



Nightingale

Affinia Healthcare, The Haven of Grace cook up partnership for healthier living

Affinia Healthcare and The Haven of Grace are cooking up a new partnership to help pregnant and unhoused women in the St. Louis area.

The nonprofits have entered a partnership to provide monthly cooking and nutrition sessions to current residents of The Haven of Grace, an organization that provides support to pregnant and unhoused women. The Affinia Healthcare WIC nutritionists will provide the food and other cooking supplies, as well as lead the sessions. The Haven of Grace will select participants and provide the facilities for the sessions. The partnership will run through June 2025.

“We’re helping our moms learn an important life skill -- cooking healthy foods for the entire family,”



Meagan Scalfano, Affinia Healthcare Manager for WIC and Nutrition Services (left), and Kristen Gore, Director, Affinia Healthcare WIC program, completed a cooking demonstration as part of the new collaboration with The Haven of Grace. The partnership will provide healthy cooking demonstrations and foods for The Haven of Grace participants.

said Affinia Healthcare WIC Director Kristen Gore. “In our field, we hear it all the time -- moms want to make sure that their families eat healthier but may need additional resources and support to make it happen.”

In addition to cooking demonstrations, this will be an opportunity for the participants to meet and speak with a Registered Dietitian about nutritional concerns. Breastfeeding support will also be offered through the breastfeeding peer counselors. Program leaders hope the support and education will lead to families choosing and preparation of more healthy and nutritious meals to maintain a healthier lifestyle.

“We are introducing produce that is not always easily available in our community, and teaching moms how

See Haven, cont'd on page 3

Affinia Healthcare earns national quality recognition for health centers

Affinia Healthcare has once again received national recognition for its commitment to patient care.

The National Committee for Quality Assurance (NCQA) has recognized all five Affinia Healthcare health centers with the Patient-Centered Medical Home honor.

“Our health center staffs have done a fantastic job ensuring residents in our community are receiving the best care available,” said Takisha Lovelace, Vice President/Chief Operating Officer. “We are humbled and honored for the recognition and know that it is a true team effort to provide high levels of care for our

community. It’s a mission we take seriously, and will continue to do the work to ensure our patients receive the best care possible.”

The NCQA Patient-Centered Medical Home program reflects the input of the American College of Physicians (ACP), American Academy of Family Physicians (AAFP), American Academy of Pediatrics (AAP) and American Osteopathic Association (AOA) and others. The NCQA Patient-Centered Medical Home standards emphasize

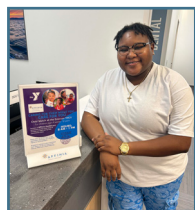
See NCQA, cont'd on page 5



*Recognizing the excellent service
and accomplishments
of Affinia Healthcare staff!*

Celebrating Excellence, Care & Compassion: Nurses of the Month

Affinia Healthcare launched its Nurse of the Month appreciation program to recognize members of the nursing staff and the vital role they serve in healthcare. Here are the honorees for July, August, September and October.



Post

July: Dajae' Post, Clinic Nurse Coordinator, has been with Affinia Healthcare for less than a year and is definitely making a difference in her community, as she aspired to do. "I chose nursing because I love helping people and wanted to make a difference in my community." She has been a nurse for four years and graduated from UMSL in 2020 with a bachelor's degree in nursing.

August: As a child Rebekah Sheldon, Affinia Healthcare Refugee Coordinator, spent playtime pretending to be a nurse because of the influences of her family. She has worked for Affinia Healthcare for nearly 20 years. Informing the community is her passion. "I love being able to educate patients, affect quality of life



Sheldon



Richardson

September: Felicia Richardson, Director of Chronic Disease, has been a nurse for 14 years with 11 of those years being at Affinia Healthcare. She is passionate about helping others and Affinia Healthcare aligns with her beliefs. "I appreciate Affinia's impact on the community. It effectively supports individuals from all backgrounds, particularly those facing social determinants of health."

October: Bethany Jarrett, Clinical Nurse Coordinator, celebrated her fifth anniversary at Affinia Healthcare as Nurse of the Month! Bethany has been a nurse for 14 years. She chose the path of nursing as it aligned with her passion of helping others. Bethany has a bachelor's degree in nursing from Goldfarb School of Nursing in St. Louis.



