



Improving the health and well-being of communities in Northwest Philadelphia and Eastern Montgomery County.



Fighting Hunger

IN THIS ISSUE



Jewish Relief Agency

Delivering nutritious food to our neighbors for over 18 years



Celebrating Excellence

Honoring the 2018 recipients of The Elissa Messori Jacobsen Nursing Award



Guiding Young People into Adulthood

Adolescents, Risk Taking Behavior, and Support Systems

Bethany Flood, EXECUTIVE DIRECTOR
Joy Isabelle, EDITOR

BOARD OF DIRECTORS

John Rollins, CHAIR

Al Thorell, VICE CHAIR

Wanda Mial, SECRETARY/TREASURER

Elena Brennan	John Friedman
Jim Buehler	Chris Gadsden
Lanie Dilks	Craig Johnson
Erin Doyle-	Walter Tsou
O'Connor	Nancy Wieman

GRANTS AWARDED 2018-2019 TO DATE

Anti-Violence Partnership
Community Legal Services
Face to Face
Inter-Faith Housing Alliance
Jewish Relief Agency
KeystoneCare
Maternity Care Coalition
North Light Community Center
Philadelphia Children's Alliance
SeniorLAW Center
SOWN
Starfinder Foundation
Students Run Philly Style
The Center for Grieving Children
VNA Community Services
Why Not Prosper



Happy New Year!

I hope you are well and warm as you read this newsletter. I am sure the first thing you noticed was our moving announcement. Don't worry—we are only moving two blocks down the street! It is important to us to use all income to help the community in the greatest way possible so we are shrinking our space in order to award more in grant funds. ALL donations continue to be used for grant awards—Thank You for your gracious gifts during the holiday season!

Did you know Philadelphia has the highest poverty rate among the largest cities in our country? Did you know 25% of people living in Northwest Philadelphia do not have easy access to healthy food? Food insecurity experienced during childhood has physical health effects like developmental and learning delays, repeated need for hospitalization, as well as higher rates of anemia, asthma and oral health problems. These physical health issues during childhood can turn into long-term health issues as adults. This is very concerning to us! Share Food Program and Jewish Relief Agency are two organizations hard at work combating the issues of food insecurity and hunger in our area. I hope you enjoy learning more about their work to improve the health of our neighbors (pages 6-9).

I am also very happy to share with you more about our Nursing Award Program in this newsletter. This is one program of which many people are unaware. We find the work of nurses in our community to be instrumental in the overall health and well-being of family members and neighbors. We are very proud of the eleven wonderful nurses who received Nursing Awards this year! Read more about each recipient on pages 4 and 5.

Three times a year, like our newsletters, we hold Community Conversations. Our most recent focused on Adolescents, Risk-Taking Behavior and Support Systems. Dr. Eugene, Dr. Sit and Kate Sandy shared valuable information and experience with us on January 27th. I hope you are able to join us in May for our next Community Conversation!

To Your Health,

Bethany

*2016 Community Health Assessment provided by the City of Philadelphia



Celebrating Excellence in Nursing and Volunteerism

On December 3, 2018 at Morris Arboretum, eleven Chestnut Hill Hospital nurses became recipients of The Elissa Messori Jacobsen Nursing Award.

The Award was established by Dr. and Mrs. Divo Messori in 2002 in memory of their daughter Lisa who died in 2001 from breast cancer. Lisa, a registered nurse, worked on 4 South, a medical-surgical unit, at Chestnut Hill Hospital from 1992 to 1999. Early in Dr. Messori's career, he was responsible for covering the ICU at Chestnut Hill Hospital—one of the first in the country. Looking back, he says, "There was a young woman acting as head nurse. I will always remember what an excellent nurse she was. Through her, I realized the importance of nursing care and appreciated the quality of nursing at Chestnut Hill Hospital." With respect to establishing the award, Dr. Messori said, "Doing this, helping others, means something and helps to get through the loss...It's a measure of comfort. There is pleasure in giving."

