



615 Cumberland Street,
Lebanon, PA 17042

Lebanon Family Health Services forbids discrimination against any employee, applicant for employment, independent contractor, client, or any other person based on race, ethnicity, age, gender, religious affiliation, ancestry, union membership, sexual orientation, gender expression or identity, national origin, legal residence, ability to pay, parenthood, marital relationship, contraceptive preference, AIDS or HIV status, or disability.

RETURN SERVICE REQUESTED

Non-Profit
Organization
U.S. Postage
PAID
Lebanon, PA
Permit No. 27

LEBANON FAMILY HEALTH SERVICES
2017 ANNUAL REPORT



PLEASE JOIN US IN 2018
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



SHARING
THE VISION OF
A HEALTHIER
COMMUNITY



MESSAGE
FROM THE
PRESIDENT
AND CEO
KIMBERLY
KREIDER
UMBLE

With a lot of uncertainty surrounding the path of our healthcare system, LFHS continues with our proven track record of providing healthcare to those most in need. When women could not access birth control and cancer screenings, we provided them. When women, infants and children were not able to access nutrient dense foods, we brought in the WIC program. When the devastating health consequences of tobacco use threatened our community, we responded. For over 4 decades, Lebanon Family Health Services has been at the forefront of Sharing the Vision of a Healthier Community.

Today, we share this vision with our friends and neighbors in the medical community as we partner through our shared values of promoting a culture of health for all members of the community. The old adage of “we are all in this together” speaks volumes to our belief in partnerships and collaboration. For decades we have worked with numerous community groups to bring the vision of healthier living to life. Last year, we had one of our largest “*Celebrating Your Health...Latin Style!*” events with the participation of over 40 different agencies, including our sponsors, WellSpan Good Samaritan, American Lung Association, Visiting Nurses Association, UPMC, Lebanon Federal Credit Union and Highmark. Together, we were able to bring health services directly to the Latino community.

The new world of healthcare calls for public health entities to recognize the importance of population health. Population health is an approach to health that aims to improve the health of a large group of people. Therefore, last year, we introduced the Diabetes Prevention Program as a direct response to the obesity epidemic that plagues our country as well as our community. This program focuses on positive behavior change in the area of nutrition and increasing daily physical activity.

LFHS is not just responsive, we are proactive. In recent years we have hosted an extremely successful “Farm to Table” event in order to foster a culture of health and wellness among our youngest citizens. This event highlights the importance of creating a foundation in children where fresh produce and fitness is a norm.

As we move into the future of healthcare, we retain our beliefs that health is not merely the absence of sickness, but the presence of physical, social and emotional wellness. Along with our partners, we are **Sharing the Vision of a Healthier Community.**

Sincerely,

Kimberly Kreider Umble
President and CEO



TOBACCO CONTROL

With over 4000 hazardous chemical components in secondhand smoke, it isn't a surprise that the World Health Organization (WHO) found that secondhand smoke exposure is a major cause of lung cancer, coronary heart disease and cardiac death among non-smokers. Furthermore, WHO found that there is no safe level of exposure to tobacco smoke and that ventilation systems or designated smoking rooms do not provide effective protection to the public.

For this reason, LFHS has remained a community leader by bringing tobacco cessation programs to local groups and employers. We also continue to stay active in working with multi-unit housing and local recreation facilities to become tobacco free. Throughout Lebanon, Lancaster, Berks and Schuylkill counties, we have worked with 22 sites to host Freedom From Smoking® classes and provide assistance in strengthening tobacco policies. Some of our partners have included Dieffenbach Kettle Chips, Lebanon Internal Medicine, Carpenter Technology, IU-13, American Cancer Society, Prysman, Ammeraal Beltech, Salvation Army, Maple Press, Reading Bakery Systems, Cedar Haven, Always Bagels and Fromm Electric. All of our cessation services, including "Clean Air for Healthy Children," Freedom From Smoking, and referrals to the

Pennsylvania Quitline, reached 570 individuals this past year. Because tobacco addiction starts at a young age, LFHS continues to reach out to youth groups in our schools and community through the TRU (Tobacco Resistance Unit) and the YLAP (Young Lungs at Play) programs. This year 35 students from Cedar Crest High School became participants in the TRU program as they educated their peers about the dangers of tobacco at the annual mini-thon and presented lessons to the students at Cedar Crest Middle School. For the first year, LFHS was proud to accompany 10 students from Cedar Crest High School to the Pennsylvania State Capitol for Advocacy Day on May 2, 2017. The students met with legislators and attended a press event advocating for strengthening the laws concerning youth tobacco use.

