/">http://southshorewib.org/</a>

### Contact Information

Alan Macdonald,Community Benefits Officer,South Shore Hospital,(781)624-8564 ,  
alan\_macdonald@sshosp.org

### Detailed Description

Not Specified

## Expenditures

## Community Benefits Programs

Expenditures	Amount
Direct Expenses	\$2,510,225
Associated Expenses	Not Specified
Determination of Need Expenditures	\$393,250
Employee Volunteerism	Not Specified
Other Leveraged Resources	Not Specified

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## Net Charity Care

Expenditures	Amount
HSN Assessment	\$3,025,158
HSN Denied Claims	Not Specified
Free/Discount Care	\$2,313,163
Total Net Charity Care	\$5,338,321

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Corporate Sponsorships Not Specified

**Total Expenditures** \$8,241,796

**Total Revenue for 2014** \$481,139,470

**Total Patient Care-related expenses for 2014** \$453,492,029

**Approved Program Budget for 2015** \$8,250,000

(\*Excluding expenditures that cannot be projected at the time of the report.)

**Comments:**  Not Specified

## Optional Information

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### Community Service Programs

Expenditures	Amount
Direct Expenses	\$2,510,225
Associated Expenses	Not Specified
Determination of Need Expenditures	\$393,250
Employee Volunteerism	Not Specified
Other Leveraged Resources	Not Specified
<b>Total Community Service Programs</b>	<b>\$2,903,475</b>

**Full-Text PDF Report:** Not Specified

**Original Full-Text Report:** Not Specified

**Bad Debt:** \$12,803,793 Certified

**IRS 990:** \$41,996,811  
2014

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