

ALONG THE ROAD

FALL 2021

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JOIN CHI ST. JOSEPH CHILDREN'S HEALTH FOR AN EVENING WITH NIKOLE HANNAH-JONES

Nikole Hannah-Jones is a journalist, Pulitzer Prize winner and creator of the "The 1619 Project," an initiative from *The New York Times Magazine* about the history and lasting legacy of American slavery. Ms. Hannah-Jones has spent years chronicling the way official policy has created—and maintains—racial segregation in housing and schools. Her deeply personal reports on the Black experience in America offer a compelling case for greater equity.

Join us for this important conversation as we discuss the elements needed to create and maintain equitable and healthy communities for all in Lancaster County and beyond.



Date: Thursday, April 21, 2022

Time: 5:30 PM VIP Reception (VIP ticket required),
7:30 PM Conversation

Location: St. James Episcopal Church, Lancaster, PA

Tickets and Event Details: Visit our Eventbrite page for tickets and more information – chistjosephchildrenshealth.eventbrite.com/

As a follow-up to this event, we are hosting a panel of local community leaders, Tuesday, April 26th, to explore steps the Lancaster Community can incorporate from the learnings of the 1619 Project in all elements of our community. More details will be announced soon, follow us on Facebook www.facebook.com/CHISTJosephChildrensHealth and check our website www.stjosephchildrenshealth.org for announcements!

***Find details about another exciting guest joining us for our Community Conversation series
Spring 2022 and sponsorship opportunities on pages 14-15!***



Who is CHI ST. JOSEPH CHILDREN'S HEALTH and Why Do We Do What We Do?

Many different people and parts of our community have been asking similar questions about CHI St. Joseph Children's Health. Basically, who are we, what do we, and why does it seem our organization has changed so much? Read below to find answers to these important questions from an interview with our President – Phil Goropoulos.



Who and what is
CHI St. Joseph
Children's Health?

We were originally founded as St. Joseph Hospital in the 1880s – the first hospital in Lancaster County – by the Sisters of St Francis of Philadelphia. Since those early days, we have stayed committed to creating a healthier Lancaster Community. Throughout the years, how and what we did to move us closer to that vision has changed and continues to change to respond to the evolving needs of the community.

Today, no longer a hospital, CHI St. Joseph Children's Health provides services and programs focused on improving the health of children and families in the Lancaster Community.

How are you
serving the
residents and
communities of
Lancaster County
today?

CHI St. Joseph Children's Health is a resource for all of the residents of our local community. To us, supporting children and families - in all of the many forms in which families can and may exist - are the keys to creating a healthier, more vibrant and thriving community. For that reason our services and programs focus on creating the knowledge, structures, supports and resources needed for children and families to find success on their own terms.

We are always assessing what needs are emerging in the Lancaster area and what challenges are facing children and families to assess if we are in a position to help whether that be by providing a program or advocating for change. Currently we provide:

- *Children's Behavioral Health Services using a unique family-focused model of care*
- *Childcare and Pre-K Early Learning through our Waldorf-Inspired St. John Neumann School for Children and Families*
- *Children's Health Education including our Hank the Health Hero programs which we provide at partner locations such as local libraries and schools*
- *Healthy Columbia - an intensive effort in the Columbia Borough area to transform the health of a community through safe homes, access to health care, enhanced early childhood experience and education and the availability of fresh nutritious foods.*

What is the mission and ultimate goal of the organization?

CHI St. Joseph Children's Health is a part of the largest Catholic Health System in the United States - CommonSpirit Health. All CommonSpirit locations share a common mission - To make the healing presence of God known in our world by improving the health of the people we serve, especially the vulnerable, while we advance social justice for all.

Locally, here in Lancaster County, we believe the children we engage with know who they are, what they value, and that they belong. Through our work and collaboration children understand they have a role to play in the larger community and have the ability and confidence to stand in their power.

Why is it important for the people of our community to support the work of CHI St. Joseph Children's Health and how does their support impact the work we are able to do?

Each day and with every program, the work of CHI St. Joseph Children's Health brings to life the Spiritual and Corporal Works of Mercy - Feeding the Hungry, Educating those who do not know and more. This is not a unique calling to CHI St. Joseph Children's Health. Rather it is the work to which all of us – every member of our community - are called and a life we are each challenged to live. The path to a healthier community is not easy, nor is it impossible but it does require that each of us do our small part in the ways in which we are able.

