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PLEASE JOIN US IN 2017
FOR THESE EXCITING
EVENTS!

**SPLASH
OF
COLOR**

**ANNUAL
DINNER**

**COCKTAILS
& COMEDY**

**ERMA M. KAPP
MEMORIAL GOLF
TOURNAMENT**

PINK DRINK

**CELEBRATING
YOUR HEALTH
LATIN STYLE!**

**TRAVEL &
LEISURE
AUCTION**





LEBANON FAMILY HEALTH SERVICES

*Your Community Partner
For Healthy Living.*

FISCAL YEAR
2015-2016
ANNUAL REPORT



Message from the President and CEO Kimberly Kreider Umble

The continually evolving healthcare landscape is a fertile ground to carry out the work we do best- cultivate a culture of wellness. Each day we empower a diverse group of individuals to take control of their personal health. Whether it is by adopting healthier eating habits, practicing new parenting skills, quitting tobacco use or getting cancer screenings; our patients and clients are emboldened by the work we do. Our relationship with them allows them to become personal stewards in control of their own health.

The addition of 4 new services last year (fingerprinting, convenient care, ACA Health Insurance Enrollment and Diabetes Prevention Program) is a testament to our ambition to invest in the personal strength of the individuals living and working in our community. With these programs, our patients/clients can utilize the necessary tools which ultimately give back to our community. For example, our convenient care program helps reduce unnecessary emergency department visits. Our Diabetes Prevention Program empowers the

participants with knowledge to prevent the onset of a debilitating and costly condition. Furthermore, our ACA Health Insurance program educates members of our community about how to navigate a complex health insurance system- ultimately securing them the means to access cost and lifesaving preventive care.

Wellness through personal empowerment is our mission, a quest that transcends our front doors. As an active partner in the community, we recognize that resources are valuable and there is increasing importance in creating an alliance with other groups, agencies and organizations that share our common values. That is why we reach out to multiple agencies and organizations that can work with us in meeting the common goal of promoting healthy living.

This year, along with the Lebanon Valley Family YMCA, we recognized the need for programs targeted at adolescent wellness. This is why we began working with the YMCA to create a program for the after-school youth group.

These young people learned about nutrition, weight management, healthy relationships and how to avoid tobacco. This program energized the next generation with the value of maintaining good health.

As childhood obesity continues to be a looming issue, we found a mutually beneficial partnership with the Head Start program. As they worked to equip their parent participants with the tools and resources necessary for their child's education, we were able to provide guidance in the area of nutrition.

Likewise, as we have always been committed to providing a healthy environment for families, we found common partners in multi-unit housing providers and town recreation departments who were working to promote tobacco-free-living.

As Helen Keller often said, *"Alone we can do so little; together we can do so much."* Lebanon Family Health Services strives to be ***Your Community Partner for Healthy Living.***



TOBACCO CONTROL

For decades, the research has been conclusive about the health consequences of tobacco use. Diseases ranging from cancer to asthma have been attributed to its use and countless health conditions are complicated because of tobacco. In fact, 480,000 Americans die each year from tobacco and an additional 16 million are living with tobacco-related diseases. As sad as this may be, it also comes with a financial cost. According to the US Department of Health and Human Services, the economic cost of smoking is more than \$289 billion. These costs are from direct medical costs and lost productivity in the workplace.

Lebanon Family Health Services has been actively involved in workplace as well as community tobacco control initiatives in Lebanon, Lancaster, Berks and Schuylkill Counties. Our on-site Freedom From Smoking[®] program and policy assistance

helps employers promote a healthy workforce and reduce healthcare costs for the company at the same time. This year we worked with a record 25 work-sites and multi-unit housing complexes, a 103% increase from last year. These included Palmyra Interfaith Housing, Philadelphia Mixing Solutions, 7 Redner's Grocery store locations, Keystone Physical Therapy, Northern Lebanon Parks and Recreation, Harrisburg Area Community College, The Salvation Army, Bayer Healthcare, Lebanon Country Club, Aster Place, Larkspur Apartments, Schuylkill United Way, and Rhoads Energy. In addition, one-on-one cessation services were offered at our facility through the Clean Air for Healthy Children program and referrals to the PA Quitline. Cessation services reached 458 individuals.

