

The Farm

Saint Joseph Mercy Health System



We grow a healthy community by empowering people through food, education and relationships.

2018 Annual Report



Core Values

We join everyone on their path to better health.

We honor each person's unique experience.

We inspire joyful connections.

We actively include a diverse community.

We build and maintain fearless partnerships.

We innovate passionately.

We embed environmental sustainability in all we do.

We utilize our resources responsibly.

We live these values with love.

Vision

We live our mission by:

Producing delicious and nutritious food

Nourishing minds, bodies and spirits

Educating at the intersection of health, agriculture and sustainability

Cultivating purposeful relationships

Hello Farm Friends,

The Farm is where we strive to join people on their paths toward better health by empowering them through food, education, and relationships. In 2018, we saw many of our programs grow dramatically. Examples include our Produce-to-Patients program reaching 16 times more patients than in 2017, our Farm Share (formerly called community supported agriculture program) topping 162 members in one season, and our overall harvest increasing by 67% since last year! These numbers are impressive, but it is the stories that so many people have shared with us about how The Farm has impacted their lives that shine through in this report.

With love,
Amanda Sweetman
Farm Manager

BY THE
NUMBERS

FARM VOLUNTEERS

34
INDIVIDUAL
VOLUNTEERS

183
VOLUNTEERS
CAME WITH
GROUPS

14
VOLUNTEER
GROUPS

2,050
TOTAL VOLUNTEER
HOURS



AFC Ann Arbor soccer players show off gloves donated by Ace Barnes Hardware.

Volunteers harvest year around and even through the cold to keep The Farm going strong.



Please help us continue to grow by supporting
The Farm with a gift of time or money.

Educating at the intersection of health, agriculture and sustainability

We shared our mission to “make curiosity cool again” with more students than ever before and deepened the impact of longstanding programs to reach more audiences. Ypsilanti Community Schools fifth graders benefited from their classroom visits to reinforce learning goals. We were also a new summer elective site for teens in Eastern Michigan University’s (EMU) Upward Bound program.

FARM EDUCATION PARTICIPANTS

BY THE NUMBERS

809 YPSILANTI COMMUNITY SCHOOLS STUDENTS CAME ON FIELD TRIPS

| | | | |
|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| <p>45 KIDS ATTENDED SUMMER CAMP 5 AWARDED FINANCIAL SCHOLARSHIPS</p> | <p>683 KIDS ATTENDED OUTREACH EVENTS</p> | <p>10 TEENS FROM EMU UPWARD BOUND PROGRAM PARTICIPATED IN WEEKLY SUMMER GARDENING CLASSES</p> | <p>1,434 HOURS OF INTERN EDUCATION AND EXPERIENCE</p> |
|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|



“The Farm has given me quite a new outlook on how I operate within my daily life.”

Jaz Popa
Summer Farming Intern



79% of field trip students tried a new fruit or vegetable while at The Farm.



Upward Bound teens reported that gardening helped them to relax and de-stress this summer.



“We are thankful to have participated in such an enlightening and empowering program.”

Jhordyn, Aminah, Isaiah
with their grandmother,
Sherry Rush
Farm-to-Table summer campers

Producing delicious and nutritious food



This year we planted 63% more varieties and harvested 67% more pounds of fruits and vegetables than in 2017. This allowed us to meet the growing demands of our hospital farmers' market and Produce-to-Patients program. Growth of our Farm Share strengthened support for small farms across the county and included a 85% increase in the numbers of Farm Share bags distributed to members.

BY THE NUMBERS

FARM PRODUCTION

| | | | | |
|---------------------------------------------|-----------------------------------------|-----------------------------------------|------------------------------------------------|-------------------------------|
| 9,316 POUNDS OF PRODUCE HARVESTED | 53 DIFFERENT VEGETABLES GROWN | \$25,827 FARMERS MARKET SALES | \$866 PRESCRIPTION FOR HEALTH TOKENS | 38 WEEKS FARM SHARE |
|---------------------------------------------|-----------------------------------------|-----------------------------------------|------------------------------------------------|-------------------------------|

“The CSA has been a beacon of wellness for many residents. My wife, Laura (a nurse practitioner at U of M), and I met Arun Ganti (a co-resident) and his wife Beejal (a cancer pharmacist locally) just as the first CSA season began. After realizing we didn't know what half of the vegetables were (what is kohlrabi anyway?), we started combining our bags of veggies on a weekly basis at alternating houses to see what we could come up with.

The CSA, became the heartbeat of our week. It provided a grounding point, when the four of us (and sometimes others) would gather to reflect, to prepare nutritious food for the week, and to take a break from the stresses of medical training. It also prompted us to eat a lot less meat, to eat locally, and to learn more about the agricultural infrastructure of our community. Over our three years of overlap, the CSA brought the four of us together and kept us well enough to care for others.

As a chief resident, when applicants ask what the biggest perk of training and living in Ann Arbor is, I have an easy answer: the CSA at the Farm at St. Joes.”

Robert Turer, MD
Chief Resident, Department of Emergency Medicine University of Michigan/St. Joseph Mercy Ann Arbor
Farm Share member since 2015



Our collaborative Farm Share supports local farms and provides a healthy bounty to members.

67%
more pounds of fruits and vegetables harvested this year.



Farm Share members picking up their bags during the summer season.

