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LEBANON FAMILY
HEALTH SERVICES
ANNUAL REPORT
2018/2019



LEBANON FAMILY HEALTH SERVICES

**SAVE THE DATE AND JOIN US
IN 2019 FOR THESE EXCITING EVENTS!**



**CELEBRATE
YOUR HEALTH
LATIN STYLE**
OCTOBER 12, 2019

PINK DRINK
OCTOBER 2019

**TRAVEL &
LEISURE
AUCTION**
NOV. 8,
2019



**TOGETHER
FOR BETTER
HEALTH.**



Message from the President and CEO Kimberly Kreider Umble

To many of us, it seems like just yesterday when we called a Northside house on North 8th Street home. Back in those days we called ourselves “Lebanon Family Planning”. Over 45 years later and a vast expansion in services beyond family planning, we reside in a home with more square footage. This year, along with our friends and neighbors at the Sexual Assault Resource and Counseling Center (SARCC) we “Burned the Mortgage” on our shared building.

This was a pivotal moment for us not only for our financial sustainability, but for making our mark as the mainstay in Lebanon

County for providing the services that we offer. Over the years we have proven that we adapt and change to meet the needs of the community. Beginning with offering family planning in the small walk-up apartment on 8th street to today, where we offer over a dozen different services and programs.

In the 1980s we saw a nutritional need among the mothers and children in the community. This allowed us to bring in the WIC (Women, Infants, and Children) special supplemental nutrition program. In the 1990s there was a need for prenatal care. Therefore, we partnered with Good Samaritan Hospital, now WellSpan, to bring this service to the community. In the early 2000s we began offering Tobacco Cessation because of the growing need among the people we serve.

Today, the Latino community represents 49.5% of our patients. The Latino population has many unique healthcare needs including an increased risk for acquiring Type II diabetes. This year LFHS and

many of our colleagues in the Better Together Lebanon Initiative, and the Family Health Council of Central Pennsylvania, began partnering with the Penn State College of Medicine to engage in preventive health initiatives specific to the Latin community entitled “Racial and Ethnic Approaches to Community Health” (REACH). This partnership will allow LFHS the opportunity to improve nutritional outcomes by providing bilingual breast-feeding counseling and our T2: Diabetes Prevention Program in Spanish.

From humble beginnings to a stable foundation, we continue to keep our finger on the pulse of the changing healthcare needs of the community. We thank you for joining us through the years as we grow **Together for Better Health.**

Sincerely,

Kimberly Kreider Umble
President and CEO

Tobacco Control

ALMOST FIFTY-FIVE YEARS AGO, THE SURGEON GENERAL RELEASED ITS FIRST REPORT ON SMOKING AND HEALTH. OVER THE PAST HALF CENTURY, REMARKABLE PROGRESS HAS BEEN MADE.

Every year, on May 31, we recognize “World No Tobacco Day”. At one of the events this year, a young person named Andrew Lansley said, “The culture is about moving to a place where tobacco and smoking isn’t part of normal life: people don’t encounter it normally, they don’t see it in their big supermarkets, they don’t see people smoking in public places, they don’t see tobacco vending machines.”

In the 50+ years since the surgeon general first cited the dangers of smoking, we have done just that-significantly changed the culture. While we still have some progress to make, we have come a long way in changing the way society views tobacco use. Lebanon Family Health Services has played a major role in creating this cultural change in Lebanon, Lancaster, Schuylkill and Berks Counties.

This year we continued to serve all four counties with the American Lung Association’s Freedom From Smoking© classes at 15 different locations.

Some of the sites included PA Counseling, Lebanon Valley Family YMCA, UPMC Pinnacle, Plain and Fancy Custom Cabinetry, Berks Technical College, HDC Housing, Maple Press and the Lebanon Rescue Mission. Furthermore, our WIC and clinic program provided one-on-one counseling to 141 people. One person at a time, the cultural change towards health is happening.