At CHI St. Joseph Children's Health we have and are able to accomplish great things. But all of our accomplishments, the services we provide and the future ahead of us are only possible with the support and through the generosity of our friends, supporters, contributors and partners in the community. No challenge is too great while buoyed by the kindness of the friends and reflecting the love and light of our local community. There is real power there that can withstand any difficulty. It is our bonded efforts, our fantastic dreams, our steadfast determination to love our neighbors unquestioningly that creates the change and opportunities of which we dream and are needed to transform the world.





St John Neumann

School for Children & Families



a place to learn & grow

A

t The St. John Neumann School for Children and Families, children are provided nurturing care that centers on **the health and well-being of every child and the success of the whole family**. Inspired by Waldorf philosophies, we value the interconnectedness of cognitive, social, emotional and physical development and strive to foster students' skills and abilities in each area. Through this approach, children are **holistically prepared for their journey as lifelong learners**.

We believe the value of play in the development of a child is invaluable – stretching and moving the mind and the body, exploring possibilities and endless natural experimentation. Every aspect of the School's environment, from the classrooms to the play spaces, was carefully created to **inspire possibility and fill children with wonder**. Creativity and exploration are encouraged and teachers are guided by the unique interests and innate talents of each child.

At every age, in every classroom, **we provide children with opportunities to recognize and experience joy, awe and wonder** each day. Join the St. John Neumann School community, enroll your child today!

Are you passionate about working with children and looking for volunteer opportunities?

Contact Kristy Gismot for information about future opportunities at the St. John Neumann School for Children and Families –
KristyGismot@catholichealth.net, 717-823-0690



*Care provided to
children ages 6
weeks through
Kindergarten.*

***Call 717-684-0228 to schedule a tour today or request information
on our website <https://www.stjohnneumannschool.com/>***

401 Locust St., Columbia, PA 17512 | 717.684.0228 | www.stjohnneumannschool.com

Find on us on the web at www.stjohnneumannschool.com and on Facebook.





I Will Vaccinate My Children

from Dr. Tom Foley, Child and Adolescent Psychiatrist



When I last wrote for this newsletter we were 10 months into the COVID-19 pandemic and most were exhausted from the challenges the pandemic brought into our lives. But news of a vaccine being available in months, rather than years, had brought a sense of hope and relief that we would soon be able to protect ourselves and our loved ones from infection and return to a sense of normalcy.

Here we are 20 months into the pandemic – vaccines are free and widely available – and it is painfully obvious that things have not improved in the ways we had expected. The topics of the virus and the vaccine have become highly politicized and it is no secret that this has negatively impacted our country's vaccination rates. It is disheartening to think of the missed opportunity to have the majority of our country vaccinated, instead we enter the fall season facing the rapid spread of the Delta variant and unable to truly protect ourselves and our children from the virus.

Over the last few months, adults and adolescents have had to decide whether or not to get vaccinated against COVID-19 – in the coming months, parents will also face this decision for their younger children. To date, the virus has taken the lives of over 600,000 Americans and 4.5 million worldwide. In September of 2020, children represented roughly 10% of new COVID-19 cases in the U.S. A year later, due to the rise of the Delta variant and returning to school, children now make up over a quarter of new cases nationally.

Whereas the original virus has not been as dangerous for children as it has for adults, children are just as likely as

adults to become infected with the Delta variant. Before the Delta variant, several hundred children had died from the virus and over 4,000 were diagnosed with multisystem inflammatory syndrome, a rare but serious condition associated with COVID-19. Now, with the mere increase in cases, the number of children experiencing severe symptoms and even death will undoubtedly increase.



In fact, since the emergence of the Delta variant, we've seen a substantial increase in hospitalizations for kids.

Outside of the important role the vaccine plays in protecting our children, having the greater majority of the population vaccinated also protects those most vulnerable to the virus, the elderly and those with

I Will Vaccinate My Children

various medical conditions. It is important for these individuals to be vaccinated but there remains a risk of breakthrough infections. Most children have family members who are vulnerable – vaccinating children to protect their health and the health of those they love shouldn't be a hard decision. Quite simply, vaccination is the best resource we have to protect our children, loved ones and our community from COVID-19.