Jarrett



Making Connections for Care

We're bridging the rural-urban healthcare divide! Dr. Kendra Holmes, Affinia Healthcare President & CEO (center) and Kenyatta Johnson, Director of Pharmacy (2nd from left) recently welcomed leaders from Central Ozarks Medical Center - COMC as they learn from our exceptional pharmacy team. Together, we're building a healthier Missouri — one community at a time! #bettertogether



Haven, from page 1

to prepare them in a healthy and flavorful way,” Gore added. “Food deserts and food insecurity are a huge concern in our service areas. This partnership is just another way that Affinia Healthcare is helping to close the gap and helping patients overcome these barriers.”

This partnership is also an example of Affinia Healthcare’s initiatives to incorporate the ‘Food is Medicine’ philosophy as part of a holistic approach to healthcare.

Affinia Healthcare has several

food security initiatives and partnerships. The community health center has partnerships with the St. Louis Area Foodbank where it distributes free food to the public at its South Broadway and Biddle Street locations monthly. Affinia Healthcare also sponsors stops for the St. Louis MetroMarket at the S. Broadway, Biddle and new Ferguson location. The St. Louis MetroMarket brings fresh produce and select groceries to communities considered food deserts.



Affinia Healthcare is nationally recognized for efforts to improve blood pressure control

Affinia Healthcare has been recognized by the American Heart Association and American Medical Association for its commitment to improving blood pressure (BP) control rates, earning Silver-level recognition as part of Target: BP™.

The Silver award recognizes practices that have demonstrated a commitment to improving blood pressure control through measurement accuracy.

High blood pressure, or hypertension, is a leading risk factor for heart attacks, strokes and preventable death in the U.S. There are 122.4 million U.S. adults living with hypertension. The is nearly half of all adults in the country. Unfortunately, just a quarter of them have their BP under control, making both diagnosis and effective management critical. In the U.S., heart disease and stroke are the No. 1 and No. 5 causes of death, respectively, and stroke is a leading cause of disability.

“Addressing blood pressure



management is key for better cardiovascular health – and critical today, when heart disease and stroke continue to be leading causes of death for adults in the U.S.,” said Dr. Kendra Holmes, Affinia Healthcare President & CEO. “According to the American Heart Association, 55 percent of African Americans have high blood pressure, which is a leading risk factor of heart disease and stroke. But high blood pressure can be prevented or managed if diagnosed and treated properly. I’m extremely proud of our Chronic Disease Management team and the work of our clinicians and other staff who are working with patients to help control and prevent this condition in our communities.”

Target: BP is a national initiative

formed by the American Heart Association and American Medical Association in response to the high prevalence of uncontrolled blood pressure. The initiative aims to help health care organizations and care teams, at no cost, improve blood pressure control rates through an evidence-based quality improvement program and recognizes organizations, like Affinia Healthcare that are committed to improving blood pressure control.

“By committing to helping more people in the St. Louis area control their blood pressure and reduce their risks for future heart disease and stroke, Affinia Healthcare is taking a key step to helping more people live longer, healthier lives,” said Yvonne Commodore-Mensah, PhD, MHS, RN, FAHA, Target: BP advisory group volunteer and associate professor at Johns Hopkins School of Nursing. “Affinia Healthcare’s participation in the Target: BP initiative shows its dedication to turning clinical guidelines into lifelines for patients and their families.”



McKinney



Camp



Khan



Biddinger



Hassler

Welcome Aboard

New Clinicians join Affinia Healthcare team

Dr. Thomas McKinney is a Pediatrician at the Lemp health center. He received his bachelor's degree from Illinois Wesleyan University and attended medical school at Washington University School of Medicine. A native of Chicago, Ill., Dr. McKinney says his professional mission of providing important services to a community in need aligns with Affinia Healthcare's mission.

Dr. Devon Camp is a Pediatrician who earned a bachelor's degree at Dartmouth College in New Hampshire and a medical doctorate at Washington University School of Medicine. After completing the residency at Washington University/Saint Louis Children's Hospital, Dr. Camp chose to work with Affinia Healthcare to give back to the St. Louis community and work alongside others with shared values and priorities in medicine.

