

# Giving

FALL | 2018



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AS  
MEDICINE

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New Foundation Board Chair  
and Members, page 7







Ralph Della Ratta, State President, Citizens Bank, Ohio.



Ellen McLaughlin, Food as Medicine Program Supervisor.



Leadership from Food as Medicine, Citizens Bank, Greater Cleveland Food Bank, The MetroHealth Foundation Board of Directors and The MetroHealth System Board of Trustees join Dr. Akram Boutros in the ceremonial ribbon cutting.



Recipe cards are prominently displayed on the shelves in the Food as Medicine clinic.

Food as Medicine is a program that falls under **Nurturing Community**, one of four priorities of MetroHealth's five-year **For All of Us** philanthropic campaign that supports core aspects of the MetroHealth Transformation.

## Mt. Sinai Health Care Foundation, Citizens Bank Take Active Role in Fighting Food Insecurity

MetroHealth's new Food as Medicine pilot program and food clinic would not have been possible without the support of two key organizations who see the value in the combined strength of MetroHealth and the Greater Cleveland Food Bank.

The Mt. Sinai Health Care Foundation awarded a two-year grant of \$78,618 to support the program. Addressing access to healthy food directly relates to the foundation's mission of improving the health and well-being of the Jewish and general communities.

"MetroHealth continues to push the envelope in providing high-quality care to Cleveland's most vulnerable people," said Mitchell Balk, president of the Mt. Sinai Health Care Foundation. "What's perhaps most exciting is the opportunity to link the outcomes of this population health effort with the evolution of clinical practice."

The overlapping legacies of Mt. Sinai Hospital (later Mt. Sinai Medical Center, which closed in 2000) and MetroHealth is just one reason why the Food as Medicine partnership makes sense, said Daniel Cohn, Mt. Sinai's vice president of Strategy. "Mt. Sinai has always been interested in expanding access to health care services to people who have been excluded," he said. "In so many ways, MetroHealth picks up where Mt. Sinai left off."

"What excites us the most is looking at areas of leverage for continued health care transformation that focus on primary disease prevention. That is, health before care," Cohn said. "That's what Food as Medicine is all about."

*Cover photo left: Ralph Della Ratta, State President, Citizens Bank, Ohio; Dr. Akram Boutros; and Felton Thomas, chair of the Greater Cleveland Food Bank Board of Directors.*

*Cover photo right: From the Mt. Sinai Health Care Foundation, President Mitchell Balk, left, and Board of Directors Member Belleruth Naparstek.*

The first of two \$25,000 contributions from Citizens Bank came in 2017 when Food as Medicine was merely an idea.

Fighting hunger is one of the priorities of Citizens Helping Citizens, the company's philanthropic initiative. Through the initiative, Citizens Bank provided 3.9 million meals to people in need through local food banks and other hunger programs across the company's footprint.

"Through our Citizens Helping Citizens Fight Hunger program, we are dedicated to reducing food insecurity in our local communities," said Ralph Della Ratta, the Ohio market president of Citizens Bank who was on hand to celebrate the food clinic's official opening on September 19.

"The Food as Medicine program and on-site pantry makes the critical connection between hunger and health," he said. "Citizens Bank is proud to support this innovative way to address the issue of food insecurity while also improving the health of the community."



MT. SINAI  
HEALTH CARE FOUNDATION

## Food As Medicine, a New Prescription for Health

On September 19, with significant financial support from Citizens Bank and The Mt. Sinai Health Care Foundation, MetroHealth began operating the Food as Medicine clinic on the first floor of the Outpatient Plaza on MetroHealth's main campus. It is part of a pilot program designed to address the problem of food insecurity.

Food as Medicine will initially enroll 100 patients, all of whom have screened positive for food insecurity at the time they are discharged from a hospital stay; who have a primary care provider at MetroHealth; and who have hard-to-control diabetes, hard-to-control hypertension and/or acute exacerbation of heart failure.

Food insecurity is defined as not having reliable access to a sufficient amount of affordable, nutritious food. Cuyahoga County has the highest number of food insecure residents and children in Ohio, one of 14 states with a food insecurity rate higher than the national average.