The eleven nursing award recipients for 2018 were Abigail Benbow, Mallory Dunbar, Lisa Heverly, Jarrell Hill, Nora Joy, Katlyn Monahan, Maude Orler, Kyle Raczyński, Joan Scanlon, Barbara Strain, and Anna Thomas.

In June of 2018, Dr. Messori was honored by the AMA Foundation for his work with underserved populations in Cape May, NJ. The Jack B. McConnell, MD, Award for Excellence in Volunteerism recognizes the work of senior physicians who provide treatment to U.S. patients who lack access to health care. Dr. Messori has been volunteering at the Cape Volunteers in Medicine clinic since 2010, where he focuses on the care of Hepatitis C patients in the community. He goes to great lengths to provide medication at no cost to his patients, as well as offers training for nurses and primary care teams in treatment protocols and ongoing monitoring for those patients. Join us in congratulating him on receiving this award!



Abigail Benbow

Abigail has been working as an RN in the Progressive Care Unit since September 2016. As Abigail has taken the opportunity to serve on various committees, she has gained a clearer picture of the administrative side of nursing and hospital operations, which has peaked her interest. Obtaining her Master's in Nursing Administration is the next step in advancing her career and will provide her the opportunity to grow in all facets of her life. She is currently enrolled at Immaculata University.



Jarrell Hill

Jarrell is a registered nurse, has worked at the hospital since 2015 and currently works in the Emergency Department. Jarrell feels nursing is a science and an art. Every patient is different and every disease does not manifest in a predictable manner. Jarrell's goal is to become a Family Nurse Practitioner. He is enrolled at Drexel University for his MSN.



Mallory Dunbar

Mallory came to Chestnut Hill Hospital in 2017 because she wanted to work in a smaller more family like environment. She has been working in the Operating Room for the duration of her time.

Mallory is enrolled at Immaculata University for her Bachelors of Nursing.



Nora Joy

Nora graduated from nursing school forty-one years ago and Chestnut Hill Hospital has been her employer for almost as long. For the majority of her career, she has been a bedside nurse caring for patients and their families. Nora now works as Clinical Informaticist and is returning to school so that she can further her knowledge and expertise in the field of informatics. She is attending Immaculata University for her BSN.



Lisa Heverly

Lisa has been a registered nurse at Chestnut Hill Hospital since 2015 and works in the Intensive Care Unit. Lisa loves bedside nursing and interacting with patients on a one-on-one basis.

She feels that the higher the education and knowledge she has the better advocate she can be for her patients. Lisa is attending Immaculata University for her BSN. When she finishes her degree she would like to continue her education to achieve her MSN.

Katlyn Monahan

Katlyn works on 5 South at Chestnut Hill Hospital. She got the confidence and motivation to start the path to become a nurse from her grandmother. Every month that she works as a nurse, she gains more confidence in herself, which allows her to take on more responsibility and learn new skills. Katlyn is currently enrolled in an Aspen University Bachelor of Science in Nursing (RN to BSN) course.



Maude Orlor

Maude is a Post-Anesthesia Care Unit RN and has been a member of their staff for 17 years. As a nurse, she feels that education is imperative in order to provide patients with the best experience and outcomes. Maude feels that through each patient interaction she becomes better able to give her patients the best care possible. She is attending Immaculata University for her BSN.



Barbara Strain

Barbara has worked at Chestnut Hill Hospital since 2005 and currently works in the Intensive Care Unit. Her passion for bedside nursing has fueled her desire to further her education.

Barbara obtained her BSN at Drexel University and has now started the Immaculata University MSN program.



Kyle Raczynski

Kyle has been a nurse at Chestnut Hill Hospital since 2016, currently working on 4 South as a medical-surgical nurse. Kyle makes sure that every day is a learning opportunity and never passes up the chance to learn something new. This past July, Kyle was nominated by a patient for the Daisy Award and won. Kyle is currently enrolled at American Sentinel University for his BSN and hopes to pursue a Master's degree in the future.



