

THE FOUNDATION

S P R I N G 2 0 1 0

About the Foundation

The Lancaster Osteopathic Health Foundation is a public charity created in 1999 with proceeds from the sale of Community Hospital to Health Management Associates. With assets in excess of \$11 million, the Foundation is committed to enhancing the health and well-being of the entire community, consistent with 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.

Three Recent Grants Aid Children's Mental and Behavioral Health And Wellness

Since its creation over 10 years ago, the Lancaster Osteopathic Health Foundation has had a holistic concern for the health of the Lancaster community, particularly its underserved children. With a community-oriented approach, it has sought out collaborative partnerships with other community organizations, schools and foundations to improve their health and welfare.

This year, under the guidance of an 11-person advisory committee, the Lancaster Osteopathic Health Foundation awarded \$64,765 in support of this mission.

Prenatal And Postpartum Depression Intervention

Prenatal and postpartum depression (PPD) is an underlying cause of preterm labor and birth, low birth weights, poor maternal-child attachment and mental and emotional trauma. While 10 to 20% of all women experience PPD, 27% of low-income women suffer from this condition—the very population that represents the majority of SouthEast Lancaster Health Services' (SELHS) patients. By helping SELHS create a program to ameliorate PPD among its mothers will go a long way to helping them and their children. It was a \$15,000 investment that the Lancaster Osteopathic Health Foundation's child health and wellness advisory committee enthusiastically endorsed.



One hundred pregnant women under the care of SELHS who are depressed or at risk of depression will be invited to participate in the PPD program and attend special support groups beginning early in their pregnancies. By connecting these women to each other, a link will be established which is expected to motivate their continued participation. More importantly, this interaction will offer them an

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Sharon Greelish Cody, Esq.

A Letter from the Foundation Executive Director Depressed Moms, Depressed Kids

I was shocked to learn that according to a new study, almost 15 percent of preschoolers have atypically high levels of depression and anxiety.¹ The five-year investigation also found that children with high depression and anxiety levels were more likely to have mothers with a history of depression. Indeed, lifetime maternal depression was the

second most important predictor of atypically high depression and anxiety in children during their preschool years. This finding raises additional concerns because children who first become depressed before puberty are at increased risk for some form of mental disorder in adulthood. Depressed mothers are more likely to put their children at risk in many other ways as well. Maternal depression has been shown to impair a mother's safety practices, preventive health measures, and management of their children's chronic health conditions.

The good news is that successfully treating maternal depression can reduce or eliminate a child's own symptoms of depression, anxiety and disruptive behaviors.²

Children whose depressed mothers recovered have also been shown to be less likely to develop psychiatric

disorders later in life than those whose mothers didn't recover. Given all this, it is clear that identification and treatment of mothers suffering from depression should be a priority for all health care providers. It is one of this foundation's philanthropic priorities. Can you make it a priority too?

According to the National Institute for Mental Health, only about half of Americans diagnosed with major depression in a given year receive treatment for it. If a friend or loved one has been battling depression or anxiety, their mental health challenges may affect their children more than you think. Encourage them to seek help if not for themselves then for their children. Data shows that treating parents with depression not only helps their children now, but also reduces the likelihood that their children will suffer from behavioral health problems later in life.

- 1 Côté et al. "Depression and anxiety symptoms: onset, developmental course and risk factors during early childhood." *Journal of Child Psychology and Psychiatry*, October 2009)
- 2 Weissman, et al. "Remissions in Maternal Depression and Child Psychopathology," *JAMA*. 2006; 295:1389-1398.)

