

A BRIDGE TO THE
Future



2007 ANNUAL REPORT

Vision

The Carlisle Area Health & Wellness Foundation (CAHWF) will be a leader and catalyst to ensure continuous improvement of health in our communities.

Mission

The Carlisle Area Health & Wellness Foundation identifies and addresses healthcare needs and policies, promotes responsible health practices, and enhances access to and delivery of health services.

Values

The Carlisle Area Health & Wellness Foundation values health education and the empowerment of individuals and organizations dedicated to the improvement of health as well as the attributes of openness, integrity, equity, fairness, responsiveness, stewardship, and excellence.

History

Carlisle Area Health & Wellness Foundation was created in June 2001 from the sale of Carlisle Hospital and Health Services, Inc. and the transfer of income from related endowments and trusts. Since then we have grown into a significant feature of the area's healthcare landscape. Our focus is to support priority health-centered programs through the awarding of grants and to be proactive in identifying, addressing and funding the most critical healthcare challenges in our service area.

Other Publications

Community Health Status Assessment 2007 – Comprehensive Report & Snapshot

Community Health Status Assessment 2007 – Source Documents

Past Annual Reports

Carlisle Area Air Quality Assessment Report

Simply Moving: A Guide to Public Parks, Trails & Recreation Facilities in Cumberland and Perry Counties

Behavioral Health Task Force Report

A Framework for Health Promotion: Prevention and Education Task Force Report

Continuum of Care Task Force Report

Available by contacting CAHWF or visiting www.cahwf.org.

Building Bridges

The first bridge over the Niagara River began with a simple kite flown across the turbulent waters. One slender string was attached to one a little thicker, until a wire, then a cable, then the pieces necessary to build a bridge were spanning the river.

At Carlisle Area Health & Wellness Foundation, (CAHWF) we are celebrating another year of building bridges across our community. From grant making and strategy setting to community health assessments and topic-focused studies, the Foundation has connected community needs with the resources needed to build bridges to better health. We've had an exciting first six years, contributing to numerous community health improvements.

A Health Status Assessment was completed in 2002 and several major studies resulted including: Continuum of Care, Prevention and Education, Behavioral Health, and Clean Air. From each of these, the seeds of strategies have grown and developed into programs and measurable activities. Specifically, CAHWF helped to enhance psychiatric care, expand healthcare education, increase access to prescriptions, heighten the focus on nutrition and activity at area schools, provide more treatment for substance abuse, and increase resources to cease tobacco use.

Bridges are built to make crossing areas easier, which will be even more important in the future. This commitment has already begun with the completion of our second 2007 Health Status Assessment. Important statistics derived from this study are highlighted in this report and will serve as our design plan for future bridges, including bridges of leadership.

Carlisle Area Health & Wellness Foundation will continue to be purposeful in our strategies, directions, and subsequent activities, and to use the bridges built in the past to gain and share knowledge important to a healthy future. In the pages that follow, you will see tangible examples how our mission to grow a healthy community touches lives and improves the community in which we live.



Jane F. Burke
Chairperson



M. Elizabeth "Bets" Clever
Executive Director



Perry P. Heath
Incoming Chairperson

Carlisle Area Health & Wellness Foundation Focus Areas

- Address Obesity and Prevent Major Chronic Disease
- Offer Primary Care and Related Services for the Un/Underinsured
- Target System-wide Behavioral Health Issues
- Enhance Oral Health
- Support Allied Healthcare Education

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Tarah Knopp, registered dietician, teaches a student about the Food Pyramid.

Focus:

Address Obesity and Prevent Major Chronic Disease

Cardiovascular Disease, Cancer, Diabetes, Asthma, and Arthritis—primarily through better nutrition, increased physical activity, and tobacco cessation.

Can learning about nutrition be fun for kids? Kids in the Big Spring School District resoundingly say, “Yes!” Through a grant from Carlisle Area Health & Wellness Foundation, innovative and entertaining programs are brought to students in kindergarten through fifth grade in schools across the district.

“We offer age-appropriate programs for each grade level,” says **Tarah Knopp**, a traveling registered dietician leading the program for the Health and Wellness Committee of the district. “We teach the students, but they’re so busy having fun, they might not realize that they’re learning how to stay healthy and fit,” laughs Tarah. “When students get to the fifth grade level, we teach them about food allergies, many of which affect them personally. The students really respond to this lesson.”

The children especially enjoy *MyPyramid*, which combines information about the Food Pyramid with physical activity. “We also teach students that they can make healthy choices while enjoying eating out,” says Tarah.

Carlisle Area Health & Wellness Foundation supports this program, along with other similar programs in schools across our region, because we know that good habits learned early are habits that last a lifetime.

At-A-Glance

The goal of this school-based program and others is to educate students about the importance of proper nutrition and physical activity. Blending fun activities like puppet shows, games, exercise, and snack time with information about nutrition, physical activity, and wellness is a strategy that’s proving popular among students and faculty.

Some districts have after-school wellness programs and activities, and even extend their services and offer health screenings to other members of the community including seniors and families. The ultimate goal of the programs is to prevent chronic diseases related to obesity, such as cardiovascular disease, diabetes, asthma, and cancer.

Points of Interest

- Overall, in the Carlisle region, 33.4% of adults are considered to be “normal” weight. 35.8% are considered overweight, and 30.4% of respondents fell into one of three obesity levels.
- The Carlisle region is slightly higher than the national survey data for the percentage of residents who currently have asthma, and those who have been told at some point that they had asthma.
- In the Carlisle region, 12.5% of adults have been diagnosed with diabetes, which is a higher percentage than the 8.7% diagnosed nationwide and also the 8% statewide.

