

# ALONG THE ROAD



**CHI St. Joseph  
Children's Health**

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

SPRING 2021

## IN THIS ISSUE...



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### Letter from Dr. Foley

for Parents & Caregivers



DISCOVER  
THE ST. JOHN  
NEUMANN  
SCHOOL FOR  
CHILDREN &  
FAMILIES!



PG 6

Coming This May  
**Columbia Market  
House Opening**



# EMERGING FROM THE LOST YEAR

On March 17, 2020 CHI St. Joseph Children's Health served our first Crisis Meal as part of our Healthy Columbia project. At the time, all of us throughout Pennsylvania had just started what was reported to be a two-week stay-at home period during which the mysterious virus that had arrived in the Commonwealth was to pass by and we could then return to our lives as normal.

Quickly two weeks became a month, which stretched into two months and more. We are now just past a full year living in a pandemic – something that none of us really imagined was possible outside the context of a disturbing movie. And, if we are honest with ourselves, the end is still months in the future.

Early on, trying to help our team, and myself, re-frame our expectations, I started referring to the period – our time in the pandemic – as the “lost year.” To me that was an attempt to easily explain my own need, and our need collectively, to re-think our goals and dreams for the year.

At CHI St. Joseph Children's Health that meant a series of delays in the opening of our re-imagined childcare

and Pre-K program – The St. John Neumann School for Children and Families. It meant tabling hopes of adding a third psychiatric provider to our behavioral health program as we found that no one (or at least very few people) want to move in the midst of a pandemic. It meant stunting the expansion of our mindfulness programming for elementary school students which had just started to hit its stride.

Referring to the past year as the “lost year” made sense in many ways. It helped redirect our focus and resources to the needs directly in front of us – instead of focusing on the loss of our dreams for 2020 we focused on what we could do. We maintained and strengthened the services, programs and connections we had in place and we started serving our mission in new ways. However, I am no longer sure this is an appropriate moniker for the year.

Within everything is a lesson, something for us to learn and from which we grow into the people we are called to be. Dismissing the past twelve months as “lost,” implies there was nothing to gain and nothing to achieve. Yet, through the pain, through the challenges, and through

the sacrifices I believe there are tremendous lessons to learn both individually and as a community.

We've been:

- ***Called to love our neighbors as ourselves.*** From wearing masks to assuring our neighbors are fed or housed, throughout the pandemic many of us have stepped up and embraced Jesus' call to love thy neighbor. At the same time, we've also seen how hard Jesus' commandment can be. We've watched as conversations about safety measures and discussions about emergency assistance for individuals and families have bitterly divided some in our own community and, sadly, even led to violence.
- ***Asked to examine the pace and the priorities of our lives.*** Why do so many of us live such hectic lives? What do we lose because of the pace at which we insist on living? How does this impact our families? Our friends? Is it worth it? Or, is it time to slow down? Is this the time to reprioritize what is truly important?
- ***Prompted to take health seriously.*** In less than a year over 400,000 individuals have lost their lives as a result of COVID-19. Within that same time frame we witnessed some of the most devastating natural disasters most of us can recall - hurricanes, wildfires and more. Much as the virus raged and ravaged our bodies, the planet also thundered, calling out for healing. Sometimes things need to get ugly for us to notice – if nothing else the year has shown us the need for righteous and swift action to fix both our healthcare system and our planet. Without either, our future definitely dims.



Like most this past fall and winter, I found myself both terrified and horrified as we experienced the massive spike in COVID infections and COVID-related deaths. In my horror, I found myself silently reflecting that it appeared



we had not yet learned our lesson. With that I realized my perspective on the pandemic was shifting, or maybe had been wrong from the start. We weren't simply living out a "lost year," a year in which we are passive victims of circumstance. Rather we had been enveloped in a unique and urgent season of learning – a time of painful and heart-wrenching learning. Staring into the pain, I came to see the invitation we had been extended. We had been invited into partnership and fraternity to actively participate in the reimagining of the world around us.

Imagine for a moment if we learn from the whispered lessons presented to us throughout the Pandemic.

Imagine if through all of our heartache we actually learned to truly love our neighbors.

Imagine if through all of our losses, we decided to slow ourselves down and appreciate our families, our friends and all that we have. That we discover in our rush to do more that we actually end up missing so much.

