

ALONG THE ROAD

SPRING 2020



The CHI St. Joseph Children's Health Journey
to a Healthier Lancaster Community

CHILDREN'S
JOURNAL &
ACTIVITY BOOK
INCLUDED
WITH THIS
ISSUE!

IN THIS ISSUE...



PG 10

COVID-19 Response & Resources



Healthy Columbia

PG 8

Healthy Starts & First Foods Access Care for Infants



WHAT WE CAN DO



PRESIDENT'S LETTER

In light of the COVID-19 Pandemic, all of us have found ourselves on uncertain ground. Like children learning to take their first steps we're struggling to find our footing in the "new normal." How do we adapt? How do we hold onto what is most precious? How do we create a space, an opportunity, to allow ourselves to feel and embrace the emotions of it all?

I've never been much of a talker – this is especially the case when it comes to my emotions - so when things get pretty heavy I write. The feel of the keyboard helps me process my experiences and the emotions running through me like a current. Normally, when I'm writing it's just for me and certainly not intended to be shared, but there isn't much that is normal these days.

My ramblings certainly don't have all the answers – I wish they did – but letting the words flow out and onto the screen helped me find hope again on a particularly dark day. Maybe, it will resonate with those of you who are also struggling and help you feel the light that still burns in the darkness surrounding us.

April 1, 2020

Today I cried. First as I prepared breakfast and then while walking the dog in the quiet of my dark neighborhood street before sunrise. It wasn't a violent cry but quiet and soft. The tears wandered down my cheek and dampened my shirt collar. It's the first time since the outset of the COVID-19 that I've cried – I'm sure it's not the last. In the push to care for my own family, our team, our patients and the community, I've bottled up much of my own anxieties to try and be a rock for others to hold onto in this time of uncertainty, discomfort, pain and loss. It's not that I haven't acknowledged my feelings – the frustrations at the losses all around us and our inability to find a coherent path forward, my fears that my kids, my wife, my mom, my sister and all of our family may get sick, the pain that likely at least some of my circle of friends will not make it to the other side, the terror that someone might get sick because of my actions or decisions. That's all there, but this is the first time the tears came.

This morning I read an article in the **New York Times** about a disability rights advocate – April Dunn - who we lost to COVID-19 this week. April, who lived her life struggling with both Fetal Alcohol Syndrome and Cerebral Palsy, asked her mom to be sure to bring her phone to the hospital so she could continue to wish everyone a happy birthday. That little fact – of no significance to many – made me smile and cry at the same time. (Each day I also try and be sure to wish everyone on my various social media platforms a Happy Birthday, or celebrate their work anniversary - regardless of how strong our bond is or is not. It's a weird thing, I realize, but I hope it brightens their day a little). I had never heard of April prior to this morning but I know she was a bright light in this world and her spirit and energy will be sorely missed.

I think the article picked raw my biggest fears and greatest sadness. We are losing so much good in this world (in many ways even before COVID-19 took hold). I find myself wondering:

- How have we come to a time when, in the midst of public health crisis, we have governors signing bills sanctioning hate (Idaho) and others issuing orders to deny medical care to residents, our brothers and sisters, who are mentally or physically challenged (Alabama)?
- What if we lose all of the "good" – all the light - in this world? It seems silly but this is the thought that ran through my head this morning – what if we run out of "good" – like "good" is a gallon of milk?
- What if there's not enough good left to stand up to the evil before us – the virus and the people who have sacrificed the most vulnerable amongst us just to advance themselves?
- What if I am not here and my girls are left surrounded by this evil (even after the pandemic is over)?

This morning, against my own advice, I ventured into "What If" territory. I often tell my team not to dwell in the world of "What If" – it's a clause – two simple words, words that if not managed properly can paralyze us into inaction and submission. What pulled me out of this territory? The realization that instead, especially now, we must focus on the "Do" – what can we do, what are we

Continued on page 4...



Photo from NY Times of April Dunn and her parents.

Continued from page 3...

doing, what will we do. That's how we honor April and the others we have lost. Honestly, I think that's how we regenerate the good – the light – in our communities – We do.

We do what is needed and what is necessary. And, we do it with joy and we do it with a smile - not as an irreverent expression or mocking of the present but rather a joy and knowledge that good and light cannot be vanquished even in dark, dark times. This joy in our talk, in our lives and in our love sends forth great power - lighting the path to a new and better tomorrow.

