

SPRING 2017



CHI St. Joseph Children's Health

Along the Road

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

Finding Our Footing and Starting to Run

One of the greatest joys in my life has been having the opportunity to be a father, having been given the blessing, with my wife Amy, of caring for and raising two beautiful girls. Elena entered our world just over six years ago and for us everything changed. Maya followed four and half years later and has been chasing her sister around ever since. When you think you can't love any more, children and grandchildren are there to prove that we have an infinite ability to love, we just have to choose to do so.

I bring up my girls because in many ways they resemble the journey of CHI St. Joseph Children's Health. Obviously this isn't in a literal sense - though Elena has made an appearance or two in our advertising materials - but they make a pretty accurate metaphor.



This past summer Maya started to walk – she didn't crawl for long because her movement was with a purpose - she needed to keep up with her big sister. Quickly she moved from a few wobbly steps to an awkward run to her current state of motion which for a little person equates to a rapid sprint around the house all the while calling for Elena as she goes. Maya's journey to becoming a speedster mirrors the journey of CHI St. Joseph Children's Health.

Since the sale of St. Joseph Hospital in 2000, Catholic Health Initiatives has grown to be one of the most successful national health systems in the United States. All the while, our program in Lancaster had, in many ways, been trying to find our legs. Much like an infant we first found our fingers. Then we discovered our toes. Finally we started to crawl and stand and eventually walk and occasionally run.

It's taken us some time to find our footing and to find our way. We made progress through the years that's undeniable – thousands of children have received dental care as a result of our efforts - but we had not quite figured out a way to communicate the needs of our community, to share our vision, to live our purpose or even to welcome our calling. And we certainly had not figured out how to effectively share the good news and the challenges with our local community, with our national healthcare system - Catholic Health Initiatives - nor with our sister organizations – CHI hospitals, physicians, and healthcare providers - across the country.

Like so many teenagers across the country, CHI St. Joseph Children's Health is still learning who we are and what we're all about. Yet like that first time you pull the car onto the highway after getting

your license, we've got our hands firmly on the wheel. Much remains to be done and many opportunities for growth and improvement exist throughout our organization – when you're committed to excellence that will always be the case. At the same time, the support of the community has helped to inspire and to light our path forward making our journey easier while rising up to meet the challenges before us and before our community.

The past two years our pace at CHI St. Joseph Children's Health has quickened. Not out of chaos but out of renewed purpose. While we may not be able to sprint quite yet, and we may still trip and fall on occasion, we will not shy away from the challenge or the need to start again. Just as a determined toddler rises up again, there is a visible determination in our step, a determination in our eyes and a clear purpose in our role in the Lancaster Community.

Growing up can be hard sometimes. My daughters have shown me that. At the same time, despite the struggles, growing up can be beautiful. Together, as we continue to grow, we will see a time when every child in Lancaster - and beyond - has the opportunity to grow up healthy and happy. Of that, I have no doubt. If nothing else, my daughters have taught me that.

God Bless.

Philip K. Goropoulos, *President*





Children's Health Education

Next Stop: Germs!



Members of the education department at CHI St. Joseph Children's Health find themselves out in the cold again this school year – and this time they are trying to stop the spread of germs. “Winter is the peak season for the education team,” said Kate Huhn, Program Manager. “We are out teaching kids about oral health almost every day during National Children's Dental Health Month, and at the same time, schools and preschools are using every trick in the book to keep kids in school because it's cold and flu season. I get warnings from the nurses... to wash my hands...a lot!”

Kate and the team layer their clothes, stuff their pockets with tissues, and rely heavily on warm, caffeinated drinks to answer the call of duty at this time of the year. And each year the demand for quality health education grows. The number of education programs offered by CHI St. Joseph Children's Health throughout the Lancaster Community is up 15% so far this year and much of the growth is attributable to new programs developed to meet community need.

There is one member of the education team who is always ready for the ice, sleet, and snow. He is immune to human ailments and a hero for healthy choices. His name is Hank the Health Hero and he likes to wash his hands. Hank's fascination with clean hands and germs started over a year ago when a group of preschool directors from Early Childhood Innovative Connections in Lititz, advised our

education staff that they could use Hank's help putting a new spin on some old standbys. “We were wondering if we were doing enough by teaching kids - brush your teeth, eat healthy snacks, wash your hands – if teachers already covered these topics. Our preschool contacts made it clear they would welcome any chance to reinforce basic hygiene skills or ‘healthy bodies’ in young audiences and they've kept that promise,” said Lori McCracken, Director of Education.”

