

THE WINDOW

A round-up of JHF news, events, milestones, publications, and more.



Pittsburgh Chapter of WHAMGlobal Celebrates Women's Health Activism Past, Present, Future; Latino Community Center Wins \$10,000 Big Idea Challenge

The lights dimmed in the August Wilson Center's theater on June 26, as 200-plus attendees settled into their seats. Icons and every day citizens in the fight for women's health advancement flashed on the movie-style screen, from reproductive rights advocate Margaret Sanger a century ago to the hundreds of thousands of women and men who marched in D.C., in Paris, and everywhere in between this past January.

"Throughout history," the video narrator said, "women have been the driving force for change, realizing that the world does not fix itself. And knowing that the passive acceptance of 'what is' can morph into the excitement of 'what can—and must—be.'"

The video ended, the lights raised, and the crowd was electrified. It was time to create the next milestones in women's health activism.

On June 26, the Pittsburgh chapter of the [Women's Health Activist Movement Global](#) (WHAMGlobal) hosted a celebration of "Big Ideas" around women's health activism—past, present, and future. The event featured a tribute to national and



The Latino Community Center won the \$10,000 Big Idea Challenge for its plan to improve the maternal and child health of Pittsburgh's growing Latin American community. The winning team includes (L-R): Executive Director Rosamaria Cristello, Marcela Belin, and Graciela Sarabia. Belin and Sarabia are Spanish prenatal class instructors. (Credit: David Bachman Photography)

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international activists throughout history, an awards ceremony for women's health activists in Pittsburgh, and a "Big Idea Challenge," with eight local nonprofits pitching their plans to improve women's health in Western Pennsylvania for the chance to win a \$10,000 award and the support of the WHAM network. Award-winning host, producer, correspondent, and moderator Tonia Caruso emceed the event.

Established in 2016, WHAMGlobal is a "network of networks" designed to empower and cultivate female leaders who advance healthcare systems that are transparent, respectful, accountable, and equitable. WHAMGlobal advances this mission through an online community (whamglobal.org), boots-on-the ground chapters in cities, and the establishment of champions programs that empower communities to unify behind addressing a specific health issue. WHAMGlobal is supported by the Jewish Healthcare Foundation (JHF) and the Heinz Family Foundation.

"We're gathered here tonight because we're at an inflection point in women's history," said JHF President/CEO and WHAMGlobal co-founder Karen Wolk Feinstein, PhD, while welcoming attendees. "We—the daughters, granddaughters, and great-granddaughters of the Wonder Women featured in the tribute video that you just watched—are at risk of ceding their hard-fought gains.

"It's critical," Dr. Feinstein continued, "that we work together to address things we can't ignore. To demand that clinical trials on new medications include women, to raise money and attention for research on women's cancers, to improve the overall safety and quality of health care, and to address the shameful secret of our population health record in the U.S."



The inaugural WHAM Pittsburgh Women of the Year include (L-R): WTAE media personality Sally Wiggin; PRHI Board Chair Pat Siger; Laurie Moser; Eileen Lane; and Gwen's Girls Executive Director Kathi Elliott, DNP, MSW, CRNP. (David Bachman Photography)



JHF President/CEO and WHAMGlobal co-founder Karen Wolk Feinstein, PhD, welcomes more than 200 attendees to the Big Idea Challenge event on June 26 and explains her decades-long journey of health activism. (David Bachman Photography)

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The Big Idea Challenge helped to identify the women's health issues around which the Pittsburgh community will rally. The Big Idea Challenge started with 20 dynamic video submissions from local non-profit organizations that outlined a strategy for improving women's health and health equity in Western PA. The finalists, selected by a panel of independent judges, pitched their health improvement ideas live on June 26. The audience and a separate panel of independent judges selected a winner based on how innovative, actionable, scalable, and unifying each non-profit's idea is determined to be.



Women's health-focused organizations that reached the semi-finalist stage of the Big Idea Challenge meet other attendees and explain their missions during a pre-ceremony tabling event. (David Bachman Photography)

The Latino Community Center took home the \$10,000 prize for its plan to improve the maternal and child health of Pittsburgh's growing Latin American community. The center, which serves many families that confront insurance coverage and language barriers, plans to recruit and train women who will become community liaisons in various neighborhoods in Allegheny and Westmoreland Counties.



Graphic Illustrator Leah Silverman created visual accounts of each WHAM Pittsburgh Woman of the Year's work on behalf of women's health. (David Bachman Photography)

The community liaisons will help to develop multimedia materials in Spanish that help women navigate the health system, and help promote prenatal care and breastfeeding. The liaisons will also provide in-home breastfeeding support to mothers, and establish postpartum support groups. The goals of the initiative include empowering women to take control of their health, achieving a 100% breastfeeding rate among clients served, and preventing prenatal and postpartum depression.

