

MAY 2018



Cook County Health & Hospitals System



COOK COUNTY HEALTH
& HOSPITALS SYSTEM
CCHHS

SYSTEM NEWS

Community Edition

Letter from the CEO

Dear CCHHS supporters,

Recent articles in the **Chicago Tribune** have incompletely depicted CCHHS' efforts in adapting to the new healthcare environment brought about by the Affordable Care Act and mandatory Medicaid managed care in Illinois. Below please find the complete letter we submitted to the Chicago Tribune that outlines our success over the past few years. Please know that we, like other health systems, are always working to improve but that our efforts to date have resulted in a significant reduction of local taxpayer dollars toward the operating budget of CCHHS.



As the summer season approaches and you are out enjoying friends and family, please share this information with them as our continued success depends on continued support from the community.

Sincerely,

A handwritten signature in blue ink, appearing to read "John J. Shannon".

Dr. Jay Shannon, CEO, CCHHS



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President
Cook County Board of
Commissioners

John Jay Shannon, MD
Chief Executive Officer
Cook County Health &
Hospitals System

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Vista Health Center

Woodlawn Health Center

Chicago Tribune
letters@chicagotribune.com

May 22, 2018

In 2009, the taxpayers in Cook County provided more than \$480M in operating support to the Cook County Health & Hospitals System (CCHHS). This year, local taxpayer support is down 75% to \$102 million and represents less than 5% of our operating revenues. This has allowed Cook County Government to redirect more than \$2.5 billion dollars over the past ten years; something no other government agency in Cook County has accomplished.

The independent governing board was created to transform the 180 year old system from dated practices and decades of deficits. We have ended the last few years with a positive cash margin despite declining support from local taxpayers and continued inflation in healthcare. We also shoulder 50% of all the charity care provided by more than 70 hospitals in Cook County. Our success is due almost entirely to the collection of patient fee revenues, something the Tribune did not detail in its recent stories and editorials.

The bulk of any health system's revenues are derived from patient fees and the same is true for CCHHS. Since the Affordable Care Act and mandatory Medicaid managed care in Illinois, we have built a revenue cycle system that churns out thousands of bills and claims every week. Every hospital has accounts receivable and no hospital will ever receive 100% of what they charge. A quick glance at a hospital bill or an insurance company's Explanation of Benefits serves a reminder that there are charges, allowances, the insurance company's portion and the patient's portion among other lines.

The Tribune also failed to tell its readers that denials and bad debt are up throughout the industry as every hospital adapts to this new environment. Hospital revenue cycle is complex. Mastering the various processes of each insurance plan is something every hospital works to improve and we are no different. It is fair for the Tribune to point out the challenges of operating in a complex environment but ignoring fundamental facts and industry trends misleads readers.

Regardless, our success over the past several years has led to a 75% reduction in the local taxpayer operating allocation – a fact no one can dispute and something we believe taxpayers deserve to know.

M. Hill Hammock
Chair, CCHHS Board of Directors

John Jay Shannon, MD
Chief Executive Officer, CCHHS

The Tiniest Listing

An Initiative to Help Our NICU Babies



Stroger Hospital operates the highest level Neonatal Intensive Care Unit (NICU) available in Illinois caring for nearly 400 babies each year. The average length of stay in the NICU is 21 days.

In Chicago, 1 in 10 babies is born premature and the cost of a single night's stay in the Neonatal Intensive Care Unit can be nearly \$4,000. More than half of premature births in the US are covered by Medicaid, which doesn't always cover the full cost of care, and hospitals receive no additional funding for specialized NICU equipment, leaving hospitals to raise this money themselves.

[The Tiniest Listing](#) was created to increase awareness around premature births and raise money to provide added support to NICU families served by Stroger Hospital. The Tiniest Listing is an online rental that allows a donor to 'book a stay' in the Neonatal Intensive Care Unit to support the tiniest patients and their families.

