THE OUR DIE STRING 2023

Advancing the Medical Respite Model

Pilot program with Cleveland Clinic aims to quantify benefits and document best practices

For Mary's Home alum Olivia, the term "medical respite" now means feeling safe while getting her health back on track. A widowed woman in her 60s who had recently been evicted from her apartment due to her roommate's move into a nursing home, Olivia had nowhere to go after being hospitalized for diabetes, anxiety and depression. Cleveland Clinic Lutheran Hospital referred her to Joseph & Mary's Home.

"I was totally overwhelmed because I had never been homeless before. The staff shared it was a respite. I didn't know what that meant," Olivia said. The term meant a whole lot more to Olivia three months later after she stabilized her health and signed a lease for a new apartment, which she moved into in mid-January. "The staff make you feel welcome and they really listen. They help you accomplish your goals," Olivia added.



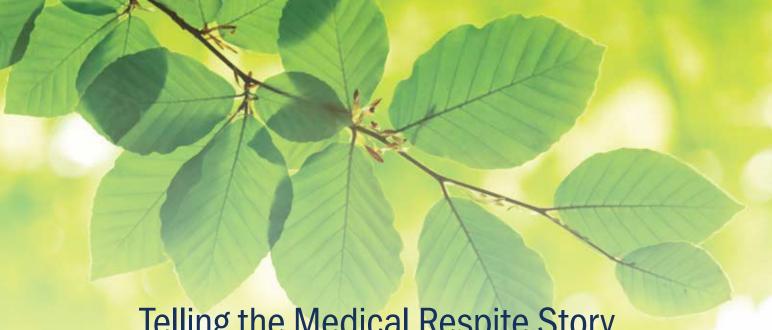
Joseph & Mary's Home has provided medical respite to hundreds of people experiencing homelessness like Olivia. Medical respite is an emerging practice quickly growing nationwide, with its success in helping hospitalized patients safely recuperate and transition to housing and self-care. Joseph & Mary's Home is one of only three medical respite programs serving medically-fragile adults experiencing homelessness in Ohio.

"Olivia's story and other remarkable stories like hers show us that we play a crucial role in the overall continuum of homeless services," said Beth Graham, executive director, Joseph & Mary's Home. "Now, we want to compare the outcomes for people that receive our care to outcomes for people who leave the hospital without medical respite as an option. Since medical respite is still unfamiliar to some, there remains a need in the Cleveland area and in Ohio to show evidence of its value."

The Pilot Program

To gather evidence, Joseph & Mary's Home collaborated with the Cleveland Clinic in early 2022 to develop a medical respite and care coordination pilot and evaluation project. The Cleveland Clinic is referring some patients experiencing homelessness to Joseph & Mary's Home when discharged from the hospital. The program monitors outcomes of patients receiving medical respite care compared to patients who are discharged to non-respite alternatives (treatment as usual). Results of the pilot program will be published in mid-2024 in

Continued on page 3



Telling the Medical Respite Story



It is an exciting time at Joseph & Mary's Home. In March, we will celebrate the Feast of St. Joseph as well as celebrating the one-year anniversary of the opening of Mary's Home. It is hard to believe that a year has passed, and it has been wonderful to get to know women like Mildred, Olivia, Peaches, Danielle and many others. We look forward to getting know many more women in 2023.

When people experience housing and medical crises, the seriousness and urgency of the situation demands flexible, adaptable service choices that are there when needed, are in the right "dosage" and can be provided efficiently to quickly help people get back to health and forward to housing. Partnerships are absolutely vital — and necessary — to make this happen. In this issue, you will read about our pilot project with the Cleveland Clinic, one of our region's leading health care institutions. With one hospital bed costing an average of \$3,200 per day and people experiencing homelessness staying in the hospital an average of four days longer simply because of a lack of a safe discharge destination, creating innovative partnerships to help medically-fragile people experiencing homelessness achieve better health is both humane and fiscally necessary. We think this pilot project and corresponding evaluation will show that the medical respite care is compassionate, effective and a good value.