Our Young Lungs at Play program remained active this year by welcoming 6 new sites - North Lebanon Township, Lebanon City, Lititz Borough, Warwick Township, Elizabeth Township and Wyomissing Borough. From lunchrooms, board rooms, classrooms and playgrounds, LFHS is **Sharing the Vision of a Healthier Community.**





OUTREACH

Connecting with people 'where they are' continues to be our philosophy as we strive to keep open channels of communication with the community and our patients/clients. In the age of digital technology, we still see the importance and value in connecting with people on an intimate one-on-one level through health fairs, group presentations, direct client-clinician conversations, hand-written 'thank you notes', personal phone calls and hand-delivered newsletters. Therefore, in addition to maintaining our social media presence on Facebook, Twitter and Instagram,

and growing our electronic e-mail communication by 18%, we still had a robust effort to 'hit the pavement' to connect with members of the community on a personal level. We attended 25 health fairs and expos, including regular visits to the food pantry at Lebanon County Christian Ministries. This year we hosted the 12th Annual "Celebrating Your Health...Latin Style!" with over 350 visitors and the 3rd Annual "Farm to Table" event with 600 visitors. We also partnered with the Lebanon Valley Family YMCA and the Lebanon County Relay for Life to promote wellness and service information for Women's

and Men's Health Months at their locations.

Due to the success in past years, we once again held the free STI walk-in-days in November and May. Finally, we continued to host an enrollment event during open enrollment season in order to meet the health insurance needs of the community. It is this personal interaction with members of the community that allows us to **Share the Vision of a Healthier Community.**

REPRODUCTIVE HEALTH

More than ever, access to our reproductive healthcare services is essential for our community. In our prenatal program, we provided 1,158 visits and we continued to offer the State Plan Amendment (SPA). SPA is a Medical Assistance program that provides expanded eligibility for free family planning services and supplies to individuals of reproductive age with limited or no health insurance. These individuals therefore have access to vital cancer screenings and FDA approved birth control technologies.

This year we also brought back the "Healthy Woman" program, a free breast and cervical cancer early detection program of the Pennsylvania Department of Health. The Healthy Woman

Program is for women between the ages of 21-64 who meet income guidelines, have no health insurance or are under insured. This program covers clinical breast exams, pap tests, mammograms and diagnostic testing.

Our semi-annual STI walk in day continues to grow and has proven to be an effective method for ensuring regular STI screenings for our patients and the community. This year, we hosted an STI event in November and May, producing a record of 159 visits in one day and a total of 296 for both days. This included 144 new patients. The positivity rate for testing in November was 7.25% and 4.4% in May. Individuals who were tested were treated appropriately and referred to other sources of care as needed. The program

serves individuals free regardless of age, income or insurance status.

Health Information Technology plays an important role in the implementation of the Affordable Care Act. The use of an electronic health records (EHR) 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 year, staff completed the process of developing the electronic health record component and the system was fully implemented on July 1, 2016. This electronic communication system allows us to connect with others and **Share the Vision of a Healthier Community.**

OTHER MEDICAL SERVICES

School sports has many positive impacts on young people—improved fitness and teaching key values such as honesty, teamwork, fair play and respect for themselves and others. For this reason, LFHS has remained committed to providing a low-cost alternative for students to obtain the required physical exam needed to participate in school sports. We also provide this same access to support individuals in the workforce, education programs and new drivers.

Last year we provided 1380 physical exams; a 15% increase from the previous fiscal year. This

included two onsite clinics held at Lebanon Valley College.