While cessation is a key component of our tobacco control program, prevention among our

community's youth is vital to improving lung health. We continue to promote clean air with our Young Lungs at Play Playground initiative and this year we added TRU (Tobacco Resistance Unit), a youth peer education program. Through TRU we trained 37 teens at Annville-Cleona High School, Lebanon High School and the YMCA After School Program to become peer advocates. Our Young Lungs at Play program was implemented in 9 locations-Swatara Township, Jackson Township, Palmyra Recreation Association, Hilltop Playground, HM Levitz Memorial Park, 8th Street Playground, Aster Place Apartments, Larkspur Apartments and Frystown Playground.

Whether it be in the classroom, board room or playground, LFHS strives to be ***Your Community Partner for Healthy Living.***





OUTREACH

In a world of 24 hour communication and instant information, LFHS works to stay current with the patients and clients we serve. In addition to growing our Twitter following and increasing our Facebook subscribers by 20% this year, LFHS added a new social media outlet, Instagram. Electronic communication continues to be an important avenue in which our patients/clients access our information. Therefore, concentrated efforts have been made to also increase our E-Newsletter, growing 37% this year. Furthermore, in an effort to reach our male audience through an electronic format, this year we added a “Men’s Health” section to our web page. This page was launched in June as part of “Men’s

Health Month”.

This year we continued to grow some of our special outreach events such as an Sexually Transmitted Infection (STI) walk in day in November and April, a health insurance enrollment event during open enrollment and a “Farm to Table” WIC event which was attended by over 600 people. All of these events are opportunities for individuals to visit our facility and learn about the programs we offer. Another unique outreach effort this year was the donation of 1728 water bottles to ELCO High School, Lebanon High School, Cedar Crest High School and Domestic Violence Intervention in order to promote our Sports Physicals.

While electronic means of communication is the wave of

the future, LFHS understands the value of personalized one-on-one interactions. That is why we continue to have a community presence in numerous health fairs and expos such as National Night Out, Healthy Kids Day, Children’s Festival, Project Aware, Fort Indiantown Gap Health Fair, Cultural Diversity Event, Relay for Life, Welsh Mountain Health Fair and a regular presence at Lebanon County Christian Ministries.

In addition, each year we host “Celebrating Your Health... Latin Style!”, a bilingual health fair at Lebanon Middle School. It is this personal interaction and our constant presence that makes LFHS ***Your Community Partner for Healthy Living.***

REPRODUCTIVE HEALTH

Sadly, a major issue in reproductive health this year was the advent of the devastating Zika Virus. “Never before in history has there been the situation where a bite from a mosquito could result in a devastating malformation,” stated Dr. Tom Frieden, director of the US Centers for Disease Control and Prevention, referring to the link between the Zika virus and a terrible birth defect called Microcephaly. Until a vaccine is found, we know that access to reliable birth control is the only prevention tool. LFHS is at the forefront of patient access to contraception.

This year we saw 3435 patients for our gynecological services, which included free or low-cost access to all FDA approved forms of contraception. These visits

also included cervical and breast cancer screenings. In July 2015, the state implemented the State Plan Amendment (SPA), a health insurance program for men and women under 215% of poverty to be able to access free family planning services and supplies. LFHS hosted on-site health insurance enrollment, including special enrollment events in January in order to make sure our clients were able to access this opportunity.

In other areas of reproductive health, during our targeted STI outreach event, we tested 248 individuals; including 130 new patients. Our prenatal program provided 1147 visits this year—helping to ensure a healthy pregnancy for mom and baby. Our family planning services continue to have a presence out

in the community as well. Each month we visit the Lebanon County Correctional Facility and two times a year we host STI clinics at Lebanon Valley College.

Health Information Technology (HIT) plays an important role in the implementation of the Affordable Care Act. After months of research, development and training, LFHS fully implemented the Medent electronic health records system July 1, 2016. The use of an electronic health records system is intended to improve the quality and delivery of health care through an immediate exchange of health information and the ability to connect directly with other providers. This vital communication will allow us to remain ***Your Community Partner for Healthy Living.***

OTHER MEDICAL SERVICES

The physical exam is still the cornerstone of personal healthcare. The American College of Physicians attests their value because they establish a doctor/patient relationship before any possibility of a catastrophic event. Furthermore, physical exams allow an asymptomatic adult 4 major benefits: (1) a baseline for your personal health statistics, (2) a resource for credible lifestyle health information and counseling, (3) a review of disease risk assessment

and (4) an opportunity to maintain regular vaccinations. For this reason, more and more employers are seeking this service.