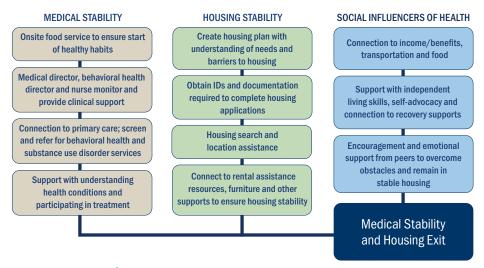
Key to our work with all of our hospital partners are our community health workers. A community health worker is a frontline public health worker who understands and is trusted by the community served. Building trust is essential when working with people who have been let down or left behind by so many of our systems. Trust, respect and right relationships with those we serve are deeply held values of the Sisters of Charity Health System. In this issue, we highlight Richard Woodson, one of our community health workers, and he truly embodies these values every day. Thanks to his work, our residents and alumni attend their appointments, understand their health conditions and gain confidence in advocating for themselves with their providers, resulting in better care.

None of this happens without you. Thank you for your generosity and compassion, and thank you for helping us become a stronger, smarter organization for those we serve.

Yours in Service,

BETH GRAHAM, Executive Director, Joseph & Mary's Home

INTEGRATED, TEAM-BASED RECUPERATIVE CARE



Cover story continued

a detailed study with the Cleveland Clinic Statistics Department with funding from the United Way of Greater Cleveland. The Ohio Capital Investment Corporation is an additional program funder. Several experts from national, state and local organizations are serving as a volunteer advisory group for the study.

"We expect the study to confirm what we know: medical respite improves health and housing outcomes for individuals experiencing homelessness," said Beth. "We also expect to see, as a result of improved health, less emergency room use and fewer hospitalizations. Hospitals, insurers and public agencies will take notice of improved health and cost savings, which could result in greater funding support. We also plan to share our findings broadly to provide best practices to others who want to expand the medical respite model in their communities."

Kenneth Surratt, vice president, community investment and chief investment officer at the United Way of Greater Cleveland, said the organization is pleased to be the lead funder of the pilot project with its goals of helping advance health equity and housing stability for the most vulnerable in the

community. "Through our 211 hotline we are aware of the need for services like those offered by Joseph & Mary's Home. This study will elevate the conversation around health system and community organization partnerships to help end homelessness and the importance of funding innovative programs like medical respite that have proven results of helping people," he added.

How Much Do Outcomes Improve?

Researchers will study patient outcomes over the duration of the pilot program. The expectation is that outcomes will be improved in a number of areas, including:

- · Higher rates of permanent housing
- Increased income and increased non-cash benefits
- Fewer readmissions following hospitalization
- Reduced use of emergency departments and inpatient bed days
- Reduced mortality
- Increased participation in ongoing primary care, preventative care and behavioral health care
- Greater use of medications as prescribed

The pilot is also being used to study best practices on how to support patients

with complex health and social needs. And, how to have the most seamless and coordinated transitions when a patient is referred to Joseph & Mary's Home and also when they have stabilized their health and begin the next step of their journey.

Cleveland Clinic is the health system partner on the pilot program, but Joseph & Mary's Home continues to receive referrals from all of Northeast Ohio's major health systems: University Hospitals, MetroHealth, St. Vincent Charity Community Health Center and Cleveland Clinic.

Kristine Adams, associate chief nursing officer, Cleveland Clinic Care Management & Ambulatory Services, is the pilot program lead on the hospital side. She said Cleveland Clinic wanted to be involved because medical respite is a much-needed service, but one that is still relatively uncommon.

"We feel it is our duty as a research institution to study the benefits to patients, communities and health systems. We are so blessed to have Joseph & Mary's Home as a resource in our community. As we discharge patients from our hospitals, we want their care and healing to continue in a safe and therapeutic space.

- Kristine Adams, MSN, CNP

She added that findings could spark interest in other communities to have a similar resource and also give those communities an evidence-based set of processes on how to work with a health system.

"We hope this is just the beginning for further study and further collaboration with Joseph & Mary's Home," she said. ◆

For more information about medical respite care, please visit the National Institute for Medical Respite Care website at nimrc.org.

BACK TO HEALTH FORWARD TO HOUSING

2022 OUTCOMES

adults were served in residence and the community.

were medically stable upon discharge.

90%

of alumni exited to and have remained in a stable setting.

Impact and Resident Demographics

Joseph & Mary's Home provides medical respite care for medically-fragile adults experiencing homelessness. All of the people we served are, at time of admittance, without housing and are experiencing an acute medical condition that has led to repeated emergency room visits or hospitalization. In March 2022, we expanded to serve women with the opening of Mary's Home, which reached full occupancy in July.