Our deeds bring light and goodness back into the darkness. The challenge before us today and every day is to keep doing! Through it all – no matter the pain or the sadness – we must keep feeling. Our tears are powerful. Numbness is not the answer, it is not protection, but rather it is retreat. I am not willing to surrender.



Each of us is going to be challenged in the coming weeks and months. Organizations like CHI St. Joseph Children's Health will be here to help – don't be afraid to reach out.

Presently we are experiencing dark days and unprecedented challenges, yet together we'll have the opportunity to create a new world. As Pope Francis urged us during Holy Week, we have the opportunity to create a world in which "the hearts of those who have enough [are] open to filling the empty hands of those who do not have the bare necessities." That, I hope, is the new normal into which we will emerge when the time comes for us to physically be together again.

I'll leave you with a verse in which I find great comfort: John 14:27 – "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Stay safe, stay patient and God bless,

Phil Goropoulos

President, CHI St. Joseph Children's Health

NEWS FROM ALONG THE ROAD

Empathy as Our Super Power – A Community Conversation with Chef José Andrés



Community conversations matter – they help us learn, shape our thinking, and inspire us to action. On September 19th, fresh off a plane from working on hurricane relief efforts in the Bahamas, Chef and Humanitarian José Andrés joined CHI St. Joseph Children's Health for the third installment of our community conversation series on creating and sustaining healthy communities.

When asked, "What is one trait about the United States you wish people in other countries better understood" Chef Andrés replied, "Empathy." He wished that more people around the world understood the tremendous empathy of the American people. In his view, empathy is the United States' super power – when times are hard, we care for one another. Our ability to care, relate and respond to need distinguishes us and brings us together.

The Community Conversation with Chef Jose Andrés was sponsored by UPMC Health Plan. The Series will continue this fall with a rescheduled discussion with former United Nations Ambassador Samantha Power (September TBD) and Best-Selling Author Mitch Albom (October 1st).



Strengthening Connections – Family Wellness Coaching Adds Group Programming

An important lesson emerged from the behavioral health program's family trip to Sesame Place last summer: there is power in connection and knowing you are not alone. The trip was what we had envisioned – a great family experience for a parent/caregiver and their child living with autism – but it also ended up being so much more. Families were connecting, learning from one another and creating a supportive environment around the common experiences of their children. These connections, combined with the opportunity to have a bonding experience with their child, helped to inspire the addition of group programs and activities within the Family Wellness Coaching component of CHI St. Joseph Children's Health's Behavioral Health Program.

Since the trip to Langhorne, Pennsylvania last August, the Coaches have developed opportunities for children and their parents/caregivers to engage in unique activities and crafts together, for children to learn new skills to help them regulate emotions,



exercise and focus (such as Yoga) and for parents to learn new skills from our talented team of coaches as well as each other. The past few months have been a learning opportunity for both families and CHI St. Joseph Children's Health. We are excited about the possibilities and look for a greater variety and more group programs in the coming months.



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Construction Temporarily Halted at St. John Neumann School for Children and Families

Just weeks from completion, construction of the St. John Neumann School for Children and Families was halted on March 20th in order to comply with Governor Wolf's call for closure of non-life-sustaining businesses in efforts to slow the spread of COVID-19. While we were disappointed with this delay our primary concern was the safety of the workers for our general contractor and subcontractors.

We are hopeful construction will resume in early to mid-May and once completed the St. John Neumann School will begin applying for required child-care facility licensure through the state. To account for any delays in the application process caused by the gradual re-opening of the Commonwealth, the first day of school has been moved from late June to **August 17, 2020**.^{*} This timeline better allows for families enrolling in the program to have a smooth introduction to the unique CHI St. Joseph Children's Health childcare experience.

The School is currently enrolling children age 6 weeks to Kindergarten enrollment. If you are interested in learning more about our Whole Child Approach or in enrolling your child please visit www.StJohnNeumannSchool.com.



** The opening date for the St. John Neumann School for Children and Families will be dependent upon the Governor and his team of health experts determining that it is safe for Childcare Centers to begin operations.*



Since the start of our Behavioral Health program, we have experienced high demand for therapy services from the families we work with. Unfortunately, this demand has far outweighed the capacity of our therapy team – not due to the will of our therapists, but rather because of the

New Therapists Join CHI St. Joseph Children's Health

program's
original
design.
Our
Behavioral
Health
program

was designed as a psychiatric practice with limited therapy support but later evolved into a family-focused approach to include integrated therapy, family wellness coaching and case management services. Due to a limited number of therapists (in accordance with the original design), many of the families receiving psychiatric care from CHI St. Joseph Children's Health needed to be referred to other providers for their child's on-going therapy services.

