A Century of Caring for Our Community
A lot has changed in a hundred years.

Sinai Health System can tell you all about it.

The century since our founding has brought profound changes – to our neighborhood, to those we serve, to the practice of health care.

Our founders would be astonished, but they’d also feel right at home. Because amid all the changes, our values endure.

The staying power of the Sinai spirit is on display in the stories that follow:

Jaqueline and Carter experienced Sinai’s commitment – right in their home
Dr. Berkowitz demonstrates the creativity of Sinai’s caregivers
Pablo will tell you about the excellence of the clinicians who refused to give up
Laurie’s passion to serve was awakened by Sinai’s passion for excellence
LeVon and Raquel reflect Sinai’s deep dedication to a challenged community

Commitment, creativity, excellence, passion, dedication. They describe Sinai’s foundations, yesterday and today.

At one hundred years and counting, Sinai remains...Sinai.

In our centennial year, that’s the real cause for celebration.
When Jacqueline saw Carter gasping for air, that was enough.

Ten hours before, her six-month-old just had a little cough. Then it became dry and hacking. Now he was sucking hard for each breath. Frantic, she called an ambulance.

The hospital stabilized Carter and kept him four days. Three weeks later, he was back. The pattern continued, with Jacqueline rushing a frightened, wheezing Carter to the emergency room every couple of weeks.

At one year, Carter was diagnosed with asthma, but his ER visits continued. Jacqueline’s hospital referred him to Sinai’s Asthma Care team. Those doctors knew that Sinai’s team of highly trained Community Health Workers – health professionals from the community that visit homes to educate patients – could identify Carter’s asthma triggers.

Enter Sinai’s Community Health Worker Madeline, who transformed Jacqueline’s and Carter’s lives. “In that first visit, she spotted a half-dozen ways to help Carter: get rid of air fresheners, get a trash can with a lid, use a natural cleaner,” Jacqueline recalls. “With each visit, we’d learn more.”

“After being in the ER repeatedly, it was a joy for someone to come to us. Madeline was so uplifting. Whenever I felt down and scared, she had something else to try. She cared for Carter like her own.”

Today, Carter gets to be the spunky, rambunctious bundle-of-boy he was born to be. No more repeat trips to the ER for asthma.

Jacqueline is breathing easier too. “Life is so much better because of the Sinai team.”

**SINAI COMMITMENT:**

- Community Health Workers are highly trained individuals from the community, who go into patients’ homes and educate them about their health.
- Every dollar invested in training a Community Health Worker saves $14 in acute care costs.
- The Sinai Urban Health Institute (SUHI) pioneered the Community Health Worker model. Recognized as a national leader, SUHI trains health systems and public health departments around the country in the approach.
- Also attuned to neighborhood needs, Sinai Community Institute helps connect 14,000 families each year to health care and to social services such as food programs, education and workforce development training.
- Sinai is compensated less than the full cost of care for the vast majority of its patients; 92% of those we serve are covered by Medicaid or Medicare or are uninsured.
*Dr. Paul Berkowitz has a third ear.*

He trusts the rest of his team to have one too.

"In our emergency departments, we often see behavioral health patients in crisis – terrified, disoriented. It’s a nightmare for them, the worst day of their life," says Dr. Berkowitz, Sinai Health System’s Chair of Psychiatry. "It takes special listening skills – a third ear – to hear between their words. We have to understand what they’re experiencing."

"Mental illness can strike anyone," he says. "But the need is especially high in Sinai’s community, where many are without jobs, have limited education, and have witnessed violence in their environment – an experience that affects not just victims, but family and neighbors."

That’s why Sinai Health System is greatly expanding behavioral health services, with special units to stabilize patients in crisis and new outpatient clinics for ongoing care.

"Our team works tirelessly to build therapeutic partnerships, to gain our patients’ trust," says Dr. Berkowitz. "When patients feel heard and respected, they make strides."

All it takes is a few third ears.

**Sinai’s Creativity:**

- Nationally, one in five people will experience a diagnosable mental illness sometime in their life.
- Sinai Health System’s Behavioral Health team provides more than 75,000 visits each year in both inpatient and outpatient clinics throughout Chicagoland.
- Four years ago, behavioral health services were scarce in some Southwest and West Side communities, until Sinai opened inpatient and outpatient services at Holy Cross Hospital.
- Sinai Medical Group operates 18 medical clinics across the city, many of which integrate behavioral health and wellness screenings into each visit.
- With more than 800 physicians in 40 specialties, Sinai Health System provides comprehensive care, including behavioral health, to more than 150,000 patients each year.
Pablo Torres never gave up. Neither did Sinai.

Just months after his mother’s death, Pablo went back to Mexico to visit family, which was when he felt terrible pain in his leg, seeming to radiate from his spine. A scan revealed tumors throughout his torso — kidney, colon, spinal cord, and near his heart. Doctors gave him three months to live.

Back in Chicago, Pablo and his Sinai clinicians refused to give in. The cancer: lymphoma. Chemotherapy began — grueling, weeklong cycles. The pain made him pass out by day and disturbed his sleep at night.