In 2022, the men and women served were most often older adults, with a physical and/or mental health disability and at least one chronic health condition.

- 119 adults served in residence and in the community
- 83 days, average length of stay
- 100% were homeless, according to HUD's definition
- 27% were considered chronically homeless
- 60% are over the age of 55
- 60% are African-American
- 12% are veterans
- 80% have a physical disability
- 75% have a diagnosed severe mental illness
- 55% have a substance use disorder
- 97% have a chronic health condition

Health & Well-Being Outcomes

Medical stability is measured by improvements made when a resident is at Joseph & Mary's Home. Some markers of stability are more easily identifiable than others, such as coming in with an open wound and having the wound heal, or coming in with uncontrolled diabetes and leaving with their health stabilized and regularly taking medication as prescribed. Other markers are less obvious but can still be measured, like a reduction in outward symptoms.

- 62% of residents were medically stable when exiting Joseph & Mary's Home
- 71% of residents demonstrated improvement in medication management Note: Residents are encouraged to take at least 90% of their medications each week. Some residents may struggle with acceptance of their conditions or stigma associated with their illness. Staff members support and coach residents on the importance of medication to overall health and wellness to help build good medication habits.
- 79% of residents demonstrated improvement in knowledge of medical condition
- 76% of residents improved self-care ability
- 26% of residents increased their incomes or obtained new/increased benefits

Housing Outcomes

Housing stability is measured by the percentage of people who exit to permanent housing and remain in that housing for a period of six months or longer. Some residents exit Joseph & Mary's Home to higher levels of care, such as assisted living, which may be more appropriate based on their medical conditions. Ultimately, the goal is to exit residents to housing situations that end their homelessness for good.

- 63% exited to a stable setting, including 40% of residents who moved directly into permanent rental housing of their own
- 90% of alumni remain in stable housing after exiting

DONOR SPOTLIGHT:

Marianne Monahan Directs Her Passion for Service into Monthly Giving



As a nurse for her entire professional career, Marianne Monahan has dedicated her life to service. It's a passion that was deeply ingrained from her first days of training at St. Vincent Charity Hospital School of Nursing in Cleveland. She remembers working in the free walk-in clinic and not ending the day until every patient was seen by the doctor. The nuns provided meals to people in need of care while they waited.

She embraced this commitment to caring for the whole person throughout her career until her retirement in 2007. Her career included working on the surgical cardiac unit at St. Vincent Charity Medical Center with pioneering heart surgeon Dr. Earle Kay. She then moved into leadership roles at the former Cuyahoga County Nursing Home. Marianne developed one of the first Nursing Assistant Training Programs in Ohio and worked with several agencies to train people looking for jobs in the health care field and prepare them for licensure. The last 10 years of her career, she worked at the Department of Senior and Adult Services, where she was director of nursing for Cuyahoga County's Passport Program.

Marianne was first introduced to Joseph's Home in 2012 through an invite to the annual Perseverance in Hope benefit luncheon. Hearing the mission to serve individuals experiencing homelessness beyond just tending to their physical wounds deeply resonated with her. She made her first donation right there at the luncheon and then a few years later decided to expand her support and make a monthly gift. She has been supporting Joseph's Home and now Joseph & Mary's Home every month since.

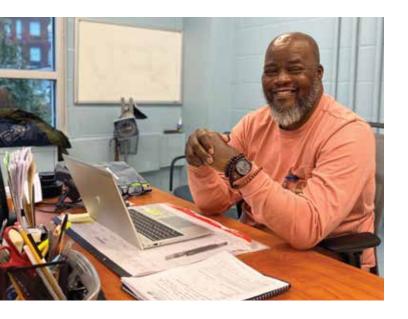
"Seeing the number of people on the streets as a nursing student, I knew the only medical care and sometimes the only decent meal they got was when they came into the clinic. Some would return with the same bandage that had been put on their wounds weeks before," said Marianne. "Joseph & Mary's Home offers the opportunity for people to get quality medical, physical and mental care and the support they need to move forward in life by helping them building their self-esteem."

