



Caritas

WINTER 2013

ST. VINCENT CHARITY MEDICAL CENTER TODAY

Pioneers of Bariatric Surgery

When Saint Luke's Hospital and St. Vincent Charity Medical Center merged in 1997, one of the negotiated features was that the brand-new bariatric surgery program, started by Dr. Helmut Schreiber, chief of surgery at Saint Luke's, be brought to St. Vincent Charity.

Schreiber, who performed the first gastric bypass surgery in Cleveland, said recently that the bariatric program was intended to be more than just surgery. It featured dietician services, exercise classes, a clothing exchange, an annual graduation ceremony, and ongoing support groups. "It was the first program in the city of Cleveland and the first to receive the Center of Excellence designation by the American Society of Metabolic and Bariatric Surgeons," said Schreiber, now retired.

Today, the Center for Bariatric Surgery at St. Vincent Charity Medical Center has helped more than 7,000 patients lose more than 700,000 pounds. As pioneers of bariatric surgery, the program is growing to include two surgeons—Dr. Chandra Hassan, who is director of bariatric surgery, and Dr. Craig Eyman.

When Dr. Schreiber began the program, he was largely performing revisions of weight-loss surgeries for patients from other parts of the country. He is credited with bringing laparoscopic bariatric surgery to the program, which is how most bariatric surgery is performed today. The Center for Bariatric Surgery offers the gastric bypass, gastric sleeve and lap band surgery. A specially trained team of bariatric nurses cares

for patients in a state-of-the-art private inpatient unit.

As Dr. Schreiber intended, the program entails much more than surgery. From the start, patients are treated like family by an entire team of experienced clinical and support staff that are all familiar with the individuals. "It's how St. Vincent Charity takes a holistic approach to wellness and weight loss with every patient in our care," said Program Director Helen Dumski, who came to the program in April. "Our support is for a lifetime," she said. *Continued on page 3*

TO REGISTER FOR A FREE SEMINAR AND TO LEARN MORE ABOUT OUR PROGRAM: Visit www.stvincentcharity.com. You can also call 888-362-9732 to sign up for a free seminar.



FROM THE PRESIDENT AND CEO



What an amazing year it has been at St. Vincent Charity Medical Center! We have much to celebrate as 2013 draws to a close. Despite the doomsday scenarios we read and hear about with the changes to healthcare reimbursement and delivery, we have a real spirit of optimism at St. Vincent Charity. Part of that is simply the mission-based culture of St. Vincent Charity Medical Center. There's also a spirit of dynamism that is based on the fact that we are able to be more nimble in response to the challenges that lie ahead.

Winston Churchill said, "The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty." Earlier this year we had a transition occur in the leadership of our Center for Bariatric Surgery. While that certainly presented some challenges, we also saw it as opportunity to grow and expand one of our key Centers of Excellence. You can read more about our program in the cover story.

In late October, we re-launched our website—stvincentcharity.com. The new site not only looks and functions better, but it also contains more helpful information for consumers. We hope you'll check it out.

We have much to celebrate, not only with the holidays fast-approaching, but also as we look forward to 2014. Later next year, we will begin celebrating our 150th Anniversary, a truly incredible anniversary for a legacy institution in Cleveland.

St. Vincent de Paul, our patron saint, was a man of the city and its people. His motto was: "Help us to help others." In the spirit of St. Vincent de Paul, I hope you will help us to help others by making a year-end gift to St. Vincent Charity.

Merry Christmas and thank you for your support in 2013,

David F. Perse, MD
President and CEO



QUALITY MATTERS

Hospitals across the country are openly sharing information about their quality and patient safety outcomes. St. Vincent Charity Medical Center is no different. In October, we re-launched our website www.stvincentcharity.com and one of the new features included in our **ABOUT** section is information about our Quality and Patient Safety.