That wasn't the only Big Idea on display. Other finalists included Allegheny Health Network—West Penn Hospital (providing care and perinatal services to women dealing with substance use issues); Bethlehem Haven (raising awareness of domestic violence issues in healthcare settings); FISA Foundation (addressing sexual harassment and abuse in K-12 settings); Gateway Rehab (improving access to employee assistance programs); Magee-Womens Research Institute & Foundation (studying the impact of pregnancy throughout the lifespan and boosting women and girls' participation in STEM fields); the University of Pittsburgh Center

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for Women's Health Research and Innovation (improving patient-provider communication via online and in-person forums); and the University of Pittsburgh Office of Child Development (deploying family support community health workers).

The panel of judges for the Big Idea Challenge included Judith Balk, MD, a physician of obstetrics and gynecology; Doris Carson Williams, president and CEO of the African-American Chamber of Commerce of Western Pennsylvania; Laura Ellsworth, Esq., partner-in-charge of global community service initiatives for Jones Day law firm; Darryl Ford Williams, VP of content for WQED Multimedia; Allegheny County Health Department Director Karen Hacker, MD, MPH; Tomar Pierson-Brown, Esq., a clinical assistant professor of law and director of the Health Law Clinic at the University of Pittsburgh School of Law; Vonda Wright, MD, medical director of the UPMC Lemieux Sports Center as well as director of the Performance and Research Initiative for Masters Athletes; and Maliha Zahid, MD, PhD, a research instructor at the University of Pittsburgh School of Medicine Department of Developmental Biology.

WHAMGlobal also celebrated the first WHAM Pittsburgh Women of the Year honorees, selected for their longstanding commitment to improving the health and well-being of women and girls in the region. The 2017 WHAM Pittsburgh Women of the Year are Gwen's Girls Executive Director Kathi Elliott, DNP, MSW, CRNP; Eileen Lane; Laurie Moser; Pat Siger; and WTAE media personality Sally Wiggin.

Elliott accepted on behalf of her late mother, Gwen, who became the first female police commander in Pittsburgh and founded Gwen's Girls to empower at-risk girls through gender-specific programs, education, and experiences. Lane, Moser, and Siger co-founded the Pittsburgh Race for the Cure, which over the past 25 years has raised more than \$20 million locally for breast cancer treatment, screening, research, and education. Wiggin was the spokesperson for Working Hearts®, a JHF-led initiative that united more than 70 local organizations to improve women's heart health. The audience, packed with students and seniors alike, gave the WHAM Pittsburgh Women of the Year a standing ovation.



Judges deliberate to determine the winner of the WHAM Big Idea Challenge.

WHAMGLOBAL MAKING HEADLINES

WHAMGlobal



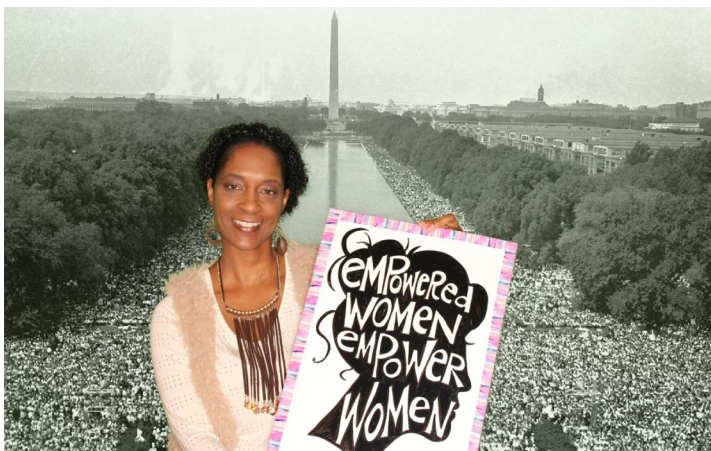
["Jewish Healthcare Foundation spearheading women's healthcare initiative"](#) (Pittsburgh Business Times)

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The day after the event Marcela Belin—a prenatal class instructor at the Latino Community Center who worked on the winning Big Idea—shared her experience on WHAMGlobal’s Facebook page.

“I’m happy to have a confirmation that other people are hearing our voices and acknowledging the struggles of our amazingly resilient community,” Belin wrote. “I can never describe the strength of Latina immigrants. Women who left their home and their heart across the borders to fight for a future. Refusing to ever giving up hope. Moreover, towards all the obstacles of an immigrant life, they give birth to hope.”



Following the Big Idea Challenge and WHAM Pittsburgh Women of the Year ceremony, attendees had the opportunity to step into a photo booth and travel to critical moments and locales in women’s health and civil rights history.

Community Health Worker Champions Gain Skills, Confidence to Help Seniors Live Safely at Home

Quinn Bantoma and Elizabeth Lewis, two community health workers (CHWs) who provide in-home care to seniors participating in the LIFE Pittsburgh program, walked to the front of the audience gathered at the QI²T Center on June 21. They held 14 white balloons, each with a word or two scrawled on the side representing a mental health diagnosis with which a LIFE Pittsburgh participant lives.