We saw the excitement and success of the families we were able to serve with our unique approach to children's behavioral health and we knew we needed the increase our ability to provide this full-range of services to as many of our families as possible. Since July 2019 we have been working toward increasing our capacity to provide therapy services to our patients and families by adding to our team of talented therapists.

This past summer we welcomed Shannon Diller, LCSW to the team. Kelly Brubaker, LMFT and Alison Ferrara, LCSW joined us in the fall and the most recent member of our Behavioral Health team is Ruth O'Gara, LCSW. As we strive to increase our capacity to meet the needs of children and families, CHI St. Joseph Children's Health will continue to add additional talented clinicians to our behavioral health program.



On the Path to a Mindful School

**CHI St. Joseph Children's Health
Education Department Partners with
Lampeter-Strasburg Schools to work
with students and staff**

Take Your Time – a series of Mindful Education workshops developed by our Community Health Education team to teach students how to identify and regulate their emotions – has been successfully provided in schools throughout the Lancaster Community over the last two years. These workshops sparked the development of our Mindful Schools Professional Development program designed to strengthen the ability of teachers, counselors, and administrative staff to be proactive in responding to the growing behavioral health needs of students.



Over the past year we partnered with the Lampeter-Strasburg School District wherein mindfulness training and development was provided to 130 staff members at the Hans Herr Intermediate and Lampeter Elementary Schools. This collaboration included presentations by Rachel Brown, an expert in mindfulness and social emotional, encouraging L-S teachers, counselors and administrative staff to recognize and overcome thoughts and feelings that disrupt their ability to be fully present with students and effectively support their emotional needs. Professional development workshops spanned the school year and explored topics of mindful spaces, brain science, and various forms of mindful movement. This partnership marks the first in our efforts to achieve Mindful Schools in Lancaster County.

Healthy Starts Diaper Bank Joins First Foods Access Program at Healthy Columbia

The materials needed and costs associated with caring for a baby can be difficult to grasp when starting a family. The care of your baby is not something you should have to compromise when finances are tight. CHI St. Joseph Children's Health believes taking care of our most vulnerable – infants – is a priority and a necessary investment in life-long health outcomes. Research overwhelmingly shows that early experiences shape a child's life trajectory; it makes good sense for a community to assure every newborn and infant has everything they need.

This is why our Healthy Columbia Project – located at 401 Locust St. – has prioritized programming and services for newborns and infants.

For more information about our Healthy Columbia Project services for babies and infants please email Kelsey Miller, our Healthy Communities Manager at kelseymiller3@catholichealth.net.

BABY BOX INITIATIVE

The **Baby Box Initiative** was the first Healthy Columbia program working to assure every baby in the Borough has a safe place to sleep.



FIRST FOODS ACCESS FOR EVERYONE

Next we partnered with Align Pregnancy Services and created **First Foods Access for Everyone** to provide residents of 17512 with access to baby formula and first-stage baby foods. Access is provided regardless of household income in order to assure no child under 12 months of age ever has to experience food insecurity.



HEALTHY STARTS DIAPER BANK

New to Healthy Columbia is our **Healthy Starts Diaper Bank**. Through this program families (regardless of income) living in the 17512 ZIP Code can access diapers sizes 1-5 at no cost.

4TH COMMUNITY CONVERSATION

CHI St. Joseph Children's Health invites you to our 4th Community Conversation event.*

When: September 2020
(date to be announced soon)

Time: 5:30 VIP Reception,
7:30 Conversation (book signing to follow)

Where: The Lancaster Theological Seminary, Santee Chapel

Ticket and Event Details:

Visit Eventbrite page

<https://samanthapowerchistjosephchildrenshealth.eventbrite.com>



Join us in a conversation with **Samantha Power** – former U.S. Ambassador to the United Nations, Human Rights Advocate, Pulitzer Prize Winner – as we discuss how communities, both local and global, can create environments where every child, every resident and every family can thrive.

Thank you to our sponsors...