There's a lot of jargon around these issues, so we've tried to pare this information down into our approach and what it means to patients. Simply put, we believe our patients make better decisions about their care

when they have information at their fingertips. We've outlined what we measure:

- Patient Satisfaction
- Emergency Department Care
- Readmissions
- Mortality
- Cost of Care

We provide our visitors with links to where they can easily compare how we rate with other hospitals. And we include links to outside organizations that measure quality and patient safety nationally.

Patient safety is an ongoing endeavor at St. Vincent Charity Medical Center and every day our Caregivers are focused on continuous improvement. ♦

OUR MISSION

In the Spirit of the Sisters of Charity of St. Augustine, the St. Vincent Charity Medical Center family is dedicated to the healing ministry of Jesus. As Caregivers we serve with a deep respect for the dignity and value of all persons, we are focused on quality care, dedicated to the poor and committed to continuing education.

Pioneers of Bariatric Surgery

Continued from front page

The program is always looking to improve. Some important changes to note include the addition of endocrinologist, Dr. Joumana Chaiban to the program. With the high incidence of co-morbidities such as diabetes and hypertension, Dr. Chaiban brings the added expertise of a metabolic specialist to the team. The program is also rounding out its nonsurgical weight loss options for those patients who prefer an alternative to surgery.

It typically takes four to nine months to complete all the insurance requirements for bariatric surgery. Patients can count on having an advocate who will help them navigate through every step and help individuals stay on track. Patients learn about healthy eating, how to start exercising, what to expect before and after surgery and how to cope with the changes ahead.

“You don’t go through this process alone,” said Tito Santiago, a patient who had surgery in September 2011 and has lost more than 129 pounds. “You will meet other people sharing your same issues and concerns.” His advice to people



New staff include left to right: Chandra Hassan, MD; Craig Eyman, DO; Helen Dumski, Program Director; Christine Miceli-Hahn, PA; and Audrea Oaks, PA.

considering surgery? “Attend the free seminar. What you will see is that you’re not alone. There are a lot of people out there just like you looking for a way to regain and enjoy the rest of their life.”

“Our patients are so enthusiastic about our program,” said Dumski. “I had a patient recently tell me that she considers the date she had her surgery as her new birthday.”

Santiago agrees. “I’ve become more extroverted. I’m able to play my favorite sport—tennis—with friends again. It’s changed my life.” ♦

Butternut Squash and Quinoa Pilaf

Ingredients:

- 4 cups peeled and cubed Butternut Squash
- 6 cloves garlic, minced
- 1 tbsp olive oil
- ¼ cup slivered almonds
- 2 cups cooked quinoa
- ½ tbsp dried sage
- ½ tsp salt

Preheat oven to 425 degrees.

In a large bowl combine butternut squash and garlic. Drizzle with ½ tbsp of olive oil. Stir until squash is evenly coated.

Spoon onto a baking sheet.

Roast in oven for 30 minutes, stirring once and adding the almonds for the last 4-5 minutes of roasting.

While squash is roasting, prepare the quinoa.

In a large bowl combine quinoa, the remaining ½ tbsp of olive oil, sage and salt. Stir in the roasted squash and almonds.

Serves 8 – ½ cup servings

Nutritional Information: Calories – 123; Fat – 3gm; Carbohydrates – 19gm; Protein – 4gm; Fiber – 3gm; Sodium – 152mg

Recipe courtesy of Bev Keeler, Clinical Nutrition Manager at St. Vincent Charity Medical Center



On November 12, 1865 Captain Samuel Whiting presented Mother Augustine, the Sister Superior, with a beautiful, engraved painting by artist Constance Mayer at Charity Hospital. While in command of a New Orleans steamship years before, Whiting came down with yellow fever and was nursed back to health by the Sisters of Charity.