Symptoms of Depression Women with depressive illnesses do not all experience the same symptoms. In addition, the severity and frequency of symptoms, and how long they last, will vary depending on the individual and her particular illness. Signs and symptoms of depression include:

- Persistent sad, anxious or "empty" feelings
- Feelings of hopelessness and/or pessimism
- Irritability, restlessness, anxiety
- Feelings of guilt, worthlessness and/or helplessness
- Loss of interest in activities or hobbies once pleasurable, including sex
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, waking up during the night, or excessive sleeping
- Overeating, or appetite loss
- Thoughts of suicide, suicide attempts
- Persistent aches or pains, headaches, cramps or digestive problems that do not ease even with treatment

SOURCE: NATIONAL INSTITUTE OF MENTAL HEALTH

BOARD OF DIRECTORS

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Lancaster County Career
& Technology Center

Three Recent Grants Aid Children's Mental and Behavioral Health And Wellness *continued from page 1*

outlet to express their anxiety, concerns and emotions. Led and supported by a bilingual, professional group leader, the program will work to reduce anxiety and confusion, increase maternal-child attachment, increase infant birth rates and promote a positive mother/child/family atmosphere.

When the 24-month study and analysis concludes, SouthEast Lancaster Health Services will integrate the program's successful components into an ongoing support program for all of its prenatal and postpartum patients. Their findings will also be shared with other providers and public health agencies.



Under the supervision of a bilingual community homemaker, these children and adolescents will learn how to adopt a preventive asthma regime using an action plan based on National Asthma Education and Prevention Program guidelines. Together with their parents, participants will discover ways to change their daily routines, modify their home environments and seek healthy interactions with others. They'll also work to change their self-identities from self-doubt to ones in which they expect success in their management of this chronic condition.

The Foundation thanks its immediate past chair, Dr. Scott Silverstein of Conestoga Pulmonary & Critical Care Ltd., for agreeing to volunteer his professional time and expertise in support of this groundbreaking, community changing study.

At the end of the 18-month study and analysis, SouthEast Lancaster Health Services will take what they've learned far beyond the 100 children they've helped through the program. They will incorporate the results of the program into their care plan for all SELHS asthma patients. Plus, they will share what they've learned with other providers and public health agencies.



Scott Silverstein, DO, immediate past chair of the Lancaster Osteopathic Health Foundation and a physician at Conestoga Pulmonary & Critical Care Ltd., is volunteering his time to help SouthEast Lancaster Health Services conduct its children asthma support study.

Childhood Asthma

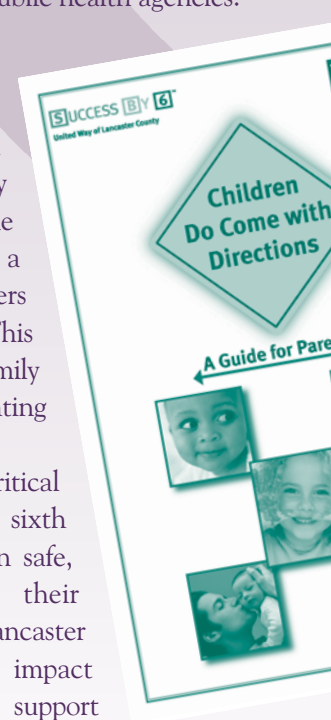
The most common chronic disease of childhood, asthma is overrepresented in children from urban, low socioeconomic and ethnic minority backgrounds where they are less likely to receive optimal medical care. The disease can affect children's social, academic and emotional lives and has major public health and financial consequences. Teaching children to self-manage their asthma can alleviate significant physical and mental health concerns as well as reduce healthcare utilization, school absenteeism, depression and emotional and behavioral problems.

As the County's largest federally qualified community health center, SouthEast Lancaster Health Services (SELHS) treats many asthmatic children in their inner city clinic. Lancaster Osteopathic Health Foundation's \$25,000 grant will allow SELHS to recruit 100 five- to fourteen-year-olds they've recently diagnosed with persistent asthma to participate in a pilot, one-year intervention program.

Parents Need Directions

Of the 7,300 live births in Lancaster County in 2008, 2,600 infants were born to first-time parents, 1,800 to mothers with less than a high school education and 1,400 to mothers who have had no early prenatal care. This introduces many of these newborns into family situations ill prepared for effective parenting and for readying their toddlers for school.