As asked if he wanted to move home from the hospital to spend more time with his family, Torres said no. “God gave me this body, and I want to tell him that I fought for it.”

That fight got harder. When cancer spread, threatening Pablo’s brain, Sinai’s talented and well-prepared surgical team undertook a highly innovative intervention: implanting a chemotherapy catheter directly into his skull.

Pablo stayed in the hospital for much of his 18 months of painful chemotherapy. Compassionate caregivers eventually moved him to a larger room, so his wife could continue staying with him night after night.

Now, cancer-free for two years, Pablo testifies about his experience at churches across the country and abroad. He says his illness taught him to appreciate the simple, meaningful things in his life. “Getting my life back was a gift,” he says, “but the real gift was a new way of looking at life.” He’s working as a contractor again, but says, “My real job now is helping others find hope.”

**SINAI EXCELLENCE:**

- Each year, Sinai’s Hematology and Oncology Clinic treats more than 6,600 patients.
- Services at Sinai’s Supportive Oncology Clinic meet each patient’s comprehensive social needs, including assistance with food, housing, and counseling.
- Sinai’s Hematology and Oncology Clinic partners with Gilda’s Club to provide supportive services on-site, and with the American Cancer Society, which has a free wig salon on-site.
- Mount Sinai Hospital Medical Center has been awarded the Clinical Trials Participation Award, which recognizes and promotes high-quality clinical research sites. More than 10% of Sinai’s oncology patients are enrolled in clinical trials every year.
- SHS has been awarded important certifications across the system: the Holy Cross Hospital stroke program is certified by the Health Facilities Accreditation Program; Sinai was awarded Gold Status in Maternal Care for the treatment of hypertension; and Schwab Rehabilitation Hospital ranks in the top 15 resident programs in the nation for Physical Medicine and Rehabilitation.

That’s how Laurie Hernandez sums up her feelings about joining the Sinai Health System Board.

As a former VP of Strategy and Business Intelligence at Baxter Healthcare Corporation, Hernandez has brokered billion-dollar deals, and knows hospitals. “I’ve walked loading docks, linoleum halls, carpeted offices – but always as an outside, corporate partner. I was excited to contribute from the inside.”

What Laurie found at Sinai gave her a new appreciation for the challenges hospitals face – especially safety net hospitals. With deep credentials in both engineering and marketing, she admires the System’s capacity for innovation. “Sinai was among the first to realize the importance of providing care beyond its four walls – an approach that other hospitals are just now developing.”

Sinai’s tenacity makes it a rewarding place to contribute, Laurie says. “If you want to impact this community, there’s no better investment than Sinai.”

Sinai’s success starts with the clinical staff, says Laurie; she thinks the hospital tagline “Be stronger, care harder, love deeper” is very apt. “Those words describe the spirit Sinai caregivers bring to work every day. But it also expresses what those caregivers are all working toward – making this community stronger, healthier, more caring.”

With her background, Laurie could have served on just about any health system board in the country – but she chose this one.

“I’ve seen a lot of hospitals. Trust me: there’s only one Sinai.”
Raquel and LeVon come from very different worlds, but here’s what unites them: they’re victims of violence, now allied to end violence.

Raquel is the Director of the Holy Cross Hospital and Mount Sinai Hospital Emergency Departments. LeVon is a Program Director at Cure Violence Illinois, formerly Ceasefire, a nonprofit that interrupts the cycle of violence.

As a youth, LeVon was shot and paralyzed by another street organization member – an experience that motivates his life’s work with Cure Violence.

A couple of years ago, Raquel was stabbed and robbed in her neighborhood, which is normally very safe. It was a Cure Violence worker who recognized the emotional impact of the experience and got her counseling.

Raquel and LeVon understand how violence can inflame whole neighborhoods. So when a victim of violence arrives at Sinai’s Level 1 Trauma Center, Raquel’s staff immediately speed-dials Cure Violence. LeVon’s staff rushes to the victim and family to interrupt and prevent the cycle of retaliation.

Violence in Chicago is too often headline news; less well known are causes for optimism – like the partnership between Sinai and Cure Violence. The two share a commitment to preserve the vitality of our communities.

Raquel and LeVon are in total agreement: “Violence is contagious, and together we can help stop the spread.”

SINAI’S DEDICATION:

Sinai Health System’s two emergency departments provide nearly 100,000 emergency visits each year.

Mount Sinai Hospital’s Level One Trauma Center – one of only five in Chicagoland – treats 2,400 trauma patients each year.

Holy Cross Hospital receives more ambulance visits than any other emergency department in Illinois.

Sinai Health System is a founding member of the Chicago Gun Violence Research Collaborative, a consortium of research and higher education institutions conducting research and creating actionable knowledge to seek solutions to the violence plaguing Chicago.
The honor roll of giving recognizes individuals, families, corporations, foundations, and organizational donors who have helped further the mission of Sinai with a gift that was received between July 1, 2017 and July 30, 2018.

