

Issue 9, Fall 2015

foundation focus

- 2 A Picture of Health...Pictures from Healthy Families '15
Thanks for Giving: Donor List

- 3 CHF Welcomes New Trustees
Accepting Grant Applications
News Briefs

- 4 CHF Participates in Health Summit
Ohio's Health Value Dashboard
Our Mission

NEWS BRIEF

PREP News

Terra Crable, CHF educator, is serving a dual role at CHF. Crable is our new PREP (Personal Responsibility Education Program) coordinator.



PREP is a program for adjudicated youth and youth in foster care which provides a 19 module curriculum with topics such as career building skills, financial literacy, healthy relationships and comprehensive sexual education. CHF coordinates the PREP program for Clark, Champaign, Greene and Logan counties. Special thanks to **Kathie Harbaugh**, former PREP coordinator, who guided the program for the last three years. We wish her a happy and healthy retirement.

A Picture of Health... at Healthy Families '15!

On October 6, 2015 Community Health Foundation helped kick off autumn with its annual health expo. This event, which is free to the public, provides information and resources that everyone can use to get and stay healthy. This year, local health professionals presented mini-sessions in Talk With A Doc. Guests learned about the "Secret to Weight Loss", how to "Live Long and Live Healthy", how to manage expenses in "Insurance 101" and much more. Health screenings such as blood pressure and bone density were available at no cost. Exciting demonstrations included Zumba Gold and Tai Chi. Numerous exhibitors handed out information and talked with the attendees. In addition, local children participated in the first "Picture of Health" art exhibition.



Daniel Nesselroade, M.D., getting ready for his "Talk With a Doc" session.

Children's, Cole Acton Harmon Dunn, and Wallace and Turner for your generous support. In addition, thanks to Sheehan Brothers Vending, Tropical Smoothie Café, Littleton and Rue Funeral Home and Young's Jersey Dairy for providing snacks for the event. And, special thanks to our volunteers; we could not produce Healthy Families without your help!

Mark your calendars now for Healthy Families '16, planned for Tuesday, October 4, 2016 at the Hollenbeck Bayley Arts and Conference Center. We hope to see you there!

Generous sponsors supported Healthy Families '15. Our thanks to Security National Bank, Clark Schaefer Hackett, Garrigans, Ohio Valley Surgical Hospital, Hauck Bros. Heating and Cooling, Dayton

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Editor: Joy Rogers. Please email comments, story ideas or other contributions to jrogers@mercy.com. If you prefer not to receive this publication, please let us know.

A Picture of Health... continued

Hollenbeck Bayley Conference Center • Oct. 6, 2015

Healthy '15 Families!



A Bounteous Harvest – Local Foods, Healthy Foods!

Could you create a Thanksgiving dinner using only locally sourced food? OSU Extension of Clark County, Ohio can show you how! The second annual local food summit on November 14 at Springfield High School, from 8:00 am-4:00 pm, is a chance for regional food producers, backyard gardeners, restaurants, chefs and the public to come together to talk local foods. This educational event helps people understand the links between food producers and consumers. Informative presentations, exhibitors, vendors, a teen program and meals are all part of this unique one-day event with a cost of only \$15.00. Community Health Foundation is a premier sponsor and supporter of this program. For more information or to register, contact OSU Extension at 937-521-3860 or Kathy Green at green.1405@osu.edu.



The YMCA's Drums Alive demo.



Seated yoga by Cloud 9 Yoga Studio.



Blood pressure screenings.



Guests gathering information and speaking with exhibitors.



Thanks for Giving!

Community Health Foundation is very appreciative of those who make a gift to support its mission to preserve reproductive services, to promote health and wellness and to advocate for quality healthcare through grant making and education.

Community Health Foundation sincerely thanks the following individuals and organizations for their generous gifts received from July 1 through October 27, 2015.

Colleen Buscemi
Donna Jean Driscoll
Clark Schaefer Hackett
Cole Acton Harmon Dunn
Dayton Children's
Garrigans
Hauck Bros. Heating and Cooling
Ohio Valley Surgical Hospital
Security National Bank
Wallace Turner

Gifts in Kind

Littleton and Rue Funeral Home
Sheehan Brothers Vending
Tropical Smoothie Cafe
Young's Jersey Dairy
Denise Tudor

Volunteers

Kelley Alexander-Kruger
Susan Bayless
Brad Boyer

CHF Welcomes New Trustees

At its October annual meeting, Community Health Foundation elected two new members to its Board of Trustees. We are pleased to have **Adele Adkins**, Executive Director of the Clark State Performing Arts Center and **Wendy Ford**, retired Springfield City Schools' administrator, join the board. Re-elected to the board were **Lily Daugherty, M.D.**, **Mark Elliott**, **Robyn Koch-Schumaker**, **Sheila Rice** and **Ted Vander Roest**.

Jim Peifer, CHF Board Chair, graciously recognized retiring board members **Steve Neely** and **Eric Espinosa, M.D.**, for their outstanding service. Both served from 2010-2015. Mr. Neely served on the executive committee and as

treasurer and chair of the finance committee while Dr. Espinosa served on the finance committee.