Related Grants

Focus Fitness

United Cerebral Palsy of Central PA, Inc. – This program offers fitness and nutrition education for persons with mental retardation and development disabilities. \$135,000

Tobacco Cessation & Prescriptions

Sadler Health Center Corporation – Core support for the community health center that serves thousands of area residents through medical and dental care, tobacco cessation programs, immunizations and a prescription assistance program. . \$180,461 (prescriptions) \$107,397 (tobacco cessation)

Compassionate Care

Hospice of Central PA – Enhanced hospice services are available for western Cumberland and Perry Counties, including an office site, palliative care and staff training. Renewal \$106,176

Adult Nutrition

Carlisle Area Religious Council (Project S.H.A.R.E.) – Families receive 1% milk, cheese, and bananas as recipients. Renewal \$96,747

Western Perry Community Nurse

Visiting Nurse Association of Central PA – A community nurse program in western Perry County provides care for non-acute, in-home medical needs. Goossens Initiative Renewal \$84,650

Seniors Aging with Grace and Energy (SAGE)

Hanover Hospital, Inc. – This pilot program in collaboration with the Cumberland County Redevelopment Authority will provide education and support for residents of several low income senior residential sites to improve their health, fitness and knowledge. \$83,200

Healthy RX Bridge Funding

Sadler Health Center Corporation – Prescription assistance is provided to persons who cannot afford medications, mostly through pharmaceutical access programs. Healthy Rx also provides referrals to volunteer medical specialists. Foundation Initiative \$56,500

Produce Expansion

Carlisle Area Religious Council (Project S.H.A.R.E.) – Fresh produce and perishable food is stored and distributed for donation to four other regional, independent food pantries and a downtown Carlisle site. \$42,500

New Face of Fitness

YWCA Carlisle – This health program is designed to attract and retain overweight and inactive women who traditionally do not or cannot keep up with mainstream aerobics/fitness classes. . . . Renewal \$29,500

Continued on page 4...

Adult Nutrition Shortfall

Carlisle Area Religious Council (Project S.H.A.R.E.) – Milk, cheese and bananas are continued components of SHARE’s distribution. \$25,000

SAGE Consultant

Hanover Hospital, Inc. – Consultation will be offered by an expert on exercise and wellness programs for seniors. \$25,000

Newville Community Wellness

Presbyterian Homes, Inc. – Three projects are part of a broad-based community collaboration to improve overall health and wellness in the Newville area: nutrition education for elementary-age students, after school physical activities in a multi-generational setting, and monthly community programs to promote parent involvement. Renewal \$23,467

12 Lead EKG Monitor/Defibrillator Mandated Upgrade

West Shore Advanced Life Support Services, Inc. – Biphasic wave form upgrades for defibrillators and capnography (measurement of patients’ CO2) provide additional supports for prehospital care. \$21,540

Durable Medical Equipment Lending – Join Hands

A durable medical equipment loan program serves qualifying residents in the geographical area of western Perry County. Goossens Initiative \$18,000

Shippensburg Community Nurse

Civic Club of Shippensburg – The Shippensburg Community Nurse program provides free in-home health services for the elderly and lower-income population. Renewal \$16,000

Cooking Nutrition

Family Health Council of Central PA, Inc./Cumberland Perry Tapestry of Health – Cooking classes geared at low to moderate income families teaches economic and healthy meals. Renewal \$13,614

Shermans Valley Senior Housing Health & Human Services Coordinator

Perry Human Services – A health coordinator for a senior housing unit is responsible for regular assessment and early referrals to appropriate medical resources. Renewal \$10,000

Carlisle Community Pool Shade Structure

Cumberland County American Red Cross – A shade shelter protects swimming pool patrons at a community pool from harmful UV radiation. \$2,000

Preschool Playground Equipment (McGowan Building)

Carlisle Area School District – Playground equipment increases physical activity of preschoolers. \$2,000

Pump It Up Fitness Day – Lambertson Middle School

Carlisle Area School District – An off-site activity day provided incentive to increase activity levels within the school student body \$2,000

Middle School Wellness – Big Spring Middle School

Big Spring School District – Healthy choices for food and activity are improved through innovative middle school programming. \$1,994

Fit for Life Summer

Carlisle Family YMCA – Instruction in good fitness practices and sensible nutrition continued throughout the summer months for obese teens and their families. Renewal \$1,800

Family Practice Center Health Fair

Join Hands – Residents received free screenings at a health fair in western Perry County. Renewal \$1,650

Health and Wellness Initiatives

Carlisle Christian Academy – Pedometers, incentives and other materials encourage students to increase regular physical activity. Renewal \$1,620

Healthy Student Investigation – Bendersville Elementary

Upper Adams School District – A healthy school initiative was enhanced with a nutrition presentation and special education materials. \$1,550

Fueling my Body, My Healthy Body and Bullying for Students – Mooreland Elementary School

Carlisle Area School District – Through interactive classroom activities, second grade students increase their knowledge about nutrition and develop positive self-esteem. \$1,550

Recess Physical Fitness – LeTort Elementary School

Carlisle Area School District – Playground equipment increases physical activity of students during recess. \$1,500

Trail Map

Friends of South Middleton Parks, Trees and Trails – Brochures featuring the location and description of all South Middleton Township hiking/biking trails help increase their use. \$1,375

Trail Guides and Maps

Friends of Opossum Lake Conservancy – Trail guides and maps are distributed so the community can fully utilize recreational activities at a local park. \$1,230

Carlisle Day Care

Carlisle Early Education Center – Proper equipment should help to reduce the incidence of disease through improved hand washing. \$1,010

Walking Tour of Carlisle’s Wayside Markers

Historic Carlisle, Inc. – Brochures feature a walking route for Carlisle’s historical markers. Renewal \$1,000

Healthy Kids Shine – Hamilton Elementary School

Carlisle Area School District – A health fair emphasized the importance of increased activity and improved nutrition. \$930

Supper in a Sack

First Presbyterian Church – Cooking classes are targeted specifically for families affected by diabetes. \$800

Think Pink, Carlisle

Sadler Health Center Corporation – Qualifying residents are made aware of opportunities for free mammography and general educational information on breast cancer. \$750

Air Filtration System

Cumberland Valley Habitat for Humanity – A specialized air filtration system benefited asthmatic children. \$600

Loving Souls Cancer Education Workshop

Central PA Coalition United to Fight Cancer – By underwriting costs for registration, health screening and outreach, minority women from the Carlisle region attended a cancer awareness workshop. \$500

Dancing for Health – LeTort Elementary School

Carlisle Area School District – A dancing instructor worked with elementary school students to improve attitudes toward dancing as a form of life-long physical activity. \$500

CATCH Kids Club – James Burd Elementary School

Shippensburg Area School District – By implementing the CATCH Kids Club, third grade students increase their knowledge about nutrition and activity. \$350

Accounting Software

Join Hands – The ability to efficiently report financial and grant activities are enhanced with computer software. \$350

Focus:

Offer Primary Care and Related Services for the Un/Underinsured

Principally in partnership with the Sadler Health Center.

