

A Shared Purpose to Serve and Heal

SSM Health Foundation — St. Louis
Annual Impact Report 2023



***A shared courage.
A common good.***



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Message from the president and board chair

As we reflect on the past year, we are filled with gratitude for the unwavering support and dedication our community has shown to our neighbors in need.

One of our goals in 2023 was to build more bridges between people wanting to make an impact and our neighbors who most need our support. Our combined efforts culminated in strategic partnerships and targeted investments in wraparound programs that address the holistic needs of our patients — physical, mental, emotional, and spiritual.


SSM Health recognizes the importance of providing programs and services that impact the whole patient — not just a part of what they need. Our work and providers aim to do what we can to ensure we support their mind, body, and spirit. The expansion of the Bread Basket program is a perfect example of how that vision has come to life.

We also made progress in expanding SSM Health Women's Health programs, with the revolutionary Sonata System, used to non-invasively treat benign fibroids, and the addition of more resources for the Women's Wellness Center at SSM Health St. Mary's Hospital — St. Louis.

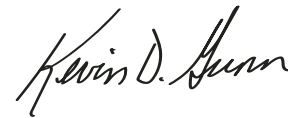
The community also came together at SSM Health events, including the annual Bright Night gala where we raised \$633,000 to support the areas of greatest need.

The generosity and dedication of our benefactors, volunteers, and partners are instrumental to moving our mission forward. So, thank you. Together, we can build bridges, create stronger communities, and serve others.

In service,



Paul R. Ross
President, SSM Health Foundation — St. Louis
Region Vice President, Philanthropy



Kevin Gunn
Executive Director
Regulatory and Political Affairs
Central Region at NextEra Energy Resources

Our Mission:

To inspire financial and spiritual support of SSM Health's Mission by building personal relationships and community engagement.

Our Vision:

A sustainable and meaningful health impact in our community.

Our Values:

Compassion, respect, excellence, stewardship, and community.

SSM Health critical funding needs and impact



SSM Health's greatest need

Unrestricted gifts make the biggest impact on the lives of those we serve through patient-centered, high-impact programs, new technologies, community health resources, caregiver support, and more.



SSM Health Behavioral Health

Access to compassionate mental and behavioral health care is crucial, and gifts increase access to counseling services, behavioral health ERs, long-acting injectables clinics, addiction recovery programs, and more.



Community health

SSM Health community health programs work to stabilize, support, and strengthen, addressing all social determinants of health to get to the underlying cause of health issues in the region we serve.



Training and education

Generous support for the continued training and education of our region's health care workers helps them pursue degree programs, certifications, and simulation training, like the obstetrical emergency hemorrhage simulation.



SSM Health Women's Health

Through benefactor support, innovative women's health facilities, cancer care screening, telehealth behavioral health support, postpartum care, and more, we address the unique needs and issues of the women in our region.



Hospice and Home Health programs

A holistic and family-centered approach preserves dignity and improves quality of life — while also offering emotional and spiritual support through our breadth of programs and services, including Comfort Touch® Massage Therapy and Peaceful Harmony Music Therapy.



SSM Health Cancer Care

Gifts support holistic programs and initiatives for cancer care patients and their families through community-based research, clinical trials and precision medicine, dedicated cancer care institutes, innovative diagnostic machines and technology, and more.



Heart and vascular care

Our heart and vascular care programs include clinical trials, ongoing education and certification courses, cutting-edge treatments like Barostim™ and CardioMEMs™ therapies, and partnerships with organizations like the American Heart Association and Sts. Joachim and Ann Care Service.

Why we do what we do

Our team cares about the people in our community. Made up of nonprofit professionals, benefactors, board members, volunteers, and more, we work together to address the needs of our region.

Each of us has our own reason for supporting SSM Health, but ultimately, we do what we do with a shared purpose to bring hope and strength to our neighbors through the healing presence of God.



It's an honor to work alongside board members who are deeply passionate about making an impact in the community and supporting the mission of SSM Health St. Louis.

— **Maite Ryan, Labcorp**
Board of Trustees Member



Board of trustees

The board backing our efforts

Our board's diverse backgrounds, years of experience, and enduring dedication to our region strengthen our mission to reveal the healing presence of God through our exceptional health care services.

CHAIR

Kevin Gunn
NextEra Energy Resources

CHAIR-ELECT

Emery Skolfield
Edward Jones

PRESIDENT

Paul R. Ross
SSM Health Foundation – St. Louis

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Hospitals – St. Charles & Wentzville

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SSM Health St. Louis and
Southern Illinois

Tina Garrison

SSM Health St. Louis and
Southern Illinois

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Hospital – Fenton

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Kaiser Electric, Inc.