Giving monthly enabled Marianne to support an organization that is important to her while also managing her fixed budget after retirement. Marianne and her husband Tom have four children, nine grandchildren and a great-grandson on the way. Every Christmas and Easter, Marianne makes homemade candy to thank family, friends and neighbors for their help and support now that she and Tom are aging. It's these small acts of kindness that have made Marianne and Tom's lives rich. •

Join the Innkeeper Society by becoming a monthly donor

By making a monthly gift, your support adds up to a large impact at Joseph & Mary's Home. Sustaining support helps us know there is steady revenue throughout the year, so that we can provide vital services and continue to grow. Monthly gifts also allow donors to make a meaningful impact through smaller, spaced-out contributions.

Sign-up today at jmhome.org or call Director of Development Erin Miyoshi at 216.987.9201 to schedule a monthly gift by credit card or direct debit.



STAFF SPOTLIGHT:

Richard Woodson

Community Health Worker

As a community health worker at Joseph & Mary's Home for a little more than a year, Richard Woodson helps residents take steps to better health and ultimately, their own housing. He previously worked as a case manager for another organization in the homeless services continuum.

Q: Describe your role at Joseph & Mary's Home.

A: I am a liaison and advocate for residents. When people come here, there is always a need for additional services and referrals. I take time to get to know the residents and build a good rapport. When I take residents to their medical appointments, they start to open up. In my role, I am a go-between with providers and our residents, where I understand the medical need and can break it down to someone who doesn't have high medical literacy.

As I get to understand residents' needs, I help make the connection to social services, medical care and behavioral health care. An important part of my job is building good relationships with other agencies and knowing what resources and services are available.

Q: What is your super power?

A: Building trust. If people don't trust you, you can't really help them. They have to tell you what they really need. I'm a good listener.

Q: What is the most rewarding part of your job?

A: Seeing someone complete their goals and be successful in making steps toward better health and securing housing. It's really rewarding when someone gets connected to the medical attention they need. We all celebrate when a resident gets an apartment. As staff, our work is focused on seeing a change in behavior or outlook.

Q: What do you do outside of work to rest and recharge?

A: I like to keep learning. I read a lot of different things, a lot of spiritual writing. I am learning to rest my body. My kids call me "Mr. Make it Happen," and I do. It's a good thing to be reliable and help others, but it can be dangerous if you don't take care of yourself. Then, you can't take care of anyone else.

Q: What do you think other people should know about Joseph & Mary's Home?

A: It's a great service in the community and a hidden gem. I have been in this industry since 2000 and truly believe in the healing accomplished at Joseph & Mary's Home.

Q: How has working at Joseph & Mary's Home changed you?

A: It has helped me grow more humble and grateful.

I have always been that way, but being here has increased it. I believe it is a blessing to be of service to others in their time of need.

THANK YOU GENEROUS SUPPORTERS

2022 DONOR HONOR ROLL

Hundreds of caring neighbors in and beyond Northeast Ohio gave generously to make healing possible for the people served by Joseph & Mary's Home in 2022.

The annual Joseph & Mary's Home Donor Honor Roll is one way we say "thank you." All supporters who made at least one financial contribution are listed, unless they requested to remain anonymous. Know that the residents, alumni, board and staff of Joseph & Mary's Home are deeply grateful for each and every gift and for your partnership with us. Please continue to keep Joseph & Mary's Home in your thoughts, prayers and charitable giving plans. Thank you!

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Joseph & Mary's Home 2412 Community College Avenue, Cleveland, OH 44115

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Every effort has been made to ensure the accuracy of this list. If your name has been misspelled, listed incorrectly or omitted, we sincerely apologize and ask you to please contact Erin Gay Miyoshi, director of fund development, at 216.987.9201 so that we may correct our records.



2022 Joseph & Mary's Home Angels

Financial supporters weren't the only ones who touched the lives of Joseph & Mary's Home residents and alumni in 2022. We want to also thank and recognize these partners for their contributions of goods and services, and/or hours and energy spent volunteering, collaborating or advocating on behalf of Joseph & Mary's Home and our residents. See the complete list at jmhome.org/2022-angels.

MANY THANKS

JOSEPH & MARY'S HOME FINANCIALS FOR 2022

The operating budget for Joseph & Mary's Home grew to \$1,367,080 in 2022, from \$825,480 in 2021, with the opening of Mary's Home and expansion of services for women.

