



ALONG THE ROAD

SUMMER 2022

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

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

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Julius “Dr. J” Erving



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THE PATH TO A HEALTHIER COMMUNITY

Wow, I never realized all that you (CHI St. Joseph Children's Health) do in the community.

How have I never heard of you (CHI St. Joseph Children's Health)?

These aren't uncommon comments when I engage with members of the local community, with my own friends and with participants at our community conversations and other events. In fact, I hear similar comments on an almost daily basis. It's become so common that I've taken to responding by describing CHI St. Joseph Children's Health as Lancaster's hidden gem while attributing the general community's lack of awareness to our presence in Lancaster to our Franciscan legacy and the humble desire to be of service.

When evolving in the shadow of a hospital, it's hard for people to see past what was lost to realize what has grown in its place.

When the Sisters of St. Francis of Philadelphia arrived in Lancaster to envision what serve the community through St. Joseph Hospital, they came not with a calling that was limited to the creation of the County's first hospital to care for our sick. Rather, the Sisters came with a calling to create and support a healthier community.

The Hospital was their most visible initiative. From 1883 to 1996 when the Hospital became a part of Catholic Health Initiatives, St. Joseph Hospital was fully led, operated and supported by the Sisters of St. Francis of Philadelphia - it was not their most known endeavor in Lancaster but not their only effort. To create a healthier community, the Sisters knew they were called to do more and they did. They established roots in Lancaster within education - serving as teachers in the Catholic Schools operated by the Diocese. And, the Sisters created and supported social service programs offering members of the community various social supports, guidance and compassionate care. Sometimes those social services were offered by the Catholic Church, other times the programs were offered by community based organizations that shared our values and embraced the Sisters as partners and colleagues.

Today, over twenty years since St. Joseph Hospital was sold, the legacy of the Sisters is strong in the Lancaster Community. With time - knowing that the sick were cared for by multiple hospital systems in the County and free of the constraints of operating a hospital, CHI St. Joseph Children's Health continues

to grow closer to the legacy and vision of the Sisters doing our part to create a healthier community for all by offering innovative care and education models, reimagining systems of care delivery and development to meet the needs of children and families at this moment in time and working to create opportunity and hope for every child and family in our community.

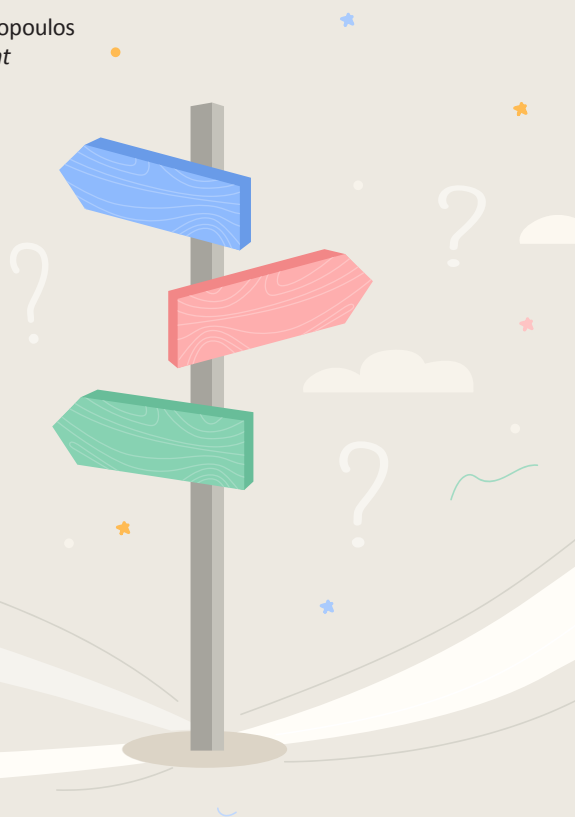
The Sisters faced many challenges and overcame tremendous odds. Our challenge today is to continue to evolve ever changing to meet the emerging needs of our community. Through doing this, we remain true to the Sisters vision and reflect their love of the Lancaster Community. As with the Sisters, we must continue to be of service while also inviting the community into fellowship with us. This is both an invitation to partake in the programs and services we offer but also a call for the community to actively participate with us as partners in the creation of a truly healthier Lancaster Community.

