

Dear Neighbor,

I hope you are enjoying this gorgeous fall season. At St. Peter's, we're working hard to get back to "business as usual" despite many new challenges related to the pandemic, including unprecedented staffing shortages and steadily rising costs. We know that businesses throughout our community are also experiencing these challenges and people are being impacted as well. Our partners at Helena Food Share recently reported an increase in the number of people seeking food assistance, which speaks to the increase in the cost of goods and services that everyone is experiencing.



In health care specifically, U.S. hospitals are going through the largest economic downturn in history with as many as 70% projected to lose money in 2022. This comes right on the heels of posting the worst financial year in history during 2021. This might be hard to reconcile as many hospitals are building new buildings and expanding outside their service area like we are experiencing in Helena right now, but it shows the more extreme measures hospitals are taking to find new revenue streams and increase their profitability. As community-based hospitals like St. Peter's increase the services and specialists they offer locally, fewer patients travel outside the community to other systems to get care. As a result, larger health systems have begun to aggressively expand outside their traditional service area and into neighboring communities with things like outpatient surgery centers. This is an attempt to capture the most profitable types of health care services and redirect those dollars back to their own organization and community. This has been happening for many years across the country and is now happening in Montana communities like Helena, Bozeman and others. We anticipated this and have no plans to change our focus or scale back any of the necessary health care services our community depends on.

As your community health system, St. Peter's gives back more than \$17 million each year in "community benefit" in the form of financial relief for patients, donations to local nonprofits, health and wellness education, and subsidized medical services to address gaps in community needs. One example is stationing ambulances and emergency personnel at large community or sporting events. Another is our community paramedicine program that takes care out into the field for people who are homeless or have transportation barriers that prevent them from coming to St. Peter's. You can read more about our community benefit efforts inside this newsletter.

In addition to providing life-saving and preventative care and other important health services, community hospitals generate considerable economic prosperity through employment, spending and tax revenues. A thriving community health system is often a sign of a thriving community. Just recently, a 2021 University of Montana Bureau of Business and Economic Research report found that St. Peter's Health has an economic impact of nearly \$900 million for Lewis and Clark County.

Over the last few years, St. Peter's has been recognized regionally and nationally for pioneering community-based programs, superior quality and safety, and innovative partnerships with organizations in Helena and throughout our region to improve care. We have significantly increased the number of doctors and services available here in Helena. All of these efforts have improved care for patients and strengthened our community and today, more people than ever are choosing St. Peter's Health. We are grateful for your trust, confidence, and the opportunity to continue serving you.

All the Best,

Wade C. Johnson, FACHE
Chief Executive Officer



BUILDING HEALTHY COMMUNITIES BY GIVING BACK

Every year, St. Peter's Health gives back more than \$17 million to the Greater Helena community and the five counties we serve. These community benefit dollars don't just help our patients, they help support organizations and efforts outside of St. Peter's that are working to make our community a better place to live.



Dr. Mikael Bedell gives pointers to kids at ExplorationWorks' Wilderness Safety/First Aid camp. St. Peter's sponsored the 2022 summer camps, and St. Peter's providers volunteered their time and expertise to lead several hands-on activities.

According to St. Peter's Chief Financial Officer **Nathan Coburn**, "subsidized health services" represent the largest portion of the health system's community benefit efforts.

"Subsidized health services are all the health care services and programs we offer at St. Peter's that don't bring in enough money for us to cover what it costs to provide them. Essentially, we rely on revenue we generate from other health care services we provide to be able to offer them," he said. "St. Peter's is committed to providing these

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BUILDING HEALTHY COMMUNITIES BY GIVING BACK



Helena-area girls participating in a SciGirls camp at ExplorationWorks watch as St. Peter's Interventional Cardiologist Dr. Elizabeth Holper cuts into a sheep's heart with a scalpel and explains the four chambers.

services because we recognize they are vital needs in our community, and it's the right thing to do. Examples of these services include labor and delivery, and many of our mental and behavioral health programs."

ADDRESSING OUR COMMUNITY'S TOP HEALTH ISSUE

One of the most critical subsidized health services St. Peter's provides is behavioral health. The latest Community Health Needs Assessment identified access to mental health services as the most significant health need in our community. In response, St. Peter's has more than doubled the number of behavioral health professionals serving patients since 2018. The behavioral health team is now embedded in clinic primary care teams to offer real-time counseling, and our Mobile Crisis Response Team (MCRT) responds to people in crisis wherever they are through a partnership with local law enforcement.

According to the most recent data, St. Peter's also provided \$3.1 million in charity care, or unreimbursed care, to meet the health care needs of people in our community who can't afford to pay for their health care expenses.