Dr. Camila Khan is a Family Medicine Physician who will serve patients at our Biddle health center. She earned her bachelor's degree at Truman State University in Kirksville, Mo., and attended medical school at the University of Wisconsin, Madison. Born and raised in St. Louis, Dr. Khan pursued a career in medicine because she wanted career

where she could help improve people's quality of life.

Nicole Biddinger is a Physician Assistant with a focus on Family Medicine, Medicare wellness and transitions. She has community health center experience and joined Affinia Healthcare last summer. She will work at the Florissant health center and the school-based health centers.

Rebekah Hassler is a Certified Nurse-Midwife who will serve patients on rotation at multiple locations. She earned her bachelor's and master's degrees in Nursing at Saint Louis University. She also has a post master's in CNM from Frontier School of Midwifery and Family Nursing. Rebekah, who originally hails from Ft. Smith, Ark., also has a master's certification in Spiritual Direction from Aquinas School of Theology. Rebekah says her goal is to make a difference for the better in patient's lives. She originally worked with Affinia Healthcare from 1997-2013 and returned in August 2024.



New WIC Clinic Opens in St. Louis Children's Hospital

Affinia Healthcare announces the opening of a new WIC clinic in St. Louis Children's Hospital. The clinic will be open Monday-Friday, for hospital patients only. The location opened September 30, 2024.

WIC is a special supplemental nutrition program providing services to pregnant women, new mothers, infants, and children up to their 5th birthday based on nutritional risk and income eligibility. The primary services provided are healthy, supplemental food, risk assessment, nutrition education and counseling, breastfeeding promotion and support, health screenings, and referrals to health care.

To be eligible for WIC, applicants must have an income of less than or equal to 185 percent of the poverty level and be at nutritional risk.

The new clinic is located at St. Louis Children's Hospital, One Children's Hospital Place near the Central West End, and will serve those families with children who are patients at the hospital.

"Affinia Healthcare is extremely proud to work with St. Louis Children's Hospital to provide these vital services to families who have children receiving care at the hospital," said Kristen Gore, Affinia Healthcare WIC Director. "Providing high-quality care to families is the core of what we do and to be able to work with

a nationally recognized organization like St. Louis Children's Hospital to help alleviate some of the other concerns families may be dealing with, is an honor and a privilege."

Those interested in scheduling an appointment should call 314-898-1701. For more information on the WIC program, visit <https://www.affiniahealthcare.org/department/women-infants-and-children-wic/orWIC.mo.gov>.

The Affinia Healthcare WIC program also has offices at the organization's health centers and satellite locations throughout the St. Louis metro area.

WIC supplemental food packages are specially chosen to provide foods

high in protein, iron, calcium, and vitamins A and C. Eligible women and children receive fortified milk and cheese, eggs, whole grain bread products, hot or cold cereals, 100% fruit juices, and fresh or frozen fruits and vegetables. The WIC program recommends breastfeeding and provides breastfeeding support, baby foods, and infant cereal. For women who cannot or choose not to breastfeed, infants may receive supplemental, iron-fortified formula. WIC participants obtain their foods using their eWIC cards for specific items at participating local grocery stores and pharmacies.



NCQA *cont'd from page 1*

the use of systematic, patient-centered, coordinated care that supports access, communication and patient involvement.

"NCQA Patient-Centered Medical Home Recognition raises the bar in defining high-quality care by emphasizing access, health information technology, and coordinated care focused on

patients," said NCQA President Margaret E. O'Kane. "Recognition shows that Affinia Healthcare has the tools, systems and resources to provide its patients with the right care, at the right time."

Affinia Healthcare has health centers in North and South St. Louis, Pagedale, and Ferguson. The community health center also

operates school-based clinics in three area school districts, and other satellite locations. To schedule an appointment for medical or behavioral health care, please call 314.814.8700. To schedule a dental appointment, please call 314.833.2758.



Affinia Healthcare receives grants for immigrant care, urban garden

Affinia Healthcare is proud to announce it has received a grant for \$41,000 from the Lutheran Foundation of St. Louis.

The grant will be used to improve access and utilization of healthcare services for more than 600 newly arrived immigrants through the employment of a Community Health Worker to help connect them to Affinia Healthcare's medical, dental, behavioral health and other providers.

This is the second grant Affinia Healthcare has received from the Lutheran Foundation in the last 18 months for services for immigrant communities. In 2023, Affinia Healthcare received \$63,000 from the Lutheran Foundation of St. Louis, also for services to immigrant communities.