Sadler Health Center is the Foundation's major partner in providing primary care to uninsured and underinsured persons. Located on North Hanover Street in the heart of Carlisle, it has been serving as a bridge to meet the health and dental needs of our community for nearly 30 years. The past two years have been transition years for Sadler in many ways. In June 2006, **Elaine Herstek** joined the Sadler staff as Executive Director. She and the Center's Board have made significant strides in strengthening and expanding health services and improving financial operations.

Sadler Health Center added almost 1,000 new medical and dental patients in 2006–2007 and now serves more than 7,000 local residents a year. Its **Healthy Rx** program, which helps local residents obtain prescription medication at low or no cost, completed more than 2,000 applications in 2006–2007. Healthy Rx has generated \$1 million plus in prescription assistance since the program began in 2005.

Sadler's **Tobacco Cessation** program has also grown. The numbers speak to the success of this program; graduates have achieved a 50% "quit rate" after six months, which makes it an outstanding resource in helping smokers to become—and stay—non-smokers.

Sadler Health Center will continue its growth in 2007–2008 with a major renovation and expansion of its physical space and services to accommodate a rapidly growing population.

Points of Interest

- Prescriptions worth over \$1 million were acquired free the past year from Pharmaceutical Assistance Programs through the help of Sadler's Healthy Rx staff completing 2,826 applications for aide.
- Sadler engaged in over 10,000 medical encounters, a 23% increase over 2005–2006.
- Sadler Health Center provided over 4,550 dental services during 2006–2007, a 20% annual increase.
- Over half (58%) of respondents in the Carlisle area rated their health "very good" or "excellent."
- About 92% of residents have some form of healthcare coverage. Residents who responded that they had no health insurance is less than half of those nationally. Still, that leaves over 10,000 uninsured persons in our region.



Building bridges in action: the opening of Sadler Health Center on North Hanover Street in 2004 provides a healthcare bridge for those in need or times of crisis.

Related Grants

Renovations II

Sadler Health Center Corporation – Sadler Health Center's capacity to serve the un/underinsured will be significantly enhanced through major renovations. \$1,600,000

Medical Operations

Sadler Health Center Corporation – Core support for the community health center that serves thousands of area residents through medical and dental care, tobacco cessation programs, immunizations and a prescription assistance program.Renewal \$356,052

General Mission

Early Intervention

United Cerebral Palsy of Central PA, Inc. – Early intervention services for children include a wide variety of therapies to minimize disabilities.Renewal \$87,000

Avian Flu Pandemic

Cumberland County American Red Cross – Public education regarding preparedness for a potential Avian flu pandemic enhances the disaster readiness of communities, employers, families and individuals.Foundation Initiative \$20,000

Healthy People

Cumberland Promise

AIDS Community Alliance – HIV/AIDS prevention and education programs focus particularly on African-Americans in the Carlisle area and work through the churches and peer education. \$40,000

Heating Coalition Family Assistance

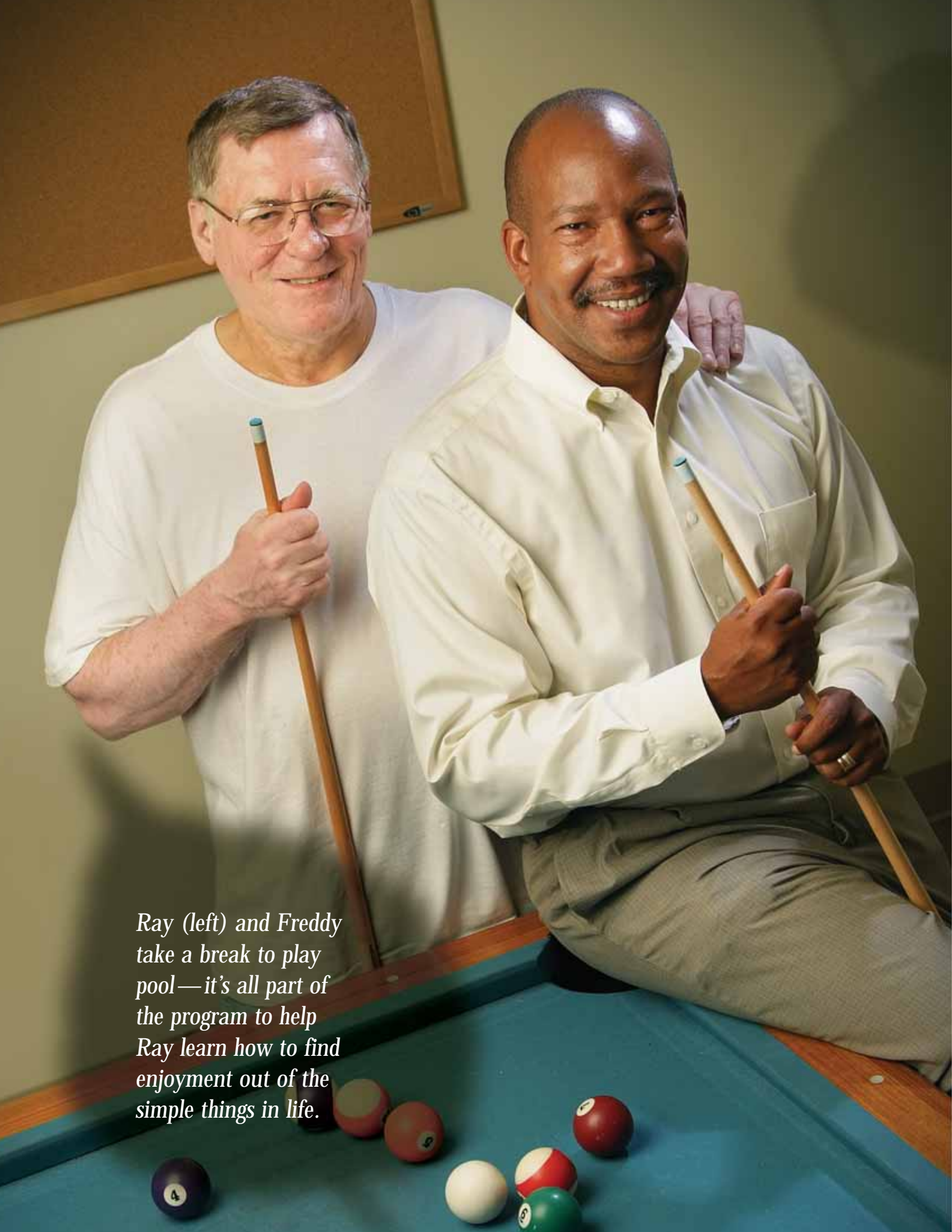
United Way of Carlisle & Cumberland County – Fuel is purchased through a local Heating Coalition which coordinates services for people in need who have exhausted or do not qualify for public-funded, home energy assistance. \$20,000

