

UPCOMING EVENTS

December 3, 2015 • 4:30 pm
Grant Awards Ceremony & Reception
First Baptist Church San Antonio
515 McCullough Ave.

May 5, 2016 • 7:00 am
National Day of Prayer Breakfast
TriPoint Event Center
3233 N. St. Mary's St.
Reservations Required



Trustees, Associate Trustees, and Staff of the Baptist Health Foundation of San Antonio

WHO WE ARE

After the sale of the Baptist Health System in 2003 to Vanguard Health Systems, the Baptist Health Foundation of San Antonio was incorporated in 2004 to distribute grants annually to not-for-profit organizations which provide healthcare services and health education throughout Bexar County and contiguous counties in South Texas.

OUR MISSION

Baptist Health Foundation of San Antonio is committed to improving the health of our community by fostering and funding clinical, educational, spiritual and scientific initiatives while honoring God and our Baptist heritage.

OUR VISION

Baptist Health Foundation of San Antonio is one of the Lord's conduits to provide spiritual and healthcare services to His people and be a reflection of His presence in the community.

This service that you perform is not only supplying the needs of God's people but is also overflowing in many expressions of thanks to God.

2 Corinthians 9:12

GIVING 4 HEALTH

Newsletter of:

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GIVING 4 HEALTH



Baptist Health Foundation of San Antonio

THIS ISSUE AT A GLANCE

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WELCOME TO THE INAUGURAL GIVING 4 HEALTH NEWSLETTER

Because you are a valuable member of the Baptist Health System medical community, I want to invite you to read this inaugural issue of the Baptist Health Foundation newsletter.

The Foundation distributes grants annually to not-for-profit organizations that provide healthcare services and health education throughout Bexar County and contiguous counties in South Texas. Since 2005, the Foundation, in conjunction with Baptist Health Services Foundation, has awarded

705 grants totaling \$48,813,002 to organizations in our eight-county region. The Lord is using BHFSa to impact the community and change lives through the good work of our dedicated grant recipients.

Still, there are vast unmet needs in our region. Would you like to make a difference in meeting some of those needs? I encourage you to read the two stories featured in our newsletter—and ask yourself if you can be a part of this effort. I welcome the opportunity to visit with you about the possibilities.

Let's continue to make a difference in the health of San Antonio!

In I Peter 4:10, we are commanded to use whatever gift we have received to serve others, faithfully administering God's grace in its various forms.

By God's Grace, we are impacting the health of our community,

Cody S. Knowlton
President & CEO
Baptist Health Foundation of San Antonio

BAPTIST PHYSICIAN LEAVES STRONG LEGACY

Love of family, love of medicine, love of country...Dr. Harry F. Adler, M.D., Ph.D., of San Antonio was committed to all three.

His father, a bootmaker with the Russian army in the early 1900s, fled Russia into Germany where he met Cecilia Adler, his future wife and mother of his four sons. Having taken her surname when they married, the Adlers immigrated to the United States and settled in Chicago. Although three of the Adler's sons became attorneys, son Harry bucked that family tradition and became a physician, graduating from the University of Chicago and Northwestern University with both medical and doctoral degrees.

During World War II, Dr. Harry Adler conducted high altitude research at Randolph Air Force Base in San Antonio which led to the publication of a book in 1950 that came to be regarded as a classic review on altitude decompression sickness.

At Randolph AFB, Dr. Adler met his wife, Laura, of Kirby, Texas, who worked on the base processing pilots' papers. She and Dr. Adler had two children, Phyllis, now a retired OB/GYN physician, and Max, now a dermatologist in Dallas. Although not formally trained, Laura developed great skill as a nurse. Early on, when Laura was apprehensive about giving penicillin injections, Dr. Adler had her practice piercing an orange with a hypodermic needle, over and over. One day, he left the room and instructed her to give a patient an injection. When the patient emerged from the room, he told Dr. Adler, "She gives better shots than you do, doc!"

Dr. Adler operated a family

practice on the south side of San Antonio from 1949 to 1979, with Laura as his nurse. During the 1950s, he practiced seven days a week—8 a.m. to 5 p.m. with house calls often late into the night after coming home for dinner. It was often that Dr. Adler worked at his medical practice up to 60 hours a week. The charge for a house call? Five dollars.

Dr. Adler shared a great interest in history with his son Max. "Dad always read history and gravitated toward the European theater of operations in WWII," remembers Max, "while I gravitated toward Pacific Theater. We had many lively discussions about what happened when, why things were done a certain way, and how each theater affected the other. Because Dad's family had been Jewish, chances are if they had remained in Germany, they would've been exterminated. That weighed very heavily on him." Although the Adlers no longer practiced Judaism after leaving Russia, his family still identified as Jewish.