Furthermore, to support employers and other community agencies, LFHS has become a valued partner for obtaining state required fingerprinting services and last year we provided 891 individuals with fingerprinting services. Many employers also rely on us to provide the required drug testing for new employees, with almost 2,600 screenings completed last year.

Convenient Care services continues to be a needed service, particularly for local employers

who refer their employees to us so that they can quickly return to their job. This service includes testing and treatment as needed for the following illnesses: strep throat, mononucleosis, conjunctivitis, ear infections, Influenza, sinus infections, upper respiratory infections and urinary tract infections. We are able to provide this service at a low cost and medications are available on site for further convenience.

Along with schools, employers and community agencies, LFHS is **Sharing the Vision of a Healthier Community.**

WIC

Lebanon Family Health Services' WIC Program celebrated its 37th year of helping low- to mid-income families in Lebanon County improve their nutritional health. 105 clients received benefits in our first month, March 1980. Today the WIC Program serves over 3,000 individuals each month.

Whether it is in a one-on-one nutrition counseling session or a large group community program, our staff has been at the forefront of nutrition education and promoting healthy living. On site, our annual "Farm to Table" event has proven successful by attracting over 600 visitors to learn about healthy eating and physical activity. At the event, over 200 Farmers Market Nutrition Program (FMNP) vouchers were

redeemed in one day and a total of 4000 redeemed throughout the year.

Our WIC staff continues to encourage longer duration of breastfeeding by offering a variety of breast pumps. Pumps were made available to 43 participants who needed to pump on a regular basis due to a return to work or school or for premature high risk infants who needed breast milk to promote optimum growth. In honor of World Breastfeeding Week in August, we had various press releases, social media campaigns and newspaper articles with the theme of "Breastfeeding: A Key to Sustainable Development".

WIC continues to be a stable presence in the community with

over 75 outreach events which included our nutrition education program; WE CAN (Ways to Enhance Children's Activity and Nutrition). This program had a specific emphasis on educating parents and children about the risk of sugar in the diet, particularly in beverages. In addition to administering BMI (Body Mass Index) testing at this year's "Celebrating Your health... Latin Style!" we had a display that specifically educated about sugary beverages.

This year, 745 sets of blankets, booties and bibs were distributed to our newborn WIC clients. All of these items were made or donated by philanthropic members of our community who also **Share the Vision of a Healthier Community.**





EDUCATION

Obesity has been an important health topic for years. According to the Centers for Disease Control, the term obesity is defined as “weight that is higher than what is considered a healthy weight for a given height”. In 2014, The American Medical Association cited that in the United States about 35% of adults and 17% of children are obese. Obesity is a health concern because it can lead to other health problems such as heart disease, diabetes, stroke, and certain types of cancers. The biggest contributor to obesity in our country is sugary beverages. These are beverages that either contain added sugar (like soda or energy drinks) or natural sugar (like 100% fruit juice and plain milk).

For this reason, lessons on sugar were a primary focus this year, reaching 738 student through 21 different presentations at elementary schools, day cares, parent groups and Head Start. Lessons on sugar were also explored in our new Diabetes Prevention Program which completed its first year in June 2017.

Educational topics ranged from our parenting class series, “Parenting Young Children” and “Guiding Good Choices” to topics surrounding teen pregnancy prevention, reproductive health care, contraception, healthy relationships, STI (Sexually Transmitted Infection) prevention, tobacco prevention/cessation, vaping/e-cigarettes, the WE CAN (Ways to Enhance Children’s Activity and Nutrition) program

and overview of LFHS services. Overall, our education programs this year reached 1,428 individuals at 72 locations.