**As a leading voice in collaborative efforts to improve the health and well-being of the Lancaster community, CHI St. Joseph Children's Health created the Community Conversation Series – a series of discussions focused on creating and sustaining healthy communities where residents throughout the Lancaster community learn from and talk with leaders from across the country and around the world.*



An Evening with Mitch Albom

Thursday, October 1st 2020

Tickets available at:

<https://mitchalbom-chistjosephchildrenshealth.eventbrite.com>

Date: Thursday, October 1, 2020

Time: 5:30PM VIP Reception (VIP Ticket Required)

7:30PM Conversation/Presentation (A Book Signing will immediately follow)

Location: The Lancaster Theological Seminary - Santee Chapel (555 W. James St., Lancaster, PA).

The VIP Reception will be held in the Dietz Hall Refectory at Lancaster Theological Seminary

Interested in sponsorship opportunities?

Contact Kristy Gismot, KristyGismot@catholichealth.net



CHI ST. JOSEPH CHILDREN'S HEALTH

COVID-19 RESPONSE AND RESOURCES

Guidance for Families in the Midst of COVID-19

from Dr. Tom Foley

We are currently living through a momentous period in history that is challenging our society on many fronts: our healthcare, educational, economic, and political systems. How we, as a society, manage this current crisis and plan for future similar challenges will have a lasting impact on our culture. Similarly, this experience will significantly influence our children and their futures.

Emotional and behavioral problems directly predict or influence the course of medical conditions. At CHI St. Joseph Children's Health, we believe all health is tied to emotional and behavioral health and that the family unit – however that may be defined – is very influential in determining health related attitudes, beliefs, and practices that are shared and passed through generations.

During these challenging times, it's necessary to consider the impact of stress on the entire family when considering the mental well-being of children. Each individual family's experience is unique; but the potential emotional toll this situation can take on all of us is shared. As caregivers, we are in the best position to help our children successfully navigate these challenging times and build resilience for their future success. I hope the recommendations below are helpful to caregivers as they support their children throughout the COVID-19 Pandemic.

- » **While sheltering in place, continue to maintain a regular routine.** The predictability of consistent schedules and routines at home is reassuring to children. When it comes to structure, it's important to be consistent with routines such as sleep, meals, and physical activity on a daily basis. These lifestyle choices have a powerful impact on the immune system and mental health.
- » **When possible, give kids choices.** They may not be able to go on play dates or see friends in person, but you can provide options such as which games to play or activities to do at home.

- » **Assist and encourage kids to keep in touch with friends and family** over the phone, through email, and through other video communications such as Skype, Zoom, FaceTime, etc.
- » **Limit and/or control what information about COVID-19 your child is receiving and where it is coming from, as it may be frightening.** It's likely your children have questions about the virus and why we are sheltering in place, try to answer their questions honestly by using words and concepts they can understand. Be mindful of how much TV or news children have exposure to since the repetition of threatening information can be confusing and/or disturbing.

When conversations come up about the Pandemic, you may feel unsure of how to talk about this public health emergency. Here are a few guiding suggestions for talking with your children.

- » It is important not to force them to talk about things unless they are willing and ready.
- » Create an open and supportive environment where they feel safe to ask questions.
- » Try to acknowledge and validate their thoughts, feelings, and reactions.
- » Let them know their concerns and feelings are important and appropriate.
- » Keep in mind it is normal for children to personalize situations. They may worry about their own safety or the safety of their immediate family – be reassuring, but don't make unrealistic promises. For example, it's okay to let children know they are safe at home or school but not to promise there are no cases of coronavirus in our community.

It may be helpful for parents to remember we are all in similar situations at this time – attempting to parent children, help them complete schoolwork, work from home, support other family members, and manage the stress related to the daily news and updates.



From a family perspective, one of the best ways to support children during this time is by paying close **attention to our own behavior as parents and caregivers**. We must remember how our children look up to us as role models and mirror our behavior. This places us in an excellent position to teach them how to build resiliency during times of stress. To do so, we as caregivers must be mindful of our emotional reactions and be careful to show children how we deal with our own stress. In fact, having conversations with your children about your own emotions during these challenging times is an excellent learning opportunity. Although sometimes difficult, it is important to stay calm when discussing your emotions and to keep the conversation age-appropriate. These conversations allow children to learn by example and to recognize it is normal, even for adults, to feel stress about the current situation.