In addition to his private practice, Dr. Adler also served as chief of staff at Baptist Medical Center and president of the Bexar County Medical Society. BMC was the only hospital in which he worked.

His son Max, towards the end of his medical residency, did neonatal work at the same hospital. "We shared a Baptist tradition. One day I was walking down the hall out of the nursery and a group of doctors stopped and asked, 'Are you Harry's boy?' These guys were very flattering about my dad."

Dr. Harry Adler died in 1999; Laura Adler died ten years later. In 2012, their estate donated \$1.5

million to their beloved San Antonio medical community. One million dollars were given to the University of Texas Health Science Center, and \$500,000 were dedicated for the Harry F. Adler, M.D., Ph.D., Endowed Scholarship Fund for nursing students at the Baptist Health System School of Health Professions, established through the Baptist Health Foundation of San Antonio.



Dr. Harry F. Adler

Cody S. Knowlton, president and CEO of the Baptist Health Foundation of San Antonio, said scholarships are the lifeblood of Baptist School of Health Professions students. The Adler gift will "undergird tuition of countless students until the Lord comes."

Teaching and learning to inoculate those long-ago oranges yielded great results. Dr. and Mrs. Adler dedicated their lives to healthcare in San Antonio. They raised two children who served in medicine. Their gifts continue to train and equip young doctors and nurses. The Baptist Health Foundation of San Antonio is committed to helping more physicians explore ways they, too, can establish traditions of testamentary giving.

If you would like to learn more, please visit the Foundation online at www.bhfsa.org, email info@bhfsa.org, or call 210-735-9009.

PROJECT PUENTE: REDUCING BHS READMISSIONS

Imagine you are about to be discharged from one of the hospitals of Baptist Health System (BHS). You have been receiving care for cardiovascular disease or diabetes-related complications. You're scared about your long-term health. You have a long list of instructions and medications, but you're not sure you understand all of them. Perhaps, you live alone with limited transportation to the pharmacy or your primary care provider for follow-up appointments.

Many times, patients in this situation continue to worsen until they are readmitted to a hospital, often to the emergency room. The average hospital costs for readmission is \$9,403 per stay. Yet these hospitalizations are considered "potentially preventable" by the Texas Health and Human Services Commission, because "if the individual had access to and cooperated with appropriate outpatient care, the hospitalization would likely not have occurred." In 2011, these hospitalizations amounted to \$2.9 billion in hospital charges. Furthermore, hospitals, now under the Affordable Care Act, can be penalized up to 3% if their readmission rates are deemed to be too high.

Since 2013, Baptist Health Foundation of San Antonio has partnered with Presa Community Center to train and deploy community health workers to help high-risk BHS patients transition from inpatient to outpatient settings. This program, entitled "Project Puente," takes its name for the Spanish word for bridge. It links patients to health workers who live in their communities, understand what is meaningful to

those communities, communicate in the language of the people, and understand cultural identity, spiritual climate, and traditional health practices to help facilitate the patient's after care.



These workers meet patients and family members in the hospital before discharge. They learn from the hospitals' transition care coaches the discharge plans for the patients. They visit patients in their homes within 48 hours of discharge, providing home assessments and assisting patients and caregivers with next steps, including answering questions. The workers visit patients three to four times during the first 30 days after discharge.

Instead of heading home consumed with uncertainties and fears, patients now know there is someone to bridge the gap between their hospital experience and their ongoing health management. Someone who lives in their community, speaks their language, and understands their situation. Someone who can demonstrate healthier meal planning and food preparation, safe exercise activities,

effective wound care. Someone who can arrange transportation to doctors' appointments. Someone who can coach them and their families in becoming better advocates of their care.

Stephanie Smith, President of Presa Community Center, said, "The readmission rate for congestive heart failure is 24%. The local Baptist hospital readmission rate is 14.5%. The readmission rate of those we're helping directly is 7%. Not only are we keeping patients from being readmitted, in the cases of four individuals, we were able to observe neglect or abuse and could alert adult protective services. This program would not be possible without Baptist Health Foundation of San Antonio. We brought them an idea, an innovative approach we thought would make a difference, and they saw the value and were willing to give it a shot. And it's working! We hope to become self-sustaining and expand this program. It could have a huge ripple effect in San Antonio. But without this initial opportunity, we couldn't even attempt it."

The success of the program is a testament to the strength of partnership, one that includes the patient, the hospital, health providers, and the community to help meet the health needs of our community's most vulnerable.

For two years, Baptist Health Foundation of San Antonio has underwritten Project Puente.

If you as a physician would like to contribute to this very practical and effective community effort, as well as other Foundation initiatives, please visit the Foundation online at www.bhfsa.org, email info@bhfsa.org, or call 210-735-9009.