Study after study has documented the critical timeframe between a child's birth and sixth birthday. Infants and toddlers who live in safe, stimulating homes far outperform their counterparts in later life. United Way of Lancaster County's "Success By Six" community impact initiative was formed a decade ago to support parents during this key life cycle.



OUR STAFF

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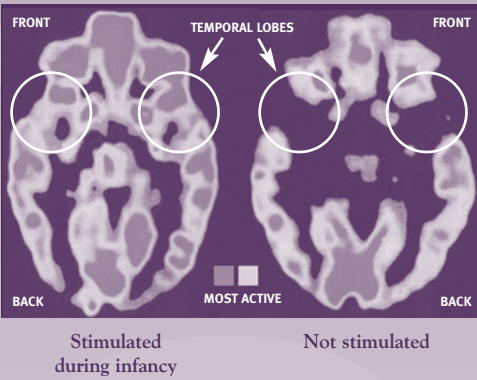
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Compare the brain activity of these two children. The brain of the child on the right was stimulated by early learning. The brain of the child on the left was not.

In 2003, United Way introduced its first edition of *Children Do Come with Directions*. This guidebook for parents of children from birth to age five featured important developmental, literacy, health, safety, childcare and other parenting tips to help parents succeed as their children's first teacher. A Spanish edition was soon produced. More recently, a 10-part, age-specific, "Your Child @" supplement joined the guidebook series through a partnership with Mental Health America of Lancaster.

In 2006, the Foundation subsidized the second printing of this valuable series. Through a new \$24,765 grant from the Foundation, United Way will be able to update and publish a third edition of books and age-specific flyers in both languages. The materials will be distributed to new parents and foster parents through hospitals,

Child Health And Wellness Advisory Committee

Eileen Sosa, CRNP,
SouthEast Lancaster Health Services; Foundation board member; committee chair

Tricia Cleaves, MEd,
New Choices, New Options; Foundation board member

Anita Darpino, DO,
Schaefferstown Family Practice; Foundation board member

Nancy Elkin, CNS,
Cocalico School District

Katherine Betz Kravitz, JD,
Barley Snyder; Foundation board member

Vanessa Philbert,
United Way of Lancaster County
Carol Phillips, PhD,
Millersville University, retired

Mary Steffy, RN,
Lancaster General Health
Lourdes Vasquez, MEd,
School District of Lancaster, retired; Foundation board member

Barbara J. Wilson,
Franklin & Marshall College; Foundation board member emeritus

Sharon Greelish Cody,
Foundation executive director; ex-officio

physician offices, human service agencies, childcare centers, schools and early intervention providers. Through Mental Health America of Lancaster County, the ages-and-stages tool will be mailed to parents and caregivers at regular intervals.

If you'd like to receive a copy of *Children Do Come with Directions*, please call or email Mindy Reighard at the Lancaster Osteopathic Health Foundation: 717-397-8722 or email info@lohfoundation.org.



Birth to 24 months – DEVELOPMENT

A CHECKLIST FOR GROWING CHILDREN

Your child is one of a kind and will develop at his own rate. He will develop some skills more quickly than others. This guide will help you know what to look for. If you notice that your child is not developing in many of these areas, tell your doctor.

By around 3 months, your baby should:

- turn head toward bright colors and lights
- move both eyes together in the same direction
- respond to loud sounds by startling or crying
- grasp rattles or hair
- wiggle and kick with legs and arms
- smile when you smile at her and make cooing sounds



By around 6 months, your baby should:

- turn toward sounds
- reach for objects and pick them up
- roll from stomach to back
- move objects from one hand to the other
- play with her feet and toes
- recognize and respond to familiar faces
- babble saying "babababa" or "mamama" or "dadada"

By around 9 months, your baby should:

- look to the floor when something falls
- sit without support
- make sounds to get attention
- stand with support and use legs to bounce

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Birth to 24 months – DEVELOPMENT

By around 12 months, your baby should:

- pull himself to a standing position
- crawl or find some way to get to toys she wants
- wave bye-bye
- put objects into a container and stack two blocks
- hold a crayon and make marks