Imagine if through the isolation and distancing that we endured we discovered the beauty around us and we learned not only to cherish it but to truly care for it.

Then – while certainly painful – the past year and the months ahead are not lost. Rather these difficult times are instead transformational, allowing us to together begin to build the communities of which we dream.

God bless,

Philip Goropoulos  
President

*In the trials of life, you reveal your own heart: how solid it is, how merciful, how big or small. Normal times are like formal social situations: you never have to reveal yourself. You smile, you say the right things, and you come through unscathed, without ever having to show who you really are. But when you're in a crisis, it's the opposite. You have to choose. And in making your choice you reveal your heart.*

~ Pope Francis (Let Us Dream: The Path to a Better Future, 2020)

# EXPANDING THE SCOPE AND INCREASING ACCESS TO FAMILY WELLNESS COACHING



Since opening our behavioral health program in 2017, Family Wellness Coaching has been an integral component of our innovative family-focused model of care. Originally services were designed to address individual family challenges within the home environment; specifically challenges impacting family dynamics and relationships and ultimately impacting the child's behavioral health. A group trip with families of children living with autism opened our eyes to the possibility and the benefit of having families in the program come together.

Group wellness coaching programs for children and families were added in 2019, and expanded in 2020, even in the midst of the COVID pandemic, thanks in part to a partnership formed with the Donald B. and Dorothy L. Stabler Foundation. Our group coaching activities create unique learning and fellowship opportunities for the members of each individual household engaged in the program. Coaches create opportunities for parents to learn from experts, while also connecting with and gaining support from other families with children coping with similar challenges and opportunities. Group

activities created for children offer them a chance to learn new skills and activities, such as yoga, while interacting with others having similar life experiences. And, potentially most powerful, group-level coaching has created the opportunity for unique experiences bringing members of families together to complete activities outside of the context of their normal daily interactions. All three group-level components enhance the experience of the children enrolled and strengthen the families supporting them along their journeys.

Having witnessed the powerful impact of Family Wellness Coaching within the behavioral health center, CHI St. Joseph Children's Health believes it to be an essential ingredient in supporting the health and well-being of children and families throughout the community. We believe that with appropriate supports and coaching opportunities, family wellness coaching can serve as a preventative tool that enhances the family experience and reduces behavioral health challenges for children in the Lancaster region. For that reason we have taken steps to build Family Wellness Coaching

opportunities into many of our new programs being offered to children and families in the Lancaster Community including:

- the Pre-K for All program through our Every Child, Every Opportunity Program offered as a part of our Healthy Columbia Project.
- the St. John Neumann School for Children and Families where coaching has been embedded throughout the child's experience from enrollment to graduation.



*If you are interested in learning more about Family Wellness Coaching Services* or would like to explore opportunities that may exist for your family to become engaged with a coach, please contact the Director of Family Services Jill Black (p: 717-397-7625, email: [JillianBlack@catholichealth.net](mailto:JillianBlack@catholichealth.net)).



## An Evening with Mitch Albom

**Tuesdays with Morrie, The Five People you Meet in Heaven, Finding Chika** and most recently **Human Touch** (a story of hope during the Coronavirus pandemic) – these are just a few of the inspiring stories created by internationally renowned best-selling author Mitch Albom!

**Date:** Will be held fall 2021 – Date to be announced soon! <http://chistjosephchildrenshealth.eventbrite.com>

**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](mailto:KristyGismot@catholichealth.net)



# COLUMBIA MARKET HOUSE OPENING WEEKEND SPECTACULAR

## *You're Invited!*



### FRIDAY, MAY 28<sup>TH</sup> – TASTE OF MARKET

Join us on the eve of opening day for a sneak peek of the Market! Enjoy a complimentary glass of wine/bottle of beer, tastings of Gypsy Kitchen's signature dishes, live music and a VIP box filled to the brim with samples from our talented vendors to take with you!

The event will take place between 5:30 and 7:30 with reserved time slots to allow social distancing and keep everyone safe and healthy. Tickets are \$25 and are limited! Get yours today by visiting <http://chistjosephchildrenshealth.eventbrite.com>



### SATURDAY, MAY 29<sup>TH</sup> – GRAND OPENING

Join us for a day of special events and to check out all the Market House has to offer!

Live Music: 8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 3:00 p.m.