When presenting the painting—entitled “Consolation”—Whiting spoke of his respect for the Sisters and Charity Hospital. Whiting said, “During our late, fearful and bloody war, the devotion of your noble Order to the cause of humanity has won the admiration of the world. The citizens of Cleveland may well be congratulated on the possession of this noble institution.” ♦

Donors celebrate opening of Physician Resource Center

On August 7, St. Vincent Charity Medical Center's physicians, Caregivers, board members, and community partners gathered for the Blessing and Grand Opening Ceremony for our Physician Resource Center. This newly renovated, 2,300 square-foot center offers designated space and technological resources for our physicians to collaborate with colleagues, pursue continuing medical education, and care for patients using St. Vincent Charity's electronic health records system.

The \$525,000 renovation project to establish the Physician Resource Center was made possible through support from:

- KEYBANK FOUNDATION
- THE SISTERS OF CHARITY FOUNDATION OF CLEVELAND
- THE SISTERS OF CHARITY OF ST. AUGUSTINE CONGREGATION
- THE HOWLEY FAMILY
- THE INTERNAL MEDICINE FOUNDATION OF ST. LUKE'S MEDICAL CENTER
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- MARGARET WONG, ESQ.
- RAY AND DIANA MARVAR

We extend our thanks to these generous contributors. Special thanks also to the Physician Resource Center Campaign Committee, chaired by Ray Marvar, which led the fundraising effort to bring this state-of-the-art facility to our physicians. ♦



AUGUSTINE SOCIETY*

St. Vincent Charity Development Foundation appreciates the support of the following donors who have become Founding Members of the Augustine Society:

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Established this year, the Augustine Society honors and recognizes donors who make annual gifts of \$1,000 and above to St. Vincent Charity Development Foundation.

*As of October 2013

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www.stvincentcharity.com/giving

Health care navigator gets patients on track



Navigating through the health care system can be a complex and confusing process. For many, it can be a challenge to find the right doctor, understand prescriptions or find reliable transportation to appointments.

Health Care Navigator Lisa Triska is working to eliminate difficulties like these for the patients of St. Vincent Charity Medical Center. With her guidance, patients are quickly getting on the right track to quality health care.

When Lisa meets with a patient, she talks with them to learn more about their situation and works to eliminate any barriers they may be facing when arranging their follow-up care. Lisa specifically works with patients who are admitted with a principal diagnosis of congestive heart failure,

heart attack, pneumonia or

stroke. Her initial objective is to connect the patient with a primary care physician and schedule a follow-up appointment before they are discharged.

Before they leave the hospital's care, Lisa ensures all her patients have the proper resources so they are prepared for their next appointment. This may include helping them understand medications, scheduling transportation to their next appointment and making sure they know what to talk with their physician about.

One of her favorite tools to use is the Health Literacy Institute "Ask me 3" model, which encourages patients to be active in their visits and understand all the important questions they should ask. "My job is really to empower each patient to take better control of their health care," said Lisa.

Sometimes her role is not only logistical, but also to provide emotional support. "Sometimes patients may not have family or friends who are able to be with them through this

process," said Lisa. "I can also be that support system for them."

The health care navigation program at St. Vincent Charity is aiming to enhance the patient experience and optimize the quality of life for patients. Since the start of the program earlier this year, St. Vincent Charity has been able to address the gaps and barriers in care and is working to reduce readmission rates within 30 days.

Lisa graduated from Malone College in May 2013 with a degree in community health education and began her work at St. Vincent Charity soon after. She's proven to be an asset to St. Vincent Charity and the health care navigation program, as well as an important resource for patients.

"It really gives me a sense of accomplishment when I get a big hug from a grateful patient, or they tell me how no one has ever cared for them like this," said Lisa. "It's great to know that what I'm doing truly does matter to them." ♦



Lisa Triska

Above left: Audley Mackel III, MD, orthopedic surgeon and CFO John Rusnaczyk. Above right: Preparing for the ribbon cutting to open the Physician Resource Center are, from left to right: Sr. Miriam Erb, former Congregational Leader, Sisters of Charity of St. Augustine; Mary Lou Stricklin, Board Chair, Sisters of Charity Foundation of Cleveland; Sr. Judith Ann Karam, Congregational Leader, Sisters of Charity of St. Augustine; Dr. David Perse, President and CEO, St. Vincent Charity Medical Center; Lorraine Vega, Senior Vice President, KeyBank Foundation; and Lee Howley, representing the Howley family.