Some of our community education partners this year included COBY’s Parent Education Program, PCS Crossroads, WellSpan Family Practice, Annville-Cleona High School, Cedar Crest High School, Migrant Education Program, Youth Advocate Program, Children and Youth Independent Living, Zoar Lutheran Church, Compeer, Kiwanis Club, Greater Reading Area Chamber of Commerce, The Lebanon County Home Economics Club and Better Together-Lebanon. Along with these partners, we are **Sharing the Vision of a Healthier Community.**

ENROLLMENT

While a lot of uncertainty has surrounded the Affordable Care Act this past year, LFHS has surged forward and risen above the fray to ensure that individuals in our community are able to access health care. We understand the reality that access to healthcare often involves the ability to access and utilize health insurance. For this reason, we strengthened our partnerships with Welsh Mountain Health Centers and the Pennsylvania Health Access Network (PHAN)

to ensure that a Certified Enrollment Counselor (CAC) was available on our site to work with patients, clients and community members to navigate the Affordable Care Act Marketplace and Pennsylvania Medicaid system. Our staff was also available to enroll individuals into the State Plan Amendment (SPA), a Medicaid waiver program for family planning for individuals under 215% of the Federal Poverty Level.

During the fiscal year, which included the three months of open enrollment for the Affordable Care Act, 314 individuals were assisted. Part of our enrollment program involved community outreach and education about the Affordable Care Act. On January 26, 2017 we hosted a community-wide enrollment event, and together we **Shared the Vision of a Healthier Community.**



FUNDRAISING AND DEVELOPMENT

Lebanon Family Health Services is very fortunate to have the support of our community which has allowed us to thrive and grow over the past 44 years. This year was no exception and once again many donors – both individuals and businesses – supported our fundraising efforts to help us continue providing many health services to the Lebanon Community.

The 2016-17 special event calendar began with the Erma M. Kapp Memorial Golf Tournament, which was held at Royal Oaks Golf Course in July. We are grateful for the hard work of the Kapp and Smith families and the golf committee as they worked in conjunction with LFHS staff and board members to plan the tournament. Participants enjoyed 18 holes of golf followed by a fabulous dinner during which winners of the various prizes were announced.

As the fall season approached, you could not miss our “Pink Drink” awareness initiative throughout the county. Twenty four establishments supported this effort by creating a signature “Pink Drink” in honor of “Breast Cancer Awareness Month”.

Proceeds totaled over \$6,500 to support the work LFHS does to educate individuals and provide early screening and detection of breast cancer.

In November we hosted our largest fundraiser of the year - the 26th annual Travel & Leisure Auction, held at the Lebanon Country Club. Approximately 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 something for everyone who attended the event.

Innovative energy has kept LFHS at the forefront of the community for almost 45 years. This year we channeled that same energy for our “Splash of Color” event which was celebrated under the ‘big tent’ with a circus theme. This contemporary evening event featured the talent of countless artisans that reside in the Central Pennsylvania region and beyond. The event celebrated art in its many forms including the nationally known juggling expert, Chris Ivey.

In May, we were excited to present the fourth annual “Cocktails and Comedy” graciously hosted by the owners of the Cornwall Inn. It was a night filled with laughter thanks Earl David Reed and Jenn Espenshade. Earl David Reed is a trendsetter in the comedy and

