

STAYING PREPARED

DR. BUHARI MOHAMMED, CEO



As we are still recovering from the worldwide COVID-19 pandemic, our communities may sigh a breath of relief that the worse that could happen may be behind us. Collectively, we may not fully embrace the total impact that this unique health emergency has had on our society as we still address the residual fallout that impacts our physical and mental wellness.

The last four years have provided several key lessons that may shape our perceptions and policies regarding our medical vulnerabilities, our preparedness for random challenges, and our ability to be proactive rather than reactive.

The healthcare systems throughout the world had to negotiate, collaborate, and devise strategies on a rather tight timeline based upon the demands of populations that were dependent upon life-saving measures and solutions. From research, to the delivery of care – we witnessed the amazing potential of compassionate and time-sensitive responsiveness. It may take several years to fully understand the impact that our collective experience will have on our medical journey, but the greatest take-away may be that we are resilient and capable of meeting the greatest of challenges when we chose to work together.

HER PLAN IS HER POWER

As you may already know, March is the time of the year when a new season unfolds and we also celebrate Women's History Month. The **Heart of Ohio Family Health** (HOFH) Board, Leadership and Staff is grounded by the expertise and interdependence of many women who have chosen this organization to dedicate their time and talent. Many of our strategies and efforts to support our flourishing communities have been designed around the specific and integral wellness needs of women.

We are intentional about our proactive approach to engage and employ the best partnerships and resources to enhance our scope of services to all patients, especially women. We recently collaborated with **Organon**, a global healthcare company with a portfolio of women's health therapies and products, and served as one of their select sites to host their Listening Tour.

On Tuesday, March 5, four unique listening sessions were scheduled throughout the morning and early afternoon. These sessions were held in the Community Room at the James B. Feibel Center, in Whitehall, and engaged stakeholders ranging from clinicians, patients, city and school leadership, various organizational partners, as well as HOFH Board and staff members. The engagement sessions revealed vital comments and insights regarding the history, current climate, and forward-thinking centered around women's healthcare.

Kevin Ali, CEO of Organon said, "I toured the Heart of Ohio Family Health clinic. Inspired by the clinic's efforts to empower women in the community through a more integrated approach to better health, and close health gaps."

Dr. Charlotte Owens, Organon's Senior Vice President and Head of Medical Affairs & Outcomes Research also shared, "Words will fail to communicate how appreciative I am to have shared time and space with you and your team. You epitomize what inspirational leadership looks like, while making a daily difference in the lives of people."

Providing access to the healthcare needs of our community involves engagement within the community, such as Organon's Listening Tour as well as the recent Black Family Wellness Expo provided by The Columbus (OH) Chapter of The Links Inc. This engaging event was held on Saturday, March 16 at The Ohio State University Wexner Medical Center's newly constructed Healthy Community Center on Columbus' eastside. Collaboration, and proactive initiatives such as these premiere activities create abundant opportunities for candid conversations and dialogue to occur that is essential to igniting the inspiration that fosters change.



Organon's Leadership, **Kevin Ali** and **Dr. Charlotte Owens**, stand with **Dr. Buhari Mohammed**.



Dr. Buhari Mohammed and **Mayor Michael Bivens** (City of Whitehall) at the Organon Listening Tour.



Dr. Buhari Mohammed poses with **Dr. Joshua Joseph** from The Ohio State University Wexner Medical Center, and **U.S. Congresswoman Joyce Beatty** at the Black Family Expo, sponsored by The Columbus (OH) Chapter of The Links Inc.

WORK & LIFE BALANCE

Many decades ago, the late **Albert Einstein** said,

"Life is like riding a bicycle. To keep your balance, you must keep moving."



Today, we continue the quest for balancing personal and professional success. Even as organizations, our viability is dependent upon the experiences and environments established for employees as well as our patrons. Those of us who work in the healthcare field embrace this challenge of balancing the vital care that supports the communities that we serve with maintaining a climate that encourages and inspires the talent that makes it all happen on a daily basis. It is important that we find approaches to encourage and congratulate staff for their dedication and unwavering efforts through the good and also the difficult times.

At **Heart of Ohio Family Health**, we have employed strategies to engage and support our staff via various initiatives and activities. From a peer-to-peer level, our staff members can share encouraging and supporting comments through a "**Cheers For Peers**" promotion that is shared on a quarterly basis. Annually, our **Engagement Committee** plans and produces purposeful activities ranging from a **Family Fun Day** to an **End Of The Year Celebration**. Additionally, staff members also volunteer in various community events that support their interests and may also serve as outreach for the HOFH organization. In a patient-centered environment, it is essential to embrace each opportunity to produce quality outcomes by staying steady and focused on our mission. We are committed to making a difference, one **heart** at a time.

Annually, we also recognize several staff members who have exhibited outstanding efforts during our **Giving Hearts Celebration**. Mark your calendars now, and plan to join us for this momentous occasion on **Thursday, June 20**. More details to come.

