

FALL 2016



CHI St. Joseph Children's Health

# Along the Road

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





## ANNUAL MEETING INVITATION



# Why We Are Called?

## *The Catholic Health Ministry Tradition and CHI St. Joseph Children's Health*

Join CHI St. Joseph Children's Health for an evening of fellowship and exploration with Chris Lowney, author of ***Pope Francis: Why He Leads the Way He Leads*** and Chair of the Board of Stewardship Trustees of Catholic Health Initiatives.

**TUESDAY, OCTOBER 25 – 6:00PM**

The Farm at Eagles Ridge (465 Long Lane, Lancaster PA 17603)

Catering featuring locally sourced foods by Scarlet Runner

RSVP by:

**Phone:** 717.397.7625 | **E-mail:** ruthfellabaum@catholichealth.net

*Donations appreciated but not required (Suggested Donation \$25 per guest).*



## Letter from the President

This fall brings with it an especially intense political season. Regardless of where you turn, what television station you watch or radio station you listen to, what restaurant you dine in or what stores you visit, you are bound to hear political discussions – many times heated – for and against ideals you hold. While many seeking political office and our support in the voter booth change positions in ways that leave the community confused and bewildered, it's nice to find a solid foundation on which to build for the future. To us, at CHI St. Joseph Children's Health, some ideals are not and never have been debatable.

Grounded in our Catholic faith and our core values of reverence, integrity, compassion and excellence, CHI St. Joseph Children's Health is driven by the belief that every child is entitled to the opportunity to grow up happy and healthy. This undeniable right is not determined by a family's income or the child's insurance status. Rather, assuring that every child has the opportunity to grow up happy and healthy is a tenant upon which we believe all healthy communities are built. Fulfilling such a promise and creating such a culture within our community is a reality that God calls upon us to create, to foster and to cherish with all that we do as a part of His ministry in the Lancaster Community.

2016 represents a year of tremendous growth and great opportunity at CHI St. Joseph Children's Health. Heeding the call of our founding Sisters to create healthier communities, we have worked to grow our programs both by retooling the services we have traditionally offered – children's dental services and health education – and by expanding our scope into areas of need – health services and benefit navigation and our latest initiatives in behavioral health – all the while continuing to strategically invest in building the capacity of children's health and wellness programs offered by others throughout the community. Each step along our journey reflects our call and our purpose. Every program strives to create and expand opportunity to every child and family in our community.

We're excited about the journey ahead and hope that you are as well. This fall we will be opening our second dental center coupled with our first behavioral health center for children. With each step and every program we are working together to positively impact the lives of many children and families across our community. Together we strive ever closer to fulfilling God's vision of assuring every child the opportunity to grow up healthy and happy.

God Bless.

Philip K. Goropoulos, *President*





Children's Health Advocacy

# Re-Set: Everyone Deserves an Advocate

Heading into the summer of 2016, CHI St. Joseph Children's Health began a thorough evaluation of our Children's Health Advocacy Department.

Originally a major component in the implementation and service delivery of the Brush.Brush.Smile!® Mobile Dental Clinic Program, the Advocates had served as the primary liaison between schools being served by the dental program and CHI St. Joseph Children's Health. Each Advocate helped families enroll to receive dental services on-site at their children's school. They began conversations with families whom they enrolled who might be uninsured to identify any health benefit options and programs that may work best for their individual family situations.

*In reality, every family can use an advocate.*

With the transition to bricks and mortar dental centers within our Dental strategy and with the impending addition of behavioral health and psychiatric services

to our clinical services, the organization evaluated the program and assessed how and when it would be best

*...the Children's Health Advocates at CHI St. Joseph Children's Health began shifting their focus in a determined effort to serve more families with both support and assistance.*

for Advocates to interact with children and families in the community. The result of our programmatic review and discussions: In reality, every family can use an advocate.

With this revelation, the Children's Health Advocates at CHI St. Joseph Children's Health began shifting their focus in a determined effort to serve more families with both support and assistance. Rather than working to identify and recruit patients for clinical services,

Advocates began to focus their attention on addressing the health needs of patients and eliminating the barriers to health care that many of the children and families enrolled in our care were experiencing as they attempted to navigate the health care system outside the walls of the clinical programs offered by CHI St. Joseph Children's Health.

Regardless of your household income or your child's insurance status, the Children's Health Advocates are committed to assisting every family as they strive to provide their children with the best opportunity to grow up healthy and happy. To us a key to the healthy and happy proposition for children is to assure every child with appropriate health care access and essential health services.



