

THE FOUNDATION

W I N T E R 2 0 0 5

About the Foundation

The Lancaster Osteopathic Health Foundation is a public foundation created in 1999 with proceeds from the sale of Community Hospital to Health Management Associates. With assets of approximately \$12 million, the Foundation is committed to enhancing the health and well-being of the entire community, consistent with the osteopathic tradition of holistic wellness. Our philanthropy is focused on two areas: osteopathic medicine and allied health professions, as well as improving the health and wellness of Lancaster County's children.



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Executive Director

Foundation Awards Scholarships to Future Doctors and Nurses, Adds New Program for Paramedics

This summer the Lancaster Osteopathic Health Foundation announced 18 recipients of its 2005 physician and nursing scholarships. At the same time it announced the first recipients of new paramedic scholarships from the Foundation.

In making the awards, the Lancaster Osteopathic Health Foundation has contributed more than \$1/2 million in scholarships since the Foundation's formation five years ago. A total of \$320,000 in medical school scholarships have been awarded over the past four years. Another \$137,000 has been donated through the three-year-old nursing scholarship program.

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Sharon Greelish Cody, Esq.

A Letter for the Foundation Executive Director

When Community Hospital was purchased by a for-profit corporation in 1999, the Lancaster Osteopathic Foundation was created as the steward of the proceeds from the sale of the non-profit hospital. At that time, the Foundation also became the steward of the mission of the hospital—to provide for the holistic health and well being of the children of Lancaster and their families, especially those in need, and to promote the practice of osteopathic medicine in the county. While these two focuses of the organization may seem quite different, in truth, they are intricately allied.

Health is both a vocation and avocation for osteopathic doctors, and they care deeply about the wellness of all of our county’s children. They are both the literal and philosophical stewards of the health of our children. The DOs who sit on the Board of this Foundation and its committees, working in partnership with the health professionals, health educators, community leaders and volunteers who sit with them, have spent the last five years designing the Lancaster Osteopathic Health Foundation’s strategic plan, committee structure, scholarship programs and grant making programs. They have worked diligently to determine and design the most thoughtful, effective means available to improve the health of Lancaster County’s children and the promotion of this county’s osteopaths.

With that difficult work done, the Foundation is now able to devote its energies to the implementation of the processes and programs it has designed. It is in a period of true growth, and it is both a honor and great pleasure to guide it as it grows. The scholarships and grants awarded during my six months here, along with a new partnership and project initiative to develop a County Department of Health, are wonderful reflections of the Foundation’s mission. As such, these programs and projects have engaged and energized the entire Foundation—me, the Board, our committees and our volunteers. I am certain they will engage and energize you as well.

Caring Community Activist Chosen to Lead Foundation into 21st Century

Sharon Greelish Cody, a local attorney and community activist, has been named executive director of the Lancaster Osteopathic Health Foundation. She succeeds the Foundation’s first chief professional officer, Robert P. Haigh. Haigh left the position to become director of the new Partnership for Quality Pre-Kindergarten in Harrisburg.

A graduate of Rutgers University in New Brunswick, NJ, Sharon Cody holds her juris doctorate from the Dickinson School of Law in Carlisle. Previously she was an associate attorney with the Lancaster law firms of Joseph F. Roda, PC and Herr & Low, PC and in private practice at her own law firm. She began her legal career as law clerk to the Honorable Louis J. Farina, now president judge of Lancaster County Common Pleas Court.

As a volunteer, she led several non-profit boards, including the governing board of New Jersey’s largest environmental protection and consumer rights group and the board of directors of an eight-county women’s health organization.

Sharon Cody is married to Lancaster attorney Stephen W. Cody and is the mother of two children.

Foundation Showcases Four DOs in Attention-Grabbing Ad Series

Though her certification as a pediatrician comes from an MD board, Dr. Jill E. Valuch, DO, FAAP credits her osteopathic roots for making her comfortable “touching her young patients and sitting by their bedsides.” Dr. Valuch, a partner in the Eden Park Pediatrics practice in Lancaster and Brownstown, is joined by three other colleagues in sharing their reasons for practicing osteopathic medicine in eye-catching ads which appeared this fall in the Lancaster *Intelligencer Journal*, *New Era* and *Sunday News*.

In another ad Dr. Raymond D. Dragann, DO, an orthopedic surgeon with Orthopedic Consultants, Ltd. in Lancaster and Ephrata, noted that, while he’s certified in his specialty by a board of medical doctors, his upbringing in osteopathic medicine continues to influence him. “The holistic way I was first trained to practice medicine remains with me today as I care for my patients.”

The call to osteopathic medicine began early for Dr. Christopher M. Porter, DO, ACOFP of the Toomey & Toomey Medical practice in Lancaster. In a third ad he explains that he was led to medicine at a young age as he sat by his ailing father’s bedside. “Their bedside manner, approachability and friendliness attracted me to their style of medicine.” Dr. Porter continues to administer osteopathic manipulative treatment routinely, especially as part of his care for the elderly.