Since the vaccine has become widely available, COVID-19 is often referred to as a 'pandemic of the unvaccinated' – many of the unvaccinated are children. As variants become more infectious, it is likely that nearly every unvaccinated person will become infected. The CDC recently reported that COVID hospitalization rates are 10 times higher in unvaccinated adolescents due to the Delta variant. Given the medical information we have and our desire to protect our family and community, my wife and I will have our children vaccinated as soon as possible. It is the only way we can ensure our children have the highest level of protection against the risk of infection.



The behavior of this virus and the way to treat and prevent the disease is being reviewed and studied carefully by large bodies of physicians and scientists. Organizations such as the FDA, CDC, American Academy of Pediatrics, American Academy of Family Physicians, and many others are made up of thousands of physicians who are reviewing quality studies in order to make the best medical decisions and to advise the public. Parents must be aware that there is a major difference between information coming from these organizations versus articles they may see online.

As parents, we need to look to the historical success of vaccines (polio, measles, etc.), be critical of our sources of information, and trust the doctors and medical professionals we have always trusted with our family's health. It is important that we make decisions based on putting all available trustworthy information together, rather than allowing emotion to affect the decision-making process. Looking back from 10 months ago to today, I see that the vaccination is the realization of our greatest hope for relief and a return to normalcy. It is the most effective tool we have to protect our families and loved ones and to change the current ominous trajectory of this virus.



The stressors we have endured throughout the pandemic are unlike anything our community has experienced over the last several generations. Here are some mechanisms to help kids and families overcome the stressful months ahead.

- 1) Focus energy and time on factors that are within your control (mindset, routine, and self-care).
- 2) Stay emotionally grounded through self-care and utilizing your support system.
- 3) Be aware of your perspective and communicate courage rather than fear – “we will get through this together.”
- 4) Fight the virus with the tools available – masking and vaccinations.
- 5) Implement healthy daily routines for the whole family.
- 6) Talk with children regularly about the challenges and changes.



Q & A about the **COVID VACCINES FOR KIDS**

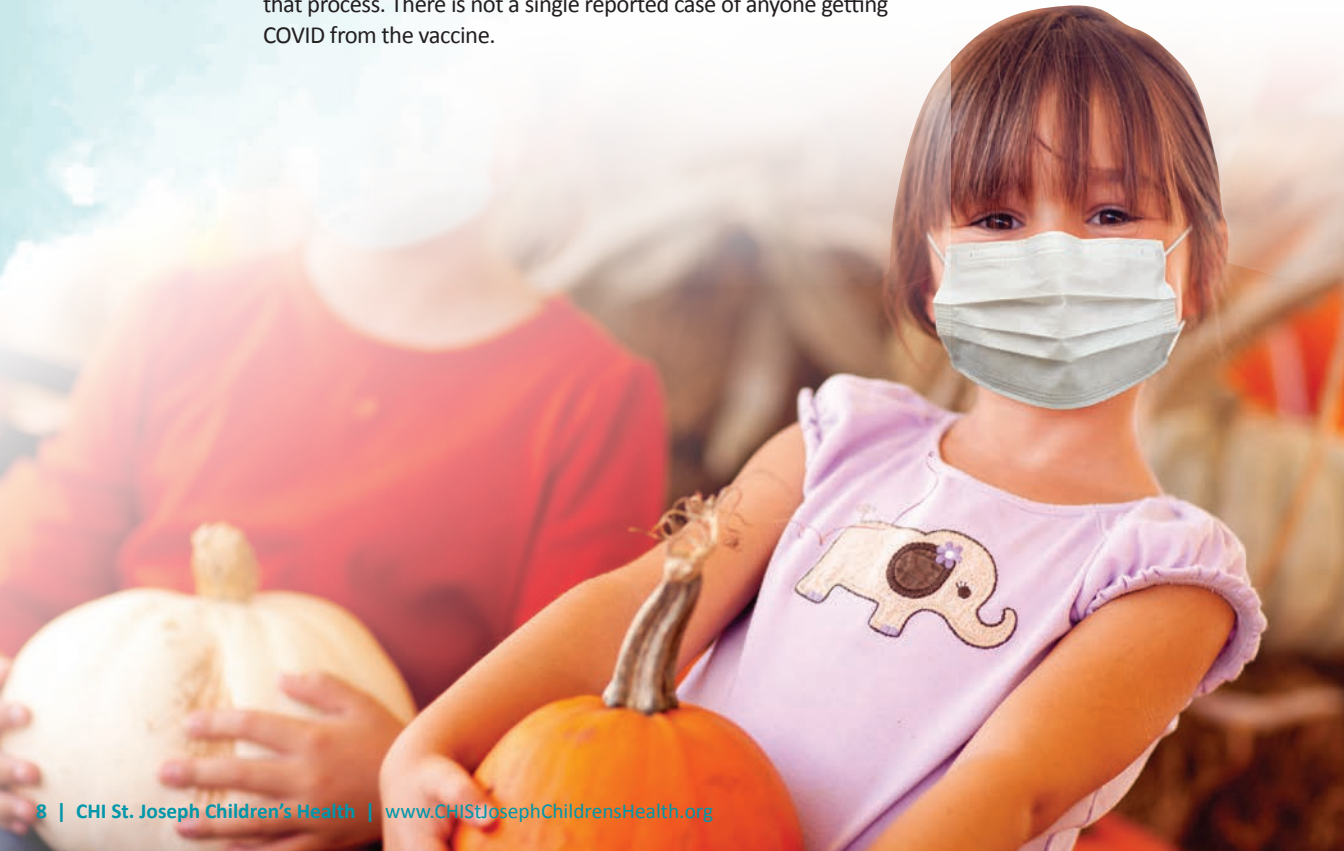
There is a lot of information floating around about the COVID-19 vaccines. As a medical professional and a parent, I've been asked a lot of questions about the safety and effectiveness of the vaccine – here are answers to some of those important questions.