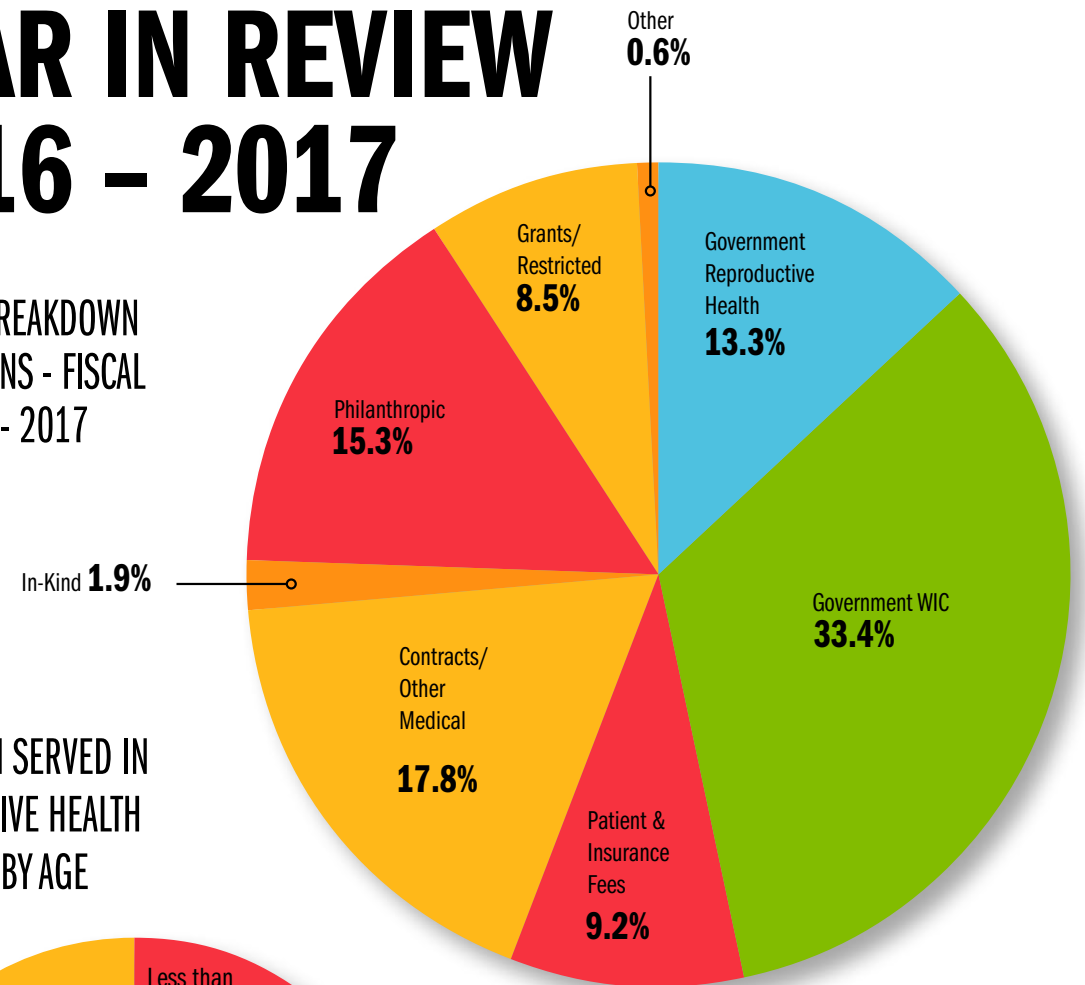
radio world. Within his 15 years of standup comedy, Earl has performed at over 100 comedy clubs and colleges and is a favorite in Las Vegas and Atlantic City. We were thrilled to have him visit us for the evening in Lebanon County.

A partnership with the Sexual Assault Resource and Counseling Center (SARCC) and Lebanon County Foster Parents Association continued to support efforts of Lebanon Family Health Services with weekly bingo at Sunset Bingo Hall. Combined, special events and bingo raised over \$112,700 this past year!

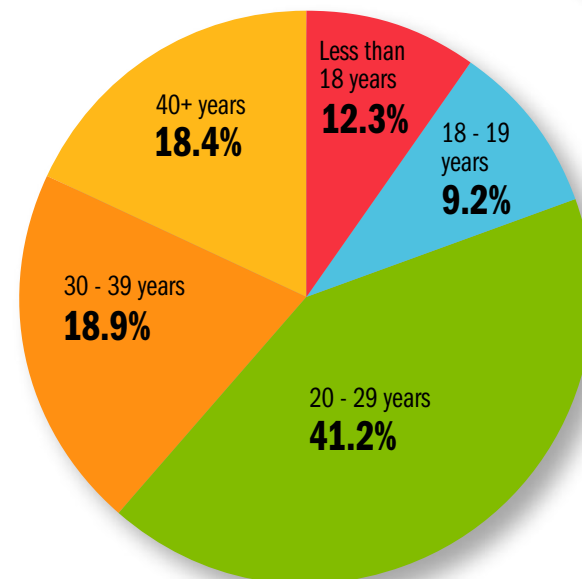
The Development Committee worked with the Fundraising Committee to conduct an annual appeal campaign, raising over \$92,000, thanks to the generosity of our community! The committee also hosted several awareness events and a donor reception to thank the individuals and businesses that support LFHS throughout the year.