LFHS continues to offer a low-cost alternative for individuals seeking employment, educational, sports and driver’s license physicals. Awareness of this valuable service continues to grow, and we have seen a 13.7% increase in the past fiscal year. Drug screenings continue to increase and when we became

one of the few places in Lebanon County to provide fingerprinting services we saw over 1,660 people in the first year. In October 2015 we began offering Convenient Care Services in order to provide a low-cost alternative for cold and flu treatment. This service also helps alleviate the strain on our local emergency department. The addition of this service helps to further our mission to be ***Your Community Partner for Healthy Living.***



WIC

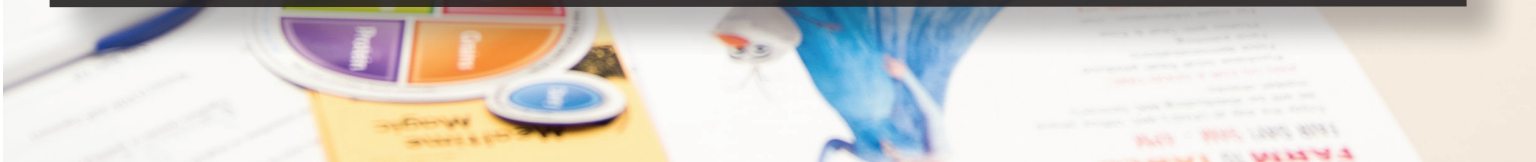
Expecting a baby can be one of the most exciting times in a parent's life, but it can also be one of the most overwhelming. With hundreds of helpful books and websites with lists of do's and don'ts, it can be very confusing for expecting parents. While there are many great resources to turn to, nothing beats the one-on-one personal relationship that is developed with a nutritionist in our WIC program. This unique relationship can help a new parent navigate all their nutritional needs during this exciting life stage.

Every day, our WIC staff offers one-on-one nutrition counseling, including breastfeeding support. Our breastfeeding support program

encourages longer breastfeeding duration by providing clients with free electric or manual breast pumps. This year, 62 individuals participated in this program. Our nutrition knowledge and support goes beyond our front doors. This year, our staff presented at over 75 outreach and education events. Locations included Sunday Schools, Churches, Summer Library Programs, Head Start, Early Head Start, Day Care Centers, recreation associations and preschools. The topics included healthy snacking, the sugar found in beverages and grocery shopping on a budget. The WIC program also had a large presence as it provided screenings for Body Mass Index (BMI) and

a healthy breakfast at our annual "Celebrating Your Health...Latin Style!" event.

We completed the year with the 2nd Annual "Farm to Table" event. While Olaf and Anna from Frozen greeted our youngest guests, Elsa taught them about how to make a no sugar, refreshing beverage. This year over 600 individuals (a 33% increase from last year) attended the event. Clients received their Farmer's Market Nutrition Program (FMNP) vouchers and were able to purchase produce on site thanks to our partnership with Risser's Market. Once again, LFHS is ***Your Community Partner for Healthy Living.***





EDUCATION

Data from the National Health and Nutrition Examination Survey found that 2 out of every 3 Americans are now overweight or obese. With obesity being the leading indicator for a range of health problems, including diabetes, there is a reason to be concerned. That is why LFHS joined a national and local effort called The Diabetes Prevention Program (DPP), a research-based curriculum developed by the Centers for Disease Control and Prevention. This 1-year long program assists participants in changing their lifestyle through healthy eating and increasing physical activity.

In addition to our 6 regularly scheduled parenting courses, this year our education staff presented to 26 community groups, 54 school groups and 7 college classes about a variety of health topics including nutrition, tobacco control, the Affordable Care Act and reproductive health. A popular topic this year has been educating parents and middle/high school students about vaping/e-cigarettes. Many of our presentations were also to local doctor's offices and human service agencies about how to use the free PA Quitline and providing updates on our WIC program. Groups we worked with this year included the Northern Lebanon

Parks and Recreation, Migrant Education, YMCA, Lebanon Lutheran Ministers Conference, IU13, HOPES resource center, Children and Youth Foster Parents, Head Start and Mental Health/Intellectual Disabilities/Early Intervention (MH/ID/EI).

