inspiring HOPE for a healthier community

Summit Endowment Annual Report 2018
Priorities

The Summit Endowment Committee prioritized grant-making based on findings from the 2015 Summit Health Community Health Needs Assessment, which identified key issues including access to care, nutrition, physical activity, and mental health. Specific objectives that aligned with the Healthy People 2020 leading health indicators and the Pennsylvania Department of Health State Health Improvement Plan were developed. Federal and state-level resources were used to categorize and better align grant-making to address the unmet needs of our community.

Successful applicants were required to participate in a Healthy Franklin County Task Force, continuing collaborative efforts in planning, supporting and measuring their work. Grantees consistently reported the benefits of task force participation including resource sharing, relationship building and shared excitement in the opportunity to work together to achieve real and lasting impact.

Capacity Building Workshops

In 2018, the Summit Endowment offered education to help community organizations enhance skills to achieve success. Two grant-making Workshops, offered in the Chambersburg and Waynesboro areas, were held to support non-profit organizations in preparing successful applications for Summit Endowment funding.

Greencastle-Antrim Endowment Scholarships

Greencastle-Antrim Endowment, a component of the Summit Endowment, awarded three scholarships to graduating seniors at Greencastle-Antrim Senior High School who are pursuing a career in health care. They also awarded seven renewal scholarships for students in their second, third, and fourth year of college. The Endowment awarded $20,000 in scholarships this year.

Garon Gembe, left, from the Greencastle-Antrim Endowment Committee, presented health-career scholarships from the Greencastle-Antrim Endowment to, left to right, Kirti Venkatesh, Caitlin Eshleman, and Joshua Kline.
The conditions where people live, learn, work, and play affect their health risks and outcomes. These conditions are known as social determinants of health. The Summit Endowment strives to better understand and address the social determinants of health and identify the distinct needs of vulnerable populations. Throughout the year, the endowment improves the health of people living in Franklin County by supporting many health initiatives and developing programs and activities offered by other nonprofit organizations as they, too, work to improve the health of the Franklin County area.

2018 Summit Endowment Grant Awards

The following organizations were awarded grants for their efforts in addressing the health needs of Franklin County:

**Mainstreet Waynesboro, Inc. Downtown Farmers Market: Market in the Park** – The market, held for 20 consecutive Saturdays at Main Street Park from May 26 through October 6, offers residents fresh, local produce at reasonable prices. Presentations are held the first Saturday of the month on food preparation, and a community health nurse is available on the second Saturday of each month to answer health-related questions and offer free blood pressure screenings.

**South Central Community Action Programs, Inc.** – The Gleaning Project for Healthy Outcomes: This grant expands on the original outcomes from the 2017-18 grant with a goal of seeking additional growers, farmers, and community partners to further enable the program to glean more produce that will be distributed to additional families/individuals.

**Chambersburg Memorial YMCA – LIVESTRONG at the YMCA II** – This is an expansion of the LIVESTRONG at the YMCA program. Participants meet for a 90-minute session, twice a week. Three 12-week sessions are planned. Instructors perform functional assessments in week one and participants receive an individualized exercise program. This program is offered at no charge to participants.

**Waynesboro YMCA – LIVESTRONG at the YMCA II** – This is an expansion of the LIVESTRONG at the YMCA program. Participants meet for a 90-minute session, twice a week. Three 12-week sessions are planned. Instructors perform functional assessments in week one and participants receive an individualized exercise program. This program is offered at no charge to participants.

**Waynesboro Area YMCA – LIVESTRONG at the YMCA**:

This grant provides a 12-week evidence-based program to help cancer survivors reclaim their health and well-being in a small group environment with a focus on physical activity.

**Chambersburg Memorial YMCA – LIVESTRONG at the YMCA II** – This is an expansion of the LIVESTRONG at the YMCA program. Participants meet for a 90-minute session, twice a week. Three 12-week sessions are planned. Instructors perform functional assessments in week one and participants receive an individualized exercise program. This program is offered at no charge to participants.

**Noah’s House Recovery Homes – Recovery and Support Services**:

Noah’s House offers a home to 15 males in Franklin County conducive to long-term recovery through a loving, supportive environment. Noah’s House offers an atmosphere of accountability and support, navigating clients to supporting agencies that address drug or alcohol addiction, mental health, and physical needs. Noah’s House promotes long-term recovery through optimal opportunities that will result in change.
This grant supports two Community Health Workers, who serve as liaisons between health and social services, and the community, to facilitate access to services, increase health knowledge and self-sufficiency, improve quality and cultural competence of service delivery, and to close healthcare gaps. With these goals, the workers focus on targeted populations in the community, specifically residents of the Towers of Falling Spring and diabetic patients with HgA1C greater than 9 percent.

Activity Focus
The Community Health Worker works in various geographical settings, with different age groups and backgrounds. Often, the Community Health Worker serves people who are underprivileged, and in areas where resources are limited. Their specific responsibilities may include:

- Facilitating communication and empowerment in interactions with the health-care system
- Helping individuals better understand their health and disease states and conditions
- Linking people to health care and social service resources, advocating for local health-care needs
- Visiting homes to check on individuals with specific health conditions
- Delivering health education presentations to specific groups
- Helping community members to complete applications to access health benefits
- Providing health screenings, referrals, and information

Results of Community Health Worker’s efforts at the Towers of Falling Spring
- 78 health assessments have been completed for the 107 residents of the Towers, with the additional health assessments scheduled.
  - 32 of these residents have decreased their BMI since October of 2017.
  - 24 have lowered their blood pressure.
  - Out of 31 residents who had their cholesterol tested, 15 lowered their cholesterol and 13 lowered their triglycerides.
- The Community Health Worker has completed 30 follow-up visits with residents of the Towers after being discharged from the hospital or Emergency Department.

- The Community Health Worker reviewed the medical records of all the residents, and identified 82 residents who had not yet had an Annual Wellness Visit. Three Annual Wellness visits have been completed, and several more have been scheduled.
- Transportation has been set up for two residents.
- Four residents have been connected with the Lions Club’s Eye Glasses Assistance Program.

Results of Home Visits for Diabetic Patients with HgA1C Greater than 9 Percent
The HGA1C test is a common blood test used to diagnose type 1 and type 2 diabetes, and then to gauge how well a patient is managing their diabetes. The test is also called a glycated hemoglobin test or a glycosylated hemoglobin test. A normal range is between 4 and 5.6 percent. Levels of 6.5 percent and higher typically indicate a patient has diabetes.

- 189 patients contacted in total
  - 34.4% have accepted services and are actively being seen.
  - 27.5% declined services.
  - The remainder have not responded, although additional attempts to connect with them are being made.
- Those who accepted services have been provided education regarding diet, physical activity, and medication, based on their treatment plans and needs identified during home visits.
- Out of the individuals who received home visits, 83.1% had a HgA1C greater than 9 percent. Of this percentage, 35% have shown a decrease in their HgA1C and 41.3% decreased their number below 9 percent.
- 26 individuals had their HgA1C’s retested; three had decreased these levels.

Out of these 26:
- Four completed mammograms
- Two completed colorectal screenings
- Four completed eye exams
- Three completed their Annual Wellness Visit
- One completed a Dexascan
- Two completed foot exams