Heart surgeon leaves native Syria to come back “home” to St. Vincent Charity

With violence in his native Syria escalating, Ghassan Moasis, MD, made the difficult decision to leave everything he knew and had worked for behind in order to find a more stable place for his family and his practice.

While his family is staying with relatives in California, he returned to another home of sorts—the place where he first practiced cardiothoracic surgery, St. Vincent Charity Medical Center.

“I believe the meaning of life is to make a difference,” said Dr. Moasis. “I made a difference here at St. Vincent Charity not only in cardiothoracic surgery, but also in trauma surgery. I was offered a good teaching position at the University of Damascus. In Syria, I was able to make a difference for many, including work helping the poor.”

Dr. Moasis served 14 years as chief of Cardiothoracic Surgery at Al-Assad University Hospital in Damascus, Syria. He led a department of seven cardiac surgeons and 16 residents. The program graduated two heart surgeons a year. He loved his work and focused on taking care of his patients and teaching his residents.

Between the Al-Assad hospital and a private community hospital in Dar al Shifa, Dr. Moasis performed 350 open-heart surgeries a year. He performed coronary, valve and aortic surgery, but also repaired a lot of congenital heart defects.

“Unfortunately, the political and military upheaval in Syria got to a very violent and dangerous level. I had to get my family out and leave,” he said.

“It could not have been better than to be back in Cleveland. This is where I started my family. Three of my four children were born here. St. Vincent Charity is where I started by career,” he said. He is glad to see so many faces of people he worked with at the start of his career still here. “It’s nice to feel that you are welcomed back.”

Dr. Moasis said that the marketplace is more competitive today. “But I strongly believe that no matter how tough the competition is, we can still make a difference.”



Total hip replacement turns H Ironman

All his life, Robert Boehk has been an athlete. He competed in football, wrestling, swimming and diving and swam for Ohio Northern University as an undergraduate. His main mode of transportation was his bike.

He started running for exercise at the University of Toledo Law School and as a young lawyer, with a growing family, he was an avid member of an Ultimate Frisbee Club. But he had other athletic aspirations. “You never hear anyone say, ‘Let’s go *play* triathlon.’ You can play ball but triathlon is a serious sport requiring significant time and effort. Definitely *not* playtime,” said Boehk. The competitor in him embraced the sport and set his sights upon completing an Ironman.

The first step, however, was completing a marathon, the final leg of the Ironman and the biggest challenge for him as a triathlete. “I completed the 1997 Pittsburgh Marathon in 3 hours 27 minutes, around 8 minutes per mile, and it felt pretty good. Some friends told me I only needed a 3:15 to qualify for the Boston Marathon, long considered the Gold Standard and basically the annual World Championship,” he said.

It would take Boehk many more marathons over the span of 18 months before he could run the race he needed to qualify for the Boston Marathon. He made it the 1999 Boston Marathon and it was all he expected.

However, two months later, he was sitting in an orthopedic surgeon’s office as the doctor advised him to start using a cane because of the arthritis in his right hip. He was only 39 and his running career—and dreams of completing an Ironman—seemed over in an instant.

“I fell into a slump – eating and drinking too much, absorbing myself in my legal work – basically not having much fun. I took up snowboarding with my son and that was pretty good, but my life was missing something,” he said.

Having developed a serious back problem in 2004, Boehk went to see Dr. John Collis, a neurosurgeon and co-medical director of the Spine and Orthopedic Institute at St. Vincent Charity Medical Center. “He gave me a plan for my back pain, and it included a referral to Dr. Louis Kepler to discuss a possible fusion of my lower lumbar, and a potential right hip replacement.”