The wellness of our community is improved as individuals become empowered with the knowledge, skills and tools to take command of their health. By reaching out to other groups and agencies in our community, LFHS is ***Your Community Partner for Healthy Living.***

ENROLLMENT

In early 2016, soon after the open enrollment period ended, a survey from the Centers for Disease Control and Prevention found that the number of the uninsured individuals nationwide had hit a historic low of 8.6%. This is a striking comparison to the all-time high of 18% in 2013. LFHS is proud to say that we have been a significant player in this historic moment.

Thanks to the "Get Covered" grant from the National Family

Planning and Reproductive Health Association, LFHS was able to train 7 Certified Application Counselors (CAC's) to offer in-person assistance to individuals seeking health insurance in the Affordable Care Act Marketplace and PA State Medicaid program during the 2015-16 open enrollment period. Hours were available daily and despite the largest snowstorm in recent history, 4 enrollment events were held at the conclusion of the enrollment period! In the end, 309 individuals

in our community were served by the LFHS enrollment program and now have the security that comes with having health insurance.

LFHS once again partnered with Welsh Mountain Health Centers through this process. For the enrollment events, we reached out to the Pennsylvania Health Access Network (PHAN) to assist-demonstrating that LFHS is ***Your Community Partner for Healthy Living.***

FUNDRAISING

We recognize that it has been the community that has allowed us to continue to provide quality services. For decades, it has been our volunteers, staff, donors and the community that have nurtured our rich history. This is accomplished through fundraising efforts to support annual operations and development efforts to assure the long term security and viability of the organization.

The fundraising efforts this year included several special events, an annual appeal campaign and partnership in Sunset Bingo to support our services. A partnership with the Sexual Assault Resource and Counseling Center (SARCC) and Lebanon County Foster Parents Association, supported efforts of Lebanon Family Health with weekly bingo at Sunset Bingo hall.

The 2015-16 special event calendar began with the Erma M. Kapp Memorial Golf Tournament, hosted at Royal Oaks Golf Course in July. We were grateful for the

hard work of the Kapp and Smith families and the golf committee as they worked in conjunction with LFHS staff, board members and volunteers to plan the tournament. Participants enjoyed 18 holes of golf followed by a dinner where the winners were announced.

As the crisp fall days approached, all around the county you could not miss our tradition, “Pink Drink” month, an awareness initiative in honor of “Breast Cancer Awareness Month”. In 21 establishments in the county, a signature “Pink Drink” was created and sold. Music was provided at 4 establishments throughout the month. Proceeds benefitted the work LFHS does to detect breast cancer.

In November we hosted the 25th annual Travel & Leisure Auction, held at the Lebanon Country Club. 200 guests bid on exciting getaway vacations, sports tickets, restaurant and theater certificates and beautiful gift

baskets. The planning committee assured that there were a variety of items on the live and silent auctions, providing interests for everyone who attended the event.

We were thrilled to bring back “Splash of Color” for the 2nd annual event. This contemporary evening event featured the sophisticated talent of countless artisans that reside in the Central Pennsylvania region and beyond. Hosted at Brasenhill, this event featured art in its many forms.