Anna Thomas

Anna has been a nurse for 8 years and currently works in the Intensive Care Unit. She loves nursing because she is always learning something new. Anna completed her BSN in July 2017

through Immaculata University and is now enrolled to complete her Master's of Science in Nursing.



Joan Scanlon

Joan just celebrated 10 years at Chestnut Hill Hospital and is currently working as the Director of Case Management. Joan has been a nurse for 21 years, starting out as a bedside nurse on a cardiac unit where she learned to care for people and their families. Joan found she loves the discharge planning process, talking with people about their disease processes, and getting patients the help they need when they are ready to leave the hospital. She is enrolled at Immaculata University pursuing her BSN.



By Mara Natkins, DIRECTOR OF DEVELOPMENT

“Hunger is a terrible thing. It affects so many people in our community. Our church created a food cupboard to make a difference, and help families in need. We couldn’t run our cupboard without the monthly food supplies we receive from Share Food Program.” These are the reflections of Bishop Hewitt Coward, as he came to Share’s warehouse on a cold January afternoon. He was picking up cases of nourishing food for the cupboard that his church—Remnant Church of God in Christ on the 7700 block of Ogontz Avenue—offers twice every week.

Share Food Program provides monthly supplies of healthy food to hundreds of volunteer-run food cupboards serving high poverty neighborhoods. We are grateful to the Green Tree Community Health Foundation for their partnership in this essential work, and proud to further the Foundation’s mission of improving the health status of community residents. Together, we provide nourishment to the hungry and food insecure, including thousands of children and frail elderly.

Food poverty is a crisis for a growing number of families in our region, and Share is on the front lines in the fight against hunger. Last year Share brought 27 million pounds of emergency food relief to 505 local food cupboards. This food helped 700,000 low-income individuals, of whom 36% are children and 12% elderly. Share’s programs are a critically important lifeline for families who are struggling to put food on the table.

“The food we receive from Share each month really makes a difference.” Bishop Coward explains. His church’s food cupboard is open every Wednesday and Friday and serves over 300 people each week. He noted that food cupboard recipients vary in age and ethnicity, but they are united in facing hard times: from a job loss, ongoing disability, sudden health crisis or the pressure of winter heating bills and limited incomes.

Marlene Trice, another long-time food cupboard organizer, echoes similar themes. Her cupboard “Kitchen of Love” is located in the Dorothy Emanuel Recreation



Center on the 8500 block of Pickering Street. Her food cupboard has seen a steady increase in people facing food insecurity, and now serves over 1,000 families each month. “We see people of all ages and nationalities with various challenges. Some are grandmothers taking care of their grandkids. Some just got laid off, and others had their benefits cut.” Her cupboard is open on Thursdays and Fridays to serve the surrounding community. “Share is a big part of our program, and helps us get food to families at the beginning of the month.”

Philadelphia has the unfortunate distinction of being the poorest of America’s 10 largest cities. The City’s poverty rate is 26 percent, and nearly half of the city’s 400,000 poor residents are living in deep poverty. For an adult with two children, that means an income of less than \$10,000, or 50 percent of the federal poverty threshold. But poverty is not just confined to Philadelphia. Residents of the surrounding counties also face economic challenges and face hunger. Share’s food deliveries support the health and well-being of these vulnerable community members, as they move towards self-sufficiency.

Because so many of Share’s food cupboard recipients are children, we are especially focused on providing nourishing foods that children need to grow and thrive. The American Academy of Pediatrics has warned about the immediate and potentially lifelong health effects of hunger. **Children in food insecure households get sick more often, have poorer overall health, and are hospitalized more frequently.** Share’s nutritious foods help over 250,000 low-income children in our region. We use nutritionist-developed guidelines in choosing food items, so families can create three balanced meals each day. Because many food cupboards lack refrigerator units, Share offers a range of healthy, non-perishable foods. These include canned meats and fish, peanut butter, canned fruits and vegetables, beans, shelf-stable milk, fortified juices and dried fruits.

