

NAVIGATING HEALTH CARE

Medical
Transportation

Covering
the
Uninsured

Kids in
Motion

Prescription
Access
Assistance

The Healthcare
Consortium



A collaborative
rural health network

Improving access to quality health care

Cancer
Services
Program

Heal 9
New York

Rip Van Winkle
Tobacco-Free
Action

Partnership
for
Palliative
Care

NY Connects,
Columbia
County

COLUMBIA COUNTY COMMUNITY HEALTHCARE CONSORTIUM

2009 ANNUAL REPORT

FY 2008-2009

On the World Wide Web:
www.columbiahealthnet.org

FINDING THE WAY THROUGH THE HEALTHCARE MAZE

For most people, it can often be a tough road trying to locate the health services they or a family member may need. In fact, it can often be like navigating through a maze. Which way do you go? Will you find what you're looking for without taking a wrong turn, or walk into a proverbial "brick wall." It can sometimes be very difficult to find the right path to needed health services, while not knowing exactly where to go can usually mean frustration, wasted time, or worse.

So how do you find the health care services you need? One simple call to The Healthcare Consortium office sends residents in the right direction. The Healthcare Consortium has been simplifying that process for the residents of Columbia County and its neighbors since 1998. With several programs designed to help individuals access specific services, or information that can provide access to health care outside our own program parameters, people have come to rely on The Healthcare Consortium as a valuable and trusted resource.



MISSION & VALUES

MISSION

The mission of the Columbia County Community Healthcare Consortium is to increase access to quality health care through collaboration, education, information and service delivery.

VALUES

- ▶ Access to quality health care is a fundamental right of every individual.
- ▶ Improving the health of our community occurs through the partnership of health, social service, all levels of government, and wellness organizations.
- ▶ Individuals are primarily responsible for their own health care decisions and require information and education to fulfill their role effectively.
- ▶ Collaboration and provision of preventive and wellness services has long term efficiencies.

THE VISION FOR THE FUTURE

- ▶ Health care consumers will be well informed.
- ▶ Low income/uninsured/underinsured individuals will have equal access to primary care, dental and vision services.
- ▶ Transportation to health care services will be accessible to all residents.
- ▶ Health outcomes will make significant progress towards the Healthy People 2015 goals.
- ▶ Health care consumers will have better access to having prescriptions filled and utilized appropriately.

BOARD OF DIRECTORS

OFFICERS

PRESIDENT	Jeffrey Rovitz, Executive Director Mental Health Association of Columbia-Greene Counties
VICE PRESIDENT	Anne Zittell, RN, Retired
TREASURER	Kenneth Stall, CEO NYSARC Columbia County
SECRETARY	Linda Earley, 4H Youth Leader Cornell Cooperative Extension of Columbia County

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Joann Siry, Director The EDDY Visiting Nurse Assn	Arthur Koweek, Consumer

PRESIDENT'S PERSPECTIVE

This year marks the 11th year that the Healthcare Consortium has provided essential services to the residents of the area. It remains a highly dynamic and competent organization thanks to the wonderful work of its staff, the dedication of its board of directors, and the support it receives from the community. Each year seems to bring new challenges and opportunities, and this year was certainly no different. As in other years, the Consortium was once again able to meet the challenges and make the most of the opportunities.

A number of exciting initiatives began this year. The agency began coordination of NY Connects, Columbia County which allows for 'one stop shopping' for a variety of available long term care services. The 'Covering the Uninsured' Program processed an all time high number of applications. This program is needed more than ever now that so many are losing health care benefits with the loss of employment in this difficult fiscal climate. The Consortium was awarded a grant from the NYS DOH for a local planning initiative. The Heal 9 NY grant will allow a needs assessment relating to primary and preventive care services to be conducted. The demand for medical transportation continues to increase. In response, the agency was awarded a grant from Senator Stephen Saland that allowed us to purchase a new vehicle. The much needed children's dental program was successfully transferred to Columbia Memorial Hospital. After great effort, the agency was able to partner with the NYU dental school to bring additional dental treatment services to young families in the Head Start Program as well as the students in the Hudson City School District who are without dental care. Due to the dire fiscal conditions of the State, the DOH funding for the Diabetes Coalition ended after five very successful years. The Consortium continues to search for grants in order to provide this valuable service. In addition, there were reductions in funding from DOH in the areas of cancer services, obesity prevention, and the rural health network grant itself. Thanks to the creativity of staff, as well as the wonderful partnerships the Consortium has created, these services were maintained.