Northeast Adams County Needs Assessment for Low-Income, At-Risk Populations

Hanover Hospital, Inc. – The survey focused on the Hispanic residents and measured specifically their access to healthcare and human service issues in Northeast Adams County. \$18,000

Prevention of Child Abuse and Neglect

ParentWorks, Inc. – Prevention of child abuse and neglect is improved through parenting classes and in-home education. . . . \$10,000



Ray (left) and Freddy take a break to play pool—it's all part of the program to help Ray learn how to find enjoyment out of the simple things in life.

Focus:

Target System-wide Behavioral Health Issues

Especially where mental health issues and substance abuse co-occur (also known as co-occurring disorders).

You might wonder what events led **Ray Calaman** to become an addict. You might be curious about how he hit rock bottom. You might want to ask him how bad it got before he realized he needed help and what happened in his 33 days of rehab. But, this isn't a story about Ray's past. It's a story about how he's facing his future.

"My philosophy is that we don't look back. What happened in the past is in the past," explains **Freddy Green**, counselor with the STAR (Steps Towards Advocacy and Recovery) program at the **Stevens Center of Northwestern Human Services** in Carlisle. "We focus on what to do next. We set goals. As goals are met, we set new ones," says Freddy. He believes that every time program participants accomplish something positive, they are one step closer to getting their lives back on track.

"Freddy treats me with respect. He helps me look at solutions and doesn't dwell on my past mistakes," emphasizes Ray. "When you're an addict, you forget how to have fun. Freddy has helped me learn to find enjoyment in life," says Ray. From playing pool to flying a kite to taking in a movie, it's the simple things that program participants learn to appreciate. STAR encourages them to make "clean and sober" friends, takes them on outings to places they might otherwise not have a chance to go, and gives them a chance to learn skills that will help get them on their feet again.

"Recovery is a discovery of self," concludes Freddy. And, it's evident from Ray's positive outlook on his future that this philosophy works.

At-A-Glance

The STAR program is just one of the services offered by the Stevens Center of Northwestern Human Services, a community mental health agency with an 85-year history in the Carlisle area. The Stevens Center offers a full continuum of behavioral care services to children, adolescents, and adults with a focus on providing mental health and substance abuse treatment and support services. It supports individuals and families dealing with mental illness, mental retardation, alcoholism, and other chemical dependency issues.

Treating mental illness and substance abuse is challenging and the disorders frequently co-occur. The good news is that recovery works.

Points of Interest

- Within the Carlisle region, 12.7% of respondents indicated they had been treated for depression within the past five years.
- Almost half (47%) of adults in the Carlisle region are current drinkers, with 4.2% reporting that they drink every day. Of those, over half are considered to be "chronic" drinkers. Just over 23% reported binge drinking in the past month.
- Almost 5% of respondents have ever taken a prescription drug not prescribed for them.

Related Grants

Comprehensive Clinical Team
NHS/The Stevens Center – Increased availability is ensured for psychiatric services using a team made up of a psychiatrist, physician's assistant and registered nurse.Renewal \$183,050

Perry Families Initiative
Diakon Lutheran Social Ministries – Intensive counseling supports Perry County children who are at risk of out-of-home placement and their families.Renewal \$130,000

Adolescent Substance Abuse Treatment Expansion
Gaudenzia, Inc. – Access to outpatient substance abuse treatment for adolescents will be maintained as well as group education and support services for their families.Renewal \$123,800

Outpatient Drug and Alcohol Program
NHS/The Stevens Center – Outpatient substance abuse treatment is offered to adults, many of whom are dually diagnosed with mental illness and substance abuse.Renewal \$115,609

Carlisle Recovery Mobilization Effort
Substance Abuse Services, Inc. – This program utilizes Carlisle-area persons in recovery to create an advocacy group that educates the public and policy makers about successful treatment of and recovery from substance abuse and alcohol addiction.Renewal \$75,000

Success by Six/Preschool PATHS
United Way of Carlisle & Cumberland County – The PATHS project includes intensive training for preschool teachers to reduce aggression and behavior problems in children while simultaneously enhancing the educational process in the classroom. \$18,324

Strengthening Families
Perry County Cooperative Extension Association – This evidence-based substance abuse prevention program supports young adolescents and their families in making good decisions.Renewal \$2,000

Spring Recovery Jam
Substance Abuse Services, Inc. – A positive social event was held to demonstrate the results of recovery from the disease of addiction. . . .Renewal \$1,325



Pam Becraft is thankful that her children have access to the dental care they need at Sadler Health Center.