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Dr. Henry Randall

SSM Health Saint Louis
University Hospital

Maite Ryan

Labcorp

Dr. William Schroer

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Hospital – St. Louis

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SSM Health Saint Louis University
Hospital & St. Mary's Hospital

Anthony Sgroi

Stephen Smith

Lawrence Group

Anthony Soukenik

Sandberg, Phoenix & von Gontard

Kirk Syberg

Syberg Family of Restaurants

Gary Welker

Sharita Kyles Wilson

Pepperdine University

**2023 board of trustees as of
December 31, 2023*

Special Thanks

At SSM Health, the lantern is a principal symbol of generosity, dating back to our founding Sisters, who were gifted a lantern by a loving neighbor to help them continue their ministry.

Our lantern awards are given to our committed partners whose compassion and dedication support our Mission. In 2023, we recognized four board members:

Kevin Gunn, NextEra Energy Resources

Michelle Nischbach, Equifax Workforce Solutions

Anthony Sgroi

Gary Welker

Thank you to all who support SSM Health Foundation – St. Louis. We are grateful for the impact our combined support makes.

Story of impact

Bringing music to hospice and home health patients.

Home is a place of comfort and safety. It's where we have good moments and tough ones; where we heal and recharge ourselves. For many, it's a haven for healing after a hospital stay, managing pain following an injury, or experiencing terminal illness.

SSM Health Hospice and Home Health programs and initiatives work to improve and deepen the experiences of those who receive care at home. One program, Peaceful Harmony Music Therapy, uses music to promote wellness, manage stress, alleviate pain, enhance memory, improve communication, and provide unique opportunities for interaction with family and friends.

For seven years, Music Therapist Brian Hildebrand has traveled to patients' homes — near and far — to bring healing through the strum of his guitar, the beat of his drum, and the shake of an egg shaker.

Brian's latest venture with music therapy is creating songs using a recording of his patient's heartbeat. He first heard about the heartbeat recording at a music therapy conference and has since incorporated it into SSM Health's service offerings. Brian gathered the recording tools to make it happen, and he has produced 10 personalized songs for families, providing them with a memory that will last a lifetime.



I like to spend the most amount of quality time I can with my patients when I visit. I encourage them to participate by requesting songs, sharing memories associated with a song, and inviting their friends or family to join.

— Brian Hildebrand, SSM Health
Music Therapist



Music therapy is clinically proven to reduce pain, anxiety, and stress.

National Library of Medicine

Story of impact

Providing hope amid uncertainty.

An undiagnosed illness is both confusing and frightening. The patient and their family embark on a lonely journey to multiple websites, then specialists, tests, and imaging studies. It can seem like there is no way out — that there is nowhere else to turn.

For years, Nick was violently ill, unable to eat, maintain a proper weight, and even missed his college graduation. No doctor he had visited to that point could determine the underlying cause. Eventually, Dr. Leonard Weinstock, a gastroenterologist in St. Louis, connected Nick and his family to Dr. Laurence Kinsella, who works at SSM Health St. Clare Hospital – Fenton and is certified in internal medicine, neurology, neuromuscular medicine, electromyography, and autonomic disorders.

Nick and his family were unsure if Dr. Kinsella would be able to help them after so many diagnoses yet no successful treatments. However, Dr. Kinsella knew that the doctor-patient connection was one of the most important aspects of care during such an uncertain time. He sat with Nick and his parents, asking them questions about when Nick was last well and hearing about their journey to St. Clare Hospital. Together, they worked on a plan to help Nick get better, including diagnosing him with Mast Cell Activation Syndrome (MCAS) and a thoracic cerebrospinal fluid leak (CSF).

Focused treatment started, and Nick's health began to improve bit by bit. SSM Health gave Nick and his family hope that their tumultuous health journey was coming to an end. "The culture of SSM Health is: 'You are in the right place,'" said Diana Jespersen, Nick's mother.

Today, Nick is happy and healthy, and he is on the path to becoming a doctor — to give hope and healing to his future patients in the same way Dr. Kinsella did for him.



SSM Health saved my life. They gave it back and allowed me to find meaning in it.

— Nick Jespersen



Story of impact

Serving those in need.

Having a well-rounded diet impacts more than hunger levels. Not having access to healthy food can also affect an individual's overall health and could lead to chronic illnesses, such as diabetes and heart disease.

More than 160,000 people in St. Louis County, St. Louis City, and St. Charles County are food insecure. And more than 50% of that group is above the SNAP threshold of 130% poverty, which means they do not qualify for extra support to provide their families with nutritious essential food.