We believe that we accomplish this calling together by working to forever grow and nurture the legacy of the Sisters in service to one another each day.

How can you share the Sister's legacy of love, healing, care, hope, and opportunity in the community?

God bless,

Phil Goropoulos
President





2022-2026 STRATEGIC PLAN

Creating a healthier Lancaster Community

Progress toward a healthier community requires patience, persistence, and passion all nestled in an unconditional love for the community and an unwavering commitment to holding and uplifting both the needs and the beauty of each one of our neighbors. We honor this commitment through our strategic planning process, where we utilize the input and experiences of local leaders, providers and community members to help guide our efforts to serve the needs of our community. Our 2022-2026 strategic plan maps out our strategies and key initiatives to guide our services and programs as we work to improve the health of children and families in the Lancaster Community.

Our Local Purpose: CHI St. Joseph Children's Health Improves the health of children and families in the Lancaster Community.

Our Local Goal: All of the programs, services and partnerships of CHI St. Joseph Children's Health strive to create the possibility that every child we engage know who they are, what they value, and that they belong. They understand they have a role to play in the larger community and they have the ability and confidence to stand in their power.

Transforming Children's Health

At CHI St. Joseph Children's Health we take a holistic approach to children's health. Our strategy is to help children thrive by creating the supports, structures and programs necessary to address the needs of each child while also

creating safe and affirming homes and vibrant communities that support and nurture children as they grow.

3 Strategic Initiatives

- **Children's Behavioral Health**

Goal: Provide children and their families with the skills, strategies, resources and resilience to navigate the world and live the lives they envision.

- **Early Childhood Experience & Education**

Goal: Close the opportunity gap for children and families in the Lancaster Community through the support and creation of relationship-driven social services and educational systems that foster resilience in both the child and the family while reducing the likelihood of adverse childhood experiences.

- **Healthy Communities**

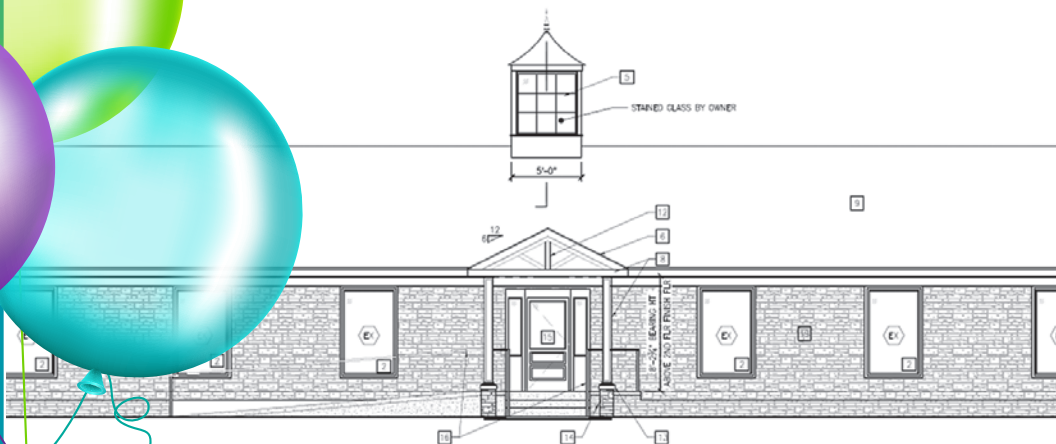
Goal: Develop, coordinate and facilitate the services, programs and partnerships necessary to both expand and affirm the dignity and value of every resident.