I thought kids didn't get too sick from COVID?

The problem with COVID is that it is tricky and evolves as it moves from person to person so that it can survive! The only way to stop that is to stop it from spreading. The new Delta variant is twice as contagious as previous variants and as a result spreads much more quickly. Although the new variant doesn't seem to increase the risk of serious health problems in children, any child who contracts COVID can get what is called MIS-C (multi-system inflammatory syndrome in children.) MIS-C causes inflammation in different organs including the heart, lungs, kidney, brain, skin, eyes, or gastrointestinal organs. This can cause lifelong effects, and sometimes death. Preventative measures like wearing a mask and getting vaccinated are the best ways to stay protected against all variants of the virus.

Can I get COVID from the vaccine?

Some other vaccines do give you a small amount of the disease to allow your body to fight the illness; that is not how the COVID vaccines work. The vaccines for COVID teach your body how to recognize and fight the disease. The side effects that people report (headaches, body aches, and being tired) are a result of your body learning that process. There is not a single reported case of anyone getting COVID from the vaccine.



My 10-year-old is bigger than his 12-year-old sister, why can't he get the vaccine?

The vaccine is not based on weight. Your immune system changes and grows with you. A 10-year-old may respond differently due to the maturity of their immune system. The dose for children 12 and older is the same as the adult dose, but they had to study it in that age group to make sure it would be effective (and safe) for them at the adult dose.

Aren't we all going to get COVID anyway? If this is the case, then why not just wait until we get sick?

The vaccine prevents 75-85% of symptomatic infections. That means that although there is still a small chance that you could get COVID, you're much more likely to have mild symptoms and much less likely to require hospitalization. Across the U.S. on average, 86% of those hospitalized for COVID have not been vaccinated, in some states this percentage is over 95%. Additionally, those who are vaccinated, even if they experience a breakthrough infection, are much less likely to spread the virus to others.

If everyone else is vaccinated, then my kid should be safe without getting the vaccine right?

Unfortunately enough people are not vaccinated at this point to make going to public places like school mask-less and without distance safe at this time. Additionally you shouldn't trust or depend on the choices of others to protect your child.

How do I talk to my child about the importance of getting vaccinated to protect others?

My husband and I have involved our children in discussion about our duty to protect those around us, even if they aren't protecting themselves. We have talked about civic responsibility as a result of being part of a community as well as our playing our part to protect our grandparents, family members and friends.

There are many more questions out there and as the vaccine is on the horizon for younger children I'm sure they will have their own questions to make sense of the information they are absorbing about the vaccine. The best way to get the answers you and your child need is to talk to their pediatrician, to your family doctor or another trusted source of medical information. Although social media has its useful place in our lives, providing sound and trustworthy medical advice is not its purpose.