Ribbon Cutting and Guest Speakers: 12:00 p.m. to 1:00 p.m. – includes a soda toast (featuring soda selections from Soda Depot) and a free giveaway for all who attend!

### SUNDAY, MAY 30<sup>TH</sup> – FAMILY FOOD TRUCK DAY AT THE MARKET HOUSE



We invite families and community members to join us from 11:00 a.m. to 2:00 p.m. to enjoy culinary delights from local Food Trucks (including dessert), balloon artists and face painting! The Market House will be open throughout this event for those who would like to stroll through and explore.



# THE COLUMBIA MARKET HOUSE

Come find the familiar and experience something new as the Columbia Market House brings the best of the region to the heart of downtown Columbia!

## MARKET HOURS:

WEDNESDAYS 10:00 – 6:00  
& SATURDAYS 7:00 – 3:00

**Location- 15 S. Third St. in Columbia**

Ready for the revitalized Market House Experience? Come and enjoy our full-service restaurant hosting the culinary fare of Gypsy Kitchen and visit our vendors providing a wide array of local goods, all while surrounded by beautiful architectural design and a structure full of history.

The Market House will host 19 specially curated vendors including:

- ◇ Front Porch Baking Co.
- ◇ Norse Naturals
- ◇ Soda Depot
- ◇ Fulton Street Flora
- ◇ Murphy's Mercantile
- ◇ Andy's Market
- ◇ And more!



For more details and information on vendors visit  
[www.columbiapamarkethouse.org](http://www.columbiapamarkethouse.org)



# St John Neumann

## School for Children & Families

a place to learn & grow

Opening Day:  
March 29<sup>th</sup>

# W

alking into the St. John Neumann School for Children and Families, you are transported into the imagination of a child – **a world of colors and endless possibilities**. Every room and play nook inspires and sparks creativity while the warmth of each classroom **invites children to bloom and explore** everything their imaginations can hold. Created to realize CHI St. Joseph Children's Health's vision of a new approach to childcare, **the School focuses on the unique learning needs of every child and centers on the health, well-being and success of the whole family.**

Once the doors open on March 29th, the school will welcome 60 students (6 weeks through 5 years old) and a team of 28 childcare and early education professionals geared to serve students and their families. Initially opening at half capacity to support the health and safety of our students and staff, the school will hold 112 students when fully enrolled. Tuition scholarships are available to all residents of Columbia Borough.

Our curriculum focuses on the whole child – social, emotional and educational – helping children grow up with a curiosity for learning and a readiness for the next step in their educational journey.



For more information or to schedule a tour contact Jessica Bailey, Family Engagement Manager at 717-874-0649.

401 Locust St., Columbia, PA 17512 | 717.684.0228 | [www.stjohnneumannschool.com](http://www.stjohnneumannschool.com)

Find on us on the web at [www.stjohnneumannschool.com](http://www.stjohnneumannschool.com) and on Facebook.





St John Neumann  
School for Children & Families



*a place to learn & grow*

## ESSENTIAL ELEMENTS

### Health

From the physical environment to the flow of the day, the health of our students is a central focus at the St. John Neumann School. Healthy routines, nourishing meals, indoor-outdoor activities and periods of rest model elements of a healthy lifestyle and help to advance children's learning.



### Community

Our students and their family members are a part of the St. John Neumann School community. We help children grow up with the desire and ability to support their community by building strong relationships with peers, families and our Columbia community.



### Growth

Growth and development is an important part of children's lives. Progress on milestones are celebrated through seasonal activities and shared with families through portfolios and storyboards.



### Rhythm

Children are nourished by predictable daily routines to help build the confidence needed to try new things, while celebrating the seasonal rhythms helps cultivate their appreciation and readiness for change. Stability and love are provided no matter the season and this helps children develop a healthy social-emotional outlook.



**Come Celebrate with us!**

**Ribbon Cutting & Community Open House**

Saturday April 24<sup>th</sup>

Visit our website for more details  
<https://www.stjohnneumannschool.com/>



# Guidance for Parents and Caregivers as the Pandemic Persists

*from Dr. Tom Foley, Child and Adolescent Psychiatrist*



We continue to live through a period of time where we as a community and a nation struggle with multiple internal and external challenges. Over the past 10 months we have collectively struggled with a pandemic that has taken over 400,000 American lives and led to the deaths of over two million worldwide. While there have been multiple COVID-19 vaccinations developed to date, it will be many months until there are enough people in our community vaccinated to make a significant difference in the infection rate for us locally and nationally.