- **Emerging Issues in Children's Health**

Goal: Cultivate a learning environment committed to the development of innovative and impactful solutions not only for our currently identified program areas but also to finding strategies and solutions to address the future health needs, barriers and challenges facing children and families in the Lancaster Community.

*You can read the full 2022-2026 Strategic Plan by visiting
www.stjosephchildrenshealth.org/news/2022-2026-strategic-plan/*





BEHAVIORAL HEALTH SERVICES

Open House

September 29, 2022 4PM to 7PM

Join CHI St. Joseph Children's Health in celebrating the opening of our newly expanded and renovated Behavioral Health Campus at 1929 Lincoln Hwy E.

Explore the program spaces, yoga studio, training and therapy rooms. Enjoy the opportunity to meet the CHI St. Joseph Children's Health Team

Food Trucks, Ice Cream and More

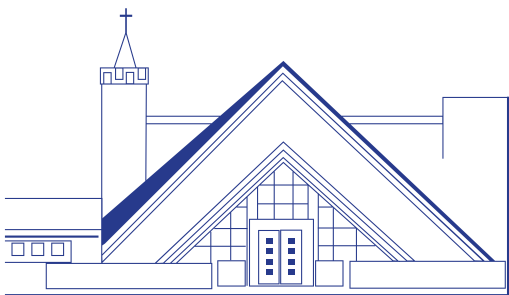
RSVPs requested but not required.

Donations appreciated.

All contributions support the Behavioral Health Services of CHI St. Joseph Children's Health

REGISTER TODAY:

<https://chibehavioralhealthopenhouse.eventbrite.com>



The Mary Francis Bachmann
SCHOOL

HEALTH - EDUCATION - COMMUNITY

Introducing the Mary Francis Bachmann School.

Opening in the Fall of 2023, the Mary Francis Bachmann School is the latest project of CHI St. Joseph Children's Health as we strive to improve the health of children and families in the Lancaster Community. Once renovations have been completed, this innovative School in the former Dominican Monastery site on Lititz Pike (Manheim Township) will include grades 1 through 12 and builds upon our work with young children at the St. John Neumann School for Children & Families in Columbia, Pennsylvania.

Our curriculum embraces a unique relationship-driven experiential approach to education that is informed by the Waldorf educational philosophy and our Catholic Faith and Social Teachings which call for us to love our neighbor, care for the planet and serve our community – especially the most vulnerable.

Our educational philosophy throughout the grades and high school creates and nurtures an enduring and impactful community that embraces both the children in our classrooms and their families.

We hope that you share our excitement for this ambitious project. Construction will be starting in the late summer / early fall of 2022. We look forward to sharing the stunning renovations and learning spaces we will be creating. Until that time, we invite you to enter the Monastery Space as it is now along with us through a series of video clips available on our website (www.CHISTJosephChildrensHealth.org) and dream along with us as we create this fantastic opportunity for the children and families of the Lancaster Community.



Who is Mary Francis Bachmann?

Mother Mary Francis Bachmann – Anna Maria Boll (1824 – 1863)

Adapted from the Website of Neumann University.

Anna Maria Boll was born on November 14, 1824, in Wenigumstadt, Bavaria, one of seven children. Her father, a farmer, also operated a store in which the Boll family worked. In the early 1840s, she married Anthony Bachmann and later immigrated to the United States.

