



Word of Mouth

Fall 2007

a quarterly publication of St. Joseph Health Ministries

Working Together for Healthier Babies

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In addition, the costs associated with pre-term births are astounding. For example, according to a March of Dimes report, the average hospital charge in the U.S. in 2000 per pre-term baby was \$58,000 as compared to \$4,300 for a typical newborn stay.

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which is why the program began working with St. Joseph Health Ministries at the beginning of 2007.

Research has shown that one of the biggest risk factors for a pre-term birth is the overall health of the expectant mother's mouth, which is why one of the services now offered to the soon-to-be-moms is a free dental screening through St. Joseph Health Ministries. Kathy Edwards, who began the Healthy Beginnings

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Plus program in Ephrata in 1991, knows how important proper dental care is for her patients and their unborn children.

“There is a direct link between poor dental care and the threat of pre-term labor because of bacterial infection,” said Edwards. “We’ve seen patients with teeth broken down to the gum line and it’s been that way for years and so you have to worry about existing infection or the possibility of bacterial infection.”

Beth Zimmerman, St. Joseph Health Ministries’ dental hygienist, meets with patients at the clinic in Ephrata one day every other week. Beth sees an average of six patients during her day, two times per month, spending an hour or more with each one. Typically the visit involves a general screening as well as the extremely important component of patient education.

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Letter from Benetta Rapier, Chair, St. Joseph Health Ministries Board of Directors

I believe that ethics are at the core of an organization and its culture, which is why I'm proud to serve as Chair for St. Joseph Health Ministries Board of Directors.

One of the key ethical principles we follow at St. Joseph Health Ministries is Integrity. I think it's important for you to understand that St. Joseph Health Ministries is driven by principle above politics. Our organization makes decisions in care, education, advocacy and funding, based on what is good for the community rather than what is politically correct.

The commitment to the under-

served by our dedicated, passionate staff is making a difference in the lives of many children and families throughout Lancaster County and their vision and mission provides encouragement to all of us on the Board.

Stewardship is also an important component. I assure you the Finance Committee and the Board foster sustainability while also understanding the commitment to the community to use our resources for citizens in need in Lancaster County.

Ethical organizations are also transparent which is why in



2006 the Ministries Board of Directors undertook an extensive look at the organization and developed a Strategic Plan for 2007-2011. This included the Core Strategies of People, Quality, Stewardship and Growth which continue to be the focus of our plans for St. Joseph Health Ministries.

I am excited about the direction of our organization and I thank you for your continued support.

Just for Grins

Anyone who would like to learn more about children's oral health and how Brush. Brush. Smile! is helping to make a difference in Lancaster County is welcome to attend a free Just for Grins information session. Please call the Foundation at 239-1188 to confirm your attendance.

Just for Grins Schedule

MONTH	DAY	TIME
November	15 th (Thursday)	7:30 - 8:30 am
December	20 th (Thursday)	7:30 - 8:30 am
January	24 th (Thursday)	7:30 - 8:30 am
February	28 th (Thursday)	12:00 - 1:00 pm
March	27 th (Thursday)	7:30 - 8:30 am
April	24 th (Thursday)	7:30 - 8:30 am
May	22 nd (Thursday)	7:30 - 8:30 am
June	26 th (Thursday)	7:30 - 8:30 am

Your Gift to SJHM Can Give Back to You

The end of the year is when many people think about charitable giving, so this is an important time of year for the St. Joseph Health Ministries Foundation. But while your gift to support our work helps economically disadvantaged children and families throughout Lancaster County, it can also benefit you.

“...it’s a great way to save on their taxes and still give a charitable donation...”

For example, this year is the last year under the current Pension Protection Act that individuals can take advantage of a little known charitable donation benefit. Under this law, if you are 59 1/2 years of age or older, you can take a distribution from your IRA or qualified plan and donate that money directly to St. Joseph Health Ministries without declaring that money as income.

“For seniors who are not itemizing their deductions, it’s a great way to save on their taxes and still give a charitable donation,” explains Steve Mitchell of Planning Strategies, Inc. “That can especially be true for individuals starting at age 70 when they have to start taking money out of their IRAs.”

Another option for supporting organizations like St. Joseph Health Ministries that Mitchell recommends is to gift directly highly appreciated stocks (stocks that have increased significantly in value). Normally when you sell a stock you pay taxes on the gain. If you gift that stock directly to a charitable organization, you get to declare the

full face value of the gift as a deduction on your taxes – without ever having to pay taxes on the gain. For example, if you purchased stock for \$1,000 and it is now worth \$10,000, by gifting directly to a charity you can declare the full \$10,000 as a tax deduction without paying taxes on the \$9,000 gain you would incur when selling the stock.