The fourth ad in the series features Dr. Sarah W. Holt, DO, partner in Highlands Family Practice in Lancaster. “For me,” explains Dr. Holt, “the strength of my osteopathic medical education was in fostering true communications between doctor and patient. To be a better healer, a good doctor needs to listen, to build trust, to laugh together and to treat each person uniquely and holistically.”

These four doctors speak for more than 200 osteopathic physicians practicing patient-centered, caring, quality medicine in Lancaster County. “We couldn’t feature all of these doctors,” explained Sharon Greenish Cody, executive director of Lancaster Osteopathic Health Foundation, “but we could allow these four fine doctors to speak on their behalf.”

Across the course of the multi-week campaign their personal stories raised awareness for the osteopathic medicine advantage to an estimated 1.7 million readers, fostering one mission of the Foundation’s mission is to foster the tradition of holistic osteopathic health care.



D.O. You Know...

Sarah W. Holt, D.O.
Highlands Family Practice, Litzitz

When she was just five, Dr. Holt was inspired by her doctor to become a physician. Passionate about caring for people, she enrolled in the New York College of Osteopathic Medicine. “For me,” explains Dr. Holt, “the strength of my osteopathic medical education was in fostering true communications between doctor and patient. To be a better healer, a good doctor needs to listen, to build trust, to laugh together and to treat each person uniquely and holistically.”

This information is shared with you by



D.O. You Know...

Raymond D. Dragann, D.O.
Orthopedic Consultants, Ltd.,
Lancaster and Ephrata

Dr. Dragann exemplifies how integrated osteopathic medicine has become in today’s health care. A graduate of Philadelphia College of Osteopathic Medicine, he is certified in his specialty by the American Board of Orthopedic Surgery, a board of medical doctors. Nevertheless, says Dr. Dragann, “my upbringing in osteopathic medicine continues to influence me. The holistic way I was first trained to practice medicine remains with me today as I care for my patients.”

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www.lancasterosteopathichealthfoundation.org



D.O. You Know...

Christopher M. Porter, D.O., ACOFP
Toomey & Toomey Medical, Lancaster

Dr. Porter was led to osteopathic medicine at a young age as he sat by his ailing father’s bedside. “The osteopaths’ bedside manner, approachability and friendliness” attracted him to their style of medicine, leading him to attend Philadelphia College of Osteopathic Medicine. Manipulative medicine was part of that care and became his special interest. Dr. Porter continues to administer osteopathic manipulative treatment routinely, especially as part of his care for the elderly.



D.O. You Know...

Jill E. Valuch, D.O., FAAP
Eden Park Pediatrics, Lancaster and Brownstown

After interviewing at both medical and osteopathic schools of medicine, Dr. Valuch chose Philadelphia College of Osteopathic Medicine because she believed that osteopathic medicine would foster her desire “to get to the patient’s level with communications.” Certified by the American Academy of Pediatrics, Dr. Valuch continues to credit her osteopathic roots for making her comfortable “touching her young patients and sitting by their bedsides.”

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www.lancasterosteopathichealthfoundation.org

Please Remember the Foundation in Your Year-end Giving

You can help safeguard the wellness of your Lancaster County friends and neighbors with a gift to the Lancaster Osteopathic Health Foundation. As we continue our work to maintain the health of this community and our children, your tax-deductible gift is needed. In the enclosed envelope please place your check, made payable to "Lancaster Osteopathic Health Foundation" and return it to: Lancaster County Health Foundation, 128 East Grant Street, Suite 104, Lancaster, PA 17602-2854.

A copy of the official registration and financial information of Lancaster Osteopathic Health Foundation may be obtained from the Pennsylvania Department of State by calling 1-800-732-0999. Registration does not imply endorsement.

Lancaster Osteopathic Health Foundation Partners with United Way and The Heinz Endowments for Fourth Year

Since the local launch of the United Way Success By 6, the Lancaster Osteopathic Health Foundation has been an integral partner in this initiative for young children.

Together with United Way, the Foundation has secured \$750,000 from The Heinz Endowments' Challenge for Children to help improve the health and education of Lancaster County's youngest children.

The latest award from Heinz was a matching grant of \$450,000, from which this community received its first payment of \$150,000 in July. From this investment, \$25,000 is being used to support Keystone Stars, a Pennsylvania Department of Welfare accreditation program for child care providers. Another \$25,000 will be directed to improvement of early learning and quality early care through a math and literacy training. Early learning success and effective parenting is being supported with \$50,000 as mothers, fathers and grandparents are encouraged and supported in their roles as their children's first teachers. Finally, \$50,000 has been earmarked to raise community awareness of the need for additional public support of our children.