**This is how Food as Medicine works:** Patients will receive a food prescription before they leave the hospital. That prescription covers two visits a month to the clinic, where they can select a two- to three-day supply of healthful food for their household, at no cost.

The clinic is stocked with shelf-stable staples such as whole grains, healthy canned fruits, vegetables and proteins as well as fresh/frozen produce and low-fat dairy. The Greater Cleveland Food Bank

is the primary source of inventory for the clinic, says Patricia McClain, director of Food & Nutrition Services. "Even though we're getting good pricing, food is the main expense of the program." Inventory will vary from week to week, but will always have at least two choices available in each food group.

Open on Wednesdays, Thursdays and Fridays with varying morning and afternoon hours, the clinic is run by Ellen McLaughlin, recently hired as Food as Medicine program supervisor. She determines what foods correspond to a patient's dietary needs and provides additional nutrition education.

Volunteers also are essential to the clinic's operation. They help patients "shop" for the best food selections based on their prescriptions, then pack the groceries in reusable shopping bags.

If needed, patients also receive a bus or parking pass, and help scheduling an appointment with a registered dietician.

In planning for the Food as Medicine clinic, MetroHealth sent a team to Promedica Toledo Hospital, whose Food Clinic opened in 2015. It is often cited as a national model.

MetroHealth is not only screening for food insecurity, it is tracking patient health outcomes as well, says Jennifer Bier, manager of Ambulatory Nutrition. Working with the Food as Medicine initiative are physicians James Misak, MD, and Shari Bolen, MD. Patients who screen positive

for food insecurity, but do not meet the additional diagnoses criteria, will be referred to the Greater Cleveland Food Bank for help applying for SNAP (Supplemental Nutrition Assistance Program) benefits and locating nearby programs and produce distributions.

### The goals of Food as Medicine are:

- Improve providers' ability to identify patients who experience food insecurity.
- Improve the Greater Cleveland Food Bank's goal of distributing more food to those in need and understanding its impact on health.
- Measure impact of decreasing food insecurity on chronic health conditions.
- Measure impact of decreasing food insecurity on health care utilization and costs of care.

"People have to make decisions daily about where to put their resources," McClain says. "It's not always that easy to buy fresh fruit or vegetables if you have a utility bill to pay. You can get more for your dollar with a less nutritionally dense food. Food as Medicine removes barriers to healthier food access."

*If you are interested in making a gift to the Food as Medicine program, please contact Kathy Plummer, Director of Foundation Giving, at 440-592-1393 or kplummer@metrohealth.org.*



# METROHEALTH GALA2018 HIGHLIGHTS

Thank you to everyone who supported **GALA2018** and **GALA AFTERDARK** with your attendance, sponsorship and generous donations. **GALA2018** raised nearly \$1.2 million for The MetroHealth Transformation.



MetroHealth President and CEO Akram Boutros, MD, FACHE, greets his guests



Suzanne Aral-Boutros and Akram Boutros, MD, FACHE

## Redefining the Word ‘Survivor’

When Andrea Hope Rubin stepped onto the stage at **GALA2018** on October 6, 2018, to receive flowers from MetroHealth President and CEO Akram Boutros, MD, FACHE, nearly 600 people gave her a sustained standing ovation. Twice.

They had just viewed a short video recounting Andrea’s story and her subsequent five-month stay at MetroHealth’s Burn Center and months of rehabilitation and recovery at the MetroHealth Rehabilitation Institute of Ohio at the MetroHealth Old Brooklyn Health Center.

They were moved.

Andrea’s life changed dramatically one night in October 2014 when she when she shifted back and forth between forward and reverse, trying to rock her car out of the ditch it had gotten trapped in.

Andrea doesn’t remember what happened after that, not the car catching fire, not rescue workers pulling her free, not Metro Life Flight helicoptering her to our Level I Adult Trauma Center or doctors and nurses caring for the third- and fourth-degree burns that covered more than 50 percent of her body.

The MetroHealth burn team had never seen facial burns as bad as Andrea’s. Not on anyone who had survived. Her ears, right eye lid and parts of her nose and scalp were burned away. She spent weeks in a coma, months more in rehab and has endured more than 50 surgeries.

Andrea has redefined the word survivor.

One of Andrea’s greatest fears about sharing her story, she said, was that people would only think of it as sad or tragic.

“But that’s not what my story is about,” she said. “My story is one of hope. It’s a story of love and gratitude. It’s a story of incredible transformation and determination in so many different ways.”

Instead of talking about herself, Andrea chose to focus on the team of people who made it possible for her to be alive today.

“Tonight, I’m here to talk about the unparalleled determination of the Burn Team at MetroHealth who are, in every sense of the word, my family — my friends.”

She credits that team, the people who treated not only her physical needs but the ensuing psychological and emotional trauma.

Because of the care she received at MetroHealth, Andrea says she’s the best version of herself that she has ever been.

“The moment I decided to let go of all of my sadness and fear of all that I had lost — and chose instead to embrace all that I still have — my entire world changed,” she said. “I am truly living my best life yet.”

Go to <https://bit.ly/2QDSmdv> to watch a video about Andrea and her recovery. To learn more about how you can help support The MetroHealth Transformation in a meaningful way, please contact Kate Brown, President of The MetroHealth Foundation, at [kbrown@metrohealth.org](mailto:kbrown@metrohealth.org) or (216) 778-7509.



A rapt audience listens as MetroHealth patient Andrea Rubin talks about her experience as a burn survivor.



Guests danced to the music of The Sunshine Jones band during **GALA AFTERDARK**.



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And to all of our valued sponsors, guests and supporters.



# Giving Opportunities

## Year-End Giving Can Make a Big Impact

A gift to The MetroHealth Foundation of appreciated stock you have held for more than one year can be more beneficial to you than a cash gift. You can take a charitable deduction for the stock's fair market value on the day you give it away. You also will avoid capital gains taxes on the increase in value over time, which you might have paid if you sold the stock and then made a cash donation. Should you choose to make a gift through the transfer of stock — thank you! — here is our specific information:

**Broker: KeyBank**  
**DTC: #2205**  
**Account #2158073**

**The MetroHealth Foundation, Inc**  
**2500 MetroHealth Drive**  
**Cleveland, OH 44109**

**Tax identification number:**  
**34-6607695**

*If you would, please let us know when you transfer stock. Contact Michelle Wood at 440-592-1386 or mwood@metrohealth.org.*

Also, if you are older than 70 ½ and have a retirement account with a minimum distribution (RMD), a gift to The MetroHealth Foundation from your retirement account counts toward your RMD for the year but is not included in your adjusted gross income. This can provide tax relief on your RMD and is a great way of supporting MetroHealth!



## Open Table Comes to MetroHealth

In April 2018, MetroHealth adopted the Open Table model designed to address relational and economic poverty. MetroHealth has committed to 15 Tables over the course of a year, each with anywhere from 6-12 volunteer members who will share their professional expertise, their network of colleagues and friends, and their knowledge. For one full year each table will meet each week to work collectively to help an individual or local family living in our West 25th Street neighborhood, or one of our patients or employees in need of support.

MetroHealth is the first health system in the country to adopt the model that is typically used by churches and businesses.

Four Tables will launch this fall. The remaining Tables are planned for late winter and spring 2019.

*If you are interested in sponsoring one of the Tables, please contact Edwardo Munoz at [opentable@metrohealth.org](mailto:opentable@metrohealth.org). More information on the program is available at [www.metrohealth.org/open-table](http://www.metrohealth.org/open-table).*



# New Board Leadership and New Board Directors



Brian M. O'Neill

**Brian M. O'Neill**, chair of The MetroHealth Foundation Board of Directors. O'Neill is chair of the Business Department of the law firm of Tucker Ellis, LLP, which comprises all of the firm's business and transactional lawyers. He joined the firm in 2012. He is a graduate of Ohio State University and Cleveland-Marshall College of Law. O'Neill has been a member of the Foundation Board since 2009. He was elected chair during the Foundation's annual meeting on May 31, 2018.

**Jon W. Groza**, partner at the law firm of Kohrman Jackson & Krantz. He is a graduate of Miami University and Case Western Reserve University School of Law.

**Joseph Hanna, MD**, chair of Neurology at MetroHealth and an associate professor at Case Western Reserve University School of Medicine. Dr. Hanna joined MetroHealth in 1996.