## What Can An Advocate Do For Your Family?

Children's Health Advocates are happy to assist you and your family:

- Identify health benefit programs for which your child may be eligible.
- Enroll your child(ren) in an insurance plan (Medicaid, CHIP or Private) of your choosing.
- Determine a primary care physician close to your home with whom you are comfortable.
- Enroll with a dental home for your child.
- Secure appropriate health services and screenings for your child including:
  - » Well Child Checks and Annual Physicals
  - » Regular dental check-ups
  - » Vaccinations
  - » Blood Lead Level Screenings for children younger than 7
- Referrals for other social services.

*To connect with a Children's Health Advocate please call 717.397.7625.*





Children’s Health Education

Healthy Habits:  
An Acquired Taste



The programs and partnerships we have devotedly planted throughout the Lancaster Community will nourish young minds for a second year as we renew a fruitful partnership with the Columbia Borough School District. Our collaboration with the staff and students at Columbia Middle School –Taylor Campus has expanded the children’s health education programs at CHI St. Joseph Children’s Health to include a focus on nutrition.

Driven by a shared vision for a healthy, happy Lancaster Community, our collaborative programs in Columbia are based on a simple idea – healthy habits lead to healthy smiles. Healthy habits form when children get the opportunity to make a healthy choice over and over again. “Our educational programs have always promoted healthy choices, but habit formation requires persistent and repeated exposure to healthy options and that is where schools are our greatest allies,” said Lori McCracken, Director of Education at CHI St. Joseph Children’s Health.

Faced with national statistics identifying childhood obesity as a health crisis, school districts throughout Lancaster County are responding. “We pride ourselves on offering nutritious meals each day that help our students make healthy choices,” said Christi Beazley from the district’s food service team. Though Columbia’s food service department provides kid-friendly, balanced meals to students throughout the borough, the students’ personal

food preferences can work to undermine the district’s good intentions.

At the Columbia Middle School - Taylor Campus, where approximately 200 students attend fifth and sixth grades each year, just 32% of students reported eating vegetables and 42% reported eating fruits three or more times a day. These statistics were collected when the “Building a Better You: A Healthy Habits, Healthy Smiles! School Partnership Program” launched in September 2015 (see sidebar for more information). The survey results in Columbia are encouraging; they are much higher than the 10% national average reported by the Cornell Center for Behavioral Economics in Child Nutrition Program. However, it seems about 60% of students are not eating enough fruits and vegetables to meet the current USDA recommendations.

Healthy habits lead to  
healthy smiles!

“Our partnership with the Columbia Borough School District makes it possible for teachers to offer fruit and vegetable taste tests twice a week for 36 weeks in all eight classrooms,” said Lori McCracken. “By the end of this next school year, we would like to see 50-60% of students reporting fruit and vegetable consumption three or more times a day.”



Enjoying fruits and vegetables in the classroom makes students stop and think about what they like and don’t like. “We invite students to participate in taste-tests so they understand their own food preferences and realize they have the option to make a healthy choice,” said Dr. Jodie Parkinson, Principal. Ongoing data collection from the program will also influence the district’s menu as the food service department makes every effort to offer fresh fruits and vegetables the students like.

*Our partnership makes it possible  
for teachers to offer fruit and vegetable  
taste tests twice a week for 36 weeks  
in all eight classrooms.*

In the first year, Taylor students enjoyed the taste-test program. Ballots collected twice a week show that the students repeatedly tried and liked vegetables! In fact, they gave jicama, broccoli, carrots, and turnips higher ratings each time they tried them. They also really liked grapes and oranges. The 150 pounds of additional fresh produce students consumed lead them to report greater interest in fruits and vegetables and the desire to influence what caregiver’s buy at the grocery store. Our children’s health education programs cultivate empowering experiences for youth. Columbia students are already using their growing knowledge and confidence to make the healthy choices of a true health hero. We look forward to another prolific year.

On the Road with Hank

Hank the Health Hero will make his national debut in San Diego this fall. He will be making a special appearance with Catholic Health Initiative’s CEO Kevin Lofton at the Catholic Health Initiatives National Leadership Conference at the end of September.



At the conclusion of the program 48% of the students reported buying fruit at lunch most of the time or always and 38% also bought vegetables.

**62%** of students reported they are more willing to try new foods as a result of the program...

...**55%** of students reported they, “like them [fruits and vegetables] more now.”

And **39%** of students reported asking caregivers to buy fruits and vegetables at the grocery store.