Cultural change is also seen in the public spaces where we work and play. In addition to assisting worksites with strengthening their tobacco use policies, this year we continued with the Young Lungs at Play Program where we welcomed Jonestown Borough to the growing list of Lebanon County municipalities participating in the program. Lebanon City also expanded their program to include 2 new sites. To date, 45% of Lebanon County municipalities are part of the commitment to make playgrounds and recreational spaces smoke-free for children and families.

Above all, however, cultural change begins with winning the hearts and minds of our youth. Our children are the future of our community and it will be them who will lead the way in promoting health and wellness. For this reason we continue to be committed to our TRU (Tobacco Resistance Unit) program, a youth peer education initiative where students encourage their classmates to embrace smoke-free living. This year we partnered with Annville-Cleona High School and Lebanon High School to work **Together for Better Health.**



Outreach

SEPARATE WE CAN GET SOME THINGS DONE, BUT WE BELIEVE THAT TOGETHER WITH OUR PARTNERS WE CAN ACCOMPLISH SO MUCH MORE AND CREATE REAL CHANGE. THIS YEAR, OUR OUTREACH INITIATIVES FOCUSED ON THE IMPORTANCE OF BUILDING AND MAINTAINING PARTNERSHIPS.

In January we began the Community Engagement Liaison project to help facilitate the opening of the new WellSpan Dixon Community Health and Wellness Center and introduce Family First Health (a Federally Qualified Health Center) to the Lebanon Community. This project recognizes our unique ability to do quality outreach. Through this project, we not only engage the potential clients, but our professional networks as well. We also partnered with the Caring Cupboard in order to offer a satellite WIC clinic in Palmyra. Other partnerships which have allowed us to enhance our outreach efforts this year include working with students at Lebanon Valley College, PA LINK Partners, The Lebanon County School-Medical Collaborative, Lebanon County Council of Human Service Agencies, Community of Lebanon Association, Lebanon Valley Chamber of Commerce, the Community Health Council and Better Together Lebanon.

Partnerships are also a major part of the outreach events which have become a tradition at Lebanon Family Health Services. For example, our annual Latino Health Fair relied on the cooperation and coordination of over 40 of our partners in order to reach the 465 participants which attended the event in October. The annual “Farm to Table” event also relied on numerous partners which allowed us to serve 509 individuals with nutrition resources this year. The partnership we have with the Lebanon County Career and Technology Center enabled us to

run our semi-annual walk-in STI days, which served 288 patients this year.

Other unique outreach opportunities we had this year were attending the Lebanon County Guidance Counselor’s Career EXPO for all 6 school districts. This event connected us with over 500 teens to talk about our sport physicals, driver’s license physicals and teen clinic services. Another new outreach opportunity this year was participating in WellSpan’s “Monday’s Market” program in the summer months. Overall, we participated in 26 healthfairs, EXPOS and food pantry outreach programs this year. We also provided 54 group presentations to 782 individuals. These education/outreach programs were about a variety of topics and some of the groups included county social workers, Palmyra Lutheran Church, Halcyon, Palmyra School District, Lebanon School District, White Deer Run, Lebanon Internal Medicine, Jonestown Family Practice, Lebanon Rotary Club, Lebanon Valley Sertoma, Kochenderfer Day Care and Salvation Army Summer Camp.

Finally, our electronic presence continued to grow this year. We saw a 103% growth in our e-blast list this year because of our in-reach efforts. With this new group of followers, we began launching our bi-annual newsletter in electronic form in addition to the traditional paper mailing to bring us all **Together for Better Health.**

Reproductive Health

ACCORDING TO THE WORLD HEALTH ORGANIZATION (WHO), FIVE OF THE TOP TEN CHALLENGES FACING WOMEN'S HEALTH INCLUDE:

1.
CANCER

2.
**ACCESS TO
REPRODUCTIVE
HEALTH
CARE**

3.
**MATERNAL
HEALTH**

4.
**HIV
INFECTION**

5.
**OTHER
SEXUALLY
TRANSMITTED
INFECTIONS**

Sadly, these health issues are seen in greater disparity along racial, ethnic and economic lines, such as in the low income and Latino communities.