We all know that the coming years will be difficult ones as New York State struggles to meet its obligations. Additional cuts can be anticipated and grant funding will become more competitive just at the time when services are most needed. I am fully confident that we will survive these tough times, and continue to flourish, thanks to the excellent leadership of Diane Franzman, the work ethic of the staff, the commitment of the full board of directors, and the support of our local and state representatives.

Jeffrey Rovitz, MS, CRC, LMHC
President

EXECUTIVE DIRECTOR'S VIEW

Each year when I begin to prepare my annual report, I reflect on our past accomplishments and realize just how fortunate I am to have the opportunity to serve my community, in an organization filled with truly dedicated staff and led by dedicated Board members.

Access to health care is so essential to quality of life that affecting even a small change can have dramatic effects. I have been given the opportunity to see how our work can impact on an individual and on a family. In this time of indecision about the future of health care, it is easy to feel that so much is out of our control, yet here in our community we can make a difference.

So many serious health issues can be avoided with prevention, early detection and intervention. The woman who may have died of breast cancer if gone undetected is now in treatment with an excellent prognosis. The child, who for lack of insurance would have had serious complications if their asthma had not been treated, can now manage this disease and live a normal life. The elderly woman living alone in her home in Ancram or Hillsdale no longer has to postpone medical treatment for lack of transportation. The man who attends a support group and suddenly learns that he can manage his diabetes better if he just makes one or two changes in his lifestyle.

While the nation struggles with the future of health care, there are still so many things we can do as a community to make sure our residents have the opportunity and resources to live a healthy productive life. Whether that is making sure our children can make healthy food choices or helping a resident with disabilities find the services needed to remain in their home, we can make a difference in peoples' lives. Without the support of our governmental leaders, our grantors and our community partners we could not continue our work. On behalf of everyone at the Healthcare Consortium, Thank You!

Diane Franzman
Executive Director

THE PROGRAMS

MEDICAL TRANSPORTATION

Our non-emergency medical transportation program continues to grow each year as the demand for our service is ever increasing. This year our drivers travelled more than 130,000 miles providing 8,181 trips, up from 7,996 last year.



More than 800 clients were able to access their medical appointments using our service. While the need for our service increases, so does the wear and tear on our vehicles. Thanks to legislative grants we were able to purchase a new minivan and a new sedan to replace older vehicles and update our fleet.

COVERING THE UNINSURED

Covering the Uninsured is more active than ever! This program allows more people access to affordable health insurance through Child Health Plus, Family Health Plus and Medicaid Managed Care plans. In 2009 the counselors submitted 949 applications, a 17% increase over last year! Referrals were also on the rise, up from 2,650 in 2008 to 3,020 this year. October marked the first time in our 6 year history where the staff completed more than 100 applications in one month!



PRESCRIPTION ACCESS

Our Prescription Access Assistance program provides uninsured residents with a way to get the prescription medications they need, usually at low or no cost direct from the pharmaceutical companies. The program is available to all Columbia County residents and, in addition, special funding is available from the Foundation for Community Health in Sharon CT for residents of Ancram and Copake townships. That funding has helped 16 qualifying residents to acquire 134 prescription meds from local pharmacies at no cost to them during this year. Overall, the Prescription Access Assistance Program has helped 101 residents to access 2,070 prescriptions!

THE PROGRAMS

CANCER SERVICES PROGRAM

Three-hundred thirty two uninsured men and women, between the ages of 30 and 64, were screened for breast, cervical and colon cancers through the program this year. A total of 968 screening tests were completed, all at no cost to our clients. Of these, 106 people needed follow up services due to abnormal findings and three women were diagnosed with breast cancer. All of these clients received extensive case management services by CSP staff throughout the diagnostic and treatment phase. Colon cancer screenings identified 5 clients with precancerous polyps, which without treatment could lead to invasive cancer in the future. Prevention and early detection are the keys to reducing the number of cancer deaths. Collaboratively 26 local health-care providers, 40 community partners in the two counties, NYSDOH funding and a very dedicated staff work together to make this comprehensive program available to those without health insurance.

Community volunteers helped us organize 3 fundraising events for the Columbia and Greene County Community Cancer Fund. This fund, administered by the Healthcare Consortium since 2004, provides financial assistance to our uninsured clients that need diagnostic services that are not paid for by the Cancer Services Program. The fund also helps individuals with cancer who are experiencing a financial hardship because of their cancer illness for things such as co-payments, living expenses and transportation. \$25,500 was raised to help our neighbors in 2009.