Officers elected for November 2015-October 2016 include: **Jim Peifer, chair**, **Robyn Koch-Schumaker, vice-chair**, **Darrell Kitchen, treasurer**, **Cathy Balas, secretary** and **Mark Elliott and Lily Daugherty, M.D., members at large**.



Adele Adkins



Wendy Ford

CHF Accepting Grant Applications

Grant applications are available now for the upcoming fiscal year (July 1, 2016 – June 30, 2017).



Community Health Foundation awards grants to nonprofit organizations in Clark and Champaign Counties that address a broad array of health and wellness needs. Completed applications are due by February 12, 2016.

Applications and grant guidelines are available on the Community Health Foundation website, www.community-health-foundation.org, or from Joan Elder, program coordinator at 937-523-7007.

Terra Crable
Ginnie Estrop
Maureen Fagans
Phil Fraley
Kathie Harbaugh
Londa Holliday
Meg Justice
Lori Lambert
Dee Lyons
Christy McGregor
Amanda Mullins

Jerry Newport
Su-Ann Newport
Tina Pavlatos
Daragh Porter-Wobbe
Jane Skogstrom
Jill Stroupe
Diane Van Auker
Marj Vereen
Ellen Washington
Leanne Wierenga
Kitty Wildman

NEWS BRIEFS

Back to School!

CHF's educator, **Terra Crable**, is back in the classroom presenting healthy relationship and communication skills and age-appropriate comprehensive sexual education to area middle and high school students. CHF provides this program at no charge to area school districts thanks to generous supporters of its education program such as Dr. John Abma. Schools participating include: Schaefer, Hayward, Roosevelt and Indian Valley middle schools, and Greenon, Kenton Ridge, Northeastern and Springfield high schools. For more information, please contact Ms. Crable at tcrable@mercy.com or 937-215-4294.

Your Support is Needed!

Community Health Foundation is seeking charitable contributions to assist with its vital work and mission. This mission is to preserve reproductive services, to promote health and wellness and to advocate for quality healthcare through grant making and education. All of CHF's programs and services are offered at no charge to citizens of Clark and Champaign counties, with the exception of our annual reception which is offered at a nominal fee. As we enter the season of giving, please consider a charitable gift to support this valuable work. Gifts may be made payable to: Community Health Foundation and sent to 200 Medical Center Drive, Springfield OH 45504. For more information, please contact Joy A. Rogers, executive director, at 937-523-7001 or by email at jrogers@mercy.com. All gifts are tax deductible as Community Health Foundation is a non-profit, 501 (c) (3) charitable organization.

CHF Participates in Health Summit

Community Mercy Health Partners hosted a Health Summit for Clark and Champaign county community and health care leaders recently. Jon Fishpaw, Vice President of Advocacy and Government Relations for Mercy Health, gave an overview on the healthcare environment of today. Clark County health commissioner Charles Patterson and Champaign County health commissioner Jeff Webb provided a brief analysis on the health status of their counties. The 70 summit participants then broke into small groups to discuss the greatest health needs of our communities. Utilizing a consensus building model, the participants determined the top health care needs:

- 1. Access to health care, including a need for more primary care practitioners as well as transportation and payment issues;**
- 2. Lack of prevention services;**
- 3. Drug addiction;**
- 4. Rising health care costs;**
- 5. Access to behavioral/mental health services.**

Many at the summit agreed to serve on task forces which will work to address these issues.

CHF will use this information to guide the discussion as it begins planning for its initiative grant process.

Ohio's Health Value Dashboard

Reem Aly of Health Policy Institute of Ohio recently visited Community Health Foundation to present Ohio's 2014 Health Value Dashboard. Both CHF Board members and community leaders were invited to participate in a session. The dashboard combines analyses of the cost and quality of health to create a "value" score.

States with the highest scores (making them the healthiest via this scoring system) are: Hawaii, Utah, Colorado and Iowa. States that score lowest are: Indiana, West Virginia and Ohio. These lowest-scoring states spend more money and have poorer health outcomes than states which scored higher. Ohio ranks 47th on a composite measure of health value—the combination of healthcare costs and population health, weighted equally.

Conditions that contribute to Ohio's low ranking are adult smoking, exposure to second-hand smoke, low funding for tobacco prevention programs, the need for drug-use treatment, food insecurity, adult diabetes and infant mortality. All of these problems may benefit from education and prevention activities.

Services such as hospitals, clinics, physicians and others are necessary to provide a healthy community but they are not sufficient. Communities that recognize the need for healthy environments, prevention activities, education, and policies that support general well-being find better health outcomes. To read the entire report, visit the Health Policy Institute of Ohio's (HPIO) website at www.healthpolicyohio.org.



To preserve reproductive
services, to promote health and
wellness and to advocate for
quality healthcare through grant
making and education.

CHF's mission:

www.community-health-foundation.org



937-523-7000

Springfield OH 45504
200 Medical Center Drive

ADVOCACY • EDUCATION • SERVICES