A closer look at our collaborative Farm Share and Subsidized Programs



Impact on members*

94% of members felt part of The Farm at St. Joe's community

98% of members learned and prepared new recipes

90% of members increased their intake of fruits and vegetables

93% of members tried at least one new fruit or vegetable

**survey respondents*

Doubled the amount of money going back to the small farms from \$41,000 to \$82,000.

Michigan State University Extension coordinated the purchase of produce from local farms, including ours, and each week volunteers at The Farm packed the bags with fruits and vegetables. **We continue to fund our subsidized program for food insecure families.**

We are proud of how our Farm Share program increased community members' access to fresh fruits and vegetables and reduced social isolation.



"We hope to grow with the Farm Share program in years to come."

Alex Cacciari and Mark Nowak
Seeley Farm



"The subsidized program has allowed us to have fresh produce every week, which would be normally hard otherwise...It's a great program. I really feel blessed that we were able to be a part of it."

Angela Ortiz with her children, Gabriel and Kendall
Subsidized members

Nourishing minds, bodies and spirits



Flowers from the Growing Compassion Garden “add a ray of sunshine and bring a smile to people’s faces,” across the Ann Arbor campus.

Rozelle Copeland
Garden Coordinator



Growing Compassion volunteers donated 144 hours of their time to brighten up the hospital.

We are living Trinity Health’s commitment to being a transforming healing presence in our community every day. This year our Produce-to-Patients Program grew tremendously and we logged more therapy hours than ever before.

BY THE NUMBERS

PRODUCE-TO-PATIENTS PROGRAM

| | | | | | |
|--------------------------------|------------------------------------------------------|-------------------------------------------|---------------------------------------------|-------------------------------------------|---------------------------------------------|
| 10 CLINICAL PARTNERS | 53 DIFFERENT FRUITS AND VEGETABLES DONATED | 3,303 POUNDS OF PRODUCE DONATED | \$14,465 VALUE OF DONATED PRODUCE | 3,588 PATIENTS RECEIVED PRODUCE | 1400% INCREASE IN PATIENTS SERVED |
|--------------------------------|------------------------------------------------------|-------------------------------------------|---------------------------------------------|-------------------------------------------|---------------------------------------------|



Our partner Eisenhower Center, a traumatic brain injury rehabilitation facility celebrating 25 years of service, provided services for **31 patients** and delivered:

607 hours of job skills training and **280 hours** of therapies (physical therapy, occupational therapy, nutrition, counseling)

More information about their programs can be found at: eisenhowercenter.com.



“I feel that the weekly donations of vegetables from The Farm bring healthy lifestyle choices one step closer to our patients and staff.”

Irina Burman, MD

IHA provider and core faculty physician in Academic Internal Medicine

Cultivating purposeful relationships

The Farm continued to be a hub for people to come together to support one another on their paths to better health. We saw this on a small scale at the Staff Community Garden and at a large scale with 60% growth at the Luminary Walk.



Health Leaders Fellows from the Ecology Center spent an afternoon getting their hands dirty at The Farm.



“Volunteering at The Farm at St. Joe’s has greatly impacted me both personally and professionally. I aspire to have a small farm of my own in the near future and that simply would not be possible if not for the knowledge and experience I have gained from The Farm.

Without the guidance and patience from Amanda and other farm staff I would be not be prepared to follow my dream and believe I can be successful at it.”

Annika Riddell

Volunteer since March, 2018

FARM PARTICIPANTS & EVENTS

BY THE NUMBERS

2,536 TOTAL PARTICIPANTS DURING THE YEAR

57 EVENTS, TOURS, PRESENTATIONS AND OUTREACH PROGRAMS

6 EVENTS

BY PARTNERS AT THE FARM

5 EVENTS

HOSTED BY THE FARM

46 TOURS, PRESENTATIONS AND OUTREACH PROGRAMS

60%
more participants
at this year’s
Luminary Walk.



Summer volunteers at The Farm from the University of Michigan.

Gratitude and Recognition

Donors

Ace Barnes Hardware
Arbor Farms Market
Kapnick Orchards
Next Generation Philanthropists
Speckhard-Knight Foundation
St. Joseph Mercy Ann Arbor Inpatient Pharmacy

Awards and Grants

Ann Arbor Community Foundation - Ypsilanti Schools Healthy Community Program
Michigan Health and Hospital Association's Ludwig Community Benefit Award
Michigan Health Endowment Fund Grant Environmental Council
Michigan Heart Association Cor Vitae Award for Community Service
Trinity Health's Preserving Our Legacy Fund Grant
Washtenaw County Health Department's Building Healthy Communities Grant

Volunteers

For sharing hands and hearts

BeRemarkable.[®]
stjoeshealth.org

Get involved and join us! Visit any weekday, rain or shine

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Connect - Facebook: stjoesfarm • **Twitter:** @FarmatStJoes • **Instagram:** thefarmatstjoes

Blog: stjoesfarm.wordpress.com • **Website:** stjoesannarbor.org/thefarm

Join St. Joe's Farm Share - stjoesfarm.wordpress.com/farmshare

Visit our Farmers Market - St. Joseph Mercy Ann Arbor - Main Hospital Lobby • Every Wednesday: 11 a.m. - 1 p.m.
January and February: weather dependent • See updates on our blog and Facebook

Support - stjoeshealth.org/make-a-donation • 734-712-4040

Volunteer - stjoesannarbor.org/volunteering

