

## Women's Services



Park Nicollet Women's Services delivers care, comfort and convenience to women across our community. Through 10 locations, we provide a full range of women's health services to women age 18 to 100. Our highly-skilled and compassionate doctors, certified nurse midwives and nurse practitioners attend to women's individual needs and preferences.

Thanks to donors and volunteers, Park Nicollet Women's Services helps women overcome barriers to care. We know low income, transportation barriers, cultural differences and other challenges can get in the way of good health. With the support of donors, we are helping to ensure women throughout our community have access to the care they need.

### 2017 at Park Nicollet Women's Services



**150,527 VISITS**

TO CLINICS THROUGHOUT OUR  
COMMUNITY



**412 WOMEN**

CONNECTED TO VITAL COMMUNITY  
RESOURCES THROUGH OUR COMMUNITY  
OUTREACH PROGRAM



**3,000 BABIES**

BORN AT  
METHODIST HOSPITAL

## Donors Make it Happen

Raised in public housing on the Southside of Chicago, Park Nicollet Nurse Midwife Vida Kent, CNM, MSN knew from an early age the importance and impact of giving back. As a result, she has focused her entire career on serving the underserved. From a pediatric critical care nurse to a masters in nurse midwifery to a Bush Fellowship focused on serving underserved populations to 19 years with Park Nicollet Women's Services, Vida has spent every day of her life building healthier lives.



*"Giving back is natural for me. It is part of me. It is part of my DNA. I love it! I see the impact of my investment every day. My ladies, my teens and twenty-year-olds need resources and social services. Because of the Women's Services programs I help fund, I don't have to dig or pull teeth to get them what they need. I can just ease them into it. It makes me so happy to be able to say, 'Oh! Let me do this for you. I can help you with this!' It makes everything so much easier. I feel beyond blessed to work in a community that embraces care for underserved populations and understands the need for additional resources."*

– Vida Kent, CNM, MSN, Park Nicollet Nurse Midwife

## 2017 Highlights

Thanks to our donors and volunteers in 2017, Park Nicollet Women's Services helped women across our community overcome barriers to care, allowing them to focus on their health care needs and the needs of their families.

### Patient & Family Experience

- Provided assistance to help women navigate care, make appointments and access services across the entire system.
- Supported 149 families through our Fetal Loss Program, providing grief support and resources.
- Sponsored scholarships to prenatal classes for low income women.
- Provided 155 women with transportation and food vouchers to help them overcome barriers to health care.
- Provided 280 women with breastfeeding supplies during postpartum home care visits.
- Supported 20 mothers in need with a new car seat to transport their newborn home from the hospital.
- Sponsored team member training on Somali culture and childbearing traditions to enhance culturally sensitive care.
- Implemented a mind-body training program for nurse practitioners to support patients and caregivers with mind-body practices to ease stress and anxiety.

### Community Partnerships

- Helped 412 women connect with social services, transportation, food shelves and domestic abuse shelters.
- Presented 11 community education events on topics ranging from menopause to newborn care to cancer prevention.

### Volunteer Services

- 12 volunteers provided more than 1,016 hours of support to patients and their families at 10 Women's Services locations. Volunteer support included assembling and giving out new mom information packets and baby caps to keep newborns warm, greeting and guiding patients through the clinics, doula services, and supporting New Mom Cafe, free, drop-in consultations with lactation consultants.



*"Every work day, I come into the office and look at the referrals our clinicians have made to me. I reach out to these patients, and I try to find out what is going on in their lives. I find out what barriers they are facing to accessing health care, and I work to get them connected to all of the resources that already exist in their communities to help them.*

*The hardest thing is when a patient has a need that is really important, but the resource doesn't exist or isn't available. I need to work to put together a piecemeal solution. Right now, housing in the Twin Cities is really tight, so when I work with moms who are homeless, I really have to dig for options. But when I find them, it feels good to know that we have done something helpful for someone."*

– Grace, Park Nicollet Women's Services  
Community Outreach Coordinator



Park Nicollet Foundation works to improve the health and well-being of patients, families and communities through partnerships and philanthropy.