This year, the Latino population represented 49.5% of our reproductive health patients compared to 26.6% eight years ago. Now more than ever, the services we offer are essential to the community we serve. Our teen clinic continues to serve teens under age 18 and our bi-annual STI day served 288 individuals where infection was detected and treated appropriately. Further efforts include the continued partnership with the Lebanon County Correctional Facility and Lebanon Valley College. These partnerships break down barriers to care for high risk populations.

Other ways we break down barriers to care for disparate populations is by hosting our walk-in service day each Friday. We continue to provide cancer screening services through the Healthy Woman Program. The purpose of this program is to reduce mortality of breast and cervical cancer, one of the top 10 women's health challenges as stated by WHO.

Finally, according to WHO, maternal health continues to be a challenge for women as they plan for their family. This past year, LFHS provided 1026 prenatal visits in order to ensure a healthy pregnancy for both mother and baby. This program is conducted in partnership with WellSpan, where we work **Together for Better Health.**



Ancillary Medical Services

WITH THE RISING COST OF PREMIUMS, DEDUCTIBLES AND CO-PAYS, LFHS HAS BECOME A LOW COST ALTERNATIVE FOR INDIVIDUALS SEEKING EMPLOYMENT, EDUCATIONAL, SPORT AND DRIVER'S LICENSE PHYSICALS.

Last year we saw these programs grow 8.8%. We are also a low cost alternative for convenient care. This includes treatment for strep throat, mononucleosis, conjunctivitis, ear infections, influenza, sinus infections, upper respiratory infections and urinary tract infections.

As local businesses continue to rely on us for pre-employment physicals, we are also a partner to provide pre-employment and random urine drug screenings. Many employers utilize our low-cost TB tests for their new hires and volunteers. Last year we offered 90 free flu vaccines for members of the community who did not otherwise have access to the vaccine.

Every year we are fortunate to have a vast array of volunteers and student interns. These individuals perform a variety of duties including drug screening, nutrition assistance, clerical and office duties. One volunteer assists with enrolling individuals into health insurance through the Affordable Care Act Marketplace or the State Medicaid program during the open enrollment season. Along with schools, employers and community volunteers, we are working **Together for Better Health**.



This past year, LFHS partnered with the American Lung Association to implement a pilot program to screen and assess individuals at risk for lung cancer. Individuals identified at risk were referred for a low dose computed tomography (CT) Scan and smoking cessation programming. The initial scan is covered without co-pay if an individual meets high risk criteria including: current or former smoker, 55-80 years old and have private insurance or Medicare. Individuals who smoke but do not meet the criteria for a CT scan were referred to cessation programs. The focus of this program is to reach the vulnerable population through outreach and patient-focused health care services.

WIC

BETWEEN 2003-2010 THE CENTERS FOR DISEASE CONTROL REPORTED THAT CHILDREN HAD EATEN 67% MORE FRUIT; HOWEVER, VEGETABLE CONSUMPTION IS STILL LAGGING.

A report published in Vital Signs presented a number of recommended interventions for providers. Among them were ways to make produce more fun, appealing and interesting. What better way to make vegetables fun than to celebrate summer with a toddler's favorite Disney characters from the movie *Frozen* as we do annually at our "Farm to Table" event?

This year, our "Farm to Table" event was visited by over 500 individuals. At this event, WIC clients received their Farmers' Market Nutrition Program vouchers and were able to redeem them on site, thanks to a partnership with Risser-Marvel Farm Market. On this day, over 250 vouchers were issued and 179 were redeemed. Individuals also learned how to prepare produce through food demonstrations offered on site, a recommendation of the Vital Signs publication.

The WIC Program was involved in over 158 outreach events this year in an effort to promote our services and increase WIC participation. LFHS utilized the WE CAN (Ways to Enhance Children's Activity and Nutrition) health promotion and outreach campaign as well as the "Dealing with a Picky Eater" campaign. WIC information along with activity pages were given to children enrolled in local child care centers, summer library programs, Bible school programs, summer lunch programs, Head Start and Early Head Start. In order to reach more families with WIC services, this year we hosted 2 satellite clinics-one in Palmyra at the Caring Cupboard and the other at Head Start.

