

THE FOUNDATION

F A L L 2 0 1 0

About the Foundation

Since 1999, the Lancaster Osteopathic Health Foundation has enhanced the health and well being of the Lancaster County community. Founded on the osteopathic tradition of compassionate, patient centered wellness, the Foundation builds the holistic health of the community by investing in people and programs that provide healthcare and health education to Lancaster's children, especially the underserved.



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Recent Grants Extend a Helping Hand to Children and Families

Involvement in the arts provides young people with invaluable learning opportunities, enabling them to achieve greater success and understanding of the world around them. The arts nurture development of cognitive, social, and personal abilities. This is why the Lancaster Osteopathic Health Foundation is proud to support the efforts of the Fulton Opera House's Youtheatre Program for at-risk, disadvantaged and disabled teens with a recent grant of \$10,000. Recognized by both the President's Committee on the Arts and Humanities, and the National Endowment for the Arts as a shining example of arts education programming for at-risk youth, the Fulton's Youtheatre is a year-round arts education and outreach program with a five week summer core component where participants create, rehearse and perform an original theater piece for the community. The program is designed specifically to engage youth with mental and behavioral health issues.

Fulton Opera House Youtheatre Program

Over the years, the Youtheatre has successfully fostered partnerships with local social service agencies that recognize the positive impact that this program has on very troubled youth. There are Youtheatre members who are deaf, blind, autistic, and living with chronic medical conditions. The theater company also includes recovering drug addicts, psychiatric outpatients, victims' of physical and sexual abuse, adjudicated youth, homeless youth and the sons and daughters of migrant workers. While providing a safe and nurturing environment, the Youtheatre program gives youth who have experienced great adversity a voice and trains them how to use it well. And in doing so, it fosters their artistic, educational, social and emotional growth so they can go on to become contributing members of society.



Sharon Greelish Cody, Esq.

A Letter from the Foundation Executive Director Using Developmental Screening to Improve Children's Health

A child's growth is more than just physical. A child's development can be followed by how they play, learn, speak and interact with others. Skills such as making eye contact, standing, speaking, smiling, and waving are called developmental milestones. Although each child develops at their own pace, most children develop these skills during a predictable age range. A developmental delay is when a child does not reach a milestone at the same time as other children the same age. If a child is not developing properly, it is often not something they will grow out of with time. Early and appropriate action must be taken for the child to reach full potential. Fortunately there are many good local services for children with developmental delays.

According to the Center for Disease Control and Prevention, 17 percent of U.S. children have a developmental or behavioral disability such as autism, mental retardation, or Attention-Deficit/Hyperactivity Disorder (ADHD). In addition, many children have delays in language or other areas. Yet sadly, **less than half of children with developmental or behavioral disabilities are identified before starting school.** Often

parents are fearful to face the reality of developmental delays, and friends, family members and caregivers do not want to intrude. During this time, the child could have received help for their problems and may even have entered school more ready to learn.

If you know such a child, talk to the child's parents or provide them with information on developmental milestones. Such information can be found in the "Children Do Come with Directions" booklet published by United Way of Lancaster County with a grant from the Lancaster Osteopathic Health Foundation. The booklet is available on the foundation's web site under useful links in the news and information section. If you have concerns about how your own child is developing, trust your judgment. Call your health care provider and tell them you are concerned about your child's development and want a developmental evaluation. If you or your doctor think there could be a problem, you can contact Lancaster County Early Intervention at (717) 399-7323 (for children birth to age three) or call the Early Intervention Program of IU 13 at 717-606-1601 (for children age three to five). Both agencies provide services free of charge to eligible children.

A handwritten signature in blue ink that reads "Sharon Greelish Cody". The signature is fluid and cursive.

Catholic Charities In-Home Mental Health Program

Mental health disorders are more common in young people than many realize with at least one in five children or adolescents suffering from mental illness. Of these youth, only about half get the treatment they need which has a negative effect on every aspect of their lives and can be devastating to their families.

Catholic Charities runs one of six family based mental health programs in the county, and since 1988, the Lancaster In-Home Program has operated on behalf of youth who suffer from mental illness and their families. The goal of the Lancaster In-Home Program is to assist families in creating stable, safe, and supportive environments for their children who suffer from mental illness and/or emotional disturbance. With the help of a grant of \$7,500 from the Lancaster Osteopathic Health Foundation, this program will continue to provide treatment and services to youth so they can remain with their families and out of residential mental health facilities or foster care.