OVARIAN CANCER AWARENESS

Funding for the Ovarian Cancer Awareness and Education Initiative for Columbia & Greene Counties ended in September 2009. Our staff has successfully provided education and information about the early warning signs of Ovarian Cancer and the importance of early detection and treatment. We have reached out to women through worksite seminars, community presentations, mobile mammography events and presence at health fairs and clinics in the twin counties. Health care professionals and students received education about the importance of evaluating patient symptoms by looking beyond less serious conditions that present similar symptoms. Additionally, thousands of messages about early detection of ovarian cancer in the printed media were distributed through brochures, newspapers, billboards and newsletters.

THE PROGRAMS

RIP VAN WINKLE TOBACCO-FREE ACTION

RVW successfully completed the 5-year grant cycle with 97% of all outcomes achieved. The program was re-funded for another 5 years through a competitive grant application process.



In Columbia County, 10 Town Parks now have a No Smoking policy. In Greene County, there are 5 Town and Village parks and playgrounds posted as no smoking areas.

Over 50 local organizations and events have pledged not to accept donations, sponsorship or in-kind services from tobacco companies.

As a result of advocacy efforts, all XtraMart convenience stores in the area now have a policy that there is no exterior cigarette advertising. 70% of stores within a mile of all school districts have eliminated outside tobacco ads.

In 2009, 7,000 Quitline cards and 5,000 "Stop Smoking Benefits for Medicaid Recipients" brochures were distributed through community partners. There were 2,000 calls to the Quitline; 1,200 callers received free nicotine patches or gum. Use of the Medicaid benefit tripled, from 721 to 2,010.

PARTNERSHIP FOR PALLIATIVE CARE

The Partnership for Palliative Care consists of a team of health care and other professionals who collaborate to promote palliative/supportive care, and advocate for access to care in our community. Its goal is to facilitate discussions about end of life issues including: palliative & supportive care; hospice care; curative care; advanced directives; legal; financial, spiritual and ethical considerations. These discussions are a part of The Partnership's effort to address family's concerns regarding advanced illness and make them aware of the options available.

Health care & support

Our project continued in 2009 to raise awareness about the importance of the health care proxy document and advance directives by offering educational sessions in the community and healthcare settings. An on-line registry for these documents, called "*Assuring Your Wishes*", was established so healthcare providers can have immediate access to information that will guide medical care decisions when someone is unable to speak for themselves.



THE PROGRAMS

NY CONNECTS, COLUMBIA COUNTY

NY Connects, Columbia County is a new program that began in the Fall. The program is a trusted resource in the community that provides free information and assistance on available long term care services. It works specifically with the elderly, individuals with chronic illness, and persons of all ages with a disability in Columbia County. NY Connects, Columbia County is endorsed and supported by the New York State Office



for the Aging in collaboration with the New York State Department of Health and is coordinated by The Healthcare Consortium.

NY Connects, Columbia County provides information on services currently available, such as home care, personal care, transportation, home delivered meals, therapy visits, respite and palliative care, counseling and support, housing options, and more. The program provides referrals

to agencies that may help in the care of a county resident. NY Connects, Columbia County does not provide direct services or financial support. The program provides assistance in obtaining services. An initial general assessment of needs will help determine appropriate referrals.

KIDS IN MOTION

Kids in Motion is a Childhood Obesity Prevention Program funded through a grant from the New York State Department of Health. The program is coordinated by the Columbia County Community Healthcare Consortium.

We work with schools and communities in Columbia County. Our mission is to facilitate policies and environment changes in Columbia County schools and communities that promote healthy lifestyles for kids grade K-5. This year we funded programs in five school districts which ranged from before school running programs to after school ballroom dance clubs. We funded physical activity programs in 11 different summer recreation parks and day camps in Columbia County for the first time.



We created a one and two mile signed walking loop through the City of Hudson for all residents to be able to use and we hope to expand that to many more towns and villages in Columbia County. Last, but not least, we funded the Hudson Youth Center Garden, which reached hundreds of kids from the most at-risk population in Hudson, and introduced them to farming and cooking!

THE PROGRAMS

CHILDREN'S DENTAL HEALTH

After 6 successful years, the Healthcare Consortium transferred coordination of the children's dental program to Columbia Memorial Hospital. This change allowed for improved communication with the mobile dental program clinicians and more efficient administrative procedures.