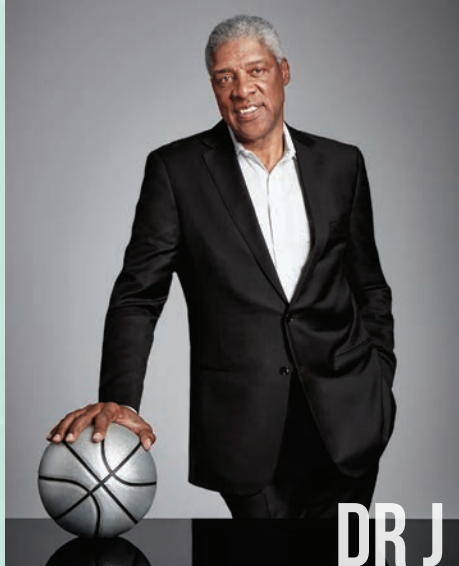
Anna Maria Boll Bachmann (later known as Mother Francis) became a widow with three children and pregnant with a fourth child when her husband was killed in an accident at a construction site in Philadelphia in 1851. To support herself and her young family, Anna operated a small shop and hostel for immigrant German women. Wishing to join Religious life, Anna sought the advice of Rev. John Hespeler, CSsR, who wrote to Bishop John Neumann, then in Rome. Bishop Neumann had already asked Pope Pius IX for permission to bring German Dominican Sisters into his diocese, but was advised by the Pope, also a member of the Franciscan Third Order Secular, to establish a congregation of Franciscan Sisters in the Philadelphia diocese.

Bishop Neumann approved the request of Mrs. Bachmann and her companions. When he returned to Philadelphia, Bishop Neumann instructed the women, provided spiritual guidance, and accepted them into

religious life. On Easter Monday, April 9, 1855, the Bishop invested the three founding members in the habit of St. Francis, giving to Anna the name Sister Mary Francis:

Mother Bachmann and her sisters served the people of God wherever a need existed. Initially, in addition to hosting immigrant women, the sisters nursed the sick poor while supporting themselves and the sick by piece-work sewing. At the time of the smallpox epidemic of 1858, they continued their care for the sick in patients' homes or, when necessary, in their convents. During that same year they responded to the need for teachers at St. Alphonsus Parish in Philadelphia. For a short time the following year the sisters staffed an orphanage in Philadelphia, the first of several residences serving children where the sisters would minister. In December 1860, Mother Francis opened the congregation's first hospital, St. Mary's in Philadelphia, because the sisters' convents could not accommodate all their sick poor.

The sisters themselves had few resources apart from their courageous spirit and their trust in God. Yet Mother Francis concluded, "As long as God does not stop giving to us, we shall not stop giving to the poor."



COMMUNITY CONVERSATION SERIES

*"I demand more of myself
than anyone else could ever expect."*

– Julius "Dr J" Erving

Welcome to our Fall Speaker

Julius "Dr J" Erving

Known as one of the greatest NBA players of all time—and the man who popularized the "slam" dunk—Julius Erving shares what he learned from 16 seasons of pro ball, and 30 years of post-basketball life.

Widely considered one of the greatest athletes of the 20th century, Julius Winfield Erving, known by the nickname, "Dr. J," helped launch a modern style of play that emphasizes leaping and playing above the rim. His innovative style of play, including his signature "slam" dunk, is now a basic skill set of the modern game. Erving helped legitimize the now-defunct American Basketball Association (ABA). Much as players are considered "the team," "Dr. J" was considered "the league." He was the most well-known player when the ABA merged with the National Basketball Association (NBA) after the 1976 season.

Erving won three championships, four Most Valuable Player Awards and three scoring titles while playing with the ABA's Virginia Squires, the New York Nets (now the Brooklyn Nets), and the Philadelphia 76ers. He was selected as a member of the NBA's 50th Anniversary All-Time team and in 1993 was inducted into the Basketball Hall of Fame. Gracious, dignified and disciplined, Erving was an ideal ambassador for the game.

He is the New York Times best-selling author of Dr. J: The Autobiography. Since his retirement, Erving remains actively

involved with the Philadelphia 76ers, representing the team in a formal capacity; he also participates as a coach for the BIG3 professional 3-on-3 league.

Join CHI St. Joseph Children's Health on September 26, 2022, as we welcome Dr. J to our Conversations about Healthy Communities series. Together we'll explore the nature and nurturing of healthy communities. Learning from Dr. J's experiences, we will discuss his vision of a healthy community, the challenges he has witnessed and experienced as communities have worked toward healthier, empowering cultures and his thoughts on how communities locally, across the United States and throughout the world can strive to create environments where every child, resident and family can thrive.