SSM Health is committed to the overall health of our neighbors — not just treating the physical symptoms, but also addressing the elements that are underlying causes of illness. Our Bread Basket program works to bring food that will strengthen and support our patients after they leave our hospital. Patients are given two days of non-perishable food for their household, as well as longer-term resources from the St. Louis Area Foodbank's Community Resource Team.

After expanding the screening from SSM Health DePaul - St. Louis Hospital to be regionwide, the number of patients identifying as food insecure nearly tripled, and SSM Health saw the need in our community to expand the program. In mid-November of 2023, the Bread Basket program was ready to serve across seven SSM Health hospitals. Before the end of the year, 188 individuals were helped through the inpatient component of the Bread Basket program.

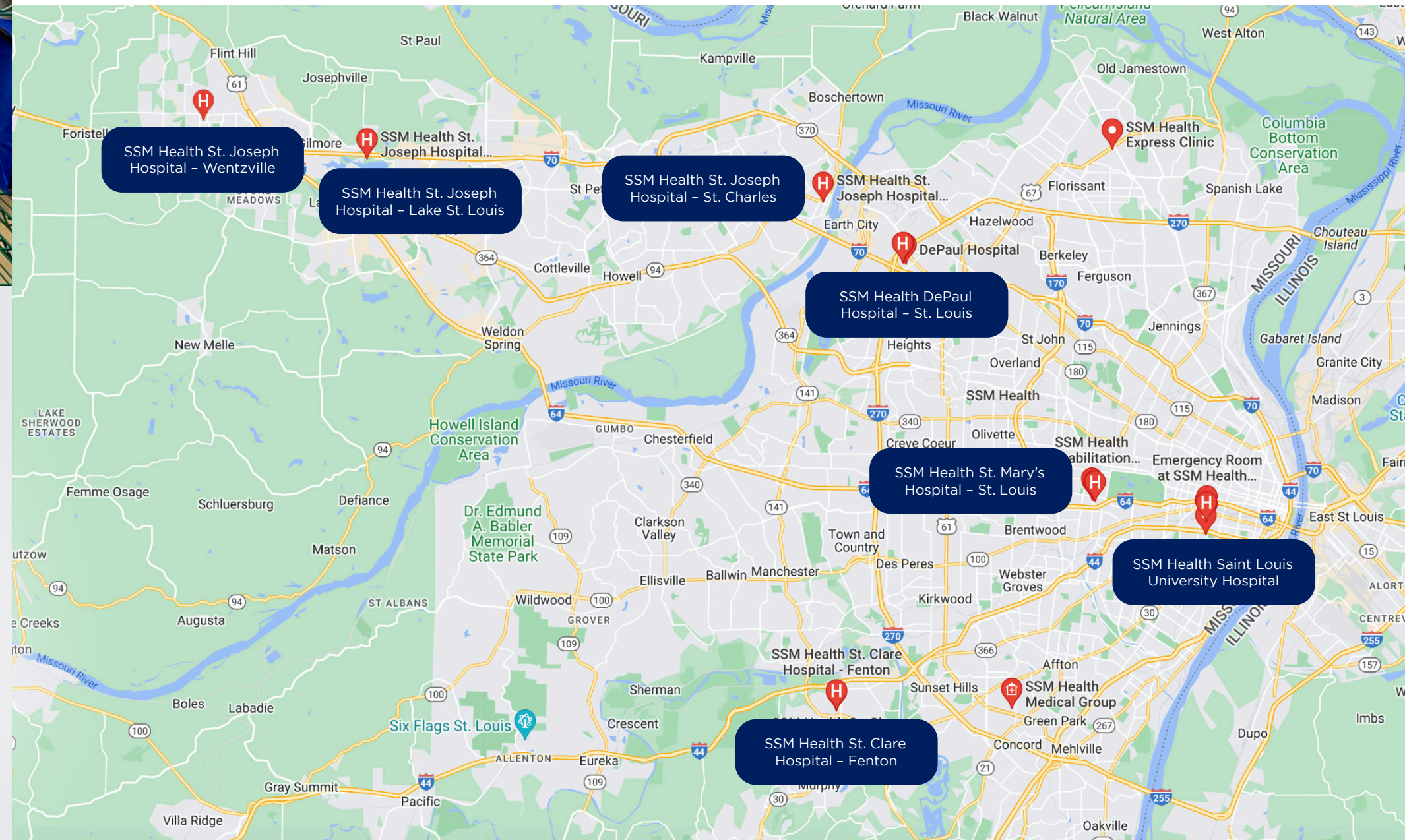


In 2023, the Bread Basket program established and certified six new food pantries at SSM Health hospitals, and the program's first food pantry at SSM Health DePaul Hospital - St. Louis expanded and reimagined its program.