We also partnered with the NYU dental school to bring additional dental treatment services to young families in the Head Start program. The success of this partnership led to further collaboration with the Hudson City School District and serves students in that district who are without a dental home.

COLUMBIA-GREENE DIABETES COALITION

For the past five years, the Healthcare Consortium has coordinated the Diabetes Coalition as the local chapter of the Greater Capital Region Coalition for Diabetes Prevention and Control. Each month members of the community attended topical education and support meetings. Twice each year recognized health care professionals provided diabetes-related presentations to groups averaging 100 patients and caregivers. An annual presentation to health care professionals was provided each year as well.



SPEAKERS BUREAU

The health-education Speakers Bureau coordinates professional presentations by experts in their respective fields to private and public organizations, schools, and fraternal and civic groups both large and small. In 2009 five presentations were given covering the following topics: stress reduction, maximizing your potential, the power of breath, fire safety and women's health issues.

FINANCIAL POSITION

FY 2008-2009

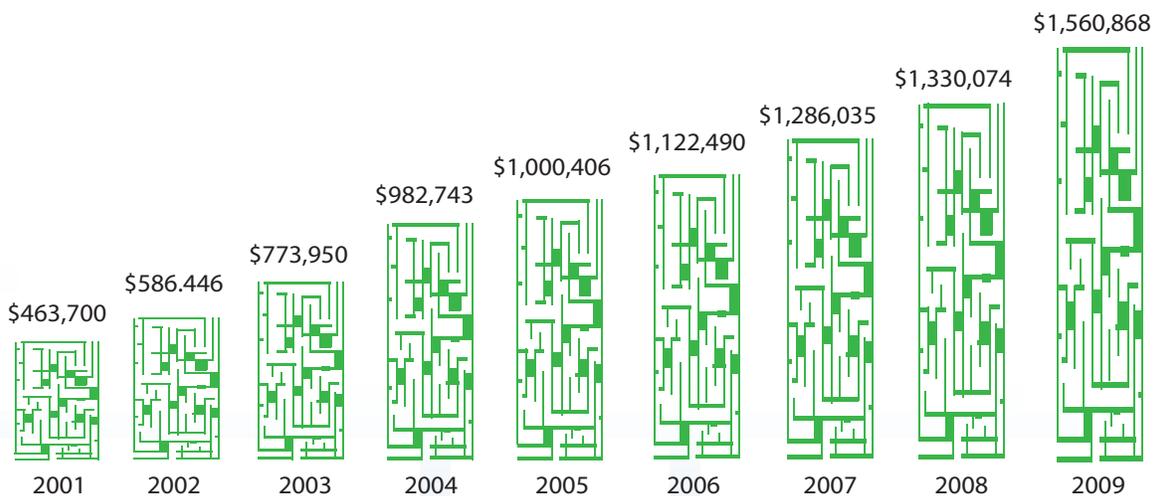
ASSETS

	2009	2008
Current Assets		
Cash and cash equivalents	\$ 82,502	\$ 45,758
Grants receivable	349,918	366,842
Prepaid Expenses	<u>1,427</u>	<u>360</u>
Total Current Assets	433,847	412,960
Property, Plant and Equipment, Net of Accumulated Depreciation	<u>72,661</u>	<u>91,918</u>
	\$ <u>506,508</u>	\$ <u>504,878</u>

LIABILITIES AND NET ASSETS

Current Liabilities:		
Accounts Payable	\$ 89,604	\$ 102,814
Accrued wages and benefits	24,891	22,167
Accrued compensated absences	25,993	25,084
Advanced Funding Payable	<u>29,986</u>	<u>97,627</u>
Total Current Liabilities	169,934	247,692
Net Assets:		
Temporarily Restricted	9,601	9,601
Unrestricted	<u>326,973</u>	<u>247,585</u>
	<u>336,574</u>	<u>257,186</u>
	\$ <u>506,508</u>	\$ <u>504,878</u>