To enhance our ability to promote, educate and support a woman's choice to breastfeed, WIC participated in a Breastfeeding Peer Counseling Program. Counselors were trained on all aspects of breastfeeding as well as promoting breastfeeding as the optimal standard for infant nutrition. Two WIC staff have obtained additional certifications as an IBCLC (International Board Certified Lactation Consultant) and CLC (Certified Lactation Consultant). 71 breast pumps were also made available this year to WIC participants and in August we recognized World Breastfeeding Week.

As a trusted provider of breastfeeding counseling in this community, in Spring 2019, LFHS hired a bilingual community breast feeding educator who will work directly with the Latino community to encourage breastfeeding immediately following delivery. As the Latino population has grown in the past 2 decades, we have responded by partnering with the Penn State College of Medicine and the Family Health Council of Central Pennsylvania on a new project called REACH (Racial and Ethnic Approaches to Community Health). This partnership will allow us to bring the benefits of breast feeding to a broader audience and work **Together for Better Health**.



Education

IN 2018, THE LEBANON COUNTY HEALTH PROFILE STATED THAT LEBANON COUNTY RANKED ABOVE THE STATE AVERAGE FOR TEEN BIRTHS AGE 15-19, 27 PER 1000 VS 21 PER 1000 RESPECTIVELY.

As this data indicates, Lebanon County lags behind the state and national average for curtailing the teen birth rate. Through a grant from the PA Department of Health, we implemented the Personal Responsibility Education Program (PREP). The purpose of the program is to educate young people on both abstinence and contraception to prevent pregnancy and sexually transmitted infections, including HIV/AIDS. The program targets youth ages 10-19.

Through the PREP grant, LFHS utilizes 2 effective, evidence-based curricula, Becoming a Responsible Teen© and Making Proud Choices©. These curricula have been proven to delay sexual activity, increase condom or contraceptive use for sexually active youth, or reduce pregnancy among youth. Since beginning this program in 2017, these curricula have been implemented in community-based organizations in Lebanon County such as the Youth Advocate Program, Lebanon Valley Family YMCA after school program, Yellow Breeches Education Center and Youth For Christ. This year we worked with 112 students. In FY 2018-19 we began a partnership with the Lebanon School District and ran a pilot program at Lebanon High School in order to assess future use of the curriculum. Upon completion of the pilot, we secured commitment to implement the program in all 7th and 8th grade health classes in Lebanon School District for the 2019-20 school year where we anticipate a major increase in the number of students served by this program.

T2: Diabetes Prevention Program© is a national evidence-based lifestyle change program for preventing type 2 diabetes. This year-long program helps participants make lifestyle changes such as eating healthier, improving physical activity and

building problem solving and coping skills. To qualify for the program, participants must identify as pre-diabetic as seen on the CDC assessment tool. The goal of the program is for participants to lose 5-8% of their body weight in addition to learning healthier lifestyle habits. This year 30 participants took part in this program in multiple classes that began at different times throughout the year.

Since the mid 70s we have been providing free parenting classes to support our clients and the general community, including individuals involved with Lebanon County Children and Youth Services, the family court system, and Lebanon County Probation. Many of these parents cite violence in the home as a major contributing factor to their mandate. For this reason, in 2018, we collaborated with Domestic Violence Intervention (DVI) of Lebanon County to inject trauma awareness and resilience into the parenting class curriculum, of which there are two versions. The first class, Be the One: Building Resilient Children and Families, is for parents of young children (birth to age 8) and the second, Be the One: Building Resilient Teens and Families, is for parents of adolescents (ages 9 to 18). Fifty-three participants were involved in the Be the One series.