Once eligible for this program, the entire family is fully assessed. This information is then used by trained mental health professionals to set goals and provide counseling and skill building for the youth and their families, reducing the risk of child abuse and strengthening the family unit. The children receive the help they need to remain in school and develop healthy peer and family relationships.

Lancaster Recreation Commission Youth Athletic Scholarship Program

Keeping children physically active in organized sports and recreation programs benefits not only their health but their self-esteem. In fact, providing children with positive, well organized activities reduces the occurrence of juvenile crime and improves academics while at the same time lowering the risk of obesity and illness. It is not always possible, however, for low-income families to afford the cost of involving their children in organized sports and recreation programs. Currently there are nearly 10,000 children (84% of the total school population) who attend the School District of Lancaster and are living at or below the poverty level. For many of these children, the simple pleasures of youth, like learning to swim, playing baseball or basketball, taking dance lessons, are sadly beyond their grasp.

The Lancaster Recreation Commission recognizes the need to help families keep their children involved in healthy, supervised

activities and with the help of the Lancaster Osteopathic Health Foundation provides scholarships for low-income children ages 18 and under who wish to participate in recreational sports. The Foundation recently awarded the commission a \$25,000 grant to provide scholarships for after school and summer sports programs for 695 youth in Lancaster City and Lancaster Township who are at or below the poverty line. The scholarships provide up to a 75% reduction in registration and program fees for activities and eligibility is

based on the same criteria as the federal free and reduced lunch program guidelines. By using school buildings and grounds, these activities remain accessible to all eligible children. And hundreds of children who would otherwise be left out are able to participate in fun and healthy activities that develop discipline, confidence and fitness.

For many of these children, the simple pleasures of youth, like learning to swim, playing baseball or basketball, taking dance lessons, are sadly beyond their grasp.

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Foundation Executive Director

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Sharon Greelish Cody
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Philhaven: Therapeutic Crisis Intervention (TCI) Program

Parents of children with severe behavioral health issues often lack the skills necessary to help their children. These are children who cannot deal effectively with feelings of frustration, failure, anger, rejection, hurt, and depression and who need careful guidance in managing their emotions. Parents of children with mental illness often feel isolated and at a loss for how to help their child navigate the daily trials of childhood.

The staff at Philhaven, a behavioral healthcare organization, has adapted the Cornell University developed model, Therapeutic Crisis Intervention (TCI) to introduce local parents to the basic concepts of behavioral

management techniques and to help parents apply these tools to their daily parenting and communication. The goal of Finding a Better Way for Moms & Dads, a four session (eight hour), supportive group training is to create an environment where children can grow and enjoy healthy and positive interactions with others. The foundation is pleased to partner once again with Philhaven by providing a \$15,000 grant that will help 200 families of children with serious behavioral health issues to receive the proper training they need to maintain a positive, nurturing home environment and reduce in patient readmissions of children.

Annual Children's Health Dinner



Foundation Board Chair, Dr. Jeffrey T. Kirchner (left) and Foundation Executive Director, Sharon G. Cody (center) with guest speaker, Dr. Ronald R. Blanck at the Annual Dinner

Our sincere thanks to Lieutenant General Ronald R. Blanck, D.O., retired Surgeon General of the U.S. Army, for his inspiring presence at our recent Children's Health Dinner held at Franklin & Marshall College. The event that began with a cocktail party was followed by dinner and comments from Dr. Blanck. It offered the osteopathic community, as well as other friends of the foundation, a chance to enjoy food, conversation and thought provoking remarks by Dr. Blanck who has enjoyed an incredible career in the U.S. military giving him a broad perspective on current health care issues. All profits from the annual dinner go to help children in need.

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Robert Garvin, D.O. and Beth Been, D.O.
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Lancaster Osteopathic Health Foundation Awards 21 Scholarships to Nursing Students Totaling \$31,550.