Focus:

Enhance Oral Health

Two years ago, **Pam Becraft** didn't even know about Sadler Health Center. Today, if not for Sadler's dental health services, her three children would be going without dental care. "I left an abusive marriage and my whole life changed," tells Pam. "I had to quit my high-paying job because it required travel, which didn't fit with having to take care of my kids. I ended up working two jobs and making 80 percent less than what I was making before." Times were tight. That's when she turned to Sadler Health Center to make sure her teenagers got the dental care they needed.

"**Dr. Frazier** is great, and without Sadler, my kids wouldn't have access to a dentist," explains Pam. **Elaine Herstek**, executive director of Sadler, says the area's greatest unmet health need is dental care. That's why Sadler has plans to increase both its dental health and family health capacity in the coming year. "When I joined the health center, I felt it was the area's best-kept secret, and I don't like secrets," laughs Elaine. And, if Pam has anything to do with it, the word will get out. With a new job that is more in line with her skills, things are starting to look up for Pam and she wants to give back. She's so appreciative of the help she received that she is hoping to join Sadler's board, which is required to have a majority of its members be consumers of Sadler's services.

At-A-Glance

Good oral health is key to general health. And, almost all oral health diseases can be prevented. That's why providing access to dental care is so important to the mission of Sadler Health Center. In fact, Sadler is the only consistently available subsidized dental program for residents in our region. In addition to providing dental health services, Sadler also implements special programs to promote good oral hygiene. This year Sadler hosted "Sealant Saturday," placing 190 dental sealants during the event. They also began developing a program to provide services to Head Start children and received a grant from the PA Department of Health to provide services to qualified residents of Central/ Western Perry County.

Points of Interest

- Just over 70% of respondents reported seeing a dentist in the past year, while over 10% have not been to the dentist in five years.
- When asked why those who did not have dental care in the past year did not, 14.2% said it was because they could not afford it.
- Nearly 28% of people have had one to five teeth removed due to decay/gum disease.
- 33% of children have never visited a dentist for a routine check-up.

Related Grants

Dental Operations

Sadler Health Center Corporation – Core support for the community health center that serves thousands of area residents through medical and dental care, tobacco cessation programs, immunizations and a prescription assistance program. \$527,403

Western Perry County Dental Clinic


Sadler Health Center Corporation – A locally-based dental clinic for uninsured or underinsured individuals and families residing in central/western Perry County will be opened. .Goossens Initiative \$150,000



Sadler staff and other volunteers provide dental sealants during the "Sealant Saturday" event.

Employment Skills Center

Education • Training



Kathleen (left) and Margarita credit Joe Kloza and the Employment Skills Center with putting them on track to pursue their dream of working in the nursing profession.

Focus:

Support Allied Healthcare Education

With a focus on needs-based scholarships.

Margarita Santiago and **Kathleen Mitten** are recently graduated nurse aides. They say they couldn't have done it without the help of the **Employment Skills Center's** preparatory course. "The class gave us a head start. We couldn't have gotten through Harrisburg Area Community College's program as well if we didn't take this course," agree Margarita and Kathleen. "The program isn't just about becoming a nurse aide, it's about empowering people to be the gift they are," adds Margarita.

"The program is designed to help students realize they can be anything," explains **Joe Kloza**, program instructor. "We've structured the course to inspire and validate people who are interested in changing their lives," he says.

Changing lives it does. Six weeks ago, Kathleen was a stay-at-home mom. Now, she's interviewing to be a nurse aide at local nursing homes. Margarita is hoping the new certification will help her get out of community housing and start a new life for herself and her children. Both have always dreamed of working in the medical profession and are thankful to Joe and the program for helping to make their dreams come true.

At-A-Glance

Our community continues to have a strong need for certified nursing assistants. They are an important link in providing the continuum of healthcare. The Pre-Clinical Nurse Aide Training program, run by the Employment Skills Center in Carlisle, helps people interested in pursuing a nursing position take the first step. The program helps prepare students for clinical training and builds self-esteem, improves their communication skills, and teaches them other life skills. It also focuses on instilling positive study skills in preparation for clinical coursework. Most of the students who have completed the Pre-Clinical Nurse Aide Training program are already working in a healthcare workplace.

CAHWF grants support the full spectrum of healthcare workers to achieve their goals and fill vital needs in many settings.

Points of Interest

- Overall, the incidence of people being told they have high blood pressure, including those respondents who were pregnant at the time (1.7%), is 31.1%.
- Only 36% of respondents have had a colonoscopy, which is well below the national rate of 60%.

Related Grants

Scholarships

HACC Foundation – Scholarships help local students who are pursuing post-high school degrees in healthcare-related fields. Students are expected to return to CAHWF's service area to work after graduation.

.....Renewal \$75,000

Scholarships

Carlisle Area Healthcare Auxiliary – Scholarships are offered to Foundation-area students in post-secondary healthcare programs.Renewal \$25,000

Certified Nurse Aide Pre-Clinical and Clinical Training

Employment Skills Center – With more specialized class sessions, students will be better prepared and increase the number of qualified Certified Nurse Assistants.

.....\$5,000



Scholarships are awarded to help further education for many people interested in pursuing nursing positions.

Collaborations & Initiatives

From preschool to older adults, outreach to proactively provide needed programs is based on CAHWF studies. Some examples include:

Cabin Fever

The Wellness-At-Work team joined efforts to hold a family health event called **Cabin Fever** on Saturday, February 24, 2007 at the Carlisle YWCA. The event was open to employees and family members of several local businesses and organizations. Approximately 300 people participated in activities and demonstrations that focused on the importance of a healthy lifestyle. Prevention was reinforced for adults through many types of health screenings such as bone density, glucose, cholesterol, and glaucoma testing. Children were invited to participate in an interactive display of dance involving movement and exercise to model how physical activity can be both fun and healthy.

Passport to Parks

The Community Team launched the pilot phase of its **Passport** initiative in June, 2007, at two area preschools. The goal of the program is to motivate children ages 3 to 5 (with their families) to visit a minimum of three local parks/playgrounds. The guiding tool for this initiative was the *Simply Moving Guide: A Guide to Public Parks, Trails & Recreation Facilities in Cumberland and Perry Counties*. A total of 50 preschoolers participated, each receiving a Frisbee and a footbag for their efforts. For the grand finale, one lucky participant, Gracee McMillin, won a new bike and helmet!