Share has a holistic approach to reducing hunger. In addition to our food cupboard deliveries, we have several other programs that expand regional food access. Our monthly affordable food package program helps families stretch limited food budgets. Through a program for low-income seniors, Share prepares 6,000 nutritious food boxes monthly for seniors living in poverty. Share’s onsite Nice Roots Farm harvests 15,000 pounds of produce, which our mobile farm stand brings to schools and senior centers in under-served neighborhoods. Finally, Share works to advance food justice programs and policies.

We are grateful to the Green Tree Community Health Foundation for their shared commitment to reducing hunger, and to supporting health and wellness. Food is a cornerstone of our daily well-being. Share—with strong, compassionate community partners like Green Tree—tackles food poverty each day. We are committed to meeting the growing need, and to nourishing our community.

IN 2018, SHARE FOOD PROGRAM :

- > **Provided 27 million pounds of emergency food relief**
- > **Served 505 local food cupboards**
- > **Fed 700,000 low-income individuals, including 250,000 children**
- > **Prepared 6,000 nutritious food boxes monthly for seniors**



JEWISH RELIEF AGENCY

We Deliver

By Gabby Griffe, MARKETING AND COMMUNICATIONS MANAGER

Jewish Relief Agency (JRA) is an independent 501(c)(3) non-profit organization that serves over 6,000 diverse low-income individuals across Greater Philadelphia by relieving hunger, improving lives, and strengthening our community. JRA provides a monthly box of food to those in need, thanks to the help of our devoted volunteers who pack and deliver an average of 3,200 boxes each month. Our recipients include young families, homebound seniors, Holocaust survivors, individuals battling chronic illness, and anyone enduring a struggle with food security.

Founded in 2000 by Marc Erlbaum and Rabbi Menachem Schmidt, JRA started with a U-Haul, a trip to BJ's Wholesale Store, 3 volunteers, and grocery deliveries to 19 Russian-speaking Jewish families in need of help. After three months, the group had grown to 15 volunteers serving over 50 families across the city. At that point, notes were added to each food box, in English and in Russian, that said, "If you know anyone else that needs food, have them call us." Within three days, JRA received over a thousand phone calls. Today the organization is delivering an average of 488,000 pounds of nutritious food each year to individuals in need, with the help of 10,000 volunteers.

JRA's work to relieve hunger in the Greater Philadelphia community is critical. Both nationally and state-wide, hunger is on the decline, but **in Philadelphia the number of individuals facing hunger has increased by 22% over the last six years** (Hunger Free America, 2018). Today, one in five Philadelphia residents is unable to afford sufficient food. Food insecurity can be linked to a range of adverse health effects. Individuals facing food insecurity are disproportionately affected by chronic diseases related to diet, delayed child development, behavioral problems, and mental health issues (Feeding America, 2018).

JRA's Monthly Food Distribution Program provides food assistance at no cost to recipients, month after month. Each of our food assistance boxes contains approximately 13 pounds of nutritious food. During eight months of the year when temperatures are not extreme in our region, JRA provides fruits and vegetables. During the summer months, JRA provides clients with dried fruit, nuts, and additional high protein items to supplement their diets. JRA prioritizes adding healthy options to the food assistance boxes because individuals experiencing poverty may not have access to these options and/or may not be able to prioritize these items when grocery shopping.

Twelve Sundays a year, volunteers of all ages, backgrounds, and abilities meet at our Northeast Philadelphia warehouse to pack and then deliver boxes of nutritious kosher food. The hand-delivery aspect of the food distribution program sets our agency apart from other hunger relief initiatives.



“For about 20 years... no one ever came to my house. No one. So, for a stranger to come down and put all his time and effort into helping me, I greatly appreciate it.”