10 YEARS!
THE EXTRATM
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Support Our Organization!

NOVEMBER 19
EXTRAGIVE.ORG

On November 19, donate online at [ExtraGive.org](https://extragive.org) and your generous gift will go even further thanks to the Stretch Pool and Prizes from the Community Foundation and our extraordinary sponsors.

Help us go the EXTRA mile together!

 LANCASTER COUNTY
COMMUNITY
FOUNDATION

 ROGERS & ASSOCIATES
WEALTH ADVISORS

 HIGH
FOUNDATION



Health Education

Our Health Education team focuses on supporting the physical and emotional health of children and the professionals who serve them. We have been able to continue providing essential health education virtually to children and helping professionals in their homes and classrooms throughout the COVID-19 pandemic. One of our aims in our presentations to children is to normalize all the emotions they are experiencing and help them understand that their reactions to everything going on (inside of themselves and outside) are normal.

An important tool we teach is using our breath to calm down our mind and body – this practice strengthens the “calm-down” part of our brain. Here’s a helpful exercise that anyone can use (kids and adults) to calm and center themselves.



ANCHOR BREATHS – Your breath is like an anchor that can keep you safe when your thoughts and the world gets too loud and busy.

- 1 Close your eyes or gaze down at the floor. Envision you are on a boat rocking back and forth on a stormy ocean.
- 2 Take a deep breath in and raise your arms over your head, bring them down as you exhale and place them on your lap. Envision dropping your anchor to the ocean floor and place your hand on your belly.
- 3 Breathe in and out slowly, notice the sensations in your body. If you become distracted, that’s okay! Gently bring your attention back to your breath.

This simple example is one practice that can make a big difference – we all have the power to practice healthy habits that will keep us safe and healthy!

Find more information about our mindfulness programs for children, teachers and helping professionals on our website! <https://www.stjosephchildrenshealth.org/education/>



Join Hank to learn all the ways you can become a health hero!

Follow Hank the Health Hero on Facebook:

www.facebook.com/hankthehealthhero

and check out his videos on YouTube:

<https://www.youtube.com/channel/UCih908LQ60ctMQuX8WrO4QA>



WE'RE EXPANDING!

We are renovating and expanding in our current location in order to enhance CHI St. Joseph Children's Health Behavioral Health program and provide additional services to improve the health of the children and families we serve.

Renovations beginning December 2021 with projected completion scheduled for June 2022.



2022-2026 Strategic Plan

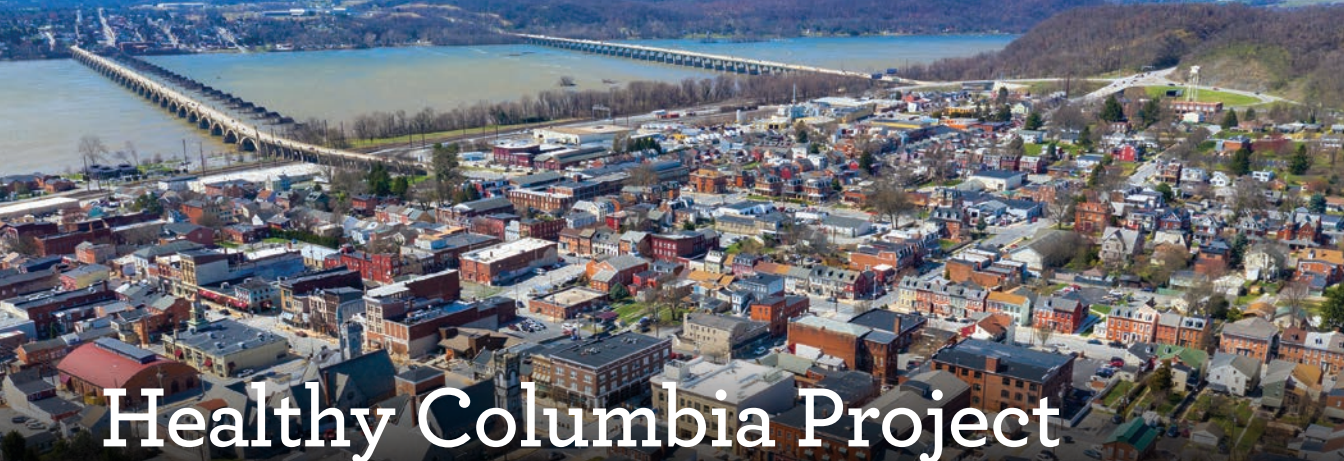
We've been in the process of crafting our new strategic plan to direct the future of our growth and service to the Lancaster community.