Gracee McMillin is happy to show off her new bike and bike helmet.

School Networking Forum

The Schools/Youth Team continued to support educational and networking opportunities for local School Health Councils by sponsoring two **School Networking Forums**. Participants received information about ways to increase activity and improve nutrition within schools. They were also provided with opportunities to discuss the requirement to report the Body Mass Index (BMI) of the student population and its impact on the school system and the school-family-student relationship.

To further support programs pertaining to nutrition and physical activity, the Schools/Youth Team began to pursue a **Safe Routes to Schools** initiative, the goal of which is to increase the number of students who walk to school. The team also began to compile information to create a **Physical Activity & Nutritional Resource Guide** to serve as a hands-on tool for teachers.

Other Collaborations, Initiatives, and Coalition Activities

- Medicare Part D Prescription Program
- Healthy Community Rx: Prescription Initiative through Sadler Health Center
- AHCS (Adams-Hanover Counseling Services) "Carlisle Psychiatry"
- Goossens Estate
- NHS/Stevens Reminder Program
- Substance Abuse Prevention Coalition Education/Media Campaign
- Cumberland-Perry Tobacco Prevention Coalition Outreach Program
- Speakers Bureau through Carlisle Recovery Mobilization Effort (CRME)
- PACT (Pandemic Action and Coordinating Team)
- PANO (Pennsylvania Association of Nonprofit Organizations)
- Cumberland County Partnership for a Healthy Community (CCPHC)

Public Policy Accomplishments

The Carlisle Area Health & Wellness Foundation's Public Policy Committee (PPC) builds a bridge from healthcare policy to healthcare practice. Board members, healthcare professionals, government officials, and lobbyists work together to educate policy makers, inform the public, and improve the public framework in which healthcare takes place. The past year has been a busy and fruitful one. With rigorous dedication, we've accomplished much.

Position papers on current health topics continue to be a priority. Each position paper is based on current research, local information, and national models, as well as the Foundation's study results and task force recommendations. This year, we completed our fifth and sixth position papers: one on Prescription Medications and the other on Clean Air. Past topics include Behavioral Health, Nutrition, Oral Health, and Tobacco.

To keep important issues on the forefront, we organized a series of guest editorials and letters to the editor on various substance abuse issues, stigma, and taxing smokeless tobacco. These editorials appeared in *The Patriot-News*, *Perry County Times*, and *The Sentinel*.

We also undertook several activities to continue to develop ties with policy makers on the local, state, and national levels. We held individual meetings with area elected officials to discuss local health issues and contacted various public officials on a variety of health priorities and/or legislative proposals. Topics included TABOR (Taxpayer Bill of Rights) legislations, substance abuse funding, federal community health center regulations, oral health issues, and smoking restrictions. We sent numerous alerts to PPC members and CAHWF volunteers on legislative and budget issues to encourage them to contact elected officials, and the PPC Chairperson, **Morgan Plant**, frequently briefed the CAHWF Board on state and federal legislative and budget issues.

Bringing policy makers and community leaders together is at the heart of CAHWF's Legislative Breakfast & Briefing events. This year we held our third breakfast in conjunction with the Greater Carlisle Area Chamber of Commerce.

Guest speaker **Rosemarie Greco**, Director of the Governor's Office of Health Care Reform, outlined the *Prescription for Pennsylvania* proposal. **Senator Pat Vance**, **Elaine Herstek** of Sadler Health Center, and **Nathan Staggs** of Carlisle Regional Medical Center responded to the presentation, which was attended by more than 80 people. As a follow up, CAHWF joined with other panelists to provide a public forum on *Prescription for Pennsylvania* at Dickinson College.



Senator Pat Vance discusses issues with attendees.

Financial Statements

July 1, 2006 – June 30, 2007

BALANCE SHEET

JUNE 30, 2007

Assets

Cash and Investments—Unrestricted	\$46,705,462
Investments—Temporarily and Permanently Restricted	38,267,549
Land, Buildings and Equipment, Net of Depreciation	266,069
Intercompany Receivable	2,185,270
Other Assets	686,473
TOTAL ASSETS	<u>\$88,110,823</u>

Liabilities and Net Assets

Current Liabilities	\$ 2,741,725
Deferred Income and Other Liabilities	121,670
Net Assets—Unrestricted	46,985,582
Net Assets—Temporarily Restricted	1,109,527
Net Assets—Permanently Restricted	37,152,319
TOTAL LIABILITIES AND NET ASSETS	<u>\$88,110,823</u>

STATEMENT OF ACTIVITIES AND CHANGES IN NET ASSETS

Revenues, Gains, and Other Support

Contributions and Income from Third-party Trusts	\$ 1,718,028
Investment Income	1,696,869
Net Realized and Unrealized Gains/(Losses)	7,603,673
Fees and Miscellaneous Income	743,783
TOTAL REVENUES, GAINS AND OTHER SUPPORT	<u>11,762,353</u>

Expenses and Losses

Grants, Initiatives, and Other Program Services	3,593,796
General and Administrative	572,820
Fundraising	9,204
Discontinued Operations	40,203
Operations of Hospital Properties	162,079
TOTAL EXPENSES AND LOSSES*	<u>4,378,102</u>

Net Increase in Net Assets	7,384,251
Beginning Net Assets – July 1, 2006	<u>77,863,177</u>
Ending Net Assets – June 30, 2007	<u>\$85,247,428</u>

*Includes Depreciation Expenses of \$39,118

Total Expenses and Losses, Excluding Depreciation

Grants, Initiatives, and Other Program Services	\$ 3,571,204
General and Administrative	557,314
Fundraising	8,883
Discontinued Operations	39,504
Operations of Hospital Properties	162,079
	<u>\$ 4,338,984</u>

Excerpts are from the audited financial statements of the Carlisle Area Health & Wellness Foundation for the fiscal year ended June 30, 2007. The certified audit and Form 990 are available from the CAHWF office.