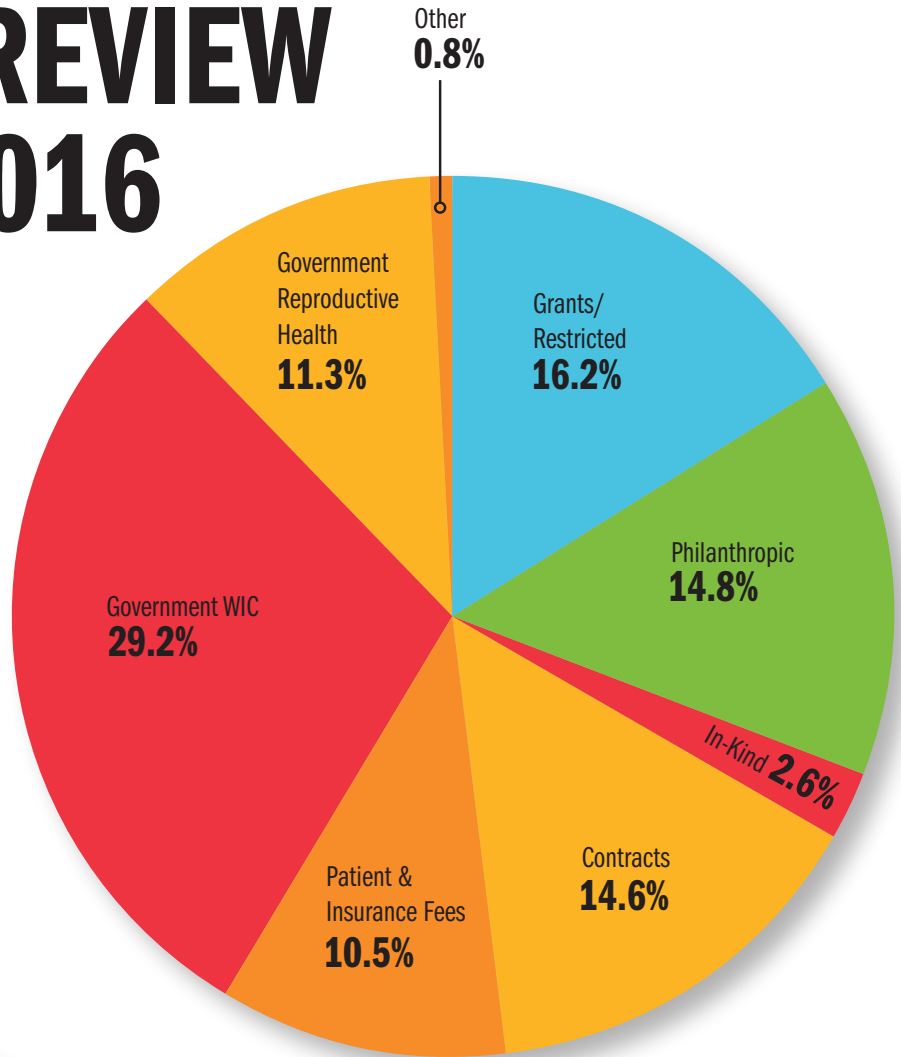
Back by popular demand, in May we were excited to present the third annual “Cocktails and Comedy” graciously hosted by the owners of the Cornwall Inn. It was a night filled with laughter thanks to Jenn Hartman Espenshade and Earl David Reed.

Thanks to the support of our donors, sponsors and friends, Lebanon Family Health Services is ***Your Community Partner for Healthy Living.***

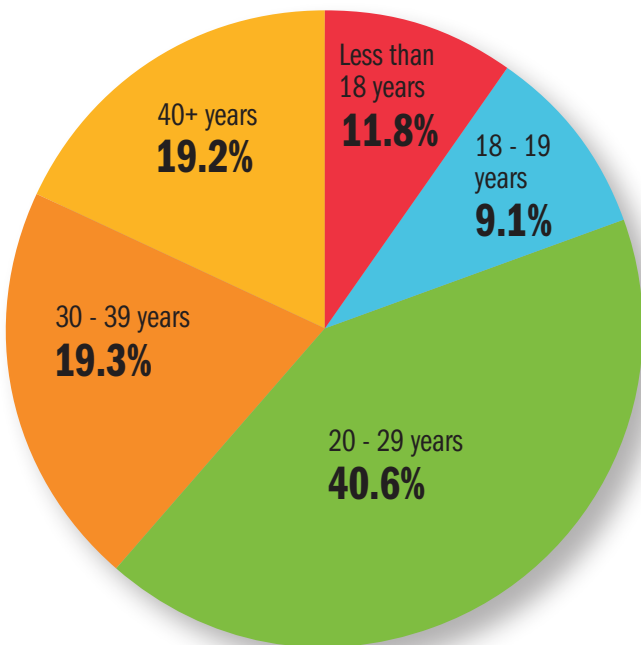


YEAR IN REVIEW 2015 - 2016

FUNDING BREAKDOWN CALCULATIONS - FISCAL YEAR 2015 - 2016



POPULATION SERVED IN REPRODUCTIVE HEALTH PROGRAMS BY AGE



POPULATION SERVED IN WIC PROGRAM