St. Peter's Director of Population Health Amy Emmert, MAS, BSN said these funds can also be used to bolster initiatives that reduce health

inequities, improve access to care, and provide people with the knowledge and information to live their healthiest lives.

"St. Peter's feels a deep commitment to serving our community. It's our hometown," she said. "On top of caring for patients when they are injured or ill, we see our community benefit program as just one more way we fulfill our mission to improve the health and wellness of the people and communities we serve."

Amy has been with St. Peter's since she graduated from Carroll College, and she has seen the organization's community benefit efforts take off over the past five years.

"I am proud to be part of a team that has worked diligently to help people in need and chooses to be at the table in solving our community's toughest challenges," she said. "We really do believe that we're stronger together."



The high cost of training and paying lifeguards prevented the Townsend pool from opening in 2021, but the pool was able to open to the community again this summer thanks to St. Peter's. Sponsorship of the City of Townsend's lifeguard training program helps pay for lifeguard training and offers a bonus to lifeguards upon completing their summer employment.

ST. PETER'S COMMUNITY
BENEFIT INVESTMENTS

\$3.1 MILLION
CHARITY
CARE

\$14 MILLION
SUBSIDIZED
HEALTH
SERVICES

\$773,000
EDUCATION &
DONATIONS

WELCOME!

New St. Peter's Health Providers

EAR, NOSE & THROAT



Matthew Miller, MD
Broadway Clinic

FAMILY MEDICINE



Alison Amy, DNP
North Clinic



Airica Rishavy, DNP
North Clinic

GENERAL SURGERY



Matthew Goldes, MD
Maria Dean

HOSPITALIST



Kathryn Hurlbut, DO
Regional Medical Center



Laurel Kittrell, MD
Regional Medical Center

Andrew Koopman, PA
Regional Medical Center

INTERNAL MEDICINE



Mark Ziats, MD
North Clinic

ORTHOPAEDIC SPINE



Patrick Curry, MD
Broadway Clinic

RHEUMATOLOGY



Kent Blakely, MD
Broadway Clinic

Coming Soon

CANCER CARE

Melissa Cotner, DNP
Maria Dean

FAMILY MEDICINE

Jaron Brunson, MD
North Clinic

NEUROLOGY

David Tullar, PA
Broadway Clinic

ORTHOPAEDICS

Amy Tangedahl, PA
Broadway Clinic

Adrienne Bull, PA
Broadway Clinic

GET TO KNOW...

DR. MATTHEW GOLDES

General Surgery

In August, Dr. Matthew Goldes returned to his hometown of Helena to join the General Surgery team.

Why did you choose to become a surgeon?

I became interested in surgery in medical school when I saw the dramatic difference surgical intervention can have on a patient's well-being. Residency allowed me to develop the skills I needed to meet the mental challenges each case presents.

What's the No. 1 thing you want people in our community to know about your approach to care?

I am committed to providing transparent, patient-centered care. I will continue to grow my skills in order to give patients the most advanced surgical techniques available here in our own community.

What's the most rewarding part of your work?

The most rewarding part of being a surgeon is the ability to use surgical interventions to improve or save a patient's life. Being able to diagnose problems, offer safe and effective interventions, and improve their quality of life is extremely gratifying.

Tell us a little about what drew you back to Helena.

I had a great childhood here in Helena. The years of medical school and residency kept me away from Montana, but when I returned to visit friends and family I realized how much I missed my hometown. Knowing St. Peter's is home to a respected surgery practice was appealing to me. Fortunately, my wife, Diadra, has also embraced Helena, and with close proximity to her hometown outside of Seattle, we are happy to now call Helena home.

Community Provider Partners



Lindsy Roundy, MD
Pediatrics
Partners in Pediatrics



Sierra Zimmer, PA
Emergency Medicine
St. Peter's Health
Emergency Department



RECOGNIZING EXCELLENCE IN HOMETOWN CARE

“My Helena roots run deep. It has always been an honor to serve my hometown and a community I love so much.”

— Kari Koehler, MSN, RN
Chief Nursing Officer

ST. PETER'S AND SEVERAL TOP EXECUTIVES EARN NATIONAL RECOGNITION

St. Peter's Health

Leadership in Quality and Patient Safety Award

Recognized by the Montana Hospital Association for being a health care system that has taken extraordinary and innovative steps to make patient safety and quality top priorities, St. Peter's is the first Montana health care system to receive ISO-9001 quality management certification.

Wade Johnson, FACHE Chief Executive Officer

83 Community Hospital CEOs to Know

Recognized by Becker's as a health care executive who has proven through strong leadership he can help St. Peter's thrive well into the future, Johnson's leadership has helped fortify St. Peter's against many of today's uncertainties and encouraged innovation to enhance care.