By around 18 months, your baby should:

- push, pull, and dump things
- follow simple directions like "bring the ball, please"
- pull off shoes and socks
- look at pictures and short books
- feed herself finger foods
- use 8 to 10 words that are easy to understand
- walk without help

By around 2 years, your baby should:

- use 2 to 3 word sentences
- say names of toys
- recognize familiar pictures
- carry an object while walking
- feed himself with a spoon
- play by herself for short periods of time
- imitate parents' actions
- identify hair, ears, and nose by pointing
- build a tower of four blocks
- show affection



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Memorials & Celebrations

Bequests

We salute these advocates of patient-centric healthcare for honoring the work of the Foundation in their wills.

The Estate of Edith G. Fahnestock

Gifts

We thank these generous organizations and individuals for their support.

Dr. and Mrs. Harris Baderak

Dorothy and Glenn Banner

Victor Bove, DO

Jack Brinser

CALBRO Partners

Amy Campbell

Sharon Greelish Cody, JD

Sally Craig, DO

Anita Darpino, DO and Dale Whitebloom, DO

Richard Elkin, DO and Nancy Elkin, CNS

William Fetchik, DO

Amanda Fowler, RN and Bill Fife, MD

Charles Frey

James and Virginia Fryberger

Carrie Glick

Linda Gort, CRNP and Lenny Walton

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Grace Kaiser, DO

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Dr. and Mrs. Donald Schnapf

Hilda Shirk, MSW, PhD and Wesley Farmer

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Dr. and Mrs. Anthony Skiptuna

John Snader

Kathryn Snyder

Dr. and Mrs. Walter Steinke

David and Barbara Verrier

Carolyn Voorhees, MSN

Clifford and Joan Wengert

Daniel Wert, DO

Mr. Richard and Dr. Nicole Zimmerman

The Foundation Needs Your Support

Your financial support will help us continue to shape the future of this community's health care and protect our children. For your convenience, we're enclosing an envelope for your tax-deductible gift. Please make your check payable to "Lancaster Osteopathic Health Foundation." 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.

Return Service Requested

Save the Date!

Cocktails, dinner and conversation with colleagues:

Wednesday, September 15, 2010

Cocktails at 5:30 pm, dinner at 6:30 pm

Franklin & Marshall College's

Ben Franklin Catering Suite

Watch your mailbox for more details!

Dr. Jeff Kirchner Named New Foundation Board Chair

Jeffrey T. Kirchner, DO, FAAFP was elected chair of the Lancaster Osteopathic Health Foundation board of directors at its December meeting. Dr. Kirchner is medical director of the Lancaster General Health Comprehensive Care Center and associate director of the Lancaster General Family Medicine Residency Program. He has been certified as an HIV specialist by the American Academy of HIV Medicine and by the American Board of Family Practice.

At that same Foundation board meeting John N. Snader, vice president of Ephrata Community Hospital was named vice chair. Elizabeth Palmer Bennett, CPA returned to the board after a short hiatus to take over the reins as treasurer. Remaining on as board secretary is Carolyn A. Voorhees, RN, MSN, practical nursing program coordinator at Lancaster County Career & Technology Center.



Jeffrey T. Kirchner, DO, FAAFP

In welcoming the new officers and members to the board, the Foundation honored officers and board members completing their terms of service. Guiding the Foundation the past two years as its chair has been Scott Silverstein, DO. Lawrence F. Hinnenkamp, CPA, JD, LL.M. has served as its treasurer since 2007. Stepping down after a year as vice chair and four years of board service was Shirley Kosakoski. Peter A. Hurtubise, DO completed his three-year term on the board.



Anita R. Darpino, DO

Lancaster Osteopathic Health Foundation's newest board member is Dr. Anita Darpino. The board-certified, family practice physician is a partner at Schaefferstown Family Practice. The wife of another physician, Dale Whitebloom, DO, and mother of three, Dr. Darpino is a 1985 graduate of the Chicago School of Osteopathic Medicine. She completed her residency at Temple University School of Medicine.