Other parenting considerations during this experience include:

- » Allowing children to have more of a sense of control at home than they might normally. For example, allow them to participate in meal planning and preparation (eating meals together as a family is great for communication and bonding).
- » Try to stay flexible and patient with your children when they don't feel like talking about or engaging in activities you recommend.

- » Make an effort to create special events or activities with your children as this allows them to feel you are paying attention and valuing their interests. Movie nights might be a good idea for this, but remember it's best to have a discussion about what was watched in order to create a rich and meaningful learning opportunity.
- » Find joy in the small experiences each day and show them the importance of doing so. This allows children to see ways to re-frame their thought patterns even during stressful times and teaches a positive coping strategy for future life events.
- » Remember that your perception of the crisis will have a powerful impact on how they experience this period of time.
- » Lastly, this experience is a good opportunity to teach your children about the many people helping those affected by the outbreak. This will show them that when something scary or bad happens, there are people to help.

It is also important to be aware that children who have experienced serious illness or loss are particularly vulnerable to prolonged or intense reactions to graphic news reports or images of illness/death. These children may need extra support and attention. Children who are preoccupied with questions or concerns about the coronavirus pandemic should be evaluated by a qualified mental health professional. Other signs that a child may need additional help include ongoing sleep disturbances, intrusive thoughts or worries, recurring fears about illness or death, and/or reluctance to leave parents. If these types of behaviors persist you should ask your child's primary care physician or school counselor for help arranging an appropriate referral.





The following are programs, services and activities introduced by CHI St. Joseph Children's Health to assist children and families in the Lancaster Community during the COVID-19 Pandemic

HEALTHY COLUMBIA PROJECT COVID-19 CRISIS INITIATIVES

Healthy Columbia Crisis Meals Feed a Community: From an Idea to Reality in 3 Days



Line waiting to receive Crisis Meals.

As the COVID-19 Pandemic took hold in Pennsylvania, we envisioned being able to provide residents of Columbia Borough with the comfort of a nutritious freshly-prepared meal each day. This went from a vision to a reality in just 3 days through the efforts

of our Healthy Columbia Project and our partners at **Gypsy Kitchen** and **Fuel Madness Meals**. On March 17th, with schools closed and a sense of panic setting into the community, the Healthy Columbia Crisis Meals initiative kicked into gear.

The Initiative originally provided a freshly prepared safely packaged meal to 100 participants each day, but the community need and our services evolved as the crisis continued. Our team adapted strategies to further ensure the safety of residents and staff working to distribute the meals. We started providing 5 meals (including fruit and snacks) to 150 residents each distribution (every 5 days), but as the Pandemic escalated we saw a greater need in the community – sometimes delivering all 150

meal sets in less than 30 minutes – and had to turn people away.

Starting April 17th we began providing 5 meals sets to 200 residents (that's 1,000 meals every 5 days). As of April 27th the Healthy Columbia Crisis Meals Initiative has distributed close to 7,000 meals to residents of Columbia.

As the crisis continues, the team from Healthy Columbia and our culinary partners will continue providing fresh, healthy meals to those who have need in Columbia. As we say to the individuals and families we see during distributions – “we’ll be here until the need subsides.” We are thankful to be joined by the **Steinman Foundation**, the **United Way of Lancaster County** and the **Lancaster County Community Foundation** who have provided financial support to cover some of the costs associated with the Initiative. We are also grateful to the **Kellogg Company** and **Kegel's Produce** for their food donations. If you would like to make a contribution to support the Healthy Columbia Crisis Meals Initiative please visit:

<https://stjosephchildrenshealth.org/healthy-columbia-crisis-meals-donation/>



All of the behavioral health services provided by CHI St. Joseph Children's Health remain available and accessible throughout the COVID-19 crisis. While our physical locations are closed to observe social distancing, the wonders of technology have allowed us to continue to be of service. Psychiatric staff, therapists, coaches and case managers are available to clients via video conferencing and telephone.

We are continuing to schedule future appointments and add new patients. Our Patient Support Staff assist families with identifying the tele-health option that will work best for them at the time of appointment confirmation calls. Even in the midst of a pandemic, every member of the team has been working to meet the needs of children and families throughout the community.

When we are able to return to the office, we envision a hybrid program being offered that will include limited face-to-face visits and tele-health options to families until the risk from COVID-19 has subsided.

