

Robert Wood Johnson University Hospital Hamilton Letter of Intent to the Friends Foundation for the Aging

1. Amount of grant request.

Robert Wood Johnson University Hospital Hamilton (RWJUHH), respectfully submits this Letter of Intent for a gift of \$25,000 to support our senior population (65+) community programming.

2. What is the problem you have identified? Who will be served?

Older adults, 65 and over, are generally considered a vulnerable population due to increasing likelihood of chronic disease, risk of social isolation, and economic instability, among other factors. Adhering to recommended schedules for preventive healthcare can reduce the burden of disease, limit healthcare utilization and costs, thereby, improving quality of life for older adults. RWJUHH's most recent Community Health Needs Assessment identified Mercer County as having a higher prevalence of nearly all chronic diseases among senior Medicare beneficiaries than New Jersey or the nation in general. In Mercer County, nearly half of all Medicare beneficiaries have four or more diagnosed chronic conditions. We will target the 65 and over population.

3. What is the solution you propose to address the problem?

RWJUHH intends to host programs and activities targeting our vulnerable 65 and over population from under-served communities experiencing vast health concerns related to diet and lack of exercise.

4. What actions will you take?

RWJUHH will host five independent programs for the senior population. 1) A 13-week healthy living initiative offered three times a year to teach how to incorporate healthy eating into everyday life. 2) Weekly Tai Chi classes for over 2,500 participants. 3) Weekly yoga classes also serving over 2,500 participants. 4) Weekly meditation classes. 5) Various outdoor activities held at the Grounds for Sculpture including Wellness Walk, Ceramics Class, Textiles Class, and others programs for over 400 participants.

5. Do you have other partners for implementation or funding?

The RWJUH Hamilton Foundation actively solicits funding support for the Hospital's programs and services.

6. How will you know your actions are having an impact?

Our program's success is measured by the number of seniors participating in weekly sessions, their interactions with other seniors in the program, and feedback captured on pre- and post-surveys. Additionally, we expect to see a reduction in blood pressure, increased physical activity, and improved A1C levels among participants.

7. Brief statement of organization history and competence for this project.

RWJUH Hamilton, part of RWJBarnabas Health, opened in 1971, and is a 287-bed hospital treating 100,000 patients annually and hosts one of the busiest emergency departments in the region. RWJUHH provides a network of comprehensive health care services which include prevention, wellness, primary and specialty medical services, and diagnostic and treatment services. Patients come from a six-county area (Mercer, Burlington, Middlesex, Monmouth, Ocean, and Bucks County, PA). Founded in 1984, the Robert Wood Johnson University Hospital Hamilton Foundation is a not-for-profit 501c3 organization that raises funds to support patient care initiatives and capital projects for RWJUH Hamilton and the Cancer Institute of New Jersey Hamilton.