## Children's Oral Health

# Reaching the Plain Community



The transition of the CHI St. Joseph Children's Health Oral Health program from a mobile to a fixed-site strategy in the summer of 2016 did not only impact how the organization engages with our school partners and community but also changed the growing relationship between our dental services and the Plain Communities of Lancaster County. Since 2013, the mobile dental program during the summer months had ventured to local Amish and Mennonite farms throughout the county to provide dental services to children within the Community. Over the years, the dental team found tremendous need with many families never having accessed children's dental care in the past. It was not uncommon for children to leave an exam with over twenty cavities diagnosed by the dentist and an extensive treatment plan.

***Over the years, the dental team found tremendous need with many families never having accessed children's dental care in the past.***

Though the mobile dental program was able to provide initial treatment for many of the Amish and Mennonite children seen at the hosting farm sites, once the clinics left for the start of the school year, many were left without on-going care. As we began to transition the program

to our fixed-site Dental Centers we strove to assure that the families from the Plain Community who had come to count on us would not be left without a dental care option. Our plans included the creation of a dedicated liaison to the Plain Community to assist in the coordination of scheduling of dental appointments for their children. Leah Yarnell, who serves a similar role with the school districts, embraced the role and dove into the challenge of assuring access to and coordinating dental care for the families.

In addition to the support offered by the community liaison, we had one more strategy to deploy before fully integrating the Amish and Mennonite families we had once served at local farms into our new dental homes. Rather than bringing the dental program to the farms, for the summer of 2016 we brought the farms to the Dental Center. Working in collaboration with our Children's Health Education Program, the Dental Department worked with our host families to identify children within their community in need of care and brought groups from each traditional farm site to the Columbia Dental Center for special Dental Days. Groups of children and their parents were transported to the Dental Center. During their visit they would receive their dental care while also having the opportunity to participate in a modified dental summer camp including our "Sink Your Teeth into Science" program, crafts and even a healthy snack. Children in need of fillings or other restorative care were scheduled for follow-up visits at either Columbia Dental Center or the Lancaster Dental Center, which will be opening this fall,



depending upon which location was easiest for the family to access. Patients with cavity-free exams were scheduled for their six month follow-up visits allowing us for the first time to provide on-going dental care to the children accessing us through our summer farm program.

***The transition from mobile dentistry to fixed-site dental centers continues to positively impact the children and families of the Lancaster Community.***

The transition from mobile dentistry to fixed-site dental centers continues to positively impact the children and families of the Lancaster Community. For the first time many of the 1250 children enrolled at the Columbia Dental Center have a permanent dental home to address their oral health needs. And, each day we serve more children and families. During the month of August 2016 over 400 children received care at the Dental Center in comparison to 155 who were able to be served through the mobile dental clinics the years before.



## Facts About the Lancaster Center

The Lancaster Dental Center is quickly taking shape. The new Dental Center, which will be co-located with CHI St. Joseph Children's Health's new behavioral health center at 1929 Lincoln Hwy E, Lancaster, PA, is scheduled to open in the fall of 2016.

Interested families have already started to enroll. Call 717.397.7625 today to be among the first to schedule an appointment at this new state-of-the-art facility.





Coming soon...



## Children's Behavioral Health and Psychiatric Services



For more information visit [www.CHIStJosephChildrensHealth.org](http://www.CHIStJosephChildrensHealth.org) or call 717.397.7625

## Curious about what we do and why we do it? Learn more about CHI St. Joseph Children's Health

Consider joining us for an hour to get a glimpse into the health needs of and challenges facing children in the Lancaster Community and our plans to make a difference in the lives of families in need in our region.

Here are a few dates and times you can choose from:

Tuesday, October 18 @ 7:30AM

Friday, October 28 @ 12:10PM

Wednesday, November 9 @ 7:30AM

Tuesday, November 15 @ 12:10PM

Tuesday, November 22 @ 5:30PM

Tuesday, December 6 @ 7:30AM



1929 Lincoln Highway East, Suite 150

Sessions include a light breakfast, lunch or snack.

**Please RSVP** via email to [RuthFellabaum@CatholicHealth.net](mailto:RuthFellabaum@CatholicHealth.net) or by phone: 717.397.7625. Your RSVP assures that we have an appropriate count for the session.



Please join CHI St. Joseph Children's Health, our staff, our volunteers, our patients and our families, for a Christmas Celebration Pancake Breakfast.