Fast forward to the present when Hank the Health Hero spends most of his time on an Adventure in Wellness teaching young Health Heroes how they can stop the spread of germs. Hank knows to wash his hands, but he sometimes forgets to use soap. He may be really good at covering his cough, but then Hank absent-mindedly picks his nose. “The kids can tell Hank is a work in progress. They learn from him and with him and no one wants to

Hank teaches kids about health in fun and funny ways.

see Jenny Germ make him sick,” said Matt Martsolf, the Education Coordinator and puppeteer who plays Hank. Becky Urand, Program Services Manager at the Carol B. Winters Center Head Start said, “We enjoyed having Hank here. His message helps us teach kids important self-help skills and the confidence to make healthy choices.”



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– Becky Urand, Program Services Manager at the Carol B. Winters Center Head Start

Hank's new germ show has been wildly popular, three times more popular than his oral health show – putting the puppet on the map and setting records within the growing education department. At the end of the germ show, Miss Lizzy, Hank's Trainer, pretends to let a student give her a flu shot. She holds a monkey for comfort, looks away and counts to three. It's over, quickly. Then she and Hank have a healthy snack and do some exercise to demonstrate the many ways we need to care for our bodies during cold and flu season.

The influenza virus is dangerous to children. According to the CDC, children under 5 years of age can experience medical complications that may lead to hospitalization. In rare instances, children die from the flu as was the case in February when the Pennsylvania Department of Health confirmed the death of a young girl from Washington County, Pennsylvania.¹

“We think the success of the germ show indicates a growing community need for advocacy and education. Our community partners are responding to larger public health concerns and they are reaching out to us for help.” said, Philip Goropoulos, President of CHI St. Joseph Children's Health. During this school year, 120 Kindergarten and seventh grade students across Pennsylvania were denied admission to school on the basis that they did not have all of the required immunizations to attend school; they also did not qualify for a medical, religious, or philosophical exemption. Lancaster school districts turned away 11% of this number, keeping pace with Philadelphia where the student enrollment is 2.5 times larger. Neighboring York County reported the largest number of non-vaccinated students across the state of Pennsylvania – offering evidence of the pressing need for education and assistance around vaccinations.

Pennsylvania has proposed to shorten the grace period for immunizations from 8 months to just 5 days² in the 2017-2018 school year. With a more rigid vaccination policy in place, we might see a rise in the number of students denied admission to school at a time when Lancaster County is already reporting a sizable increase. These facts only bolster the resolve of the education team to empower young health heroes to make healthy choices, like washing their hands. So, we persist, through a sea of sniffles, to reach even more children and families throughout the



Lancaster Community this year. The warm greetings of our loyal community partners keep us going. And though the flu is no laughing matter, Urand says, “Hank teaches kids about health in fun and *funny* ways. After he left, they went on many health quests. Like Hank, they would say, ‘Adventure Awaits!’”

¹ <http://www.health.pa.gov/My%20Health/Diseases%20and%20Conditions/I-L/Pages/20162017-Influenza-Season.aspx#.WKyA3lUrKUK>

² http://lancasteronline.com/insider/ag-to-review-proposal-to-shorten-pa-schools-immunization-grace/article_3be1905e-a06b-11e6-87a1-5f73c0edbd67.html

Help Along the Journey



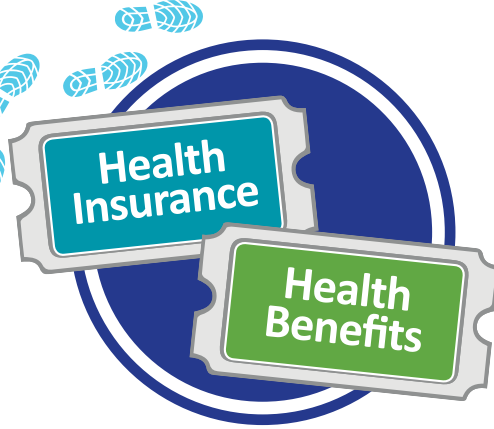
Mapping the Path to Life Long Good Health and Happiness



Looking to start your health journey? Need help knowing what steps to take to best fit your families' needs and budget? Unsure of your options? A CHI Health Advocate can be of assistance. Follow the footsteps along the path to good health...



Within the medical realm, one provider serves as the host or the concierge – your primary care physician. Forming a good and strong relationship with your primary care provider provides you access to services throughout the system and a friend to help you understand the challenges and opportunities along the way.



The health care system much like navigating a railroad, subway or bus system has challenges and is confusing. However without a ticket getting from place to place, it goes from frustrating to at times nearly impossible. Health insurance and health benefits give families the keys to the system and a greater ability to control their own health decisions.



Poor oral health has lasting impacts to overall health. Starting early and staying on track with good oral health is essential to the future of not only your mouth but your entire body.