All proceeds will go to the [Cook County Health Foundation](#), a 501(c)(3) Illinois non-profit founded to advocate and raise funds for programs and services that improve quality patient care and meet the health care needs of the communities served by the Cook County Health & Hospitals System (CCHHS). CCHHS has always been committed to providing high-quality care to all patients, regardless of their ability to pay. This fundraising effort hopes to augment the amazing care Stroger provides for the most vulnerable members of our community - preemie babies.

Preventing Stroke: Diet and Exercise the Key

In recognition that May is National Stroke Awareness Month, staff from Stroger Hospital's Joint Commission-certified Primary Stroke Center, has been participating in community events talking about choices people can make to reduce stroke possibilities. Some risk factors for having a stroke are out of your control, like your age or having a parent or sibling who had a stroke.



The Joint
Commission



American Heart
Association
American Stroke
Association

STROKE CERTIFICATION

Nevertheless, the good news is that there are many steps you can take to drastically reduce your chance of having a stroke, noted Dr. Lakshmi Warrior, CCHHS' Division of Neurology's Stroke Program.

"It's estimated that 80 percent of strokes are preventable," Dr. Warrior said. "Making

healthy lifestyle changes, like maintaining a balanced diet and getting plenty of exercise, can go a long way in preventing you from having a stroke, which occurs when blood flow to an area of the brain is disrupted."

Here are five ways you can start lowering your risk of having a stroke right now:

1. **Lower high blood pressure.** "High blood pressure is the No. 1 risk factor for stroke. That's because high blood pressure weakens arteries in your body, making it much more likely that they could burst or clog more easily. If that happens in the brain, it can lead to a devastating stroke," said Adaku Madubuko, RN, APN, Stroke Program Coordinator at CCHHS' John H. Stroger, Jr. Hospital. The only way to know you have high blood pressure is to get tested by your doctor. "If you find your blood pressure is high-defined as being at or above 140/90 millimeters of mercury (mmHg)- you can lower it by losing weight, exercising regularly and eating healthy, among other things," Madubuko said.
2. **Eat right, avoid the salt.** Yes, anyone can benefit from eating healthy. But developing healthy food habits can especially pay off for people at risk for having a stroke, because it lowers three risk factors: obesity, high blood pressure, and high cholesterol. A good diet includes lots of fruits and vegetables, whole grains, low-fat dairy products, and skinless poultry and fish, according to the American Stroke Association. A healthy diet is also low in sodium, saturated fat and sugar-sweetened beverages. Too much salt can lead to high blood pressure.
3. **Get more exercise.** Exercise helps you lose weight and keep your blood pressure down. "It's recommended that you try to get at least 30 minutes of exercise 5 days a week. That could be walking vigorously, riding a bike or whatever else keeps your heart rate up for 30 minutes," said Madubuko.
4. **Stop smoking.** Smoking is a well-established risk factor for strokes. "As hard as it may be, quitting smoking is one of the best things you can do to avoid having a stroke. Plus, it also cuts your risk of developing a number of other health issues, like heart disease and lung cancer," Dr. Warrior said. For help in quitting smoking, you can call the Illinois Tobacco Quitline at 1-866 QUIT YES or visit www.quityes.org.
5. **Manage diabetes and heart disease.** Diabetes and heart disease can make you more at-risk for a stroke. If you have either or both diseases, it's critical that you lose weight if it's necessary, eat healthy, get plenty of exercise and take medication, if prescribed, Dr. Warrior said. "You should also get regular checkups, so you can identify any risk factors and address them before they lead to a stroke," she added.

To make an appointment with a primary care doctor, please contact CCHHS' Patient Support Center at 312-864-0200.

**Dr. Jay Shannon Named as One of Becker's
Healthcare 100 Great Leaders in Healthcare**

BECKER'S

HOSPITAL REVIEW

Dr. John Jay Shannon, CEO, CCHHS was named as one of Becker's Healthcare [100 great leaders in healthcare](#). He achieved this honor through guiding CCHHS to efficiently organize its resources, strategically position its leadership team and ultimately deliver patient care. While working to ensure CCHHS efficiently uses taxpayer dollars, Dr. Shannon has aligned the system's role as a care provider in traditional and correctional settings, as a public health authority and as a health plan. By working to improve the quality of care and solve the toughest problems in healthcare today, he has clearly made his mark. Please help us congratulate Dr. Shannon on this well-deserved honor.