Join us for the reveal of our new Strategic Plan!

Live stream discussion –Tuesday, November 9th
12:00 p.m.

Look for the link to the discussion on our website
www.stjosephchildrenshealth.org/news/





Healthy Columbia Project

Housing is Healthcare

Access to safe and affordable housing is a human right; this principle guides our work to help ensure no resident of Columbia faces homelessness during this Pandemic. To join the fight against homelessness in Lancaster County, we have joined the Eviction Prevention Network – a network of organizations working to stabilize families at risk for homelessness across Lancaster County. Through this partnership we have helped bring upwards of \$160,000 of rental and utility assistance to over 40 Columbia households who have been financially impacted by the pandemic. There are many more in the pipeline and this important work will continue.

On September 20th, together with our Eviction Prevention Network, we assisted 29 new families in accessing the Emergency Rental Assistance Program at an



event hosted at the Columbia Market House. We continue to have funds available through our Healthy Columbia Crisis Housing Fund to assist residents who do not qualify for ERAP funds, but have been affected by the pandemic.

Unlocking the Potential of Every Child and Family in Columbia

We believe in the joy and magic of children – we also know having a family isn't easy. Columbia families have a partner in CHI St. Joseph Children's Health. Our Every Child, Every Opportunity Program is working to provide children and families with the support and opportunities to realize their full potential through focused programming.



Pre-K for All

Ensures tuition-free access to quality Pre-K programming to every 4 year-old in the Borough



Columbia Futures Scholarship

Awards graduates of Columbia High School scholarships for secondary education opportunities

If you are facing eviction or foreclosure as a result of income loss associated with COVID-19 and need assistance or would like more information about our Every Child, Every Opportunity Program please contact Kathleen Bierbower at 717-205-3189.

To find out more about the important work our Healthy Columbia Project is doing in the Columbia community visit www.stjosephchildrenshealth.org/healthy-communities



COME ENJOY THE REVITALIZED MARKET HOUSE EXPERIENCE!

The fully renovated, historic Columbia Market House combines the best of community tradition with a revitalized experience! Come visit our 19 specially curated vendors, gather with friends and family for lunch or coffee, pick up your essentials for the week and don't forget to stop by for dinner to enjoy the culinary fare of our full-service restaurant Gypsy Kitchen.

VENDORS

Andy's Market
 Bear Fruit
 Doughheads Stuffed Waffles
 Dutch Country Hand Rolled Pretzels
 Fuel Madness
 Fulton Street Flora
 Gearhouse Brewing Company
 Gypsy Kitchen
 Just 4 Paws and Hooves
 Lily's Produce
 Loreto's
 Momma Son's
 Murphy's Mercantile
 Norse Naturals
 Pulire
 Soda Depot
 The Freinschaft Soup and Cellar
 The Golden Whisk



Available for Events!

Host your next corporate event, party, or celebration at the Market House. Contact Kelsey Miller at 717-823-8994 for information.

For more details and information on vendors visit
www.columbiapamarkethouse.org



JOIN CHI ST. JOSEPH CHILDREN'S HEALTH FOR AN EVENING WITH MITCH ALBOM

Tuesdays with Morrie, The Five People you Meet in Heaven, Finding Chika, Human Touch, and, most recently, **The Stranger in the Lifeboat** (a novel of hope and faith) – these are just a few of the inspiring stories created by best-selling author and humanitarian Mitch Albom. Join us as we welcome Mr. Albom to Lancaster as a guest in our Conversations about Healthy Communities series and explore the nature of healthy communities with community leaders.