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Because Our City Needs Us

We save lives.
Simply stated, there is no higher calling.
With patience and purpose,
we do what we must.

Because for a million plus Chicagoans in this,
our neighborhood,
failure to perform is not an option.

If this is the City of Broad Shoulders,
our shoulders must be broader.

Not just to carry the burden,
but to raise the spirits.

In the face of adversity,
We must be stronger.
We must care harder.
We must love deeper.

And will for the next 100 years.

The Mt. Sinai Hospital Endowment Foundation
was created in partnership with the Jewish Federation
of Metropolitan Chicago’s Agency Endowment
Program, which was established to ensure that Sinai
Health System and our sister agencies have the
necessary resources to meet community needs. All
endowment commitments are recognized as gifts to
the Jewish Federation’s Centennial Campaign.

*Deceased
Located on Chicago's West and Southwest sides, Sinai Health System is comprised of Holy Cross Hospital, Mount Sinai Hospital, Schwab Rehabilitation Hospital, Sinai Children's Hospital, Sinai Community Institute, Sinai Medical Group, and Sinai Urban Health Institute.

The entities of Sinai Health System collectively deliver a full range of quality outpatient and inpatient services, as well as a large number of innovative, community-based health, research and social service programs. We focus our collective depth of expertise and passion to improve the health of the 1.5 million people who live in our diverse service area. With our team of dedicated caregivers, Sinai Health System is committed to building stronger, healthier communities.

**Holy Cross Hospital** is a 264-licensed bed community hospital, located on Chicago's Southwest side. Last year it saw approximately 9,500 admissions and 48,000 Emergency Department visits. It receives more ambulance visits than any other Illinois hospital. It is accredited by the Health Facilities Accreditation Program and is Primary Stroke Certified.

**Mount Sinai Hospital** has 288 licensed beds, and it is located on Chicago's West side. The Emergency Department provides care to approximately 44,000 annually, and it has a Level 1 Adult Trauma Center. It is also a teaching hospital, and trains more than 700 health care professionals each year. It has received the Joint Commission’s “Gold Seal of Approval.”

**Schwab Rehabilitation Hospital** has 102 licensed beds, and it is located on Chicago's West side. It is one of only two free-standing rehabilitation hospitals in the city of Chicago, and has affiliations with University of Chicago Pritzker School of Medicine and the University of Illinois. Last year, it was ranked 11th of 84 hospitals for its residency program in physical medicine and rehabilitation by Doximity. Schwab is accredited by the Joint Commission, and its teaching program is accredited by the Accreditation Council for Graduate School Medicine.

**Sinai Children's Hospital** offers the highest level of neonatal care possible (Level III) as well as outpatient pediatric surgery and anesthesiology. Outpatient pediatric care is also available, and includes several specialties. The hospital also offers a variety of support services such as an HIV/AIDS program and pediatric weight management.

**Sinai Community Institute** provides comprehensive, individualized, and non-traditional health and human services, which address social barriers to good health. Sixteen programs serve more than 14,000 clients of all ages, from early child development to protective services for seniors.

**Sinai Medical Group** is comprised of 18 clinical sites throughout Chicago's West and Southwest sides. It has more than 300 health care providers who offer high-quality, compassionate primary care and care in in more than 40 different specialties.

**Sinai Urban Health Institute** is a research institute, comprised of epidemiologists, research assistants and community health workers who collaborate to examine the impact of social issues on health. From its Community Health Survey to its Community Health Workers, the institute works on a range of research projects that are emulated across the country.

Our Community

Approximately 58% of Sinai patients are covered through Medicaid, 27% through Medicare, 8% through commercial insurance and the remaining 7% are uninsured. Each year Sinai provides more than $27 million in charity care, and it has an annual operating budget of more than $500 million. It is among the largest economic engines on Chicago's West and Southwest sides, employing more than 3,400 caregivers.
When you lead an organization that’s 100 years old, you inherit a lot — and you’re grateful for it.

That’s the case for us as leaders of Sinai Health System. With a century of high-quality, heart-felt, and reliable care behind this institution, we know who we are. We know what we do. And we’re doing it better than ever.

We were founded to care for underserved populations — in those days, poor Jewish immigrants who faced prejudice elsewhere. Today, the faces on Chicago’s West and Southwest sides have changed. The mission has not.

Adding to our challenge: revolutionary change in health care — how it’s provided and compensated. The changes are especially disruptive for a safety net hospital where 92% of patients are publicly insured or have no insurance at all.

Fortunately, Sinai has resilience down to a science. Credit our physicians, nurses and entire team, for their resourcefulness, discipline and compassion they bring to work every day. Because of them, we’re not just a health system; we’re a cornerstone of community, an engine of growth, a beacon of stability.

One hundred years on, we are still serving people who are working hard to build a better life — one that is achievable because we are their partner, ensuring that they thrive in good health.

And who stands with us? You do. As our donors and champions, you have made those 100 years possible.

Thank you.