Without a safe and welcoming place to call home, our health often becomes secondary. Every child deserves a home free of violence and health and safety risks such as lead that can threaten their growth, development and wellness.

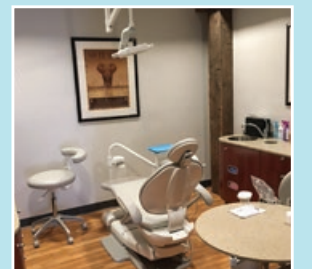
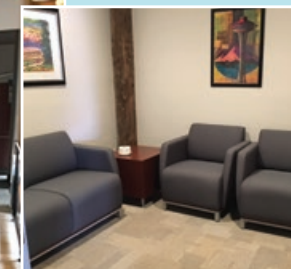


The food we put into our bodies fuels our future. Understanding healthy choices is part of the equation. Having access to healthy food options is the other piece of the puzzle. Every child should have the ability to access the nutritious foods necessary to grow-up happy and healthy in our community.

The Lancaster Center

Welcome the newest edition to the CHI St. Joseph Children's Health Facilities

The CHI St. Joseph Children's Health Dental and Behavioral Health Center
1929 Lincoln Hwy E., Lancaster



Services for Children and Families Starting July 2017



Children’s Oral Health



Columbia Dental Center at 1



January 5, 2016, CHI St. Joseph Children’s Health took a leap of faith and opened our first fixed-site children’s dental center in Columbia. The move came after almost 14 years of providing mobile dental services on-site at local schools in all of the Lancaster County school districts. Despite all of our planning and research that led to the creation of the Center, there were still unknowns as we prepared to the open our doors and uncertainty as to how the community would receive our newest program offering.

As we enter our second year of service to the community in Columbia and continue preparations for our second dental center in Lancaster, we are excited about the Center’s reception and our continuing progress in addressing the oral health needs of children throughout the Community.

There is much to celebrate about our work at the Columbia Dental Center. There also is much that remains to be done. Within our work in dental services are committed to improving our operations and efficiency to assure that, both in Columbia and at all future dental locations of CHI St. Joseph Children’s Health, we are providing dental care of the highest quality to as many children as possible. The support of our donors and our sponsors allows us the honor of working with the children and families who access our Center and the privilege of partnering with our patients on their journey to life-long good oral health regardless of their insurance status or ability to pay.

Some Facts and Figures from our first year of service:

- 3,638 - Dental Visit completed including exams, cleanings and dental treatment.
- 1,446 - Children received dental care.
- 9 - Different counties in which our patients reside (94% of all patients live in Lancaster County).
- 3,107 - Dental Sealants placed helping to prevent future decay.
- 1,525 - Restorative procedures completed.
- 95% - Percentage of all services were provided to children who are uninsured, enrolled in Medicaid or participating in CHIP.
- \$494,811 - Value of charity care provided to uninsured children and families from January 5, 2016 to January 31, 2017.



Columbia Dental Center



“... we are excited about the Center’s reception and our continuing progress in addressing the oral health needs of children throughout the Community.”

The Leadership and Staff of CHI St. Joseph Children’s Health

CHILDREN’S HEALTH ADVOCACY

Lenore Bush – Advocate
Leah Yarnell - Advocate

CHILDREN’S HEALTH EDUCATION

Kate Huhn – Education Program Manager
Lizzy Krajan – Education Associate
Matt Martsolf – Education Coordinator
Hank – Health Hero

COLUMBIA DENTAL CENTER

Kyra Schirk, DMD – Dentist
Sherri Hosler , PHRDH – Hygienist
Kiauna VanHook, EFDA – Expanded Function
Dental Assistant
Tiffany Lewis – EFDA – Expanded Function Dental Assistant
Brenda Ramos – Dental Assistant
Sharon Romblaski– Columbia Program Manager

LANCASTER DENTAL CENTER

Dentist – Now Hiring
Mary Wubbolt, PHRDH – Hygienist
Amy Thomas, EFDA – Expanded Function Dental Assistant
EFDA – Now Hiring
Dental Assistant – Now Hiring
Gerardo Diaz – Lancaster Program Manager

BEHAVIORAL HEALTH SERVICES

Psychiatrist – Now Hiring
Psychiatrist – Now Hiring
Therapist – Now Hiring
Therapist – Now Hiring
Project Manager – Now Hiring

LEADERSHIP AND ADMINISTRATION

Ruth Fellabaum – Executive Assistant
Philip K. Goropoulos, MNM – President
Beth Grossmann – Vice President
Lori McCracken, MSS – Director of Education
Laura Myers, PHRDH – Director of Dental Services

NOW HIRING – We are currently looking to fill several positions.
Call 717.397.7625 or visit StJosephChildrensHealth.org for more information.