The past year has been long and taxing for all of us and we must be aware that **children are particularly vulnerable to the effects of chronic stress**. Young people may experience various stressors related to the pandemic such as disruptions to daily routines, worrying about how friendships may change, struggling with catching up academically, and grieving the losses of school related and extracurricular experiences they have missed because of the virus. Furthermore, the fear that they may contract the virus may increase their anxiety levels. In addition, information they might hear through media or adult conversations may increase anxiety. We must also consider that children may be more physically distant from those who would normally support them such as friends, teachers, and extended family members. Families may be stressed by economic instability, job losses, and disrupted access to healthcare or other supports. All of these factors can intensify strain on families, increasing potential for interpersonal conflict, and therefore elevating the risk for abuse and domestic violence.

Children are especially at risk of disturbances in emotional regulation in the context of grieving. Kids typically express sadness and anger in a sporadic fashion, usually interspersed with long periods of normal behavior and activities such as play. Normally this allows for “breaks” from the stress, which provides periods of recovery and

processing. However, **the pandemic has not allowed for access to activities that can provide restorative/ coping experiences** such as play dates, sports and other extracurricular activities. Additionally, fear eliciting cues such as having to wear masks, media exposure, and stories of people being affected by COVID, create a situation where children are constantly being reminded of the current stressor and losses.

Complicating the situation further, the people children would usually turn to during distressing periods (parent/ caregivers) may themselves be too overwhelmed and



distressed to provide adequate support. Prolonged stressors for parents over the past year, such as financial uncertainties, handling multiple roles and family needs, put significant psychological strain on their own well-being. This is problematic because children rely heavily on the functioning of their caregivers which is vital for healthy modeling, supporting, and giving permission for children to grieve.

**As parents are well aware, raising children is emotionally demanding and this added period of stress has been a particularly challenging time for caregivers.** Prolonged periods of stress can take a toll

# Guidance for Parents and Caregivers as the Pandemic Persists



on our own emotional, physical and relational health. For most of us, our days have tended to blur together and we have struggled with feelings of loneliness in relation to missing close personal contact with friends and family. **Simply put, we all want this experience to end and to finally move past this challenging time. However, we must remain vigilant until the vaccine is distributed and effective.**

It is entirely expected for us to become exhausted from the strain of the past 10 months, which may lead to a natural and gradual relaxation of our preventative practices. As we adjust to the constant threat of infection – in addition to the related morbidity and mortality – our bodies become used to this high stress level and we are then prone to (gradually) letting down our guard. This is as an internal attempt to protect ourselves from the longstanding tension we are experiencing and cause us to become desensitized to the severity of the situation leading to a sense of complacency. Unfortunately, while we may become emotionally fatigued the virus will not. Simply put, the infection will take advantage if we relax our precautions and self-discipline.

**We must work together to gain control of the pandemic so we can get our families' lives through this period as safely and quickly as possible.** The only way this will occur is through increasing our immunity to the virus through the vaccination of most individuals in our community. The concept of immunization is one of the most powerful and

preventative inventions in human history. Similar to previously devastating infections like polio, yellow fever and smallpox, we have the potential to gain control over the rate of infections, hospitalizations, and death due to the disease. Science, medicine, and public health efforts have dramatically increased the average life expectancy over the past several decades and the concept of vaccines are one of the most important examples of technology advancing human progress. This is an amazing mechanism that allows us to enhance our body's natural protection against the virus. Unfortunately, this technology will be rendered useless unless we, as citizens of our society, actually receive the vaccine. This must be a cooperative effort – working together we will increase our community's immunity, protect ourselves, our loved ones and our neighbors, and move past this experience.



**Getting our lives back to “normal” and lowering stress levels in the community will have powerful health effects for all of us, especially our children.**

Over the next several months it will be important to talk with your children and support them through this challenging time, while also being mindful of the impact your own mental health has on your family. We know chronic stress puts individuals at risk for depression so it will be critical to monitor your emotional health and that of your family. Adequate vaccination is the only way we will gain control over this crisis. Until we have sufficient immunization in the community, we must remember to maintain smart and consistent preventative practices: social distancing, wearing masks, and hand hygiene. Remember, you're protecting not only yourself but your loved ones, friends, the elderly and those who are immunocompromised.

