BAPTIST COMMUNITY SERVICES
Enriching Lives Through Christian Care
**1995**
- The new Ware Memorial second floor opens.
- The remodeled Park Place Towers second floor opens with new apartments.

**1996**
- Baptist Community Services (BCS), formerly High Plains Baptist Health Systems, evolves from the merger of High Plains Baptist Hospital and St. Anthony’s Hospital.
- High Plains Christian Ministries Foundation is established to “make a difference for Christ in Amarillo, in Texas, and the World.”

**1997**
- The Park Central Medical Clinic opens.

**1998**
- Jackson Square Fountain and Grill opens in the new Mall located between Ware Memorial and Park Place Towers at Park Central.
- Ware Memorial receives accreditation from the Joint Commission on Accreditation of Healthcare Organizations.
- Park Central receives the Northwest Texas Quality Award.
- High Plains Christian Ministries Foundation gives its first million dollars in gifts and grants.

**1999**
- Ware Memorial is certified as an Eden Alternative home.
- BCS purchases the historic Talmage and Park Apartments.

**2001**
- Groundbreaking for Plemons Court, affordable housing for senior adults.
- Shadow Hills, affordable housing for senior adults, opens in Lubbock, Texas.
- Historical renovations to the Talmage Apartments begin.
- The Amarillo Town Club completes its major renovation project and has a grand “reopening”.

*continued...*
2007  • BCS joins with the Junior League of Amarillo and the Amarillo Area Foundation to begin development of the Medical Center League House, to provide accommodations to patients at the Harrington Regional Medical Center and their families.
  • The Assisted Living Center at Park Central is named in honor of Dr. Winfred and Elizabeth Moore.

2008  • The Amarillo Town Club Southwest located in The Colonies Addition opens in southwest Amarillo.

2009  • Construction begins on the Medical Center League House.
  • The Park Central Medical Clinic is moved to the former HR Building in the center of the Park Central campus.

2010  • Snack Pak 4 Kids™ begins in Amarillo.
  • The Medical Center League House opens.

2011  • BCS is notified by CHRISTUS Health, partner in the BSA Health System, that it wishes to sell.

2012  • BCS and CHRISTUS begin a national search for a new owner for the BSA Health System. Some 30 potential purchasers are contacted. Negotiations begin with Ardent Health Services of Nashville, Tennessee to purchase BSA.
  • BCS agrees to remain a 20% owner in BSA in partnership with Ardent.

2013  • The BSA sale closes with Ardent Health Services.
  • Snack Pak 4 Kids™ of Texas LLC is formed as a controlled affiliate of BCS, and the Snack Pak program becomes a part of the BCS Family of organizations.

2014  • Snack Pak 4 Kids™ completes a capital fundraising campaign and purchases the warehouse located at 2406 SW 3rd Ave. in Amarillo.

continues...
A HISTORY TIMELINE: 2015–2019

2015 - Snack Pak 4 Kids™ relocates its operations to its new warehouse facility, and expands its operations throughout the Texas Panhandle region.
- BCS sells its 20% ownership interest in BSA to Ardent and its partner Ventas.

2016 - BCS donates its apartment complex located at 11th and Jackson to the Downtown Women’s Center, which becomes The Gratitude House for transitional housing.

2017 - BCS sells its interest in the Shadow Hills affordable housing complex to the remaining partners.

2018 - The Sycamore memory care assisted living facility opens and receives its first residents.

2019 - The renovations to The Arbors are completed and it is converted to a Medicare skilled nursing and rehabilitation facility.
- The new Ware long term care facility is completed and residents are moved from the old Ware facility.
- Construction and renovation of the old Ware facility are completed to convert the facility to The Moore assisted living facility.
- The BSA Medical Clinic is moved to the new Moore facility.

continued...
Q7 Who do you share your Snack Pak with?

Answered: 1,188  Skipped: 0

- Brothers or Sisters: 77%
- Parents: 36%
- Cousins: 16%
- Grandparents: 8%
- Other: 10%
Tillie & the Boys:
Below is a timeline of partner involvement to-date:

- **July, 31, 2018**: Bivins funded 9-week trial program for 19 HTC patients age 60+
- **July 31, 2018**: BCS donated a freezer to store meals at HTC.
- **October 2, 2018**: Trial program ended. Bivins agreed to extend grant for an additional 18 weeks. Patients were screened for food insecurity and program effectiveness, and 4 patients were removed from the program.
- **October, 16, 2018**: BCS kitchens began providing meals for 12 additional food-insecure patients who were 55-59 years old.
- **February 8, 2019**: Bivins grant ended.
- **February 19, 2019**: BCS kitchens expanded capacity to provide meals for all 28 patients currently enrolled in SeniorPak
Shalom SeniorPak