**SATURDAY, DECEMBER 10, 2016  
8 AM TO 11 AM**

*St. Philip the Apostle Church  
2111 Millersville Pike, Lancaster*

**FREE ADMISSION**  
**Breakfast • Fellowship • Santa Claus • Fun**

*Please RSVP by December 5 by calling  
717.397.7625 or emailing  
[ruthfellabaum@catholichealth.net](mailto:ruthfellabaum@catholichealth.net)*







Community Initiatives Program

# Building Community Capacity Through Investment



As an organization committed to the health and well-being of children in the Lancaster Community and having been entrusted with resources, CHI St. Joseph Children's Health has pledged to use our resources, our knowledge and our capacity to:

- help build the community capacity
- inspire creativity in the community's approach to problem solving
- create a positive impact of programs offered by organizations and the lives of children and families in the Lancaster Community

While CHI St. Joseph Children's Health has always had the capability to make contributions and grants to organizations providing services to children in the community, we began 2015 determined to create a transparent process through which:

- all organizations in the community could be invited to participate and benefit, including those of which we may not have previously been familiar

- members of the community would be entrusted with the program and would guide our grant-making process including:

- ✨ the establishment of funding priorities by our local board of directors
- ✨ the creation of decision making process in which members of the local community would ultimately determine where our financial investments may most positively create lasting change in the community.

We launched our new Community Initiatives Program in the fall of 2015. A committee of six members of the Lancaster Community brought together their diverse life experiences and expertise to award grants to 18 organizations through our fall and spring grant cycles.

Below is a listing of the organizations and projects that were supported through this program in our first year.

For more information on our current grant cycle please visit [www.CHISTJosephChildrensHealth.org](http://www.CHISTJosephChildrensHealth.org).

## FALL 2015 CYCLE

**Byrnes Health Education Center - \$10,000**  
Program: Unique & Interactive Health Education Programs for Lancaster County Students  
Priority Area: Children's Health and Well-Being

**Central Pennsylvania Food Bank - \$10,000**  
Program: School Breakfast Coordinator  
Priority Area: Children's Health and Well-Being

**Crispus Attucks Community Center - \$10,000**  
Program: Disproportionate Minority Contact (DMC) Reduction Program  
Priority Area: Violence Prevention

**Community Action Program of Lancaster County (CAP) - \$10,000**  
Program: Lead Free Kids  
Priority Area: Lead Poisoning Prevention, Screening & Abatement

**Girls on the Run \$10,000**  
Program: Girls-on-the-Run Participation Scholarship Funding  
Priority Area: Children's Health and Well-Being

**Lighten Up Lancaster Coalition/Lancaster General - \$7,516.88**  
Program: Get Healthy, Start Gardening  
Priority Area: Children's Health and Well-Being

**Philhaven - \$10,000**  
Program: Center for Integrated Healthcare  
Priority Area: Children's Health and Well-Being

**SouthEast Lancaster Health Services - \$10,000**  
Program: Portable Prevention: Dental Screenings, Fluoride Varnish and Oral Health Education  
Priority Area: Oral Health

**VisionCorps - \$5,125**  
Program: Make and Take Sensory Sessions (MATSS)  
Priority Area: Children's Health and Well-Being

**WellSpan Ephrata Community Hospital - \$2,150**  
Program: Healthy Beginnings Plus  
Priority Area: Children's Health and Well-Being

**Welsh Mountain Health Center \$10,000**  
Program: Horse and Buggy Children's Wellness Program for the Plain Community  
Priority Area: Children's Health and Well-Being



## SPRING 2016 CYCLE

**CASA of Lancaster - \$10,000**  
Program: Volunteer Manager  
Priority Area: Children's Health and Well-Being

**Eastern Lancaster County School District - \$7,550**  
Program: Spot Vision Screener  
Priority Area: Children's Health and Well-Being

**Hands Across the Street - \$10,000**  
Program: Summer Food Service Program Capacity Improvement  
Priority Area: Children's Health and Well-Being

**Horizons at Lancaster Country Day School - \$4,000**  
Program: Horizons Health & Wellness Initiative  
Priority Area: Children's Health and Well-Being

**Mental Health America- \$10,000**  
Program: Expanding Mental Health Advocacy to Spanish-Speaking Families  
Priority Area: Children's Health and Well-Being

**Milagro House - \$5,000**  
Program: Strengthening the Family Unit for Single Mothers  
Priority Area: Children's Health and Well-Being/Violence Prevention

**Samaritan Counseling Center - \$10,000**  
Program: TeenHope Mental Health Screening Program for Teens  
Priority Area: Children's Health and Well-Being/ Access to Care





# New Members Join CHI St. Joseph Children's Health Board

"The local board of directors keeps our purpose grounded in the needs and challenges facing children and families in the Lancaster Community," said Philip Goropoulos, president of CHI St. Joseph Children's Health. "All of our board members live or work in Lancaster County, providing us a true insight into the community and helping to guide our organization toward fulfilling our goals."