Cook County's Strategic Plan Community Conversation

Cook County
Offices Under the President



Join Us for a Community Conversation

HEALTHY
COMMUNITIES

OPEN
COMMUNITIES

SUSTAINABLE
COMMUNITIES

Cook County is developing
a policy-driven, four year
strategic plan and would like
to hear from you
as residents and members
of the community.

SAFE AND
THRIVING
COMMUNITIES

VITAL
COMMUNITIES

Wednesday, May 30
6pm - 8pm

Bellwood Municipal Building
3200 Washington Blvd.,
2nd Floor - Community Room
Bellwood, IL 60104

SMART
COMMUNITIES

In coordination with West Central Municipal Conference,
Loyola University Health System, Proviso Leyden
Council for Community Action, Inc. and
Host Mayor Andre Harvey of Bellwood.

For more information call Al Kindle @ 312-599-1255
RSVP Required for Entry
cookcountyforumbellwood.eventbrite.com

Refreshments will be served

Dr. Courtney Hollowell is CCHHS's 2018 Doctor of the Year



Dr. Courtney Hollowell, Urologic Surgeon and Chairman of Urology at Stroger Hospital, is CCHHS's 2018 Doctor of the Year. Dr. Hollowell was nominated for this award by co-workers, who noted that he is an exceptional mentor, patient with those he treats and works with, and is committed to giving back through volunteer work. The nurses in his department routinely describe him as one of the most personable doctors in the health system.

Fresh Markets in Cook County's South Suburbs



In collaboration with Experimental Station and the Black Oaks Center, the Cook County Health & Hospitals System is proud to announce that the Fresh Food Markets will be hosted weekly at three CCHHS health centers in South Suburban Cook County.

Fresh fruits and vegetables from a local farmer will be available for sale. Cash, credit, and LINK cards (SNAP/EBT/food stamps) will be accepted as forms of payment. Those using their LINK/SNAP benefits, as well as WIC and Senior farmers' market coupons, to purchase will receive a coupon to be used towards a future purchase as part of the Illinois LINK Up program, essentially doubling the value of their SNAP dollars up to \$20 per market, per week.

You can watch a [video](#) featuring Cook County Department of Public Health COO, Dr. Terry Mason and Dr. J. from the Black Oaks Center talking about the virtues of eating fresh and wholesome food, especially those grown locally.

The times and dates of the Fresh Markets are the following:

Location	Address	Date/Time
Cottage Grove Health Center	1645 Cottage Grove Avenue Ford Heights, IL	Mondays, 10am-2pm
Oak Forest Health Center	15900 S. Cicero Avenue Oak Forest, IL	Wednesdays, 10am-2pm
Robbins Health Center	13450 S. Kedzie Avenue Robbins, IL	Fridays, 10am-2pm

GOT LINK/SNAP? Double Your Value With Link Match

Robbins Fresh Food Market

Local, Certified Organic and affordable fruits & vegetables! Food demos & tastings!

Dry Goods: beans, peas, lentils, whole grains!

STARTING JUNE 8, 2018 Every Friday from 10am-2pm

Robbins Health Center
13450 South Kedzie Ave.
Robbins, IL 60472

Spend up to \$20 in Link and receive up to \$20 in Link Match for purchase of fresh fruits and vegetables!

Use your Link Match to secure your key essentials for the next market day.

CCHHS www.cookcountyhhs.org www.healthyfoodhub.org

¿Tiene tarjetas de LINK/SNAP? Duplique su valor con Link Match

MERCADO DE ALIMENTOS FRESCOS DE OAK FOREST

¡Frutas y verduras locales, con certificación orgánica y no muy caras! ¡Productos como frijoles, guisantes, lentejas, granos enteros! ¡Promociones de preparación de alimentos y degustaciones!

Todos los miércoles de 10 a.m. a 2 p.m.