Unlike a food pantry, the food assistance JRA provides is delivered by friendly volunteers directly to each recipient's home. This means that our recipients do not need to have access to transportation, read or speak English, or leave their homes in order to receive the food assistance we offer. This personalized interaction brings volunteers to some of the region's most isolated and vulnerable individuals. As Allen, a long-time, bedridden, JRA recipient explains, “For about 20 years... no one ever came to my house. No one. So, for a stranger to come down and put all his time and effort into helping me, I greatly appreciate it.”

Our partners, volunteers, and donors are all united by a commitment to helping those in need and strengthening our shared community. Through community service, JRA nourishes body and soul.

Clockwise from top left: Volunteers stationed on the assembly line, prepared to pack nutritious, kosher food; A young volunteer carries a box down the assembly line, packaging food to be delivered to a Jewish Relief Agency recipient; The Jewish Relief Agency Warehouse on a Food Distribution Sunday, ready for volunteers to arrive



Community Conversations

GUIDING YOUNG PEOPLE

INTO ADULTHOOD

Adolescents, Risk Taking Behavior, and Support Systems

On Sunday, January 27th, Green Tree Community Health Foundation hosted its first Community Conversation of the year—***Guiding Young People into Adulthood: Adolescents, Risk Taking Behavior, and Support Systems.*** Jeffrey M. Eugene, MD, board-certified pediatrician and current fellow in Adolescent Medicine at Children’s Hospital of Philadelphia (CHOP), was our guest speaker alongside Dr. Lydia Sit, MD, Psychiatrist at Covenant House and Kate Sandy, LCSW, Director of Youth Services at Starfinder Foundation.

Dr. Eugene sees “adolescence as a key time of transition that offers a unique opportunity to guide teens in establishing health decision making and developing healthy patterns that foster wellness in adulthood. Teens are essentially trying to answer three questions within themselves: Who am I? Am I normal? Do I fit in? They seek more to understand rules and values as they establish their identity and sense of self. They do not like to feel controlled—that often leads to rebellion. Pushing limits does not equate to taking risks when clear boundaries and communication are present.”



(L to R): Bethany Flood, LSW—Executive Director of Green Tree; Kate Sandy, LCSW—Starfinder Foundation; Lydia Sit, M.D.—Covenant House Pennsylvania; Jeffrey Eugene, M.D.—CHOP





Dr. Sit touched on the importance of communicating with the teens in your life. “The only way to really know what’s going on in a teen’s life is by talking to them—or, better yet, having them come talk to us. Keeping the communication lines open requires being fully present and active listening. Suspend your judgment/reaction until this teen has a chance to say what s/he needs to explain. Hearing the story as both a teenager experiencing these hardships or feelings for the first time as well as an experienced parent who has the wisdom and answers will allow you to simultaneously be sensitive to what the teen actually wants from you while still getting the information you need to act, if necessary.”

Kate Sandy shared about Starfinder’s sports based youth development approach to working with and supporting youth, “Strong relationships and deep connections are the foundation upon which positive identities are built. Adolescents need to have a safe space, both physically and emotionally, where they feel safe to make mistakes, learn from them, and try again. We want youth to have the opportunity to use their voice and to take the lead so they can develop the confidence, competence, and resiliency to succeed in their lives.”

Thank you to all who joined us! Keep an eye out for our next Community Conversation this spring!

DR. EUGENE'S RECOMMENDED RESOURCES

- The Center for Parent and Teen Communication**
www.parentandteen.com
- Balanced Parenting**
<https://parentandteen.com/parenting-style-balanced-parenting-works/>
- Creating Safe Boundaries**
<https://parentandteen.com/creating-safe-boundaries/>
- American Academy of Pediatrics**
www.aap.org
- Healthy Children sponsored by American Academy of Pediatrics**
www.healthychildren.org
- National Institute on Drug Abuse’s article on Positive Parenting and Prevention**
<https://www.drugabuse.gov/family-checkup>

