

# Mercy Hospital Lincoln Community Benefit Report

Total Community Benefit: \$222,955

Total Persons Served: 2,833

## Nutrition Made Easy in Elsberry



Mercy experts offered health advice at a series of community health education sessions in the summer of 2018. The events focused on raising awareness and educating the public on important health matters.

Mercy hosted the final class, nutrition education, on August 14 at Elsberry City Hall. Emily Melz, registered dietician, and Kristen Herina, nurse practitioner, provided helpful tips on how to set healthy and safe fitness goals.

Topics included:

- How to read nutrition labels
- Healthy eating on a budget
- Diabetes management meal planning
- Healthy cooking
- Being creative with your exercise

Participants were invited to taste some of the healthy foods prepared for the event and take the recipes home.

The classes were free and open to the public and approximately 20 people participated in the series.

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Kristen Herina, NP, sees patients at Mercy Clinic in Elsberry and Emily Melz is in the Dietician Services department at Mercy Hospital St. Louis.

### Charity Care

Includes the actual cost of providing free or discounted care to persons who cannot afford to pay and who are not eligible for public programs. Charity care does not include bad debt.

Benefit: **\$194,007**

### Community Outreach Services

Includes activities carried out to improve community health and services that are subsidized because they are needed in the community. Examples: education, support groups, health screenings, and immunizations.

Benefit: **\$12,440**

### Health Professionals

#### Education and Research

Includes the cost of providing clinical placement for physicians, nurses and other health professionals plus the costs of the nursing anesthesia, EMS and radiology schools.

Benefit: **\$14,583**

### Cash, In-Kind Donations, Workforce

#### Enhancement and Fundraising

Includes cash, in-kind donations, fundraising costs, food & supplies to shelters, use of Mercy rooms and facilities, donated office space and recruitment of health professionals in medically underserved areas.

Benefit: **\$1,925**

### Medicaid Subsidies

Includes the actual unpaid cost of providing care to Medicaid patients and represents the shortfall between cost of care and the payments received by the government.

Benefit: **\$0**