# Virtual Programming Brings Mindfulness Education to Children, Educators and Helping Professionals throughout the Pandemic

With the arrival of the COVID-19 Pandemic, the many in-classroom presentations for students and the in-person professional development our Health Education team provided to teachers and school staff disappeared. Our team didn't skip a beat and dove straight into the work of transitioning much of the traditional programming online while also creating new courses to serve teachers, social service providers and healthcare professionals throughout the Pandemic!



## Mindful Education for Students

### » Mindful Meetups

Through partnerships with local school districts, our team has hosted live virtual Mindful Meetups for elementary students in grades K-8<sup>th</sup>. Students delve into the world of mindfulness and explore internal sensations while increasing self-awareness and awareness of the world around them.

### » Take Your Time Mindful Education – Virtual Curriculum for 2<sup>nd</sup> & 3<sup>rd</sup> Grade Teachers

This past fall, our mindfulness series was transformed into an easy to use curriculum for busy teachers to implement with their classroom. CHI Education Coordinators provide live virtual support for teachers participating.

### » Envision U Symposium

This spring we are presenting on topics including mindful listening and living with our values in mind for IU13's Envision U Symposium. There are 150 high school students participating across the county!



## Mindful Education Professional Development – Virtual workshops designed to support teachers and healthcare and Social Service professionals

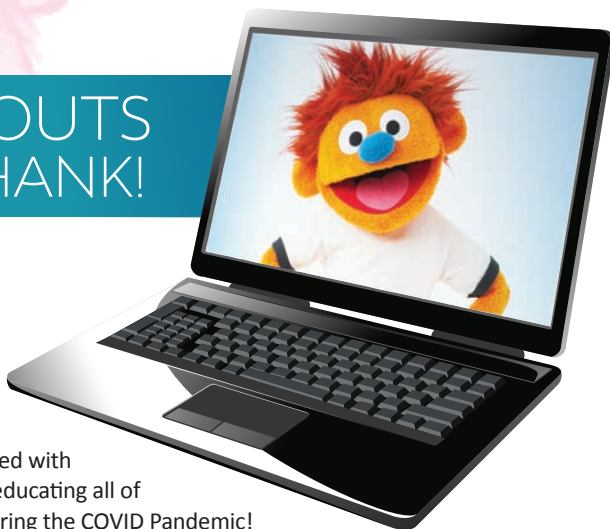
### » Mindfulness Workshop: Finding Calm Amidst Chaos

This live virtual workshop helps teachers and health care and social service professionals craft a self-care plan to help manage the stress associated with the uncertainty changes experienced throughout the Pandemic.

### » Mindfulness and Stress Reduction for Educators and Helping Professionals

These self-paced, virtual courses introduces participants to evidence-based practices designed to decrease stress levels and increase happiness.

# HANGOUTS WITH HANK!



## Hank & Friends Go Virtual

Hank went virtual in the spring of 2020 to stay connected with all his friends throughout the community and to keep educating all of the health heroes he wouldn't be able to visit safely during the COVID Pandemic!

### **Hank & Friends Virtual Classroom**

This virtual self-paced program allows busy teachers to integrate important health education topics like germ prevention, mindfulness, social-emotional learning and oral health into their classes to benefit students.

### **Hangouts with Hank**

**Season One** of *Hangouts with Hank* started last May and gave Hank and members of our Health Education team a time to catch up with old friends, meet new friends, learn a thing or two and tell silly jokes.

In **Season Two** of *Hangouts with Hank: Hank Cares!* Hank the Health Hero shares something he cares a lot about: his community and the people in it. Hank talks with his friends about big topics like differing perspectives, inclusion, and diverse families.

### **Hank's Virtual Quests & Story Time -**

- o **Hank Germs Quest:** Hank and his friend Miss Candace invite kids to join them virtually as they spot germs with their super-duper goggles. What's a health hero to do?! Tune in to find out!
- o **Virtual Story Time with Hank:** Join Hank and Miss Candace as they read Hank's brand new book *Hank Learns about Germs!* Be sure to watch until the end for engaging germ activities.