At the nurse scholarship awards luncheon held this summer at the Pressroom Restaurant, Sharon Greelish Cody, Executive Director of the Lancaster Osteopathic Health Foundation expressed her pride in the Foundation's continued investment in nursing. Since it began awarding nursing education scholarships eight years ago, the Lancaster Osteopathic Health Foundation has generously supported local nurses with \$400,000 in scholarships. This year, twenty-one individuals pursuing degrees in nursing received \$31,550 to help them reach their educational goals. "The Foundation is proud to make this investment in our community's future good health and to support such a dedicated group of nurse scholars. These nurses will keep the holistic values of osteopathic medicine alive by bringing their breadth of backgrounds and experiences to their new roles as health providers and wellness educators," said Sharon Greelish Cody.

Special honors were given to three local women who received named scholarships to area nursing schools:

Linda Gort, CRNP Scholarship

Mary Ellen Francescani (Lititz) will pursue an MSN degree at Millersville University.

Harold H. Finkel, D.O. Memorial Scholarship

Lori Eichman (Manheim) will earn a RN degree from Lancaster General College of Nursing and Health Sciences.

St. Joseph Hospital School of Nursing Alumni Scholarship

Kristie Harrower (Lititz) will attend the Harrisburg Area Community College in pursuit of an RN degree.

Dolores Minchhoff (Holtwood) received a scholarship toward a DNP degree from Waynesburg University.

Receiving a scholarship to earn a MSN degree at Millersville University was Stacy Wenzel (Lancaster).

Receiving scholarships to earn a BSN degree from Lancaster General College of Nursing & Health Sciences are Terianne Edwards (Paradise), Heather Kreider (Manheim), Rebecca Snavely (Lancaster).

Michelle Dorman (Lititz) will pursue a BSN degree through University of Phoenix.

Awarded scholarships to attend Lancaster General College of Nursing & Health Sciences in pursuit of an RN degree were Melissa Fischer (Marietta), Courtney Gentry-Negron (Marietta), Clarissa McKinney (Lancaster), Kristie Whitman (Lancaster).



Standing left to right are Lori Eichman, Melissa Fischer, Kristie Whitman, Terianne Edwards, Rebecca Snavely and Courtney Gentry-Negron.

Three students received scholarships to help them achieve their RN degree from Harrisburg Area Community College (HACC). They are Christine Fromm (Lancaster), Milonda Johnson (Lancaster), Ivonne Torres-Ortiz (Lancaster).

Five individuals received scholarships to help fund their schooling to be LPN's at Lancaster County Career and Technology Center. They are Sarah Bernhardt (Quarryville), Qianna Chambers (Lancaster), Ferlicia Wright (Lancaster), Brenda Murphy (Ephrata), Jessica Telus (Lancaster).

More information on these scholarships is available by calling the Foundation or visiting our website at www.lancasterosteopathichealthfoundation.org. The deadline for 2011 nursing school scholarship applications will be early June, 2011. Grants will be awarded in July 2011 for the 2011–2012 school year.

Foundation Nursing Scholarship Selection Committee

Eileen P. Sosa, MSN, CRNP, Chair, Foundation board member and a family nurse practitioner at South East Lancaster Health Services.

Amanda Fowler, RN and labor and delivery nurse at Lancaster General Health

Jeanne W. Payeur, BSN and nursing educator in mental health at HACC, who represents the St. Joseph School of Nursing alumnae

Milonda Johnson, LPN, previous scholarship winner and a nurse at The Heart Group

Tanya Long, RN, previous scholarship winner and a nursing educator at Lancaster General Health and Lancaster County Career and Technology Center

Sharon Greelish Cody, Foundation executive director



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Newest Board Member

Lancaster Osteopathic Health Foundation's newest board member is Dr. Emily Pressley. The board-certified, psychiatric physician is with Behavioral Health Specialists. The wife of Neal Pressley, Dr. Pressley graduated from Philadelphia College of Osteopathic Medicine and completed her residency at Penn State Hershey Medical Center. Dr. Pressley worked as an RN before entering medical school.



Dr. Emily Pressley

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The Foundation Needs Your Support

Your financial support will help us continue to shape the future of the community's health care and protect our children. Your much appreciated gift should be returned to: Lancaster Osteopathic Health Foundation, 128 East Grant Street, Suite 104, Lancaster, PA 17602-2854. Thank You!

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 toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.