The eighth installment in the conversation series hosted by CHI St. Joseph Children's Health, Dr J follows previous visits by Pulitzer Prize winning Journalist Nikole Hannah-Jones, best-selling author Mitch Albom, Ambassador and Human Rights Advocate Samantha Power (virtual), former HUD Secretary Julián Castro, former RNC Chair and Maryland Lt. Governor Michael Steele, Chef and Humanitarian José Andrés, and American priest, writer and LGBTQ advocate Father James Martin, SJ (virtual).

DATE: Monday, September 26, 2022

TIME: 5:30 PM VIP Reception (VIP ticket required); 7:30 PM Conversation

LOCATION: Lancaster County Convention Center, 25 South Queen Street, Lancaster PA 17603

VIP Pass and VIP Pass+ Holders will have the opportunity to join Dr. J in a more intimate setting at a reception preceding the conversation. VIP+ Pass Holders will receive an autographed photograph of Dr. J with their ticket purchase. Hors d'oeuvres and beverages will be served.

TICKETS AVAILABLE: <https://CHIEveningWithDrJ.eventbrite.com>



The U.S. Surgeon General's Advisory

PROTECTING YOUTH MENTAL HEALTH

Due to the ongoing COVID-19 pandemic and other outside factors, there has been a major increase in mental health symptoms in children and adolescents over the past few years. The US Surgeon General has released a report containing a list of ways you can help address the mental health crisis.

What Young People Can Do:

- **Remember that mental health challenges are real, common and treatable.** Struggling does not mean you are broken or did anything wrong. There is help available for you!
- **Ask for help.** Reach out to friends, family, teachers, community leaders or any trusted adult. Access the Crisis Text Line, text HOME to 741741.
- **Invest in healthy relationships.** Spend time with friends and family who are supportive of you.
- **Find ways to serve.** Volunteering or helping people in any way will help you connect with others and build your own feeling of purpose.
- **Practice techniques to manage stress and other difficult emotions.** Having a variety of coping skills (deep breathing, grounding techniques, and time management skills) can help you manage concerns when they come up.
- **Be intentional about your use of social media, video games and other technologies.** Be aware of what helps you and what makes you feel worse. Be aware of how much time you spend in front of screens vs. how much time you are spending in person with others, getting physical movement and being outside.
- **Take care of your body and mind.** Stick to a schedule, eat well, stay physically active, get quality sleep, stay hydrated and spend time outside.
- **Be a source of support for others.** Talk to your friends and family about mental health and share with them your knowledge about resources and help available to them.

What Families and Caregivers Can Do:

- **Be a role model** – take care of your own mental and physical health.
- **Encourage strong, safe and stable relationships** with you and with other supportive adults.
- **Encourage healthy social relationships with peers.**
- **Try to provide a supportive, safe and predictable home environment.**
- **Try to minimize negative influences and behaviors in young people's lives.**
- **Talk to children early about the risks of drugs and alcohol.**
- **Ensure children and youth have regular check-ups with a healthcare professional.**
 - To learn more about enrolling in Medicaid, the Children's Health Insurance Program (CHIP), or a Marketplace plan, go to www.HealthCare.gov or www.InsureKidsNow.gov.
 - Families working with CHI St. Joseph Children's Health can also discuss these options with their Case Manager or Resource Coordinator
- **Look out for warning signs of distress and seek help when needed.**
 - National Suicide Prevention Lifeline 1-800-273-8255.
 - Minimize children's access to means of self-harm.
 - Be attentive to how children and youth spend time online.
 - Be a voice for mental health in your community.

For more information, please visit:

www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf

Thank you to our Community Conversation Presenting Sponsor!

**Working toward
healthy and informed
communities.**



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FOUNDATION