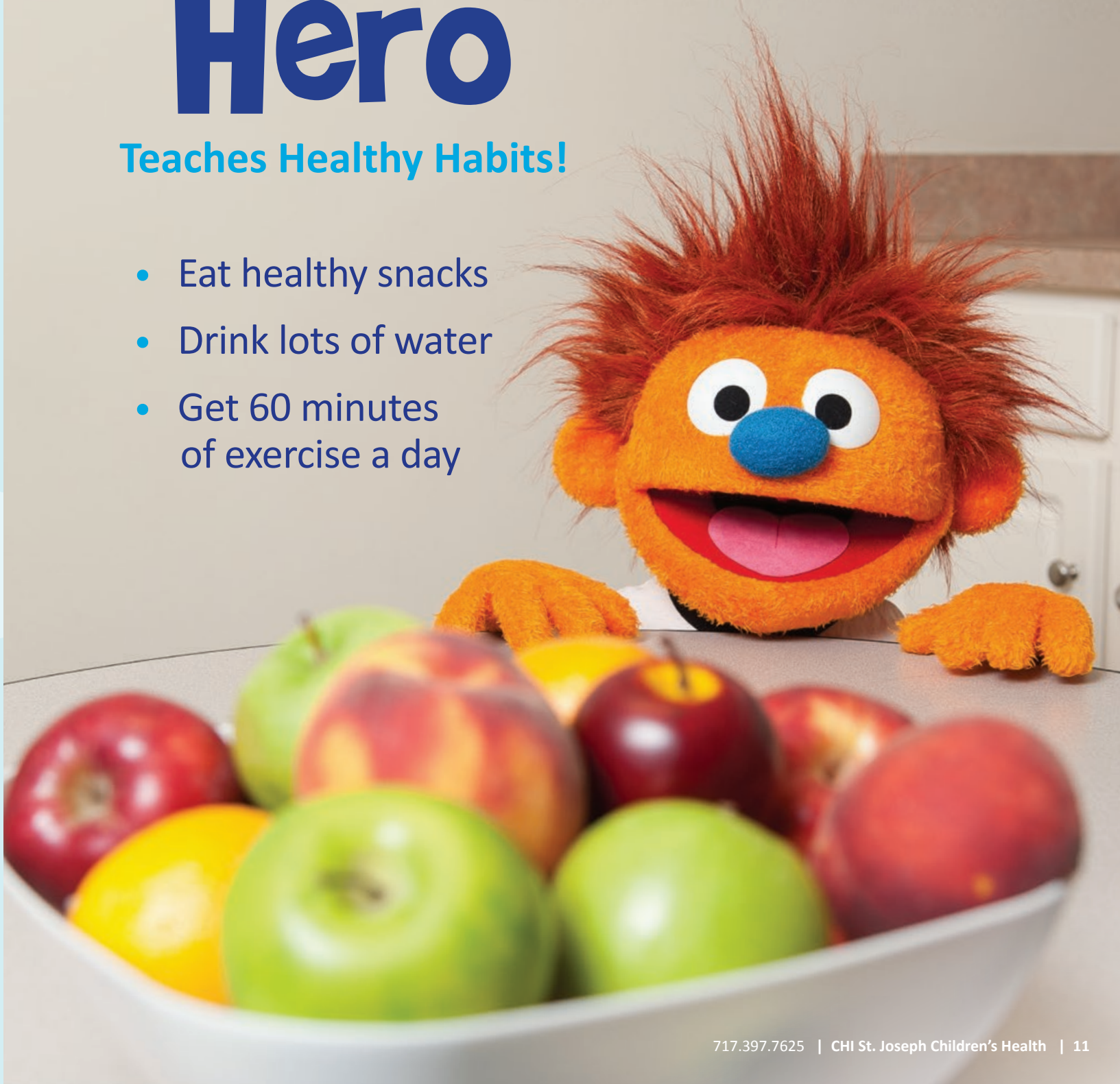
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Hank the Health Hero

Teaches Healthy Habits!

- Eat healthy snacks
- Drink lots of water
- Get 60 minutes of exercise a day





Immunizations



Healthy Habits



Fresh Foods

At CHI St. Joseph Children's Health we are called to improve the health of children in need within the Lancaster Community. Our work cannot be done alone. Rather it requires the strength, skills, determination and commitment of all of us. Much like a school of fish provides protection to the young and strength to the community, the health and well-being of our children is our greatest responsibility and is entrusted to each and every one of us. Together, we can assure that every child has the opportunity to grow up happy and healthy.

Please join us in making a difference in the lives of families in the Lancaster Community.

Every gift positively impacts the lives of others.

www.SupportLancasterChildren.org



Access



Safety



Housing