"Affinia Healthcare is grateful for the support of the Lutheran Foundation as it allows us to continue our mission of reaching underserved populations in the St. Louis area," said Dr. Kendra Holmes, President & CEO, Affinia Healthcare. "These funds will allow our new neighbors to access needed and high-quality healthcare services in a welcoming environment as they begin to

establish their new lives in the St. Louis area."

Affinia Healthcare serves as the primary care home for most of the newly arrived refugees and other immigrants who often lack health insurance access, caring for over 4,000 immigrants on an annual basis.

Lutheran Foundation of St. Louis is the grant-making ministry of 74 St. Louis area Lutheran Church-Missouri Synod congregations. The Foundation's vision is to see the Church brought into the lives of hurting people and people included in the healing life of the Church.

Ameren Support for Urban Garden

The Ameren Corporation has awarded a 2024 Community Impact Grant for \$10,000 to Affinia Healthcare to support development of an urban garden. Affinia Healthcare is partnering with the Episcopal Diocese of Missouri in Old North St. Louis to develop an urban garden in the 63106 ZIP Code which is considered a food desert. Affinia Healthcare received a \$30,000 grant earlier this year from the National Association of Community Health Centers, which will also be used for the urban garden in Old North St. Louis.

Affinia Healthcare Foundation announces Spirit of Giving virtual fundraiser



The Affinia Healthcare Foundation will hold a virtual fundraising event, The Spirit of Giving for Health Equity, a weeklong fundraiser to support the Affinia Healthcare Foundation's mission to address unmet healthcare needs of the St. Louis community.

The event will run from November 13-20, 2024, and feature raffles, auction items and other opportunities to donate in support of the Foundation's mission. Registration is free, and much appreciated!

Mark your calendars for Nov. 13-20. The event link is: <https://givebutter.com/c/SpiritOfGivingAffinia>

"The Affinia Healthcare Foundation is proud to stand against healthcare inequities, working tirelessly to secure financial resources to provide assistance to the most vulnerable in our community," said Yvonne Buhlinger, Executive Vice President, Affinia Healthcare Foundation. "Our donors make it possible for Affinia Healthcare to help mothers give birth to healthy babies, and to decrease the prevalence of diabetes and other diseases, dental caries, substance use disorders, and more. By supporting our fundraiser, donors help keep high-quality and accessible healthcare available for everyone in the community."

In addition to raising funds to support services for the underserved, the Affinia Healthcare Foundation also holds food drives, secures donations for the unhoused, as well as other outreach activities for the community.

For more information or questions about The Spirit of Giving for Health Equity event, sponsorships and in-kind giving opportunities, please contact Yvonne Buhlinger at yvonneb@affiniahealthcare.org or Alyssa Detrick, Development Coordinator at adetrick@affiniahealthcare.org or 314-458-2301.



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FLU & COVID VACCINES

Please bring your insurance card (if available).

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CARING FOR THEM WHILE YOU CARE FOR YOU

Child Watch at the Emerson YMCA
For children ages 6 weeks - 12 years.

Patients of Affinia Healthcare have access to free child watch at the Emerson YMCA during their appointment times.

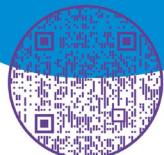
Please allow 15 minutes prior to your appointment time to get your child(ren) registered into Child Watch.

All patients wanting to utilize Child Watch must check in at the front desk of the Emerson YMCA.



**HOURS:
8 AM - 1 PM**

SCAN THE QR CODE TO PRE-REGISTER.





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Our Locations

4414 North Florissant Avenue	Affinia Healthcare Program Management Office
2220 Lemp Avenue	Affinia Healthcare at Normandy High School
3930 South Broadway Street	Affinia Healthcare at Lift For Life Academy
1717 Biddle Street	Affinia Healthcare at Confluence Aspire Academy
6763 Page Avenue	Flance Early Childhood Center
3396 Pershall Road	BJC Behavioral Health
3030 S. Grand	3309 South Kingshighway
St. Louis Dental Center	The Salvation Army Midtown Service and Treatment Center

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See our videos on **YouTube** (Affinia Healthcare)

Follow us on **Instagram**: https://www.instagram.com/affinia_healthcare/

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