**Virtual Play Date with Hank the Health Hero**  
**Mindfulness in Action: Germ Detectives!**

Join Hank and Miss Candace on ZOOM for their Germ Detecting mission!  
Curious minds can engage LIVE while moving their bodies and strengthening their mindful muscles as they learn to reduce germs and stay healthy!

Interact with Hank the Health Hero as you learn how to:

- Wash your hands **MINDFULLY!**
- Sneeze like a **Super Health Hero!**
- Mindfully move your body to stay **STRONG!**
- Choose between **ANYTIME** and **sometimes treats!**

Schedule a LIVE Virtual Play Date with Hank for your classroom by emailing one of Hank's friends today!  
Miss Candace: candaceschneider@catholichealth.net  
Mr. Matt: mattmartsolf@catholichealth.net

**See you soon, fellow Germ Detectives!**

*Hangouts with Hank*, *Hank's Virtual Quests* and *Story Time* can all be streamed on Facebook or CHI St. Joseph Children's Health YouTube channel – <https://www.facebook.com/hankthehealthhero/> and <https://www.youtube.com/channel/UCKRyyHlaP-bnI2yof1txSUG>

## Coming This Spring...

### **Virtual Play Date with Hank the Health Hero – Mindfulness in Action: Germ Detectives!**

Join Hank and Miss Candace on Zoom for their Germ Detecting mission! Curious minds can engage LIVE while moving their bodies and strengthening their mindful muscles as they learn to reduce germs and stay healthy! Teachers can schedule a LIVE Virtual Play Date with Hank for their classrooms!



Regardless of the unknowns and unprecedented conditions caused by the COVID-19 Pandemic, our commitment to serving our communities and maintaining a focus on what we can do never wavered. Our COVID-19 relief efforts are designed to ensure members of our community have the comfort of home and at least one, fresh meal each day throughout the Pandemic.



### Healthy Columbia Crisis Meals

- ✓ 1,000 meals provided to 200 Columbia residents every 5 days
- ✓ 5 individually packaged, nutritious meals and healthy snacks for each recipient
- ✓ No income requirements to receive meals
- ✓ Provided 26,218 meals to 5420 residents from 3/17 – 7/31/2020
- ✓ In the 2nd round, provided 20,000 meals to 4,000 Columbia residents between 11/26-3/1/2021
- ✓ Meal sharing dates are scheduled through April
- ✓ All meals prepared by Fuel Madness Meals



### Healthy Columbia Crisis Housing Fund

- ✓ Provides financial assistance to Columbia residents who have fallen behind on rent or mortgage payments due to a loss of income as a result of COVID-19
- ✓ Eligible families and residents receive assistance equaling one month of rent or mortgage payment
- ✓ From 4/29-6/29/2020 assisted 12 twelve families
- ✓ Funding resumed January 20th and has experienced a marked increase in the 2nd round of funding

Our ability to provide meals to Columbia residents in need during the first round of Crisis Meals was made possible due to the grant support of the Steinman Foundation, the United Way of Lancaster County and the Lancaster County Community Foundation. A financial partnership with the Steinman Foundation allowed us to extend the Healthy Columbia Housing Fund to continue working to meet this growing need.

### Crisis Meals Partnership with Penn Manor School District and the Steinman Foundation

- ✓ Modeled after Healthy Columbia Crisis Meals, launched 2/16/2021
- ✓ 1,000 meals provided to 200 residents of the Penn Manor School District every 5 days; 5 individually packaged, nutritious meals and healthy snacks for each recipient
- ✓ CHI St. Joseph Children's Health is responsible for all planning and distributions and is an equal funding partner with the Steinman Foundation
- ✓ No income requirements to receive meals
- ✓ Provided 4,000 meals to 800 people between 2/16 – 3/3/2021, Meal sharing dates are scheduled through April



The most important  
element in the formula for  
success is already among us –  
our community's children



**CHI St. Joseph  
Children's Health**

**Healthy Columbia**

The joy and magic of children is immeasurable but no one said that having a family is easy. Today, most families need two incomes just to make ends meet. The high cost of childcare can leave families in a financial struggle, forced to make painful compromises and sacrifice their dreams.

What if it didn't have to be that way?