Date: Tuesday, March 15th, 2022

Time: 5:30 PM VIP Reception (VIP ticket required),
7:30 PM Conversation

Location: VIP Reception: Columbia Market House,
15 S. Third Street, Columbia, PA 17512; Conversation:
St. Paul's Episcopal Church, Columbia, PA 17512

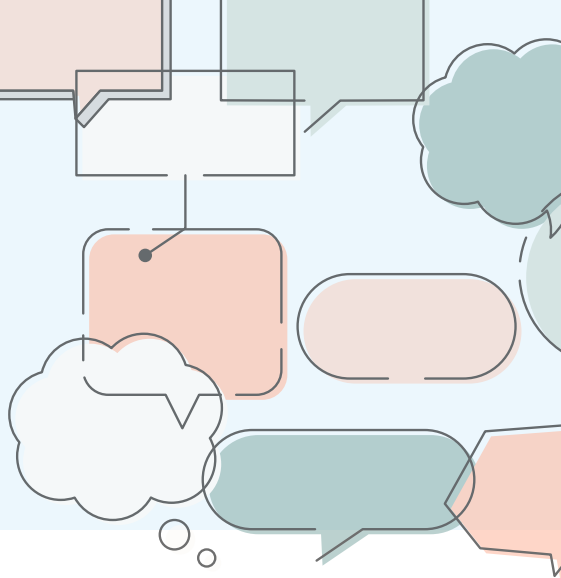
Tickets and Event Details: Visit our Eventbrite page
for more details and to purchase tickets
chistjosephchildrenshealth.eventbrite.com

***100% of ticket sales support the programs and services of
CHI St. Joseph Children's Health in the Lancaster County Community.***



Spring 2022 Community CONVERSATIONS SPONSORSHIPS

Become a part of this unique opportunity!



What does it mean for a community to be healthy? How do communities transform from struggling to thriving? Are there key ingredients that help determine a community's success?

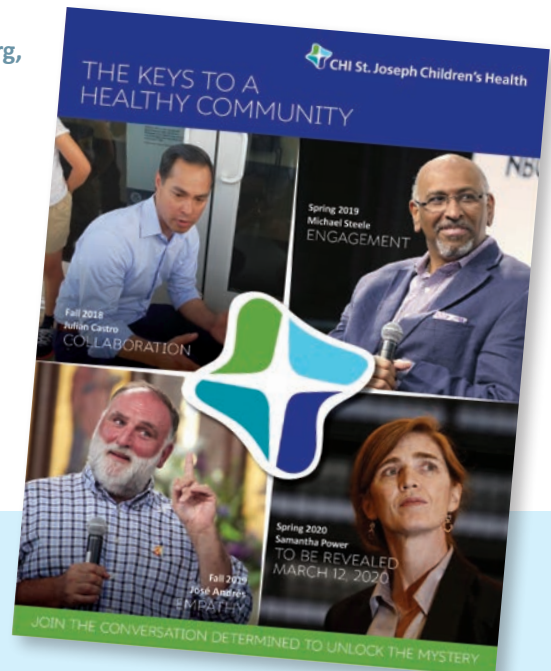
Our Conversations about Healthy Communities series explores the nature and characteristics needed to create and sustain healthy thriving communities locally, nationally and around the world.

By sponsoring these important conversations – you become a part of this unique opportunity in Lancaster County and the South Central Pennsylvania region for the local community to engage leaders in politics, industry and academics so that we can learn from them and utilize their experiences to help us unlock the secrets to creating communities and build structures that benefit each and every resident now and in the future.

We have both sponsorship and advertising opportunities for the Community Conversation events with Mitch Albom and Nikole Hannah-Jones. These opportunities range widely in pricing and offer our sponsors various benefits including community-wide recognition and free tickets to events.

To find the opportunity that best fits your company
visit www.stjosephchildrenshealth/news or
contact Kelly Smith – kelly.smith902@commonspirit.org,
717-390-6302.

Previous speakers include Ambassador Samantha Power, humanitarian and Chef Jose Andrés, former RNC Chairman Michael Steele, and former U.S. HUD Secretary Julián Castro



Humankindness can change the world.



Complete an act of kindness
and leave this token behind.

We believe in humankindness - we believe in its power to heal, its power to connect and its power to unite. Look for your humankindness token in the next mail piece we send you. Hold it and remember the kindness in the world, hold it to connect with the kindness of others. Then, when you have a chance to do a good deed for another, leave it behind as a token of your kindness.



Hello humankindness[®]

www.ChiStJosephChildrensHealth.org/donate