For more information on behavioral health services please email Kimberly Nettleton, Behavioral Health Center Manager, kimberlynettleton@catholichealth.net

BEHAVIORAL HEALTH SERVICES GO VIRTUAL

Additional Behavioral Health Resources Available During the COVID-19 Pandemic:

Family Resource Guide Available on CHI St. Joseph Children's Health Website

In addition to tele-health psychiatric and counseling appointments, the behavioral health team has been working to develop and create other programs and resources to support families and children during these uncertain times. Within the first week of stay-at-home requirements, the team created a resource guide with tips and age appropriate web-based activities and websites to share with families.

Visit: <https://stjosephchildrenshealth.org/covid-19-update/> to access the resource guide.

Behavioral Health Video Series for Children and Families

Since April 17th, therapists from our Behavioral Health Program have been releasing videos designed to help children and families cope with the stress and anxiety of the COVID-19 pandemic. A new video premieres on our Facebook page and our Youtube Channel every two days with topics such as *What I Can and Cannot Control* and *Making Healthy Choices* and *Move Your Body*. To view the videos visit our Facebook Page: www.Facebook.com/CHISTJosephChildrensHealth or our brand new YouTube Channel by searching for CHI St Joseph Children's Health on YouTube.com

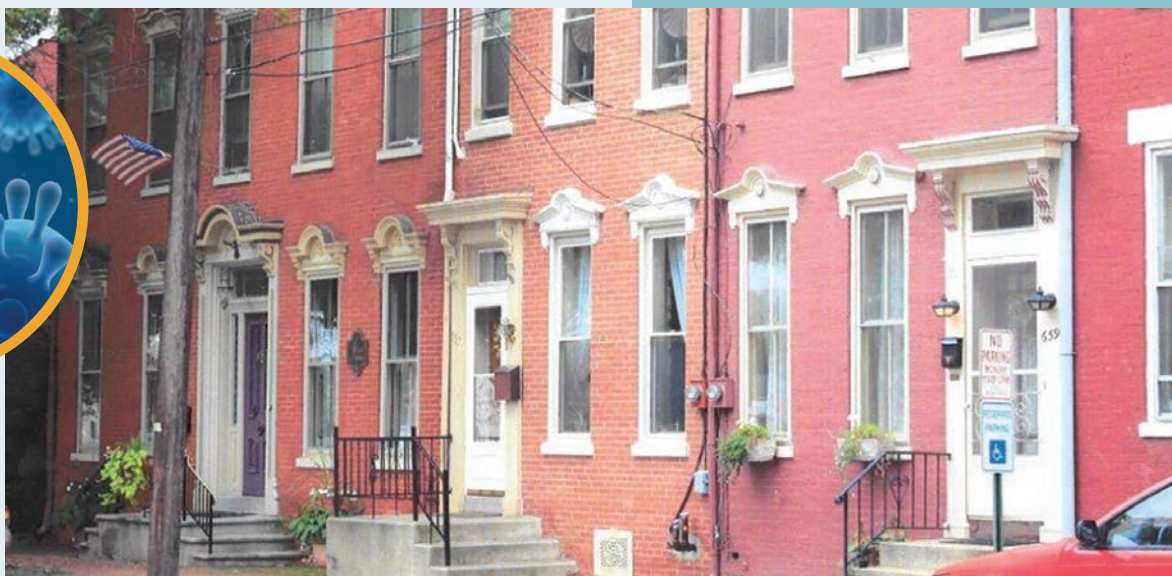
Virtual Support Groups

Support Groups can be a wonderful tool to help people come together to overcome similar challenges and provide a sense of community. With the onset of COVID-19, the behavioral health team developed virtual support groups creating opportunities for children and parents/caregivers to meet, learn from and support one another in a safe space. Using secure videoconferencing technology, the first CHI St. Joseph Children's Health virtual support groups met in mid-April. The service will continue throughout the pandemic to offer additional support and engagement for our patients and their families.

Stretching to support our community further, the department is also exploring how virtual support group opportunities may be offered to families throughout the Lancaster Community. We look forward to hosting these groups for parents/caregivers and children across the community starting in May. For more information on support groups please email Kim Nettleton, Behavioral Health Center Manager, kimberlynettleton@catholichealth.net

COVID-19





Healthy Columbia – Crisis Housing Assistance Fund

Housing is healthcare – the assurance of safe and adequate housing improves overall health and when housing is lost or in jeopardy people's health suffers. It seems common sense then that the two should not operate in isolation.