As part of our Healthy Communities Initiatives, we work to create communities abundant with opportunities for everyone. We believe addressing the needs of families and supporting their success is an essential element in building a healthier community.

Through our Healthy Columbia Project, we have created the Every Child, Every Opportunity initiative to lessen the financial burdens limiting families and help unlock the potential of every child and family to support a thriving Columbia community.

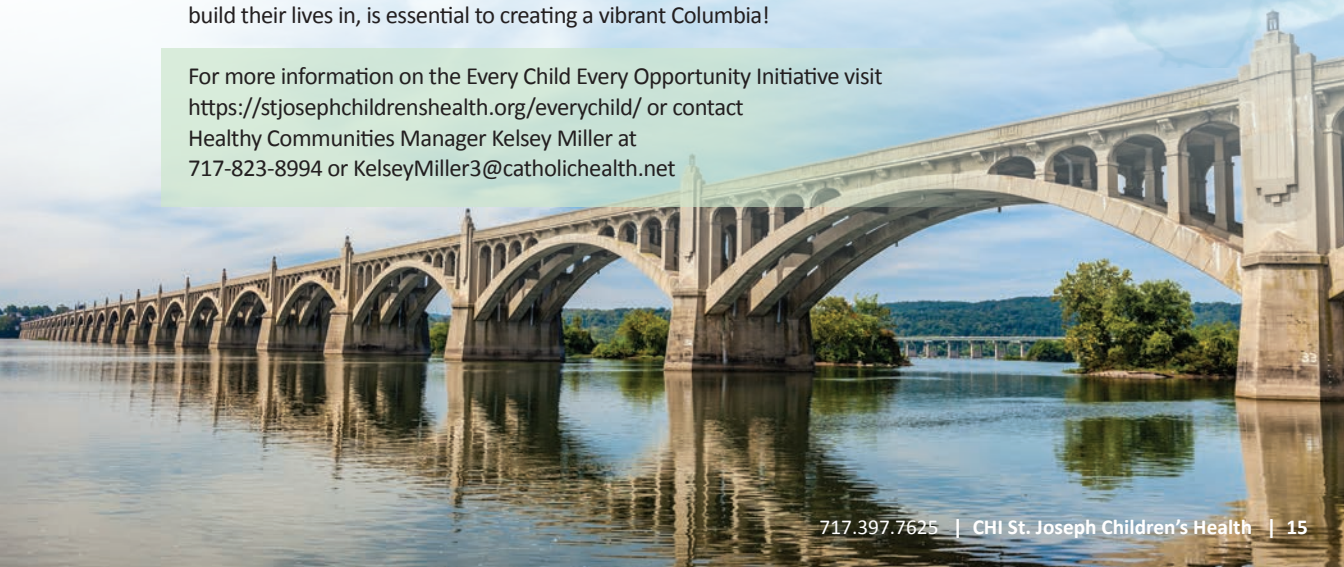
### **Two Key Programs of ECEO**

The Pre-K for All program is about opportunity. It's:

- An educational jump start for every child (access to quality Pre-K at age 4)
- An economic opportunity for every family (elimination of over \$9,700 in childcare costs)
- A start on a healthier path forward for families (access to family supports and wellness coaching)

The Columbia Futures Scholarship is about assuring residents have the needed knowledge and skills to maintain the Columbia community. The Scholarship rewards long-term Columbia residents with children for choosing Columbia as their life-long home with scholarships to support their child's continuing education at a trade school, community college, 4-year college or university. Providing youth with access to the education and training they need, while creating a community they are proud to build their lives in, is essential to creating a vibrant Columbia!

For more information on the Every Child Every Opportunity Initiative visit <https://stjosephchildrenshealth.org/everychild/> or contact Healthy Communities Manager Kelsey Miller at 717-823-8994 or [KelseyMiller3@catholichealth.net](mailto:KelseyMiller3@catholichealth.net)





# Imagine Better Health

[www.ChISTJosephChildrensHealth.org/donate](http://www.ChISTJosephChildrensHealth.org/donate)

*Together We're Creating a Healthier Lancaster Community*

Creating healthy communities is at the heart of our mission. This calling requires an openness and responsiveness to the changing needs of communities throughout Lancaster County that would not be possible without the support and partnership of our donors. Your gift supports the health and well-being of children and families and helps ensure a thriving future for your community. Give today – together we can do great things!

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