Nathan Coburn, CPA Chief Financial Officer

50 Community Hospital CFOs to Know

Recognized by Becker's for his leadership and guidance throughout the COVID-19 pandemic, Coburn has maintained long-term financial stability and strong community stewardship for the patients and communities St. Peter's serves.

Shelly Harkins, MD, MHA President and Chief Medical Officer, St. Peter's Health Regional Medical Center

American Hospital Association Grassroots Champion

Recognized by the American Hospital Association as Montana's Grassroots Champion for effectively educating elected officials on how major issues affect hospitals, Harkins has done an exemplary job broadening the base of community support for hospitals and their vital role in the community.

University of Utah Health Healthcare Champion Award

Recognized by University of Utah Health, Harkins was named a champion of programs and partnerships that elevate care in her community through leadership that positively impacts both people and patient care.



Recognition of St. Peter's executives Nathan Coburn, Dr. Shelly Harkins and Wade Johnson demonstrates our commitment to becoming the gold standard for health care in Montana.

HELENA NATIVE STEPS INTO TOP NURSING ROLE

Kari Koehler, MSN, RN has been selected as St. Peter's Chief Nursing Officer (CNO).

Kari started her nursing career at St. Peter's in 2004 after graduating from the Carroll College Baccalaureate Nursing Program.

She began her career on the labor and delivery unit, helping to deliver nearly 1,000 babies. In 2010, Koehler transitioned to Cancer Care, where she founded the St. Peter's Breast Nurse Navigation Program before serving as Director of Oncology. She received her Master's in Nursing from Walden University with an emphasis in leadership and administration, and in 2018, she was promoted to Inpatient Senior Nursing Director and later to Interim CNO.

As CNO, Kari leads the organization's nursing leadership team, a group of nursing leaders representing more than 500 nurses working across St. Peter's. She also serves as a member of the executive leadership team.



CONGRATULATIONS TO OUR 20 UNDER 40 HONOREES

Dr. Bridgid Crowley Psychiatrist

Sarah Maddock, RNC, BSN Interim Manager of the Intensive Care Unit (ICU)

Both Dr. Crowley and Sarah returned home to Helena after launching their health care careers in the Pacific Northwest. In July, both were chosen as Helena Independent Record's "20 Under 40" 2022 honorees.



EVERY BITE MATTERS

FOOD RX FAST FACT

EATING MORE “WHOLE FOODS” INSTEAD OF HIGHLY PROCESSED “FOOD PRODUCT” CAN HELP IMPROVE OVERALL HEALTH. HERE ARE THREE WAYS TO IDENTIFY WHOLE FOODS:

- Only contain ingredients from the five food groups: dairy, whole grains, meat, non-meat proteins and fruits/vegetables
- No synthetic ingredients
- No alternative sweeteners and very little added sugar



HOMETOWN HELPERS

BROTHERS DONATE LEMONADE STAND EARNINGS TO CANCER CARE

The Cirullo brothers Christian, 9, and Landon, 5, set up a lemonade stand in front of their dad’s Farm Bureau office to raise money for St. Peter’s patients with cancer. According to their parents, Kate and Sean Cirullo, the brothers wanted to “help cancer patients who don’t feel well” adding, “they need our help.” They raised \$115, which will provide snacks and refreshments to patients receiving care.

The boys didn’t stop there. They recently became student members of the St. Peter’s Hospital Association’s new “Student K-College” membership level. This makes them the first elementary members in the Association’s 101-year history. The Association was formed in 1921 to create community interest in and provide volunteer

“We wanted to help cancer patients who don’t feel well.”

— Landon and Christian Cirullo

service and financial support for St. Peter’s. Among many important contributions by hundreds of devoted members during the past 100 years, the Association has donated well over \$1 million to St. Peter’s. The Association has experienced a membership resurgence lately thanks to new members including young and retired professionals, college students and physicians.

Learn more at sphealth.org/foundation.



Landon (5) and Christian (9) Cirullo present the money they raised from a lemonade stand to Medical Oncologist and Hematologist Dr. Elizabeth Bigger, and Interim Cancer Care Director Alice Luehr, DNP, RN, CNN.



COMMUNITY EDUCATION PROGRAMS

INCH BY INCH SPHEALTH.ORG/INCHBYINCH

Inch by Inch is a nationally-recognized diabetes prevention program offered to qualifying individuals. This 12-month nutrition and physical activity course focuses on the prevention of diabetes and heart disease through lifestyle change.

For a complete list of St. Peter’s free and low cost education classes, visit sphealth.org/classes.