“We tell our clients that if you’re going to make a charitable gift, that’s the way you ought to do it,” says Mitchell.

Want to learn more?

St. Joseph Health Ministries welcomes your inquiries. Volunteer estate, tax, and financial planning professionals are available to assist you in your gift planning decisions. For more information, to talk with a volunteer professional, or to learn more about the Foundation’s giving opportunities, please call Ann Goropoulos, Vice President, Operations & Development at 717-239-1188.

Visit us at: www.sjhm.org

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Working Together for Healthier Babies... cont'

Pre-term birth...it's one of the biggest concerns that a mother-to-be can face because of the serious medical conditions for her child, including long-term disability and even death.

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Plus program in Ephrata in 1991, knows how important proper dental care is for her patients and their unborn children. "There is a direct link between poor dental care and the threat of pre-term labor because of bacterial infection," said Edwards. "We've seen patients with teeth

broken down to the gum line and it's been that way for years and so you have to worry about existing infection or the possibility of bacterial infection."

Beth Zimmerman, St. Joseph Health

Ministries' dental hygienist, meets with patients at the clinic in Ephrata one day every other week. Beth sees an average of six patients during her day, two times per month, spending an hour or more with each one. Typically the visit involves a general screening as well as the extremely important component of patient education.

"It's incredibly important to give them the knowledge on what to do to take care of their teeth and their mouth, as well as what they will need to do to care for their baby's mouth," explained Beth. "In most instances they've never been given that knowledge before and when they hear it and understand it you can see the light go on for them. That's very rewarding"

The reason patients haven't had exposure to that knowledge and why their teeth are often in such poor condition, according to Edwards, isn't hard to identify.

"I think the issue is the fact that there are so few (dental) providers out there that our patients could get access to in

order to get the care they needed," she said.

One provider who works with Ephrata's Healthy Beginnings Plus program and St. Joseph Health Ministries to provide care is Welsh Mountain Medical & Dental Center.

Welsh Mountain offers an oral exam and cleaning for Ephrata's



Note: While this article features the Healthy Beginnings Plus program at Ephrata Community Hospital, St. Joseph Health Ministries also partners with each of the Healthy Beginnings Plus programs through Lancaster General Hospital.

GALA EVENT

Night in Nantucket Raises \$39,000

On Friday, September 14 the best of New England came to Lancaster as St. Joseph Health Ministries Foundation once again hosted the “Night in Nantucket” gala at the Armstrong Manor, raising \$39,000 to benefit Brush. Brush. Smile!®. The gala featured a variety of marvelous food, live music, as well as a silent and live auction.

“Everyone I spoke with had a really great time,” said Beth Walkenbach, who was

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among the volunteers who helped secure items for the auctions. “I think that’s because the event is run really, really well.”

Walkenbach, who became involved with St. Joseph Health Ministries after attending a Just for Grins event, said the deci-

sion to help out with the gala was an easy one.

“Being around the staff and everyone at St. Joseph Health Ministries is such a positive experience,” she said. “They believe so fully in the Brush. Brush. Smile!® program and are so passionate about helping the children. It’s exciting to be a part of that.”

Walkenbach was also pleased with the reaction from the community when it came to supporting the gala.

“People responded very positively when I would ask for donations,” said Walkenbach. “It was great to see how respected St. Joseph Health Ministries is in the community. And those who didn’t know



of the Brush. Brush. Smile!® program, once they learned about it they appreciated the

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need and services being provided and were also then willing to help.”



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Did You Know... Your Sweet Tooth Can Help Fight Cavities?

The latest craze in sugar free gums and candies is a sugar substitute called Xylitol. Pronounced zeye-li-tall, Xylitol does more than just serve as a sweetener – it actually fights cavities.

An all-natural sweetener found in many fruits and vegetables, including strawberries, raspberries, plums, mushrooms and cauliflower, along with rice, straw, oats, wheat and cottonseed, Xylitol looks and tastes just like sugar. In fact, the latest research has shown that when added to mints and gum, **Xylitol can help prevent tooth decay** and that, when combined with regular brushing and flossing, it can actually help teeth rebuild pits and cavities.

Look for Xylitol as the first ingredient in products like Icebreakers Ice Cubes or Altoids Cinnamon gum in order to give you the recommended 6-10 grams of Xylitol each day. Get your Xylitol fix 5 times per day for adults and 3 times per day for children and you're well on your way to preventing tooth decay.