Study after study has documented how vital it is that we all care and nurture our youngest citizens. The Lancaster Osteopathic Health Foundation is proud of its role as a change agent in the lives of our children.



WANT TO BE ADDED TO OUR MAILING LIST?

Please complete the information below, mail it to us and we'll make sure you don't miss an issue! Easier still, drop an email to info@lohfoundation.org with this information, and we'll put you immediately into our database.

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Return this form to:

Lancaster Osteopathic Health Foundation, 128 East Grant Street, Suite 104, Lancaster, PA 17602-2854.

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“The investments the Foundation has made in these women and men demonstrate our continued commitment to maintaining the highest quality of medicine in Lancaster County,” said Sharon Greelish Cody, executive director of the Foundation. “By helping train the next generation of health care providers with the holistic values of osteopathic medicine, the Foundation is working to ensure the continuation of our patient-centric wellness philosophy.”



Charles Joseph Yourslaw III
2005 Paul W. Herr, DO Physician
Scholarship Recipient



Patrick F. O'Donnell
2005 Anthony M. Congello
DO Physician Scholarship Recipient

To qualify for a Foundation physician scholarship, pre-medicine undergraduate students must be:

- ▲ Lancaster County residents
OR
- ▲ Have pursued their undergraduate degrees at one of the three Lancaster County colleges offering pre-med majors, Franklin & Marshall and Elizabethtown colleges and Millersville University
- ▲ Admitted to attend Philadelphia College of Osteopathic Medicine

Undergraduates interested in applying for 2006 scholarships should apply to their pre-med advisors at one of these institutions or to the Lancaster Osteopathic Health Foundation. The deadline for 2005 medical school scholarships is June 1, 2006. Grants will be awarded in July 2006 for the 2006–2007 school year.

To qualify for a nursing scholarship, applicants must be:

- ▲ Lancaster County residents
- ▲ Pursuing their LPN or RN degrees at one of the three Lancaster County area schools offering nursing courses
OR
- ▲ Pursuing their BSN degree at an accredited BSN college or university

Individuals interested in applying for 2006 scholarships should apply to the admissions department at qualifying institutions or to the Lancaster Osteopathic Health Foundation. The deadline for 2006 nursing school scholarships will be June 9, 2006. Grants will be awarded in July 2006 for the 2006–2007 school year.

To qualify for a paramedic scholarship, applicants must be:

- ▲ Lancaster County residents
- ▲ Currently employed as an Emergency Medical Technician (EMT)

Individuals interested in applying for 2006 scholarships should apply through their EMT supervisor or the Lancaster Osteopathic Health Foundation.



**A Timely Focus in 2005
Scholarship Criteria**

Today Lancaster County has more than 26,700 Latino residents, with this segment of our community now 31 percent of Lancaster City’s population.* As these neighbors broaden the tapestry of Lancaster County’s diversity quilt, many come here with English as their second language. For Spanish-speaking Latinos seeking health care, this is often a barrier to quality diagnoses, patient service and healing.

For this reason the Lancaster County Osteopathic Health Foundation paid particular attention in this year’s scholarship screening process to making investments in bilingual women and men pursuing health care careers. We are pleased to report that of our 2005 scholarship selections, fully 38 percent speak both English and Spanish.

* 2002 U.S. Census

2005 Nursing Scholarship Recipients, left to right, front row—
Juanita Angelini,
Yesenia Camejo,
Melissa Ramus,
Jennifer Kane,
Weslea Nicole Law
and Marisol Santiago;
second row—
Kayla Freed,
Marybeth Wise,
Heather Wagner
and Alexandra M. Flores;
back row—
Christina L. Hummer,
Lisa M. Kline
and Erin E. Shultz;
not pictured—
Jeremy Kamm,
Deana Sapone
and Aida Suarez



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Bilingual, Bicultural Program Receives Foundation Support

Lancaster County is gifted with several quality, prenatal programs to serve low income women. However, even with this provider base, there are many recent residents to the county who are not eligible for these programs.

To address this unmet need, the Foundation recently awarded \$14,626.25 a year for two years to SouthEast Lancaster Health Services to enable the organization to send two nurses and one social worker out into the community for home visits. These bilingual, bicultural caregivers will visit women during their pregnancy and up to six months after they deliver.

This investment in the quality of Lancaster County health care exemplifies the Foundation's focus in two ways. First, it reflects the Foundation's commitment to the preventive payback of prenatal health care. Secondly, it demonstrates Lancaster Osteopathic Health Foundation's agility to fill gaps of service when they're identified.



Bookmark
www.lancasterosteopathichealth.org
on Your Computer

Drum roll please! We've just launched our new web site. Along with timely information on the Foundation and its vital activities, you'll find contact information on Lancaster County doctors of osteopathy and links to more information on other sites. Check it out today! (Physicians: email us for your password to the "Doctors Only" section.)