A nutrition intervention program to address food insecurity and long-term health

A partnership between Heal the City Free Clinic, Baptist Community Services, the Mary E. Bivins Foundations, and Snack Pak 4 Kids®
• 43 patients have received meals
• 28 are currently enrolled
• Participants have high rates of chronic diseases
  – 92% obesity and overweight
  – 90% hypertension
  – 73% hyperlipidemia
  – 50% diabetes

• Participants have high rates of food insecurity
  – 87% very low food security
  – 11% marginal to low food security

• Top barriers to food access:
  – Money
  – Mobility & illness
  – Transportation
SeniorPak meals reduce food insecurity. SeniorPak meals also reduce anxiety about food, increase consistency of dietary protein and vitamins, reduce intake of unhealthy foods, and provide portion control. SeniorPak participants saw improvements in health measures; and outcomes for weight loss, HbA1c control, and blood pressure control were better than their peers in the Shalom chronic care program.
Overall conclusion: Eliminating food insecurity correlates with a significant amount of weight loss, and may have a positive impact on HbA1c levels. Current data shows no correlation with blood pressure or lipid control.

Obesity: Senior Pak patients lost 70.6% more weight per month in their first quarter of enrollment than peers in the Shalom program. This was a statistically significant amount.

- Average weight loss for the whole cohort of overweight & obese patients (BMI >= 25, n = 46) was 0.54 lbs over 3.09 months
- Average weight loss for the whole cohort of overweight & obese patients (BMI >= 25, n = 183) was -0.75 lbs over 3.72 months (i.e. weight gain)
## Weight Loss Data Analysis

<table>
<thead>
<tr>
<th></th>
<th>Senior Pak</th>
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<tbody>
<tr>
<td>Time (months)</td>
<td>3.09</td>
</tr>
<tr>
<td>% and frequency of obese &amp; overweight pts who lost weight</td>
<td>56.52% (26)</td>
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<tr>
<td>Avg amount of weight lost among those who lost weight (lbs)</td>
<td>6.13</td>
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</table>

<table>
<thead>
<tr>
<th></th>
<th>Shalom Chronic Care</th>
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<tbody>
<tr>
<td>n = 46</td>
<td>n = 183</td>
</tr>
<tr>
<td>3.72</td>
<td>48.09% (88)</td>
</tr>
<tr>
<td>6.13</td>
<td>4.31</td>
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<table>
<thead>
<tr>
<th>Statistical significance</th>
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<tr>
<td>0.3064</td>
<td>( \chi^2 ) test</td>
</tr>
<tr>
<td>0.0466</td>
<td>paired t-test</td>
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</tbody>
</table>
Within the past 12 months, I was worried whether my food would run out before I got money to buy more.

- Often True (4) 7%
- Sometimes True (17) 29%
- Never True (37) 64%

Within the past 12 months, the food I bought just didn’t last and I didn’t have money to get more.

- Often True (7) 12%
- Sometimes True (16) 28%
- Never True (35) 60%

48% of residents of Bivins Village are food insecure. 27% of respondents answered affirmatively to both questions which indicated they may have very low food security.
Please select all the food resources you currently receive.

- None: 7
- Food from a food pantry: 4
- Monthly food box from Catholic Charities: 12
- Monthly food box from the High Plains Food Bank: 28
- SNAP: 30
- Food NET meals: 25

Other included family members (6), other residents (4), and earn via volunteer work (1).
What are three food items that you need the most that you cannot get consistently?

- Vegetables: 4
- Sugar: 1
- Spaghetti: 1
- Rice: 1
- Protein: 2
- Peanut Butter: 5
- Pasta: 1
- Nutritional supplements: 1
- Milk: 6
- Meat: 28
- Mac & Cheese: 2
- Jelly: 2
- Fruits: 3
- Fresh vegetables: 4
- Fresh produce: 4
- Fresh fruits: 2
- Flour: 1
- Eggs: 5
- Dried Beans: 1
- Dairy: 4
- Cheese: 1
- Cereal: 3
- Bread: 1
- Boxed dinners: 3

13 did not answer or are able to get what they need. 31 provided answers. The above chart indicates the number of times an item was listed within those 31 organizations’ answers.
The Dairy Meat Eggs Project

Coming soon!
Dignity & Respect are priceless.

That’s why we serve only brand new, brand name products.

–Snack Pak 4 Kids®