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Dr. Keppler, an orthopedic surgeon and co-medical director of the Spine and Orthopedic Institute, told Boehk that his hip joint looked as if it belonged on a “90-year-old hip” and needed to be replaced. Surgery was scheduled for April 15, 2005 at St. Vincent Charity.

“Leading up to the surgery I stayed as physically fit as possible, swimming and riding my bike. The surgery was a complete success without complication. I was back on a stationary bike in a couple weeks and I never looked back,” he said.

Dr. Keppler has seen an increasing number of younger patients in his practice, ranging from the impact of sports injuries on the development of arthritis in Baby Boomers. “Implants are also better today. We feel more confident offering them to younger people because of the quality and durability of those implants, which can last up to 20 years now,” he said.

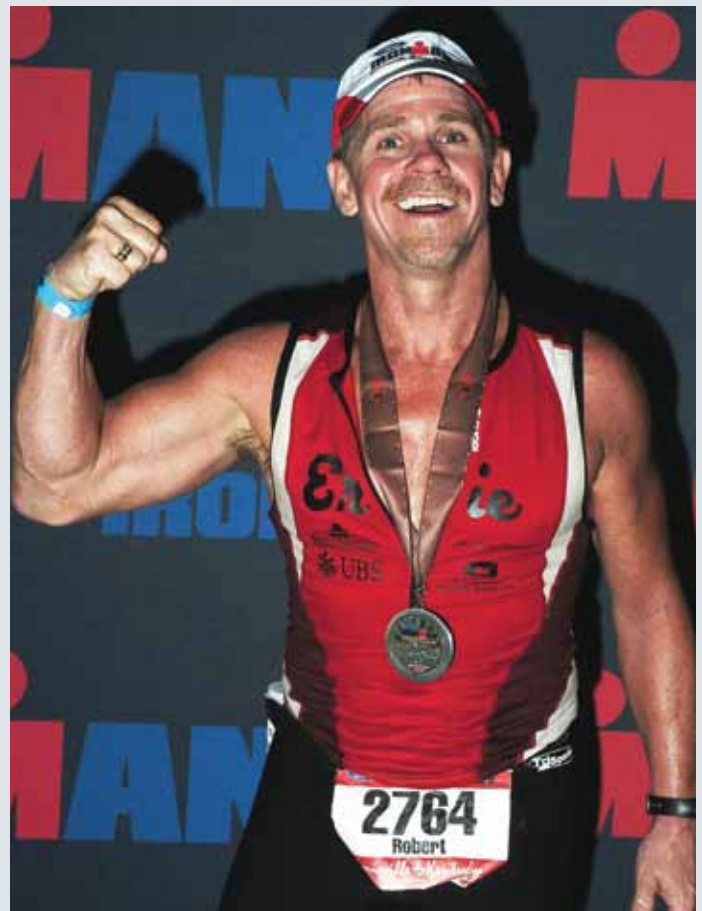
He walked into his three-week appointment following surgery with a motorcycle helmet tucked under his arm. When Dr. Keppler inquired, Boehk explained that he rode his motorcycle the hour in from Huron. “I think Dr. Keppler and I got an understanding of one another that day,” Boehk recalls.

After his hip surgery, Boehk gradually lost more than 20 pounds and began biking and swimming again. “I began to think that maybe I could do a triathlon,” he said. He met a man who had a hip replacement and had just completed a half Ironman. “I went back to see Dr. Keppler and told him I wanted to do an Ironman.”

Roman Hanycz, a physician assistant in Dr. Keppler’s office said, “Let’s take some x-rays.” They reviewed the x-rays and discussed the risks. “Unlike some other surgeons I had consulted, Dr. Keppler did not ridicule me or belittle my dream. He understood and eventually I got a green light.”

“Bob was certainly a motivated patient,” said Dr. Keppler about his recovery. “Our goal at the Spine and Orthopedic Institute at St. Vincent Charity is to improve a patient’s quality of life over the long haul and get them back to their desired activity level.”