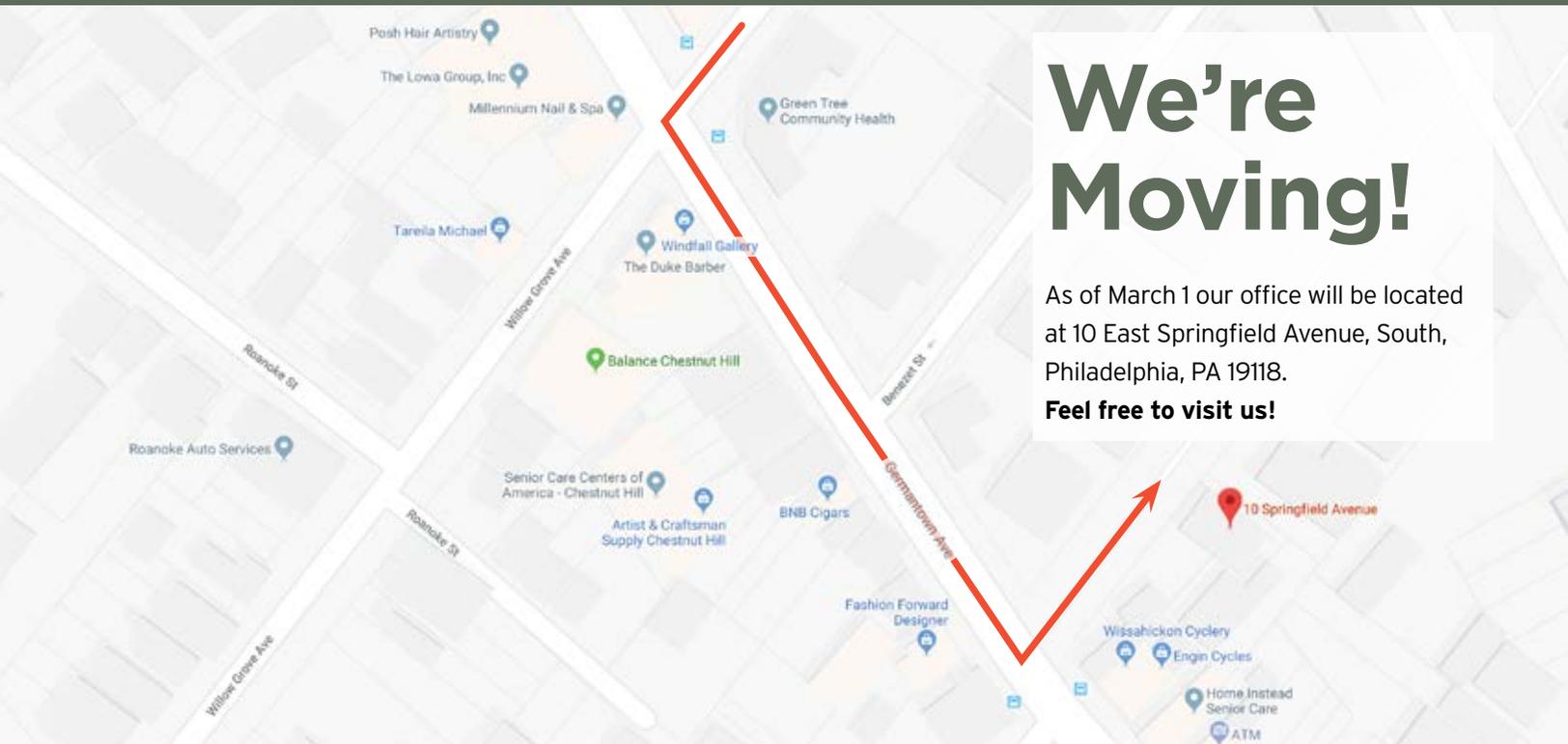


10 East Springfield Avenue, South
Philadelphia, PA 19118



United Way
of Greater Philadelphia
and Southern New Jersey

Donor Code 16083



We're Moving!

As of March 1 our office will be located at 10 East Springfield Avenue, South, Philadelphia, PA 19118.

Feel free to visit us!

Would you like to be on or taken off our mailing list?
Call 215.438.8102 or visit us at greentreecommunityhealth.org