Estates, Trusts & Gifts

Carlisle Area Health & Wellness Foundation receives support from third-party held donor trusts. These contributions are determined annually by the trustees based on historical multi-year rolling averages of trust asset value and income earned on the trust investments. These monies, along with returns on CAHWF unrestricted investments, contributions, and other income are used to fund grants, initiatives, and other program services and administrative costs. To maximize support to the community while managing CAHWF's long-term viability, CAHWF also uses multi-year rolling asset values and income to determine its annual spending budgets for grants, initiatives, and other program services.

We are grateful for the following support:

Estates

- Estate of Miriam E. Hoover
- Estate of Margaret E. Macgregor

Trusts

- Anna E. Brown Trust
- CHHS Consolidated Trusts
- Fannie Fetter Trust
- Nettie J. Fetter Trust
- William J. Fetter Trust
- William J. Fetter, Fannie Fetter, and Marjorie Goossens Trust
- Creedon S. Fickel Trust
- Mary J. Gilmore Trust
- Marjorie F. Goossens Fund
- Samuel C. Hertzler Trust
- J. Frank Hollinger Trust
- Grace K. Kell Trust
- Nellie T. Rice Trust
- Helen B. Sadler Trust
- Horace T. Sadler Trust
- Glenn E. Todd Trust
- Roger K. Todd Trust
- Sara A. Todd Trust
- Albert Watson Trust
- Naomi Watson Trust
- Robert E. Weidner Endowment
- Agnes Wood Trust

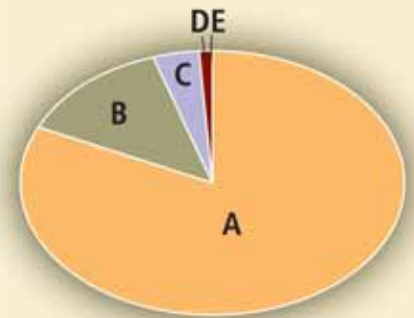
Gifts & Sponsorships

- Gateway Health
- Charles R. Hoover
- Keen Transport
- James W. Lazna
- PSAHPERD Inc.
- Walmart

How were resources utilized?

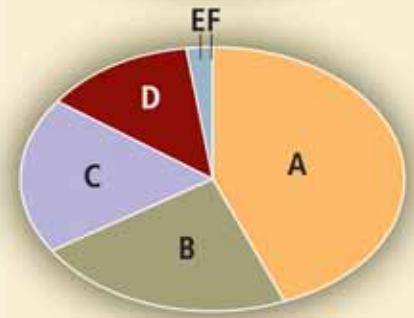
EXPENSES BY FUNCTION (Excluding Depreciation)

A	Grants, Initiatives, and Other Program Services	\$3,571,204	82%
B	General and Administrative	557,314	13%
C	Operations of Hospital Properties	162,079	4%
D	Discontinued Operations	39,504	1%
E	Fundraising	8,883	0%
TOTAL EXPENSES BY FUNCTION		<u>\$4,338,984</u>	



GRANTS, INITIATIVES, AND OTHER PROGRAM SERVICES*

A	Chronic Disease Management	\$1,562,057	44%
B	Behavioral Health	791,618	22%
C	Oral Health	678,953	19%
D	General Mission	446,888	13%
E	Healthy People	88,000	2%
F	Public Policy	3,688	0%
TOTAL GRANTS, INITIATIVES, AND OTHER PROGRAM SERVICES		<u>\$3,571,204</u>	

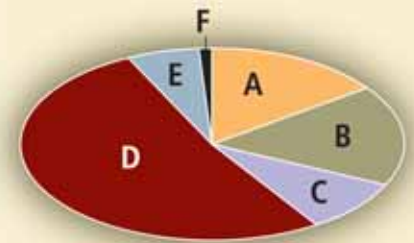


*Other program services include trainings, forums, evaluation, and other activities which benefit other nonprofits and CAHWF's mission in addition to direct grants and initiatives.

Whom did we serve?

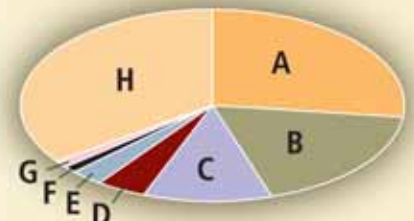
AGE RANGE**

A	Age 0–6 Years	2,035	15%
B	Age 7–11 Years	2,312	17%
C	Age 12–17 Years	1,227	9%
D	Age 18–64 Years	7,389	52%
E	Age 65+ Years	820	6%
F	Unknown	111	1%
TOTAL AGE		<u>13,894</u>	



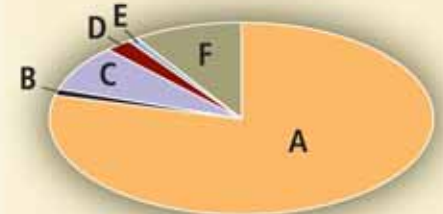
INCOME RANGE**

A	Less than \$5,000	2,836	27%
B	\$5,000 – \$14,999	1,933	18%
C	\$15,000 – \$24,999	1,202	11%
D	\$25,000 – \$34,999	476	4%
E	\$35,000 – \$49,999	311	3%
F	\$50,000 – \$74,999	65	<1%
G	\$75,000+	21	<1%
H	Unknown	3,758	35%
TOTAL INCOME		<u>10,602</u>	



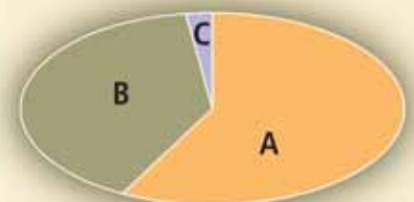
ETHNICITY**

A	White	8,417	79%
B	Asian	103	1%
C	Black	875	8%
D	Hispanic	182	2%
E	Native American	23	<1%
F	Unknown	991	9%
TOTAL ETHNICITY		<u>10,591</u>	



GENDER**

A	Female	7,997	58%
B	Male	5,596	40%
C	Unknown	299	2%
TOTAL GENDER		<u>13,892</u>	



**Data is taken from CAHWF grantee Final Reports 2006–2007. Data reflects significant healthcare encounters provided by grantees. Also, programs are not required to collect the same beneficiary data, hence totals do not match.