We know that access to healthy foods is a social determinant of health, and it is our responsibility to ensure we do what we can to help garner access to food for those in need.

— Jake Brooks, President of SSM Health St. Joseph Hospital - St. Charles & Wentzville



Your dollars at work

Our support leads to amazing things for our region.

We are proud stewards of your generous donations to our hospitals and funding needs. We thoughtfully direct your gifts to the specific areas and programs according to your intent or to the community's greatest need, where your support will make the most difference. In 2023, our combined support created an impact regionwide by providing SSM Health patients and care providers with a variety of training courses and certifications, programs, comfort packages, and more.

Programs of impact:






- Hospice and Home Health Music Therapy Program
- Hospice and Home Health Comfort Touch® Massage Therapy
- Bread Basket program
- Neuroscience Summit
- Patient education bags for those undergoing chemotherapy
- Gun lock program to safely store firearms
- Interdisciplinary Breast Center Conference for high-risk breast cancer
- Care for the Caregiver, a trauma-informed care training and acute trauma intervention tools
- Community Breast Health Medical Director
- LUCAS Chest Compression System
- Critical Care Registered Nurse (CCRN) Certification Review Course
- Medical-Surgical Certification Review Course
- Certified Emergency Nurse (CEN) Certification Review Course
- Tied with Love blankets
- Sonata System, the first-of-its-kind in St. Louis, used to treat symptomatic uterine fibroids with transcervical fibroid ablation



By the numbers

Our benefactors are the reason we can support our patients in the ways they need, each and every year. It is through their generosity, as well as our sponsors' support, that SSM Health Foundation – St. Louis can help SSM Health hospitals fulfill their Mission to reveal the healing presence of God through exceptional health care services.



 Corporate \$1,290,046	 Foundation \$205,944
 Individual \$701,130	 Estate \$5,014
 Government Grants \$226,075	



Total

\$2,428,209

Impact to
SSM Health St. Louis
 **\$2.78M**



Number of gifts
18,996



Number of donors
2,056

2023 highlights



SSM Health Foundation Gala – Bright Night

Presented by Alberici Constructors and Edward Jones, this year's gala raised \$633,000 to serve our neighbors and their greatest health care needs. Our support will make a direct, local impact through patient-centered, high-impact programs and initiatives, new technologies, community health programs, caregiver support, and more.



8th annual SSM Health Foundation Open

This event brought together SSM Health benefactors to raise funds and awareness for our community's greatest needs, raising \$200,000! Thank you to our Master Sponsors, Lillibridge and Sandberg Phoenix, and our other sponsors and benefactors who made this day of networking and community support possible.



Golf tournament benefiting SSM Health Hospice and Home Health

Community members joined together for a day of golf in support of hospice and home health programs that cater to the whole patient — mind, body and spirit. Thank you to the volunteers who make this event happen each year.



SSM Health Board Events and Fireside Chats

SSM Health board members came together to learn more about the programs and initiatives the Foundation supports, including hearing hospital leaders share about the impact of resources like wraparound cancer care services at SSM Health hospitals and community health initiatives and programs within SSM Health Hospice and Home Health.

Looking forward

Everything we do is built on relationships, and we're excited to be able to host events each year to bring our community together in support of our Mission.

In 2024, we will be inviting partners, sponsors, and our community members to events that will benefit the critical funding needs of our patients and health care workers.

9th annual SSM Health Foundation Open, to be held on June 10 at Norwood Hills Country Club, to raise funds to support local behavioral health care initiatives.

SSM Health Hospice and Home Health Golf Tournament, benefiting SSM Health programs that bring hope and healing to those when they need it most, will be held on August 26, at Old Hickory Golf Club.

The annual Bright Night Gala, on October 26 at St. Louis Union Station Hotel, will gather our community together to provide a direct, local impact through patient-centered, high-impact programs and initiatives, new technologies, and more.



Supporting SSM Health is a way that I — and all of us — can make a difference in our community and for the health and prosperity of our entire region.

— Steve Smith, Lawrence Group
Board of Trustees Member



A shared purpose to serve and heal

SSM Health Foundation – St. Louis exists to inspire financial and spiritual support of the SSM Health Mission by building personal relationships and community engagement.

 SSMHealthStLouis

 SSM Health Foundation – St. Louis

 SSMHealthFoundationStL

givetossmhealth.org/stl

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