This year we secured funding through the United Way Community Impact Initiative to expand the program by partnering with Lebanon School District during the 2019-20 school year. The program will now be offered with Spanish translation. We were proud to present our Be the One curricula at the 2018 Philadelphia Trauma Conference at Thomas Jefferson University. Whether it is curtailing diabetes, teen pregnancy or enhancing parenting skills, our community connections allow us to work **Together for Better Health.**



Fundraising and Development

LFHS IS FORTUNATE TO HAVE THE SUPPORT OF MANY VOLUNTEERS, BUSINESS PARTNERS AND DONORS WHO BRING TALENT AND CREATIVITY TO THE MANY EXTRAORDINARY EVENTS WE HOST EACH YEAR TO RAISE FUNDS TO SUPPORT THE SERVICES WE PROVIDE.”

This past year our “Pink Drink” month and “Splash of Color” events colored the county. Plus, the year is never complete without the many adventures available at our Travel and Leisure Auction.

The 2018-19 special events calendar began with the Erma M. Kapp Memorial Golf Tournament, which was held at the Royal Oaks Golf Course. 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 a round of golf followed by a fabulous dinner during which winners of the various prizes were announced.

The fall season brought the return of the month-long “pink drink” initiative to create awareness and support for the early screening and detection services we provide. Numerous establishments in the county participated by creating their signature “pink drink” where proceeds benefited LFHS. This year, the Think Pink event was added, thanks to the support of APR Supply and their Oasis showroom.

November saw the return of our largest fundraiser—the Travel and Leisure Auction, held at the Lebanon Country Club. Approximately 200 guests bid on exciting getaway vacations, sports tickets, restaurant

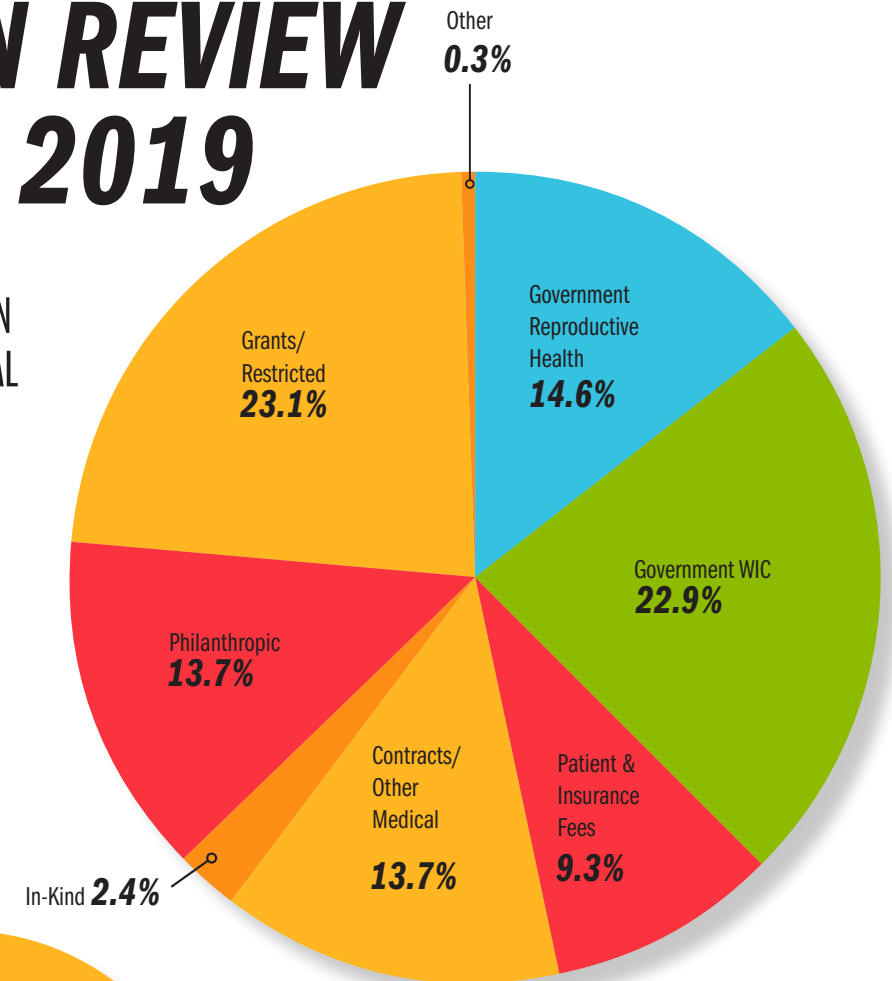
and theater certificates, and beautiful gift baskets. The volunteers on this committee worked tirelessly to present a variety of items on the live and silent auctions, satisfying the tastes of all the attendees.