YEAR IN REVIEW 2016 - 2017

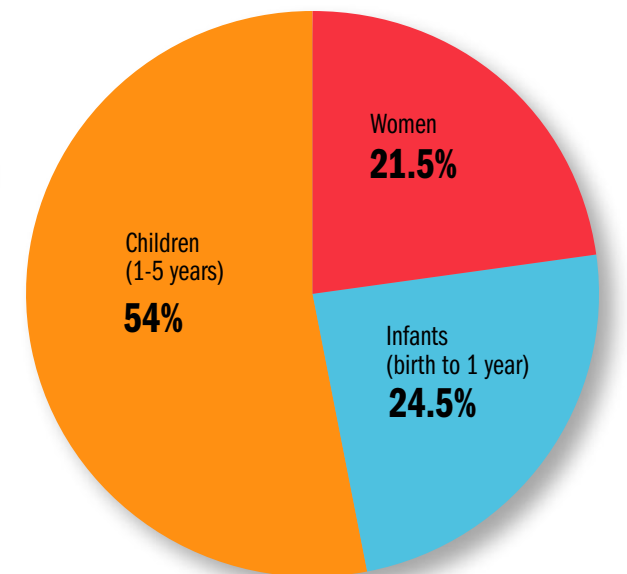
FUNDING BREAKDOWN CALCULATIONS - FISCAL YEAR 2016 - 2017



POPULATION SERVED IN REPRODUCTIVE HEALTH PROGRAMS BY AGE



POPULATION SERVED IN WIC PROGRAM



Following is a partial list of individuals whom have contributed toward our 2016-17 annual appeal and provided sponsorships for special events.
Approximately 10% of our donors choose to list their contributions as anonymous or as a "Friend of Family Health"

OUR DEEPEST GRATITUDE AND THANKS TO THE GENEROUS SUPPORT OF OUR DONORS AND SPONSORS!

DONORS:

Mary Lou Allmon
Iris Alster
in honor of Mary Ellen Ford
Amerman, Ginder & Co., LLC
Bill & Josie Ames
Jeff & Ann Arnold
ASK Foods, Inc
Nancy M. Basselgia
Timothy & Tamara Beard
Frank & Doris Bergman
in honor of Mary Louise Sherk
Joseph & Agnes Bering
Sue Billings
Dorothy Bliss
Sue Bowman Keith
Henry Lee Boyd
Marty & Patti Brandt
Gary & Roberta Brummel
Ray & Leslie Bures
Thomas Carmany, MD

Randall Chapman
in memory of Anita G. Chapman
Joseph & Judith Clark
George & Betty Conner
Mary Louise Davis
in memory of John Synodinos
Dennis & Carol Dieffenbach
Dixon Foundation
David & Joann Eiceman
in memory of E. Dale Eiceman
Elaine Feather
Karen Feather
Harry Fenton
Bob & Nori Fisher
Friend of Family Health
in honor of Kim, Donna & Vicki
Friend of Family Health
in honor of all employees
Bob & Maureen Funk
David & Laurie Funk
Ken & Julie Funk
in honor of Nancy Funk

Sarah Funk
in honor of children
Ron Garman
in memory of Nadia Garman
Deb Gingrich
Peter & Paula Govey
Calvin & Debra Gray-Felty
Diane Griffiths
Roger Grimes
Sara-Ann Haak
David & Barbara Hartman
in memory of Virginia &
Henry Hartman
Ron & Kathy Hetrick
in honor of Nancy Funk
Alfred & Christine Hoch
Steve & Wendie Holsinger
Patricia Houser
Mitch & Annie Huber
Susan Jones
Jane Juppenlatz
in memory of Claire Lundberg