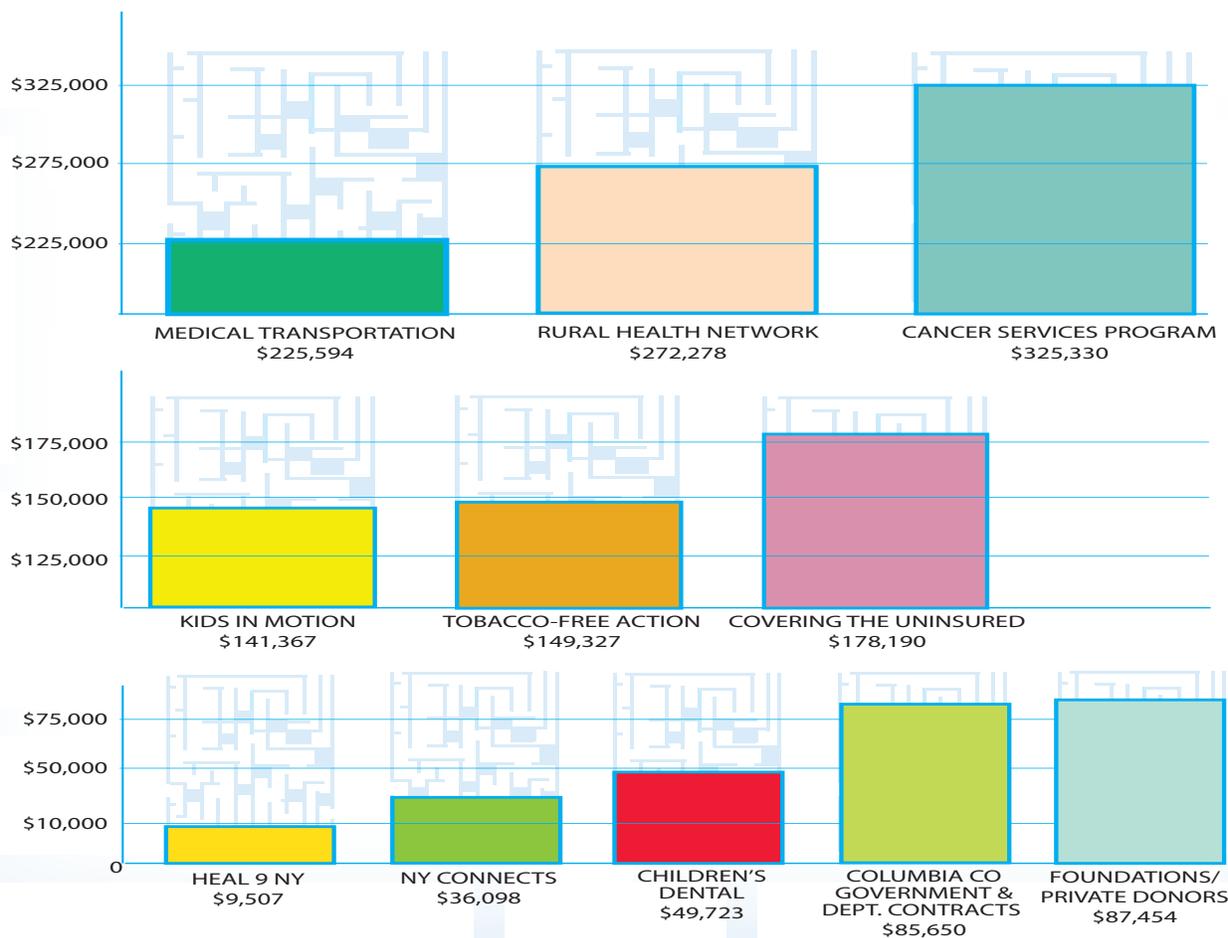
FUNDING HISTORY



FUNDING SOURCES

FY 2008-2009

New York State Department of Health
 New York State Department of Social Services
 New York State Office for the Aging
 Health Research Institute
 Columbia County Government
 Columbia County Departments
 Foundation for Community Health
 Greene County Rural Health Network
 Northeast Health
 Golub Foundation
 Sidney & Beatrice Albert Foundation
 Fidelis Health Care
 Bank of Greene County
 First Niagara Bank & Trust Company Foundation
 Kinderhook Bank
 Private Donations



*“Never doubt that a small group of thoughtful,
committed citizens can change the world.*

Indeed, it is the only thing that ever has.”

Margaret Mead, US anthropologist (1901 - 1978)



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www.columbiahealthnet.org

Direct Dial Program Access

Cancer Services Program
822-8741 fax 828-3425

Covering the Uninsured
822-9600 toll-free 1-800-980-5530

Non-emergency Medical Transportation
822-8020 fax 828-1479

NY Connects, Columbia County
828-2273 toll-free 1-877-260-9244

Rip Van Winkle Tobacco-Free Action
822-0999 fax 822-1004