Board of Trustees

July 1, 2006 – June 30, 2007

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Jacqueline L. Powell & Associates

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Community Volunteer

Terry Urich

New York Life Insurance, Co.

Lucy Johnston-Walsh

Penn State Dickinson School of Law

Outgoing Board Members

Completing Service

During 2006-07

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Manufacturers and Traders Trust Company

Douglas J. Bower, MD

Masland Associates

William R. Keen

Keen Transport, Inc.

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As of July 1, 2007

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Advantica, Inc.

Joseph A. Layman, Jr.

Capital Associates, Inc.

Susan Otway

IBM

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As of July 1, 2007

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Jacqueline L. Powell & Associates

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Administrative Services

April Ashway-Railing

Grants Assistant

Heather Swartz

Coordinator of Special Projects

Foundation Giving

Carlisle Area Health & Wellness Foundation, a public charity, graciously accepts charitable gifts from the general public, companies and other foundations in support of its mission to improve the health of the communities we serve. Gifts can be designated for an identified health-related need such as hospice care or cancer. For more information on making a donation, please visit our website at www.cahwf.org or call Bets Clever, Executive Director, at 960-9009, ext 5.

The Carlisle Area Health & Wellness Foundation encourages you to be confident in your charitable giving. A copy of the official registration and information may be obtained from the PA Department of State by calling, toll-free within PA, 1-800-732-0999. Registration does not imply endorsement.

Volunteers

We wish to thank the following non-Board members for their service. Members are from coalitions and task forces of Behavioral Health Implementation Team (I-Team), Cumberland County Partnership for a Healthy Community (CCPHC), Enrollment Task Force, Goossens Estate Task Force, Health Status Assessment, Prescription, Workplace Wellness, and Carlisle Regional Advocates for Nutrition and Activity (CRANA). Volunteers are also members of the Audit, Finance, Grants, Planning, and Public Policy committees of CAHWF.

Michelle Alexander, Workplace Wellness

Taylor Andrews, I-Team

Nicole Bard, Workplace Wellness

Kathy Barley, Workplace Wellness

Terry Barley, CCPHC

Dale Beaston, Goossens

Jeff Bell, CRANA

Kim Benner, Behavioral Health

Bonnie Berk, CRANA

L. Chris Bilger, Behavioral Health

Ray Boldesser, Workplace Wellness

Arlene Bones, Grants

Harold Bricker, Behavioral Health

Ed Brill, Workplace Wellness

Skip Brown, Planning

Susan Brown, CRANA

Steven Bucciferro, Behavioral Health

Susan Cairo, I-Team

Patricia Carlucci, Planning

Jack Carroll, I-Team

Rayna Cooper, CRANA

Jeff Conway, I-Team

Thomas Coolidge, Finance

Andrea Crouse, CRANA

Michelle Crowley, I-Team

Frances Del Duca, Audit

Glenys DiLissio, I-Team

Liz Doherty, CRANA

Lori Dressler-Lower, Goossens

Mary Dutchess, Workplace Wellness

Skip Ebert, Behavioral Health

Deborah Ellenberg, CRANA

Thom Fager, Behavioral Health

Rebekah Finkey, I-Team

Nancy Fishman, CRANA

Steven J. Fishman, Behavioral Health

Kathy Fissel, Workplace Wellness

Roderick Frazier, DDS, Public Policy

William Freeman, MD, Public Policy

Jessica Gallagher, CRANA

H. Robert Gasull, Jr., MD, Goossens

Stephanie Gellatly, CCPHC

BJ Genna, I-Team

Rick Gilliam, CRANA

Dean Glick, Planning

Scott Gobin, Prescription

Philip Goropoulos, CCPHC

Thomas Gumby, Behavioral Health

V. Jim Gurreri, CCPHC

Chris Hartman, CRANA

Silvia Herman, I-Team

Elaine Herstek, adultBasic

Barbara Hocking, Prescription

Ruth Hockley, Prescription

Denise Holden, I-Team

Gail Huganir, CRANA

Scott Johnson, Behavioral Health

Norm Jones, Planning

Kara Kammeier, Workplace Wellness

Deborah Kelly, Finance

Janice Klein, Behavioral Health

Kurt Kraus, Behavioral Health

Harold Kretzing, MD, CCPHC

Linda Kronheim, CRANA

Karen Kupris, Grants

Donore' Lantz, CRANA

Lynley Lapp, Workplace Wellness

Joseph Layman, Public Policy

Roxanne Lepore, CRANA

Joyce A. Levin, CRANA

Karen Longenecker, Workplace Wellness

Marg Malehorn, CRANA

Janet Manwaring, Behavioral Health

Dennis Marion, Public Policy

Peg McAllister, Behavioral Health

William C. McHenry, III, Goossens

Amy Metzger, CRANA

Colleen Milligan, CRANA

Lisa Miller, Health Status Assessment

Chrystal Miracle, Finance

Colleen Moore-Mezler, Health Status Assessment

Stacey P. Moore, Goossens

Dutch Mowery, CRANA

Ralph Moyer, CCPHC

Barbara Muller, Health Status Assessment

Maureen Mulligan, Goossens

Christian Muniz, Behavioral Health

Lisa Myers, Finance

Patricia Niemitz, CRANA

Steve E. Orris, Goossens

Susan Otway, Grants

Kelly Renard, CRANA

Steve Riccio, CRANA

William A. Shaffer, adultBasic

June Shomaker, Grants

Sharon Smith, Behavioral Health

Ann Spade, CRANA

Nathan Staggs, adultBasic

Ceceile Strand, Health Status Assessment

Pat Stroble, CRANA

Carol Stuart, Prescription

Tim Sukay, CCPHC

Ellie Swank, Prescription

Amy Talbot, Enrollment

Carol Talley, Behavioral Health

Barbara Terry, CCPHC

Nancy Wilkes, CRANA

Stephanie Williams, CRANA

William Ziesmer, adultBasic

Franklin County



Cumberland County

Adams County



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