Melvyn & Donna Kaplan
Steve & Brenda Kreamer
John Latimer
Joseph & Donna Lescisko
Marie Leshner
Ed & Elaine Ludwig
David Lyons & Maria Howe
Ed Martel
Bill & Jill Matthews
in memory of Isabel Matthews
Rob & Jeanne McNamee
Mr. & Mrs. Geoffrey Mealand
Jim & Sandy Meluskey
Carol Morris
in memory of Mary Lou Pendel
Dee Neff
Robert & Brenda Phillips
Fred & Tanya Richter
Drs. Daniel P. & Lorraine A. Rollo
Glenn & Mev Royer
Alletta M. Schadler
Cindy Schlegel
Sara Schneider
RJ Sells Body Shop
Dennis & Karen Shalters
Benjamin & Suzanne Shankroff
Leslie & Sarah Smedley
Redith F. Snoberger
David & Kathleen Stanilla
Craig & Dianne Stott
Olivia Susskind
Glenda Synodinos
Robert & Joan Terwilliger
Thursday Morning Breakfast Groups
Miriam Umble
Albertine & Leonard
Washington, Jr.
Paul & Janice Wessell
Dr. Stephen & Anita Winer
Fred & Kathy Wolfson
David & Susan Wood
Zinn Insurance
Zion Goshert UCC
**LFHS Board of Directors &
Senior Staff Members**

SPONSORS:

Ace Aluminum
ADAMS Vintners

American Lung Association
Amerman, Hess & Ginder, PC
Apple Creek Veterinary Hospital
APR Supply Co.
Artful Events
Arthur Funk & Sons, Inc.
Babe's Grillhouse & Sports Lounge
Beers & Hoffman, LTD
Berkshire Hathaway-Joan Shields
Michelle Biever
Blue Bird Inn
Blue Heron Flowers
Ron & Marilyn Boogaard
Bowman's/Byerly Insurance
Brushstrokes on Canvas
Classic Touch Spa & Salon
Colebrook Twin Kiss
COMPAssist
Corvette Grille
John & Connie Davis
E & E Beer
E & E Metal Fab, Inc.
Fava & Maria Eye Associates
Feather & Feather Law
Harry Fenton, Law
First Aid & Safety Patrol
Foundry Craft Grillery
Franklin House Tavern
Fredericksburg Chiropractic
Fredericksburg Eagle Hotel
Funck's Restaurant
Fulton Bank
Bob & Maureen Funk
Gallagher Printing
Games People Play
Garcia, Garman & Shea, PC
Gary Wagner & Son Landscaping
Gin Mill
Gingrich Insurance Agency
Grose, A. Huie Family Funeral Home
Guernsey
Emily Guilliams & Tom Carmany
Heisey's Diner
Hidden Still Spirits
Highmark Blue Shield
Hoaster Gebhard
Inn 422
JBT
Kristen Jones
Just Like Family

Kapp Advertising Service, Inc.
Lantern Lodge
Lebanon Country Club
Lebanon County Bar Association
Lebanon County Association
of Realtors
Lebanon Federal Credit Union
Lebanon Picture Frame
Lebanon Valley Sertoma Club
Leshner Mack Sales & Service
Lisa's Café
Hector & Jess Marrero
Gary & Cindy Matthew
Members 1st Federal Credit Union
Miner's Club Restaurant
Mt. Gretna Hideaway
Myerstown Beverage
Navy Club
Tom & Abby Overholt
Palanzo Financial Services
Bob & Brenda Phillips
Quentin Tavern
Remax - Brenda Miller
Rising Sun Restaurant & Bar
Ed & Susan Robb
Royal Oaks Golf
RV Goodman Vending
Dr. John Salahub
RJ Sells
Sink Hole Saloon
Denise Smith Yoga
Snitz Creek Brewery
Todd Snovel
Strickler Insurance
Bob Smith-Sunset Outlet Store
Sunset Realty
Kristen & Brian Sweeney
Temp Force
The Battistelli/Holland
Group of Stifel Nicolaus
The Downtown Lounge
Trattoria Fratelli
UPMC for You
UPMC Pinnacle
Visiting Nurse Association Foundation
Wellspan/GSH
Jim & Terry Williams
WLBR/WQIC Radio
Fred & Kathy Wolfson
Susan & David Wood