Lebanon County and our surrounding regions are abundant with talent, creativity and artistic energy. This is evident at our annual “Splash of Color,” started 4 years ago and was recently expanded to bring in a regional flair! This year’s event was hosted at the Cornwall Inn. This contemporary evening event featured the talent of countless artisans who reside in the Central Pennsylvania region and beyond. Through song, dance, sculpture or jewelry, this event celebrated art in its many forms. Overall, this year, fundraising and development efforts amounted to \$260,501.73, a 15.7% increase over last year!

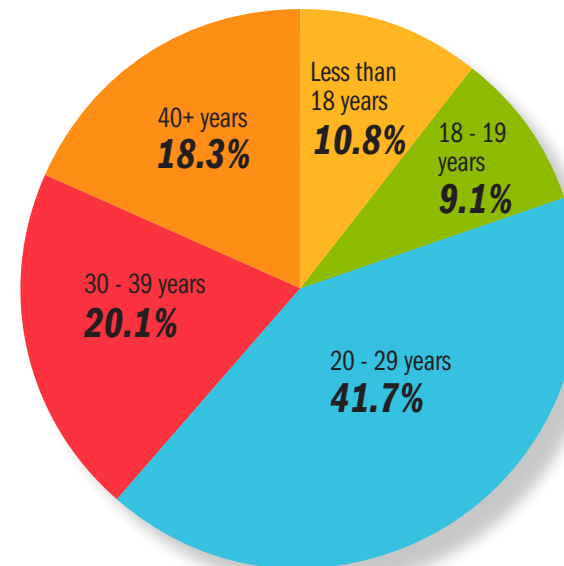
The exiting news for this year was the success of the “Burn the Mortgage” Campaign, operated in partnership with SARCC, our neighbors and co-owners of the facility. Thanks to the efforts of the joint LFHS/SARCC Anniversary, Development, and Fundraising committees, enough money was raised to pay off our mortgage—a cause for celebration! With our many volunteers, business partners and donors we are able to provide valuable services to the Lebanon community and strive to be **Together for Better Health.**

YEAR IN REVIEW 2018 - 2019

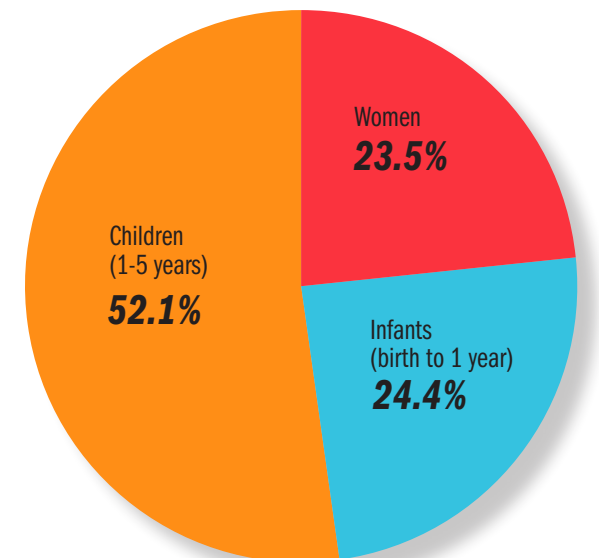
FUNDING BREAKDOWN CALCULATIONS - FISCAL YEAR 2018- 2019



POPULATION SERVED IN REPRODUCTIVE HEALTH PROGRAMS BY AGE



POPULATION SERVED IN WIC PROGRAM



* All data prior to final audited reports.

Following is a partial list of individuals whom have contributed toward our 2018-19 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, SPONSORS & PARTNERS!



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