Boehk completed the ChesapeakeMan Ultra Distance Triathlon in Cambridge, Maryland in September 2009. Problem was, it was not an



Brightroom for ©Ford Ironman

Bob Boehk completed the 2010 Louisville Ford Ironman in a little over 13 hours. “It was the culmination of a dream that I had thought gone forever.”

“official” Ironman, which is proprietary to Ford and the World Triathlon Association. So he registered for and completed the Louisville Ironman the next year.

Since then, Boehk has remained in good health and stays fit. At 53 now, he has backed off the running, but he regularly bikes and swims. He and his wife, Laurie, continue an active lifestyle with their three children and two grandchildren. However, his active lifestyle has also presented challenges. Last year Dr. Keppler repaired his torn rotator cuff. Following rehab, this fall Boehk participated in a relay at the 2013 Rev3 Half Rev Triathlon at Cedar Point. His team got second place overall.

“I can honestly say that my life has improved dramatically and beyond description under the care of Dr. Louis Keppler, a world-class surgeon,” said Boehk. “He has an awesome medical team along with the great staff of Caregivers at St. Vincent Charity Medical Center. God blessed me richly when he sent me to these great doctors. I will be forever grateful!” ♦

On November 19, St. Vincent Charity Medical Center partnered with The Plain Dealer and Cleveland.com to feature a surgery live from the Operating Room. Watch Dr. Lou Keppler perform a total knee replacement and learn about our patient’s journey at <http://www.cleveland.com/knee/>.



ST. VINCENT CHARITY MEDICAL CENTER

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CALENDAR OF EVENTS

Check www.stvincentcharity.com for the latest details on events or become a fan of our Facebook page.

- December 16** Christmas Program, 2 p.m., St. Vincent Charity Medical Center, Cleveland
- January 6** Bariatric Seminar, 6 p.m., Embassy Suites, Beachwood
- January 9** Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland
- January 11** Blood Pressure and Blood Sugar Screenings, 11:30 a.m., Ward 5 Club Meeting, 2235 East 55th Street, Cleveland
- January 11** Blood Pressure and Blood Sugar Screenings and Diabetes Education, 3 p.m., La Sagrada Familia Church, Cleveland
- January 13** Bariatric Seminar, 6 p.m., Holiday Inn West, Westlake
- January 20** Bariatric Seminar, 6 p.m., Holiday Inn, Canton
- January 20** Annual Martin Luther King, Jr. Program, St. Vincent Charity Medical Center, Cleveland
- January 27** Bariatric Seminar, 6 p.m., St. Vincent Charity Medical Center, Cleveland
- February 8** Blood Pressure and Blood Sugar Screenings, 11:30 a.m., Ward 5 Club Meeting, 2235 East 55th Street, Cleveland
- February 10** Bariatric Seminar, 6 p.m., Middleburg Heights Recreation Center, Middleburg Heights
- February 13** Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland
- February 17** Bariatric Seminar, 6 p.m., Hilton Garden Inn, Twinsburg
- February 24** Bariatric Seminar, 6 p.m., St. Vincent Charity Medical Center, Cleveland
- March 3** Bariatric Seminar, 6 p.m., Lorain Community College, Elyria
- March 8** Blood Pressure and Blood Sugar Screenings, 11:30 a.m., Ward 5 Club Meeting, 2235 East 55th Street, Cleveland
- March 13** Total Joint Replacement Class, 2 p.m., St. Vincent Charity Medical Center, Cleveland
- March 24** Bariatric Seminar, 6 p.m., St. Vincent Charity Medical Center, Cleveland
- Ongoing** Blood pressure and Blood Sugar Screenings are held every Tuesday at 9 a.m., Marion-Sterling School, Cleveland

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Caritas is produced three times a year by the Marketing and Communications Department at St. Vincent Charity Medical Center. You can receive Caritas directly to your email inbox. To subscribe to the electronic publication, visit our website and fill out the "sign up for our newsletter" form on the homepage.

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