“We’re seeing more participants who have mental health issues,” Bantoma explained. “We’re the frontline who try to help people with these conditions day-to-day. But there’s anxiety, frustration, and a lack of confidence when we have to deal with these issues.”

So Bantoma and Lewis partnered with their supervisors, additional LIFE Pittsburgh staffers, and JHF coaches and trainers to change that through the Community Health Workers Champions program. They surveyed co-workers, and found that about 80% wanted more training to better serve individuals who live in the community with mental health issues. About the same percentage said they had little knowledge of their participants’ mental health background. They took that data to LIFE Pittsburgh leadership, along with suggestions on implementing evidence-based training on mental health first aid (a national program to teach the skills to respond to the signs of mental illness and substance use) and self-care for LIFE Pittsburgh staffers—training that’s now under way.

That’s one example of how participants in JHF’s Community Health Workers Champions program are delivering quality care to seniors living in the community. Since the fall of 2016, 15 staff members from Community LIFE (Living Independently for Elders) and LIFE Pittsburgh have engaged in the CHW Champions program. Through the program, the CHW Champions have gained advanced skills and



“Bubbles of Life,” one of the Community Health Worker Champion teams, explains their QI project that led to additional training in Mental Health First Aid and self-care for LIFE Pittsburgh staff members. Pictured are (L-R): LaWanda Randolph, Quinn Bantoma, Elizabeth Lewis, and Danyiel Moorefield.



During the program finale, the CHW Champions demonstrated the impact of their quality improvement projects through live role-playing skits and presentations.

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resources to monitor seniors' health, communicate effectively when cognitive and mental health issues are present, and become part of a larger, coordinated senior care team.

On June 21, the CHW Champions showcased how they have translated their new knowledge and experiences into quality improvement projects designed to enhance care for LIFE participants, and help seniors avoid preventable hospitalizations and nursing home admissions that diminish quality of life while raising healthcare costs. Through live role-playing skits and presentations, the CHW Champs demonstrated how they're collecting more customized and comprehensive information on LIFE participants to understand needs and preferences, engaging seniors with dementia, and communicating with both interdisciplinary care team members as well as seniors' loved ones.

During the CHW Champions program, JHF led education sessions for LIFE program supervisors and frontline workers to introduce Lean-based quality improvement principles, and form QI teams. Each QI team featured three or four CHW Champions, a supervisor, additional clinical/administrative staff in a supportive role, and an assigned JHF coach. Then, JHF held multiple on-site coaching sessions to help the teams perform a root cause analysis of identified problems, and consider metrics to track the success of their improvement projects. The CHW Champions also shared ideas and furthered their improvement projects through webinars, between-session exercises, and [Tomorrow's HealthCare™](#), JHF's online knowledge and communication network.

The Foundation's team for the project was led by Senior Quality Improvement Specialist Anneliese Perry, MS, and included Chief Learning and Medical Informatics Officer Bruce Block, MD; Senior Quality



(L-R): Community LIFE Director of Operations Pamela Weber; Director of Quality Improvement Fatemeh Hashtroudi, MHA; and Executive Director Richard DiTommaso, MHA.



Johanna Dickman, OTR/L, regional director and director of training and education for LIFE Pittsburgh.

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Improvement Specialist Stacie Bonenberger, MOT, OTR/L; Manager of Lean Healthcare Strategy and Implementation Jen Condel, SCT(ASCP)MT; and Practice Transformation Specialist Carol Frazer, LPC.

“The CHW Champions program empowered and energized our staff,” said Johanna Dickman, OTR/L, regional director and director of training and education for LIFE Pittsburgh, during the finale. “Confidence is the word that sticks with me—they feel more confident in what they do.”

Fatemeh Hashtroudi, MHA, director of QI for Community LIFE, noted that CHW Champs program furthered the organization’s commitment to teamwork and personal development.

“JHF is always at the forefront of innovation in caring for seniors and promoting growth in the healthcare workforce,” Hashtroudi said. “We asked the Champions how they would like to see their projects continue, and how we can sustain and spread their enthusiasm.”

CHW Champion Denise Pommer was part of a Community LIFE team that worked on a QI project to improve participants’ transitions back to home care by collecting more information on health status, and connecting with a nurse on call. The project helped her and other CHWs enter homes self-assured.

“We loved our positions even before this program,” Pommer said during the finale. “But we knew we needed additional training, and to be part of a specific team. CHW Champs is our chance, our opportunity for new improvement.”

The CHW program is JHF’s latest initiative to recognize health care’s unsung frontline heroes. Past Champions programs have supported physicians, nurses, pharmacists, EMS personnel, long-term care workers, and MA/LPNs.

“While the Champions program ends today, our journey to elevate the role of CHWs continues,” said Karen Feinstein while wrapping up the June 21 event. “We will stay connected to the Champions as their QI projects take root and spread. We will use the curriculum and lessons learned through this program to train even larger groups of CHWs. And JHF has organized statewide task forces that are working to advance CHW training, policies, and workforce development. We’re playing catch-up to other parts of the world. But together, we can realize the full potential of CHWs to improve health and quality of life in our region and beyond.”



