

COVID study affirms health center value

Infections, deaths fall significantly

Community health centers like Zufall have assumed leadership roles in battling COVID-19 throughout the country over the last two years and now, a new study has confirmed their significant impact on reducing infections and saving lives.

A joint analysis by the National Association of Community Health Centers (NACHC) and Morehouse School of Medicine's National COVID-19 Resiliency Network compared the rate of infection and mortality from COVID in areas with and without federally qualified community health centers. Their study determined that communities with such centers had 200 fewer cases of infection and nine fewer deaths per 100,000 people.

"We're proud that health centers have met the challenge of the COVID-19 public health emergency," said Ron Yee, MD, chief medical officer at NACHC. "They have saved lives and provided a trusted and safe place for families to get

vaccinated and get answers and facts."

Since early 2020, Zufall Health has been one of the few health care practices in New Jersey to remain open for in-person visits, even at the height of the coronavirus surge.

"It is truly gratifying to see statistics confirming our efforts are meaningfully making a difference for our vulnerable patient population," said Rina Ramirez, M.D., Zufall's chief medical officer.

According to Ramirez, Zufall has administered more than 40,000 COVID tests since March 2020 and over 33,000 COVID vaccinations since December 2020. In addition, Zufall has facilitated access to testing and vaccines, especially to reach people who have been disproportionately affected by the pandemic. Collaborating



with various agencies and organizations, Zufall has conducted numerous off-site events in parks, parking lots, homeless shelters, senior and public housing buildings, farms, municipal facilities, community centers, schools, and churches.

"For the foreseeable future, we'll be continuing our on-site and off-site efforts to make access to testing, vaccinations, and primary care services as easy and convenient as possible for our patients," said Ramirez, "so we can continue to impact the decline in the number of infections and deaths."



DIRECTOR'S MESSAGE

Post-pandemic plans include in-person 'friendraisers'

Welcome to our winter edition of Giving Matters. With the number of new cases of COVID-19 declining in New Jersey, we are excited to start the year focusing on three main fundraising priorities: a capital campaign for our new West Orange site; operational funding for our new Bridgewater site to be located in the Richard Hall Community Health & Wellness Center;

and funding to initiate much-needed, affordable pharmacy services for our patients. We'll be telling you more about these projects in the months ahead.

Because much of our donor engagement has been virtual due to the pandemic, we are really looking forward to holding some in-person events. Starting this spring, in partnership with our board members, we will be hosting a few small "friendraisers" to share the Zufall Health story in an informal, personal setting.

If you are interested in hosting or attending one of these events, please let me know.

We are also continuing to recruit Foundation board members and welcome you reaching out if you know someone who might be a good match to our mission.

As always, we are most grateful for your donations and support of Zufall Health.

Be Well!

Shade Cronan

Morristown renovation expands capacity

Additional floors improve privacy, safety and storage

Following last year's purchase of our Morristown site, Zufall Health has begun renovating and expanding capacity at the Atno Avenue building that is the medical home to more than 10,000 low-income, disadvantaged, and special-population patients.

"Ownership has given us a wonderful, much-needed opportunity to utilize the second and third floors of the building," said Eva Turbiner, Zufall president and chief executive officer. "The expansion and improvements will significantly increase our resources to better meet the surging needs of the medically underserved who have been so disparately impacted by the pandemic."

Among the highlights of the renovation is converting second-floor space to consultation rooms that offer necessary privacy for providers to document patient encounters and conduct confidential telemedicine visits and phone calls.

"Our need to prioritize expansion of telemedicine services was underscored during the height of the pandemic when 70 percent of all our medical encounters and 89 percent of all behavioral health visits were conducted via telehealth," Turbiner noted. "The new, dedicated space will not only allow expansion of our program, but improve the safe and secure delivery of telemedicine services."

Another key component is renovation of the third floor to include an expanded, clean storage area. During the last two years, the additional use of large quantities of personal protective equipment and COVID testing and vaccination supplies along with supplies

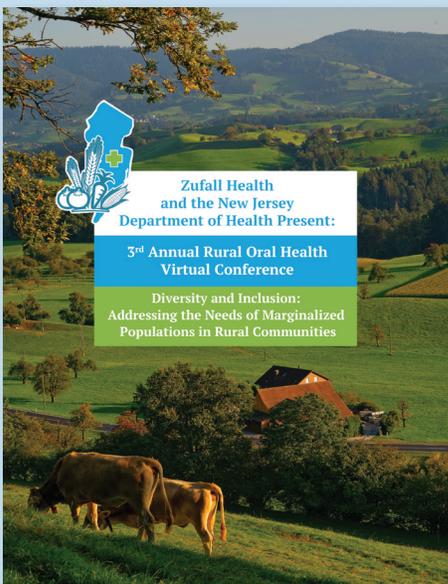
for normal clinical operations have necessitated much more storage space.

The renovation will also address the need for isolation space for contagious patients. Existing medical and dental exam rooms will be refurbished to create two airborne infection-isolation rooms.

A portion of the cost of these and several other operational improvements is being funded by a Morris County Community Development Block Grant. Most of the work is expected to be completed by early 2023.



