

## Our History and Mission

**The Mission of the SSM Health Foundation — St. Louis is rooted in a rich legacy of courage.** For over 150 years, SSM Health has been helping those in need gain access to the highest quality of care — using the Franciscan Sisters of Mary as a guiding light to caring for the most vulnerable.

Today, the SSM Health Mission continues to guide us: ***Through our exceptional health care services, we reveal the healing presence of God.*** With shared courage for a common good, our health care providers, staff, donors, and volunteers are committed to providing highly advanced, compassionate care to patients and their families — in and outside of the walls of SSM Health.

The support we receive comes to life in many ways, from ensuring that SSM Health caregivers have access to and training in cutting-edge, lifesaving technologies to funding state-of-the-art facilities, patient-centered impact programs, and resources throughout the St. Louis region.

[givetossmhealth.org](https://givetossmhealth.org)

in  

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## A continuum of care uplifts and empowers

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

Nationwide, 15 million people receive home care services every year, and this need for exceptional, skilled care at home will only continue to grow. Through a wide spectrum of SSM Health hospice and home health programs and services, our support offers stability and empowerment to those — and their families — receiving care at home.

**70%**  
of home care  
patients are

**65+**  
years



**77%** of adults  
**50+**  
are committed to  
“aging in place”



  
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Foundation  
ST. LOUIS

## The why: Home-based support systems for our community

When Gloria was recovering from a fall, she required around-the-clock care to help with tasks and errands. She also needed an accountability partner to keep her on track with her pain management and physical therapy recommendations. While her daughter Linda did her best, balancing Gloria's needs with Linda's own responsibilities was emotionally and financially challenging.

Gloria's story is a common one. As the home health needs of our community fluctuate with an aging population, SSM Health remains a constant presence. Our professional support takes the pressure off loved ones while providing an uninterrupted continuum of expert care right at home.

## The need: High-quality, affordable hospice and home health care

Healing in place is comfortable, convenient, and empowering. After a hospital stay, home health services better aid in recovery and healing by providing that personalized treatment and recovery support to individuals in a familiar, restful setting. These programs can often come piecemeal with a high financial cost.

We understand the varying needs associated with caring for people recovering at home or with a limited life expectancy. Our holistic and family-centered caregivers emphasize preserving dignity and improving quality of life — while also offering an emotional and financial safety net through our breadth of programs and services.

## The how: Initiatives that stabilize, support, and strengthen

Together, we can improve and deepen the experiences of those who receive care at home — while also providing financial assistance and support when it's most needed. Your generous gift may support a diverse offering of SSM Health hospice and home health care programs and initiatives, including:

### Peaceful Harmony Music Therapy

Music therapy interventions involve the clinical and evidence-based use of music to promote wellness, manage stress, alleviate pain, enhance memory, improve communication, and provide unique opportunities for interaction.

### Comfort Touch® Massage Therapy

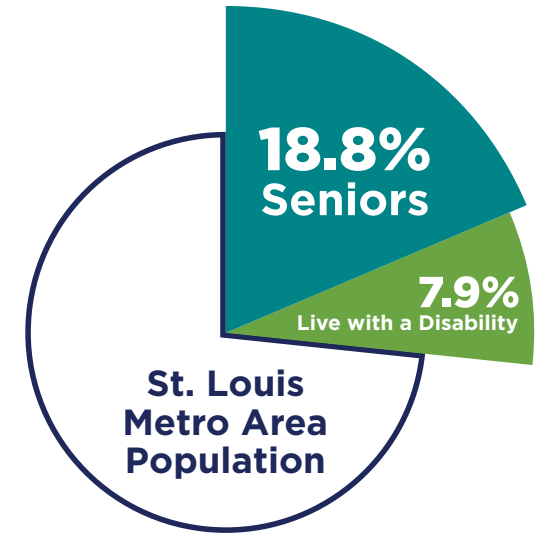
This special type of massage promotes deep relaxation and provides potential relief from pain and anxiety for hospice patients who may feel discomfort from conventional massage therapy.

### We Honor Veterans Program

Developed in collaboration with the Department of Veterans Affairs, SSM Health is a proud member of the We Honor Veterans Program. It leverages extensive research and veteran networks to provide care for veterans' unique needs and experiences.

### MAGIC Children's Bereavement Program

Kids need to know their grief matters. Mending a Heart, Grief in Children (MAGIC) is designed to help children and their families develop strategies for coping, communicating, and healing after the death of a loved one.



## Generous support needed

To provide the care that starts at home, we need continued generous support from benefactors, like you. Through our combined efforts, we can bridge both financial and care gaps to provide the physical, emotional, and spiritual support our hospice and home health patients — and their families — need during this time.

Give today at  
[givetossmhealth.org](https://givetossmhealth.org).