Currently the local board of directors is providing oversight to the organization's expansion as CHI St. Joseph Children's Health grows to include children's behavioral health and psychiatric services in addition to its dental, health education and health advocacy programming. Construction is underway on a new Dental and Behavioral Health Center which is scheduled to open in the fall of 2016. The Dental Center will be the second Center opened by CHI St. Joseph Children's Health in Lancaster County. Both the Behavioral Health Center and the Dental Center will provide services for children in Lancaster County regardless of insurance or ability to pay.

The local board of CHI St. Joseph Children's Health is comprised of 14 passionate, dedicated professionals who are committed to the purpose of improving children's health in the Lancaster community. Members of the board serve two-year terms and can be reelected when their term ends.

## The newest members of CHI St. Joseph Children's Health's local board are:

- Lorraine Gutierrez, of Lancaster County, a caseworker at Lancaster County Children and Youth Agency
- Carol L. Powell, Ph.D, of York County, assistant superintendent of the School District of Lancaster
- Michelle A. Reaser, RN,BSN,MBA, of Berks County, chief nursing officer at Lancaster Regional Medical Center
- Kathleen Troy Smyser, of Lancaster County, director of communications for Pennsylvania College of Art & Design
- Elaine G. Ugolnik, of Lancaster County, partner at the Law Firm of Appel & Yost

## The CHI St. Joseph Children's Health new board officers are:

- **Chair:** Thomas L. Regan, DDS, of Quarryville, dentist in private practice
- **Vice Chair:** Mary Kennedy, OSF, of Springfield, a parent educator and CM at Catholic Social Services, Philadelphia
- **Treasurer:** Jodie Reinhart of Lancaster, vice president and CFO of Vision Corps
- **Secretary:** Chris Ballentine, of Lancaster, public relations and social media specialist at CNH Industrial

## The following board members were reelected for consecutive terms:

- **Elected for third term:** Lisa McCracken, of Mountville, senior vice president of Senior Living Research and Development at Ziegler
- **Elected for second term:** Thomas L. Regan, DDS, of Quarryville, dentist in private practice

### 2016-2017 Board of Directors

Chris Ballentine – *Secretary*  
 Phil Goropoulos  
 Lorraine Gutierrez  
 Coleen Kayden, R.Ph.  
 Mary Kennedy, OSF – *Vice Chair*  
 Tom Kopfensteiner, STD  
 Lisa McCracken  
 Carol L. Powell, Ph.D.  
 Michelle A. Reaser, RN, BSN, MBA  
 Thomas L. Regan, DDS – *Chair*  
 Jodie Reinhart – *Treasurer*  
 Peter J. Ross, DMD  
 Kathleen Troy Smyser  
 Elaine G. Ugolnik, JD

# The Staff of CHI St. Joseph Children's Health

## CHILDREN'S HEALTH ADVOCACY

Lenore Bush – Advocate  
 Sharon Kulp – Advocate

## CHILDREN'S HEALTH EDUCATION

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

## COLUMBIA DENTAL CENTER

Kyra Schirk, DMD – Dentist  
 Sherri Hosler, RDH – Hygienist  
 Kiauna VanHook, EFDA – Expanded Function  
 Dental Assistant  
 EFDA – Now Hiring  
 Celeste Powell – Dental Assistant  
 Tiffany Keim – 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 – Program Manager

## BEHAVIORAL HEALTH SERVICES

Psychiatrist – Now Hiring  
 Psychiatrist – Now Hiring  
 Therapist – Now Hiring  
 Therapist – Now Hiring  
 Project Coordinator – 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  
 Annette Rosa-Pabón – Director of Community Engagement  
 Director of Behavioral Health – Now Hiring  
 Leah Yarnell – Dental Project Coordinator



**NOW HIRING** – We are currently looking to fill several positions. Call 717.397.7625 for more information.



SUPPORT CHI ST. JOSEPH CHILDREN'S HEALTH DURING

# THE EXTRA<sup>TM</sup> ORDINARY GIVE

On November 18, donate online at [ExtraGive.org](http://ExtraGive.org) and your generous gift will be stretched by at least \$300,000 in stretch pool and prizes from the Lancaster County Community Foundation and sponsors. Help us go the EXTRA mile together!

**NOVEMBER 18**  
**EXTRAGIVE.ORG**