Statement of Financial Position

Depreciation	\$96,134	7%
Fundraising & Communications	\$147,828	11%
Office Expenses	\$28,142	2%
Residential Operations	\$102,087	7%
Management and Administrative	\$158,520	12%
Clinical and Support Services	\$834,369	61%
Breakdown of Expenses		
Total Revenue	\$1,400,769	
Earned Revenue	\$9,948	1%
Investment Income	\$17,523	1%
Contributions & Events	\$357,504	26%
Foundation & Corporate Grants	\$631,686	45%
Public Sector Grants & Contracts	\$384,108	27%
Breakdown of Revenue Public Sector Grants & Contracts	\$384,108	279

 $^{^{\}circ}$ The financial information included in this report is preliminary, unaudited and subject to revision upon completion of the organization's final 2022 audit numbers.

NEWS BRIEFS & NOTES

Federal Strategic Plan Sets Goal to Reduce Homelessness by 25% by 2025

The Biden-Harris Administration has released a new plan to reduce homelessness by 25% by 2025 through the U.S. Interagency Council on Homelessness (USICH). The plan, *All In: The Federal Strategic Plan to Prevent and End Homelessness*, serves as a blueprint for how the administration will prioritize efforts on addressing homelessness. For the first time, medical respite care is explicitly named as an important intervention to meet the needs of people who need recuperative care after hospital discharge. Joseph & Mary's Home — as the first and only medical respite in Northeast Ohio — welcomes this recognition and looks forward to advocating for more funding. With the data from the pilot project in partnership with Cleveland Clinic (see cover article), we will have another tool to demonstrate both the cost reduction of increasing access to medical respite and, more importantly, success in helping people stabilize their health and end the tragic cycle of homelessness.



Welcome New Board Member Jesse Honsky

It is with great pleasure that we introduce the newest member of the Joseph & Mary's Home Board of Directors, Jesse Honsky.

Jesse Honsky, DNP, MPH, RN, PHNA-BC, is an assistant professor at Case Western Reserve University (CWRU) Frances Payne Bolton School of Nursing and assistant director of the Doctor of Nursing Practice Program. She is passionate about improving health care

and health outcomes for all Cleveland area residents, particularly for those who face barriers to care. At CWRU, she teaches public and community health and is co-director of Collaborative Practice I, an interprofessional service-learning experience for over 500 health and social work professional students. She is a faculty advisor for the CWRU Student-Run Health Clinic where students work in teams to provide patients with health care as well as relevant resources and psychosocial support.

Jesse has more than 15 years of experience in public health, school health and perioperative nursing, and has been an educator for nearly a decade. We look forward to her leadership on the Joseph & Mary's Home board and as chair of the Program Development & Quality Committee.



Save the Date: September 2023

The annual benefit luncheon Perseverance in Hope will celebrate the remarkable stories of individuals experiencing homelessness in

Northeast Ohio and how they regain their health and housing stability at Joseph & Mary's Home. Every dollar raised will help end the cycle of streets, hospitalization and shelter for medically-fragile adults without housing. Together, we will help seed hope. Watch for updates coming soon at jmhome.org/luncheon.

Contact Development Director Erin Gay Miyoshi at 216.987.9201 or Erin.Miyoshi@jmhome.org if you or your company would like to receive sponsorship information.



Join us on March 20 to Celebrate the Feast of St. Joseph

Mt. Augustine in Richfield

Joseph & Mary's Home welcomes you to its annual celebration of the Feast of St.
Joseph on March 20 at 11 a.m. at Mt. Augustine in Richfield.
We are thrilled to hold this special Mass at a new location — The Holy Family Chapel at Mt.
Augustine (the motherhouse of the Sisters of Charity of St.
Augustine and home of Regina Health Center).

St. Joseph's life was that of an ordinary workman, yet his ability to see and communicate the presence of God made him extraordinary. Although Sacred Scripture doesn't tell us a great deal about him, we know St. Joseph listened to God in his dreams, and he protected and cared for Jesus and Mary. In honor of the opening of Mary's Home, Mass will conclude with the Magnificat, also known as the Prayer of Mary.

Please RSVP for the mass and reception by March 13 by contacting Director of Development Erin Miyoshi at 216.987.9201 or Erin.Miyoshi@jmhome.org. JOSEPH & MARY'S HOME

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IT IS OUR MISSION ::

Joseph & Mary's Home, a ministry of the Sisters of Charity Health System, provides a nurturing, caring environment for adults without resources who have acute medical needs, helping them heal and achieve independence.



JOSEPH & MARY'S HOME

A Ministry of the Sisters of Charity Health System