As we enter the next phase of the COVID-19 Pandemic many are facing unparalleled financial burdens. Millions of people across the country and thousands in Lancaster County are unemployed and uncertain of if and when they will be able to return to work or find new employment. Reports indicate that over one third of all households in the United States missed their rent or mortgage payment on April 1, 2020. Others are making tough choices between maintaining their housing or paying for food and medicine.

CHI St. Joseph Children's Health, as a part of our Healthy Columbia Project, is committed to doing all we can to assure no family, child or resident in Columbia faces homelessness in the midst of the Pandemic. Much as we mobilized to create the Healthy Columbia Crisis Meals Initiative, we have identified resources to create the Healthy Columbia – Crisis Housing Assistance Fund to help residents of Columbia who have experienced a loss of income as a result of COVID-19 maintain their housing. Funds are limited but we are seeking supporters and partners to grow funding.

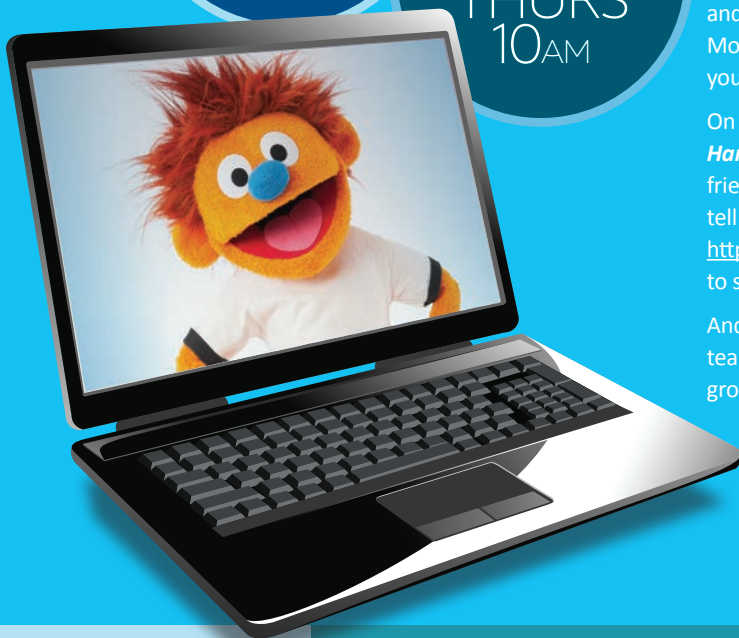


To learn more about the program and participant eligibility please visit the COVID-19 Update section of our website (<https://stjosephchildrenshealth.org/covid-19-update/>) or email Kelsey Miller, Healthy Communities Program Manager, kelseymiller3@catholichealth.net.

STORYTIME
M/W/F
10AM

HANGOUTS
WITH HANK
THURS
10AM

HANK STORY TIME LIVE! ONLINE



Hank the Health Hero stays home to stay healthy and you can too! Of course, staying home means staying connected in brand new ways. Visit Hank and friends on Facebook for a Live Story time on Mondays, Wednesdays, and Fridays at 10 am. Also, you can access our recorded videos 24 hours a day.

On the horizon, we have a new program called **Hangouts with Hank** – a time to catch up with old friends, meet new friends, learn a thing or two and tell silly jokes – every Thursday at 10am. Visit us at <https://www.facebook.com/hankthehealthhero/> to submit your silly jokes today!

And if you want to stay connected to our amazing team of mindful educators, keep an ear to the ground and an eye to the sky for online play dates called Mindful Meet ups. This interactive program for school-age friends will air Tuesdays at 3PM. Stay tuned for details on how to join us.

Healthy Columbia Crisis Meals



In a time when many of us feel powerless, we do have the power to help. You can feed a community by supporting the Healthy Columbia Crisis Meals Initiative. Consider donating to Healthy Columbia Crisis Meals today, your gift helps assure our neighbors get the nutrition they need. No one deserves to go hungry – especially not during a crisis.

To donate visit <https://stjosephchildrenshealth.org/donate>



Imagine Better Health

www.ChISTJosephChildrensHealth.org/donate

Together We're Creating a Healthier Lancaster Community

At the heart of our mission is the calling to create healthy communities, this ministry requires an openness to change in an ever-changing landscape. Our ability to be nimble and responsive to serving the changing needs of our community is because of the support of our donors. Great work is not done alone – together we're creating a healthier Lancaster community.

<https://stjosephchildrenshealth.org/donate/>