Centro de Salud Oak Forest
19100 South Cicero Ave.
Oak Forest, IL 60452

¡Compre hasta \$20 utilizando Link y reciba hasta \$20 extras en Link Match para la compra de frutas y vegetales frescos!

Use su Link Match para asegurar las comidas esenciales para el próximo día de mercado.

A partir del 6 de junio, el Mercado se moverá al área Link en el Campus del Centro de Salud de Oak Forest cerca de la entrada de la calle 158.

CCHHS www.cookcountyhhs.org www.healthyfoodhub.org

GOT LINK/SNAP? Double Your Value With Link Match

Cottage Grove Fresh Food Market

Local, Certified Organic and affordable fruits & vegetables! Food demos & tastings!

Dry Goods: beans, peas, lentils, whole grains!

STARTING JUNE 4, 2018 Every Monday from 10am-2pm

Cottage Grove Health Center
1645 South Cottage Grove
Ford Heights, IL 60111

Spend up to \$20 in Link and receive up to \$20 in Link Match for purchase of fresh fruits and vegetables!

Use your Link Match to secure your key essentials for the next market day.

CCHHS www.cookcountyhhs.org www.healthyfoodhub.org

CCHHS in the Community: For Men Only Health & Wellness Fair in Little Village

The Little Village Community Council in Collaboration with Cook County Health and Hospitals System

4 MEN ONLY Health & Wellness Fair

Complimentary Screenings, Lunch & Giveaways
Vision and Hearing Screenings
Dental Screening
Foot Screening
HIV Rapid Testing
Stroke Education

Hands Only CPR Demonstrations
Free Comprehensive Kidney Screening
Blood Pressure, Blood Sugar, Body Mass Index (BMI), Waist Circumference, Cholesterol, Blood Draw (if necessary), talk about your results with a health care professional.

Saturday, June 16, 2018 10:00am-2:00pm

New Life Community Church
2657 South Lawndale Avenue • Chicago, IL 60623

For more information call **312-286-3405** or **312-489-1548**

El Concilio Comunitario de La Villita en Colaboración con el Sistema de Salud y Hospitales del Condado de Cook

4 MEN ONLY Feria de Salud y Bienestar para los Hombres

Proveemos Almuerzo Exámenes de Salud y Regalos Gratuitos
Examen dental
Examen del pie
Examen de la vista y audición
Exámenes de visión y audición
Educativa sobre los derrames cerebrales

Demostración de Resucitación Cardiopulmonar
Examen Completo de Riñón
Examen del corazón, azúcar en la sangre, índice de masa corporal (BMI), Circunferencia de la Cintura, Análisis de Orina, Sejar una muestra de sangre (si es necesario), Hable sobre sus resultados con un profesional de la salud.

Sábado 16 de junio del 2018 10:00am-2:00pm

Iglesia Comunidad Nueva Vida
2657 South Lawndale Avenue • Chicago, IL 60623

Para más información llame al **312-286-3405** or **312-489-1548**

www.cookcountyhhs.org

The Little Village Community Council, the National Kidney Foundation of Illinois and Cook County Health and Hospitals System joined forces to bring the second "For Men Only" Health Fair to the Little Village community. The health fair will take place on Saturday, June 16, 2018 from 10:00 am until 2:00pm at the New Life Community Church located at 2657 S. Lawndale Avenue in Chicago. The event will feature comprehensive kidney screenings as well as vision and hearing tests by the Lions Clubs. In addition, dental, foot and rapid HIV screenings will be provided. Attendees will have the opportunity to speak to various healthcare professionals and be connected to a primary care medical home if needed.

Mental Health Awareness

May is Mental Health Month. One in 5 Americans is affected by mental health conditions. The Department of Psychiatry will be raising awareness throughout May to address the stigma that can be associated with mental health that often prevents many people from seeking help and treatment. To schedule an appointment with a mental health professional, please call CCHHS' Patient Support Center at 312-864-0200.