Community LIFE staff members play the telephone game to demonstrate how much information can be lost when teams don’t communicate cohesively.

Re-Booted QI²T Fellowship Builds Foundation of the Museum to the Future of Health Care

Health care has entered an era of dramatic change, carried out at supersonic speed. Where, how, and by whom care is delivered is being transformed by forces ranging from technological breakthroughs to consumer preferences to new, population health-minded payment models. This nimbler, high-tech health system requires a multidisciplinary workforce equipped to capitalize on these trends, and anticipate what's next.

That's why JHF has re-introduced, and re-booted, its QI²T Fellowship in 2017. During the three-month fellowship, 21 students and early-career professionals with backgrounds in public health, nursing, policy and management, medicine, biomedical informatics, social work, communications, and business will gain experience working at the intersection of technology and healthcare quality improvement

During nine sessions spanning June through August, the Fellows will work in teams to design a room or floor focused on enhancing the health of a particular patient subpopulation for JHF's Museum to the Future. The Museum to the Future will be a virtual, evolving space to conceive, showcase, and implement disruptive healthcare innovations and fresh ideas. Health professionals, futurists, and designers, among others, will build the digital nexus for what's next in healthcare delivery, policy, and practice.



During the QI²T Fellowship, students and early-career professionals from a variety of professions will learn about trends that are transforming health care, including technology, AI, activated healthcare consumers, and new payment models.

The Fellows are focusing on one of four patient subpopulations: adolescents (with an emphasis on behavioral health), women between the age of 21-40, adults with diabetes, and frail seniors. Each team can tap the expertise of a JHF staffer and an external mentor who are seasoned in working with a particular patient subpopulation. Additionally, all Fellows will learn from and engage with subject matter experts with backgrounds in artificial intelligence (AI), informatics, wearable sensors, “smart” homes, and citizen science.

“If you're not waking up every morning asking, ‘how can I make people healthier,’ question what you're doing,” said Karen Feinstein while welcoming Fellows to the first QI²T session on June 14. Dr. Feinstein

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explained that one of the inspirations for JHF's Museum to the Future of health care is the Toyota museum at the company's Nagoya, Japan headquarters. Toyota's museum isn't an ode to the Camry and Prius. Rather, it's an ever-changing display of new ways to accomplish Toyota's ultimate goal: moving people from place to place as safely and efficiently as possible. Through the QI²T Fellowship and Museum to the Future, JHF seeks to create a similarly forward-thinking mindset in health care.

"This fellowship will focus on anticipating future trends—technology, housing, exercise, consumer needs, education, workforce roles," Dr. Feinstein said. "We tend to have a narrow view of health care in the U.S. You're here to help us open the eyes of a nation."

During the second session on June 21, Fellows received a crash course on wearable technology, smart homes, and big data. The session included a panel discussion and Q&A on those topics, and featured Chris Atkeson, PhD, a professor at the Carnegie Mellon University (CMU) Robotics Institute and Human-Computer Interaction Institute (HCII); Bambang Parmanto, PhD, a professor of health information management at the University of Pittsburgh; Petrina Sichak, MSW, from Presbyterian Senior Care; Dan Siewiorek, PhD, the Buhl University professor of electrical and computer engineering and computer science at CMU; and Asim Smailagic, PhD a research professor at CMU's Institute for Complex Engineered Systems.

On June 28, the Fellows learned more about ways that physicians and other providers apply new technology and the data it creates to improve patient care. John Halamka, MD, MS, professor of emergency medicine at Beth Israel Deaconess Medical Center; Marilyn Hravnak, PhD, RN, ACNP-BC, a professor of nursing at the University of Pittsburgh; Jen Mankoff, PhD, a professor at CMU's HCII; and Judy Matthews, PhD, MPH, RN, associate director of gerontology at the University of Pittsburgh discussed the role of AI in diagnosing and treating health conditions, and the role of "citizen scientist" consumers who more closely monitor their health and seek out cutting-edge information on prevention and treatment.

During future sessions, the Fellows will tackle topics including rare diseases and gaming in health care, and will delve deep into understanding the world of their patient subpopulation. On August 16, the



The QI²T Fellowship mentors include Ana Radovic, MD, MSc, an assistant professor of pediatrics at the University of Pittsburgh School of Medicine, and JHF Director of Government Grants and Policy Robert Ferguson, MPH.

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Fellows will showcase their contributions to JHF's Museum to the Future during the QI²T finale.

2017 Patient Safety Fellows Begin Quest to Deliver Safer, More Compassionate Care

Each year, up to 400,000 people in the U.S. die from preventable medical errors. Addressing that toll—nearly equivalent to the total number of U.S. deaths in World War II—requires a quality improvement-minded healthcare workforce that makes patients' well-being the top priority. JHF and Health Careers Futures' Patient Safety Fellowship aims to create such an army for change, providing graduate students in health-related fields with QI training, mentorship from accomplished professionals, and the chance to apply new knowledge and skills in real-world healthcare settings.

On June 6, the 2017 edition of the Patient Safety Fellowship commenced with 33 multidisciplinary graduate students, representing ten different schools, meeting their award-winning mentors: the honorees for the [2017 Fine Awards](#). Over the past decade, JHF has partnered with The Fine Foundation to recognize and reward local teams that demonstrate exceptional performance around patient safety and quality improvement. The Patient Safety Fellowship and Fine Awards converged last year to spread excellence across generations, with Fine winners serving as ongoing student mentors.



The 2017 Patient Safety Fellows.

During the fellowship kickoff event at the QI²T Center, this year's Fine Award winners gave an inside look at how they're providing innovative, quality improvement-centered treatment for mental health and substance use problems. The 2017 Fine Award winners include (winning project in parentheses) Allegheny Health Network Center for Inclusion Health (Medical Respite: Innovative Care to Vulnerable Populations), Prevention Point Pittsburgh (Overdose Prevention Project), UPMC Center for High-Value Health Care (Optimizing Behavioral Health Homes for Adults with Serious Mental Illness), Western Psychiatric Institute and Clinic of UPMC (Embedding Peer Recovery Support in Acute Care Settings), AHN Forbes Hospital (Failure to Rescue: Improving Healthcare Provider Recognition of Human Trafficking),

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and Jewish Family & Children's Service of Pittsburgh (Refugee and Immigrant Support Groups).

During four Fellowship sessions in June, students learned the key components of JHF's [Perfecting Patient Care](#)SM curriculum—a Lean-based quality improvement method that seeks to deliver patient-centered, error-free care—and conducted observations at the Fine Award winning-facilities. In July, Fellows will tackle the ethical and advocacy components of patient safety. Then, on August 1, they will present their ideas for delivering safer, more compassionate care during the Fellowship finale.



(L-R): Susan Brownlee, executive director of The Fine Foundation; Sheila Fine, co-founder of The Fine Foundation and founder of LEAD Pittsburgh; Cynthia Ference-Kelly, grants and program officer at The Fine Foundation; and Karen Feinstein.

Adolescent Behavioral Health Initiative Pivots to Action, Experimentation Phase

On June 12, JHF convened 20 provider, researcher, and consumer stakeholders to brainstorm new approaches to meet the needs of teens experiencing a behavioral health crisis rapidly and effectively. The meeting was part of the [Adolescent Behavioral Health Initiative](#) (ABHI), which is funded by JHF, the Staunton Farm Foundation, and The Pittsburgh Foundation. The ABHI is a community-wide effort to improve access to effective services from crisis to stabilization for adolescents experiencing a mental health or substance use crisis in Allegheny County.

To shed light on the adolescent behavioral health problem, JHF Director of Government Grants and Policy Robert Ferguson, MPH, presented stories of parents and adolescents from focus groups conducted by the University of Pittsburgh's Graduate School of Public Health. In response, the group discussed questions, such as: How could adolescents be quickly assessed at multiple sites in the community, and then stabilized and directed to the right place as quickly as possible?

The group came up with several ideas, including system accountability for continuous monitoring and improvement; immediate, decentralized assessments, referrals, and treatments; community-based, outpatient resources for ongoing support and follow-up; education and immediate services through schools; workforce shortage analyses; policy agendas, advocacy, and PR campaigns; and research

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agendas.

The ABHI, now moving into an action and experimentation phase, will incorporate these ideas into an upcoming white paper and pilot project to increase crisis services in community settings.

JHF's Historic, Hard-Working 2017 Summer Interns

By BeLinda Berry, a 2017 summer intern and graduate student at the University of Pittsburgh

The 2017 summer interns—the first all-female intern team here at JHF—are not a group to go unnoticed. Just after Memorial Day, ten interns entered the Foundation's offices as strangers but quickly fell into lockstep. Our diverse backgrounds help facilitate healthy discussion and the sharing of ideas. As we move forward and begin our own projects, we continue to share and discuss experiences with one another.

We spend a lot of time together, whether tucked in a room working on projects, or while attending the two fellowships offered to us (Patient Safety and QI²T). We're also together while learning from local healthcare teams during site visits, getting a primer on Lean as a philosophy for system-wide quality improvement, and learning about different teamwork and communication styles through a "bird brain" exercise. Most of us are involved in the QI²T Fellowship, which provides the opportunity to build relationships with mentors from the community and JHF staff while planning the future of technology in health care.

At the halfway point of the internship, we have delved into quite an array of projects. These include [AIDS Free Pittsburgh](#), the [Adolescent Behavioral Health Initiative](#), the [Health Activist Network](#), the [Women's Health Activist Movement](#), and the Virtual Senior Academy. We're working hard to learn what we can from JHF's passionate, knowledgeable staff.

"There is so much going on, so many exciting projects that I don't have enough time in a day to do all the



JHF's 2017 summer interns, including (L-R, back row): Lycia Neumann, Maia Krivoruk, Cordelia Nemitz, Dhara Meta, Danielle Martin, and Kylea Covaleski and (L-R, front row): BeLinda Berry, Isabella Eson, Amanda Bolden, and Emily Bippus.

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things I want to do,” says one intern while heading to lunch the day after attending an event on community health workers. Each day is exciting and filled with learning opportunities. This internship is helping develop and hone skills, both old and new. From the eagles to the doves, the interns are being prepared to fly and be agents of change in the world of health care.

During Pride Events, AIDS Free Pittsburgh Works to Routinize HIV Testing, Raise Awareness of PrEP

Over a ten day span in early June, an estimated 130,000 attendees lined Downtown streets to celebrate LGBTQ rights during 2017 Pittsburgh Pride events. This year’s Pride festivities featured marches, dance-offs, a concert by Jennifer Hudson, and zip-lines, as well as critical HIV/STD education and free health screenings.

[AIDS Free Pittsburgh](#)—a coalition of government agencies, healthcare institutions, and community-based organizations—hit the streets to further its goal of eliminating new AIDS diagnoses in Allegheny County and reducing new HIV infections by 75% within five years. AFP is managed by JHF and financially supported by the Allegheny Singer Research Institute (Allegheny Health Network) and UPMC Presbyterian Shadyside. During Pride events across the city, AFP partners and volunteers passed out about 3,000 safer sex kits. Data indicates that new HIV diagnoses are disproportionately high among men who have sex with men (MSM) and MSM of color in particular.

Throughout the month of June, AFP has also implemented an advertising campaign on Port Authority buses and social media channels encouraging individuals to “Take Pride in Your Health” by getting tested for HIV on a routine basis. The campaign also aims to increase awareness of treatment as prevention (TasP) for people living with HIV and Pre-Exposure



Christina Farmartino, MPH, and Derek McClain from The Open Door, Inc. were among the AIDS Free Pittsburgh representatives at Pittsburgh Pride events.



During Pittsburgh Pride events, AIDS Free Pittsburgh unveiled new communications materials designed to normalize HIV testing and encourage individuals to know their HIV status.

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Prophylaxis (PrEP) among people who are HIV-negative. PrEP is a medication that can reduce the chances of becoming infected by HIV by more than 90% if taken daily.

In addition to Pride outreach, AFP is spreading the word about PrEP through a comprehensive campaign ([PrEPPGH](#)) that includes a website with information on where and how to access PrEP, social media, and print advertisements.

JHF Recruiting Facilitators, Content Partners for Virtual Senior Academy

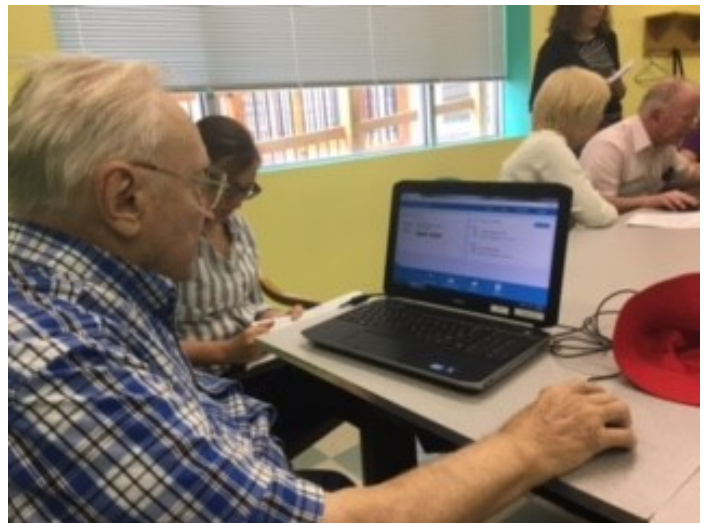
Western Pennsylvania's steadily growing population of seniors requires more than quality medical care to age well. Older adults also need the sort of social connections and intellectual stimulation that can stave off isolation, which can damage both mental and physical health. To help prevent isolation among seniors who are homebound due to physical limitations or caregiving responsibilities, JHF is developing a Virtual Senior Academy (VSA)—a web-based platform that's part campus, part cultural hall, and part social hub.

The VSA connects seniors in the Pittsburgh region to their peers via interactive, online courses. The VSA will offer courses throughout the day on a wide range of topics, including health and wellness, technology, book clubs, arts and music, history, current events, and more. JHF is currently recruiting facilitators to lead one-time or ongoing courses on VSA platform. Community members of all ages who want to share their passion and knowledge with seniors are encouraged to contact JHF Program Specialist Pauline Taylor (taylor@jhf.org). The Foundation team working on the VSA includes COO/CPO Nancy Zions, MBA; Program Associate Mara Leff, MPH; Consultant Jim Osborn; and Taylor.

On June 15, JHF invited potential facilitators and representatives from local senior centers to the Jewish Community Center to learn more about the VSA. The following week, JHF invited a group of local seniors to test the platform to ensure that it meets their needs and preferences.

Starting in August, the VSA will be piloted in by older adults at the Jewish Association on Aging,

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Consumers at the Vintage Center for Active Adults try out and provide feedback on JHF's Virtual Senior Academy, which will connect older adults in the Pittsburgh region to their peers via interactive, online courses on many subjects.

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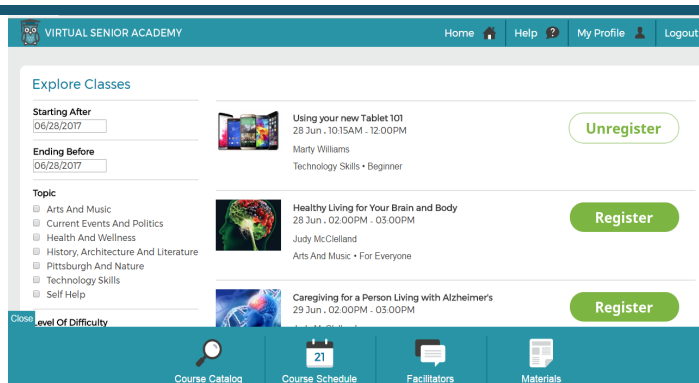
Longwood at Home, Presbyterian SeniorCare, and Allegheny County senior centers, as well as by members of the Osher Lifelong Learning Institute at the University of Pittsburgh. Seniors will be able to access the VSA in a variety of ways, including on personal devices, cyber-nooks and computer labs in common areas, and on projection screens for group settings. Following the pilot phase, JHF will deploy the platform more broadly and continue to add more courses in 2018, so that our region's seniors stay socially and intellectually engaged.

The VSA is one component of JHF's larger *Senior Connections* initiative, which aims to strengthen a suite of service opportunities for older adults, including transportation and housing, exercise and recreation, geriatric-friendly health care, nutrition, and caregiver supports.

JHF, Partners Help Seniors Get Active through *Senior Connections*

On June 14, 20 people trekked through Frick Park during a guided outing with health professionals. As part of JHF's *Senior Connections* initiative, health professionals are accompanying local seniors on park outings while discussing health topics. Rheumatologist Terry Starz, MD, geriatric physical therapist Jessie VanSwearingen, MD, and Debbie Thomas from the Arthritis Foundation handed out tips on preventing and lessening the symptoms of arthritis. After the outing, participants to joined staff at Frick Environmental Center for a kick off meeting for a discussion on engaging seniors in outdoor recreation.

On June 25, members of JHF' joined AARP's Associate State Director for Community Outreach Jennifer Blatz to spread the word about exercise and recreation opportunities during Open Streets Pittsburgh. They shared information and recruited volunteers for a park ambassador program. JHF is partnering with AARP to recruit ambassadors who will raise awareness of exercise and recreation opportunities in South and Frick Park, and accompany seniors on such outings. These initiatives are part of a larger, \$300,000 grant by JHF to help seniors of all abilities become, and stay, active.



A screenshot of courses offered through the Virtual Senior Academy. JHF is recruiting facilitators of all ages to lead one-time or ongoing courses on VSA platform.



On June 14, local seniors received arthritis-related health tips from local health professionals during a guided outing at Frick Park.

JAA using Perfecting Patient CareSM to Enhance Senior Care across the Continuum

For more than 20 years, JHF and the Jewish Association on Aging (JAA) have partnered to enhance the physical, mental, and social well-being of older adults. In addition to JHF's \$35 million commitment to create and sustain the JAA's continuum of senior services, the Foundation has teamed up with the JAA to foster ongoing career development among frontline staff (I-WISE); bolster the clinical, communication, and data collection skills of nursing home staff (Long-Term Care Champions); implement and meaningfully use electronic health records (PA REACH); and open dialogue on patients' and loved ones' end-of-life care goals ([Closure](#)).

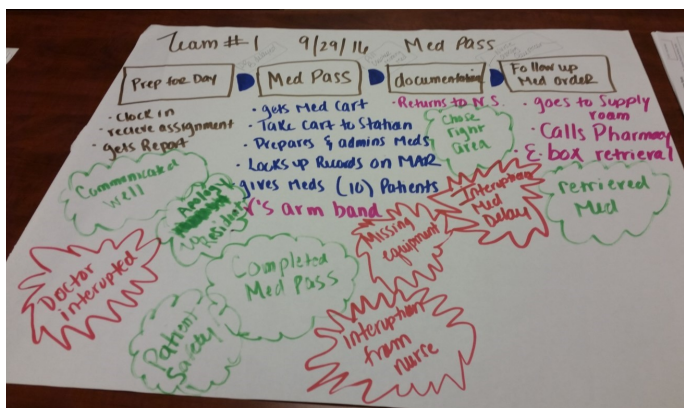
The latest collaboration between the two? The JAA has embraced [Perfecting Patient CareSM](#) (PPC)—the Foundation's curriculum to improve quality of care and achieve better outcomes—as a system-wide method for continuous improvement. In 2016, JHF's long-term care team led a series of seven PPC trainings for about 35 total staff members, from senior leadership to management to the frontline, across the JAA's continuum of services. Those trainings, coupled with between-session coursework, helped JAA staff identify a range of ongoing quality improvement projects.

On June 7, the JAA showcased four of those QI projects at its latest quality committee meeting. JAA staff—from managers to the front line—gave presentations demonstrating how they used PPC training to standardize processes related to wound care on nursing units, improve communication during shift changes, improve the resident dining experience, and more efficiently handle campus maintenance requests.

JHF Senior Quality Improvement Specialist Stacie Bonenberger, MOT, OTR/L; Manager of Lean Healthcare Strategy and Implementation Jen Condel, SCT(ACT)MT; senior Quality Improvement Specialist Anneliese Perry, MS, NHA; and Nancy Zions continue to work with the JAA to implement those



During their Perfecting Patient CareSM training, JAA staff complete a 5S (sort, set in order, shine, standardize and sustain) exercise.



A process map of a medication pass. The process map helps to visualize the roles of team members, identify what works well (green clouds), and what can be improved (red clouds).

(Continued on page 18)

and other initiatives that emerged from PPC training.

The June 7 meeting also marked the last quality committee gathering chaired by Pearl Moore, RN. Moore is a past JHF board member and a long-time board member of Health Careers Futures, a supporting organization of JHF that is focused on workforce development.

Latest HIV Strategic Collaborative Meeting Centers on Hepatitis C Reduction, Community Voices

Since it was established by JHF in 2014, the Regional HIV Strategic Collaborative has served as a forum for healthcare providers, researchers, health department officials, and consumers to learn about and elevate the quality of HIV/AIDS services in southwestern Pennsylvania. During the latest meeting on June 6, Collaborative members gained insight on multi-state efforts to prevent Hepatitis C and learned about a new group committed to amplifying the voices of HIV-positive consumers.

Charles Howsare, MD, MPH, the Pennsylvania Department of Health's viral hepatitis prevention coordinator, gave a presentation on regional initiatives to curb HIV-Hepatitis C co-infection. Dr. Howsare explained that southwestern PA has been hit particularly hard by Hepatitis C due to the opioid epidemic. According to the CDC, about 80% of HIV-positive people who inject drugs also have hepatitis C. Dr. Howsare noted that the PADOH has worked to address HIV-Hepatitis C co-infection by forging partnerships with community health centers, health systems, and advocacy groups to implement interventions in high-prevalence areas, with a focus on harm reduction strategies.



Charles Howsare, MD, MPH, the Pennsylvania Department of Health's viral hepatitis prevention coordinator.

The Collaborative meeting also featured an introduction to My Community Voices, a new consumer-driven effort to ensure that HIV-positive individuals' needs and viewpoints on regional services and policies are understood by agencies and providers. Mike Hellman and Dave Semanchek, who are spearheading the initiative, explained that My Community Voices will explore ways to meet unfulfilled HIV/AIDS service needs by garnering feedback and input from individuals in the community who are living with HIV and providing them with an additional space to be able to voice those needs.

Former JHF Intern Returns to Advance Women's Health Initiatives

JHF welcomes Kate Dickerson, who has joined the Foundation's staff as a women's health specialist. A 2016 summer intern, Dickerson will contribute to JHF's efforts to advance women's health and health activism. She will direct the [Women's Health Activist Movement Global](#) (WHAMGlobal) initiative and help outline the next frontier of women's health and health services through the Museum to the Future. Dickerson will also support JHF's [Health Activist Network](#) and the Feinstein Fellowships for multidisciplinary students and early-career professionals.



2016 JHF summer intern Kate Dickerson (center), MSc, was recently hired as a women's health specialist.

Dickerson earned a BA in Communication and Rhetoric from the University of Pittsburgh, and recently received her MSc in Healthcare Policy and Management from Carnegie Mellon University's H. John Heinz III College. Before enrolling at CMU, she served for two years as a federally-certified health insurance navigator and health center advocacy organizer for Planned Parenthood of Western Pennsylvania. From 2010 to 2013, she was an outreach associate for health and reproductive rights at the National Women's Law Center in Washington, D.C.

JHF, Jewish Federation Partner on Crisis Situation Training

On June 19, JHF staff learned about the fundamentals of dealing with crisis situations during training sessions with Bradley Orsini, director of Jewish Community Security for the Jewish Federation of Greater Pittsburgh. During the sessions at the QI²T Center, Orsini explained how to create the safest work environment possible and how to respond in the event of a workplace crisis.

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