**Jay Lucarelli**, president and CEO of Minute Men Staffing and HR Services. His civic involvement includes being a member of the Cuyahoga Community College Foundation Board of Directors.

**James E. Misak, MD**, vice chair of Community and Population Health in the Department of Family Medicine at MetroHealth and an assistant professor at Case Western Reserve University School of Medicine. Dr. Misak joined MetroHealth in 1990.

**Kathryn Teng, MD**, division director, General Internal Medicine and Community Medicine at MetroHealth and an associate professor at Case Western Reserve University School of Medicine. Dr. Teng joined MetroHealth in 2015.



Stay up to date with The MetroHealth Transformation at [metrohealth.org/transformation](http://metrohealth.org/transformation)

## New Staff Members

**Lauren M. Gulley, Gift Officer.** Lauren earned a bachelor's degree from The University of Toledo and an executive certificate in Nonprofit Management from Georgetown University. She most recently served as the Annual Fund Manager at Sibley Memorial Hospital.

**Steve Ostrolencki, Corporate Officer.** Steve earned a bachelor's degree from Ohio State University. He has worked in fundraising in various capacities at several organizations, including the Cleveland Clinic and the former Horseshoe Casino Cleveland.

**Carol Green, Data Assistant.** Carol returned to the Foundation and System Philanthropy Department after five years as a staffing specialist in Academic Medicine. She joined MetroHealth in 2011 as a development assistant.

### The MetroHealth Foundation Board of Directors

#### OFFICERS

- Brian M. O'Neill, *Chair*
- Akram Boutros, MD, FACHE, *President and CEO, The MetroHealth System*
- Joey Arnold, *Vice Chair – Audit*
- Linda L. Bluso, *Vice Chair – Governance*
- Kate Brown, *President, The MetroHealth Foundation Chief Development Officer, The MetroHealth System*
- James Cahoon, *Vice Chair – Outreach*
- Lee Ann Howard, *Vice Chair – Nominating and Board Development*
- Rob Soroka, *Treasurer and Vice Chair – Finance and Investment*

Michelle Wood, *Chief Operating Officer, The MetroHealth Foundation Director of Operations, Foundation and System Philanthropy, The MetroHealth System*

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- Robert A. Durham
- Richard B. Fratianne, MD
- Brenda K. Kirk
- Collin K. Knisely



**Angela Townsend**  
*Manager, Philanthropy Communications*

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If you wish to not receive any communication supporting The MetroHealth System or The MetroHealth Foundation, please contact The MetroHealth System's Foundation and System Philanthropy Department by email at [mhdevelopment@metrohealth.org](mailto:mhdevelopment@metrohealth.org) or by phone at 800-325-5606, ext. 85665 (calling from Ohio) or 800-554-5251, ext. 85665 (calling from outside Ohio).

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Thank you to everyone who advanced MetroHealth's mission of improving the health of the community by organizing, sponsoring or attending a fundraising event in 2018.

The Delta Delta Delta Cleveland West Side Alumnae Chapter **Mad for Metro** fundraiser.

10th Annual **Hy-5 Race**, Hyland's annual 5K run and 1-mile walk

American Cruisers' 26th annual **MetroHealth Burn Center Car Show**

4th Annual **NICU Benefit Golf Outing** organized by the DiMarino family

2nd Annual **Resiliency Run**

3rd Annual **Steve Dohm Dice Motorcycle Run** organized by Ginell Santavicca

7th Annual **Altieri Memorial Golf Outing**

5th Annual **Raising the N.E.T.'s Volleyball Tournament**

5th Annual **Marc Kizsak Memorial Golf Outing** organized by the Kizsak family

20th Annual **John A. Gannon Memorial Golf Tournament**

Major sponsors:



Ohio Council of Community Schools



Zenith Systems



Inaugural **John Patrick Carey Foundation Golf Outing**

23rd Annual **Central Basin Bass Club Tournament**



More than 250 people supported the second annual **Resiliency Run**, held Saturday, June 23, 2018, at MetroHealth's main campus. The 5K Run and 1-Mile Walk raised money for the John A. Gannon Trauma Center and the Comprehensive Burn Care Center at MetroHealth.

**A special thank you to the event sponsors:**

**Courage Sponsor:** Donley's Inc.

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