Zufall and NJDOH focus on rural oral health



For the third consecutive year, Zufall and the New Jersey Department of Health celebrated National Rural Health Day by presenting a conference focusing on the oral health needs of rural populations. More than 200 health professionals from across the country attended the virtual, day-long event that featured educational sessions by 40 health care leaders who covered a wide array of topics about the challenges and complexities serving diverse, marginalized populations in underserved rural communities.

"We are so grateful to the attendees, speakers, and sponsors for supporting this conference that once again allowed us to bring together so many great people to disseminate and discuss important information,"

said event organizer Sam Wakim, DMD, MPH, Zufall's chief dental officer.

Highlighting the conference was the keynote presentation by Paul Moore, D.Ph., recently retired senior health policy advisor to the Federal Office of Rural Health Policy, who spoke about the post-pandemic environment.

The conference also honored Jamie Kovalsky, RN,BSN, CSN-NJ, as the Health Care Volunteer of the Year. A certified school nurse at Harmony Township Elementary School in Phillipsburg, Kovalsky was cited for her commitment to creating a safe education environment for children and their families.

Several of the presentations from the 2021 conference can be viewed by visiting Zufall's YouTube channel.

Why I Give

Inspiring talk led Jeanne Horsey to join our Foundation board

Jeanne Horsey, a pediatric nurse practitioner, didn't know much about Zufall Health until attending a work-related presentation by Zufall family practice provider Douglas Bishop, M.D.

"Listening to him talk so passionately about Zufall's work with the underserved was eye-opening and really sparked my interest," said the newest board member of the Zufall Health Foundation. "It not only inspired me to reach out to Foundation Director Shade Cronan to learn more, it got me thinking about what I could do to help."

The right opportunity came last year when Horsey, a board member of the Summit-based Oak Knoll School Alumnae Association, was charged with creating a community service project for her group that could include

participation from alumnae near and far.

"I knew Zufall serves a large homeless population, so we decided to organize the "'Tis The Season of Giving" drive which asked alumnae to donate toiletries and personal care items for hygiene kits for the homeless," said Horsey. "By setting up a wish list on Amazon, we received donations from all over the country which helped make the drive a great success."

The life-long resident of Morris County has a long history of volunteering. Starting as an emergency medical technician in her teens, she developed a facility for connecting with people, a skill she believes will benefit the Foundation. In fact, one of her top priorities this spring will be hosting a small "fundraiser" cultivation event to connect Zufall with people who are able to make a financial



contribution or donate their time.

"I'm really looking forward to getting some new people as excited as I am about this great organization," she said.

Jeanne Horsey is a pediatric nurse practitioner at Madison Pediatrics. A mother of four, she received her Bachelor of Science degree in Nursing from Boston College and her Masters of Science in Nursing from Seton Hall University.

YOUR DONATION AT WORK

Grant supports breast cancer patients

Thanks to a grant from the John Bickford Foundation, Spanish-speaking women recently diagnosed with breast cancer, undergoing treatment, or who are breast cancer survivors are receiving encouragement and support in their own language.

Zufall's free, Dover-based Breast Cancer Survivor Support Group -- the only Spanish-speaking support group of its kind in Morris County -- is an invaluable resource to the predominantly low-income, minority women it serves. Participants of all ages are generally referred by Zufall providers as well as community partners like the American Cancer Society, the Self-Help Clearinghouse, and local hospitals.

"We have a nice mix of women in different stages of dealing with their cancer so the more experienced quickly embrace the newly diagnosed members," said Sarah Aleman, Zufall's director of behavioral health. "Their shared

culture and language also facilitate their connection and comfort with one another."

Along with counseling and peer support, the group utilizes art therapy workshops as a healing outlet.

"We found that providing an opportunity for artistic self-expression really has a positive effect on the women's physical, mental, and emotional wellbeing," said Aleman.

Led by Spanish-speaking artist Alex Bigatti, each workshop has a specific theme and offers the opportunity to try different art media and materials. For example, to commemorate Breast Cancer Awareness Month, the group painted a Field of Hope by shaping the symbolic pink ribbon into flowers that transform into birds as they reach the horizon.



"The women constantly tell us how much they love the workshop," said Maria Menzel, the licensed clinical social worker who facilitates the group. "Not only has it given them new coping skills and better self esteem, the art therapy has produced some budding artists who are now creating beautiful art at home."



Looking for fundraising ambassadors

The Zufall Health Foundation is still assembling our board of directors. If you or someone you know is interested in helping to secure the future of Zufall Health, we'd like to talk to you.

As a board member, you will be part of an enthusiastic, collaborative team that will be involved in diverse activities including cultivating relationships, fundraising, and event planning.

Your service will include:

- Attendance at quarterly meetings (in-person or remote)
- Leading or supporting a committee
- Attending and supporting events
- Raising or donating at least \$10,000 a year



Prior experience in philanthropy, health care, nonprofits, or program management is helpful, but not required. Recognizing that each member will have unique talents and abilities, we will work to tailor a role that fits your individual interests and background.

For more information about joining our board, please contact Shade Cronan at scronan@zufallhealth.org.

*Thank you, donors
Your support is
greatly appreciated!*



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