Cook County Health Foundation Gala

2018 Annual Gala & Awards Event

Elevating Women's and Children's Health

Cook County Health Foundation

Please Join Us

Elevating Women's and Children's Health

Wednesday, June 27, 2018
Hilton Chicago | 720 South Michigan Avenue

5:30 P.M. Reception
6:30 P.M. Dinner and Program
9:00 P.M. Conclusion

Dress: Business Attire

To register, please visit:
cchealthfoundation.org/2018-gala/2018-annual-awards-gala/

Honorary Chair
The Honorable Toni Preckwinkle,
Cook County Board President

Distinguished Guest of Honor
Ruth M. Rothstein Award for Excellence Presentation
The Ruth M. Rothstein Award will be presented to The Chicago Community Trust for their leadership and commitment to making quality healthcare available to everyone in the Chicago community. President and CEO Dr. Helene Gayle will accept the award on behalf of the Trust.

Serving women and children, and eliminating disparities in health care, is at the core of the Cook County Health & Hospitals System's mission. Gala proceeds will support the Foundation's operations and the CCHHS Women's and Children's Center, which provides services for over 100,000 women and children every year.

The Honorable Toni Preckwinkle, Cook County Board President and the Cook County Health Foundation invite you to this year's gala [Elevating Women's and Children's Health](#) which will take place on Wednesday, June 27, 2018 at the Hilton Chicago.

Serving women and children, and eliminating disparities in health care, is at the core of the Cook County Health & Hospitals System's mission. Gala proceeds will support the Foundation's operations and the CCHHS Women's and Children's Center, which provides services for over 100,000 women and children every year.

The Ruth M. Rothstein Award will be presented to The Chicago Community Trust (CCT) for their leadership and commitment to making quality healthcare available to everyone in the Chicago community. CCT President and CEO Dr. Helene Gayle will accept the award on behalf of the Trust.

CCHHS in the Community: Our June Events

CCHHS' outreach team participates in a variety of community events all over Cook County. Whether it is a health fair, festival, job fair or community picnic, our personable outreach workers want to make sure that everyone in Cook County knows about the services provided at the John H. Stroger Jr. and Provident Hospitals and our

community based health centers. If you want to know where we will be this month, please check our [calendar of events](#). If you would like to request our participation at an event, please email events@cookcountyhhs.org.



Diana Rivera, Clinical Social Worker for the Cicero Health Center and Patricia Hernandez, Community Outreach Worker for the Northwest Cluster attend the Town of Cicero Health Department's Well Women Day.

President Preckwinkle Celebrates Nurse's Week



Cook County Board President Toni Preckwinkle celebrates Nurse's Week with nursing staff in the trauma unit at Stroger Hospital.

AdAge

[This Chicago hospital is listing a night in an incubator on travel sites](#)

BECKER'S
HOSPITAL REVIEW

[100 great leaders in healthcare | 2018](#)

BUSTLE

[Gay & Bisexual Teens Can Now Take PrEP, According To The FDA, & It's An Important Announcement](#)

CHICAGO
SUN-TIMES

[Chicago hospitals form partnership to battle asthma 'hot spots'](#)

Chicago Tribune

[Bank to give \\$1,053 to babies born at Chicago hospitals Thursday](#)

[Alcoholism: Know the Warning Signs?](#)

[Check In: Mental Health](#)

[Wider Window for Stroke Treatment, But Time Still Matters](#)

Daily Herald

[Wider Window for Stroke Treatment, But Time Still Matters](#)

DAILY
Southtown

[Dr. Hollowell is CCHHS' 2018 Doctor of the Year](#)
[How to Have a Healthy Pregnancy When You're Diabetic](#)

GAZETTE
CHICAGO

[Illinois health stats for women, youth show both decline and improvement](#)

[Preventing Stroke: Diet and Exercise the Key](#)



[Probiotics useful in the fight against infection prevention](#)

Visit our website at cookcountyhhs.org.

If you would like to invite a representative from CCHHS to attend a community event, please send an email to events@cookcountyhhs.org.

To provide feedback on CCHHS Community News, update your contact information, or unsubscribe, please email Marcelino Garcia, Director of Community Affairs, at mgarcia6@cookcountyhhs.org.

STAY CONNECTED:

