1889 Foundation Creating Ripples of Healthy Change

Because in community health everything is connected





Dear friends and supporters,

What an amazing eight years it's been! While this annual report will focus on the past fiscal year, it's important to see the long-range picture too. The chart on the facing page shows the investments 1889 Foundation has made in Somerset and Cambria Counties since the transition of our organization in 2014, creating ripples of healthy change throughout our community.

As our foundation has grown and developed, we've been able to more clearly articulate our funding priorities. We continue with past initiatives, such as the 1889 Jefferson Center for Population Health and the Community Care HUB as well as the match funding to the United Way of the Laurel Highlands to increase the impact and reach provided by health and human service agencies' programs, while also identifying new ways to support a healthy community.

Our priority areas are:

- Physical health and access to care: Disease prevention and screenings, safe opportunities to engage in exercise, and access to all forms of healthcare, especially for the most vulnerable populations.
- **Mental and behavioral health:** Services and support for all ages, including substance use prevention and treatment.
- **Childhood development:** The social, academic, and medical needs of children from birth through early adulthood.
- **Social determinants of health:** Non-medical factors that influence well-being and health outcomes, including food and nutrition, housing, transportation, employment, and social needs.
- **Education and training:** Scholarships for the next generation of medical professionals, continuing education for medical professionals, and community health education.

In the following pages, you'll read more about select initiatives from the 2021-2022 fiscal year that illustrate how we're improving entire systems, not just individual programs and organizations — and we invite you to find out more about what we're doing by visiting our website at www.1889foundation.org. With the support of our community, we are creating ripples of healthy change.

Sincerely,

Susan Mann

President, 1889 Foundation



Physical Health & Access To Care



1889 Foundation has been a catalyst for all organizations in our community

Community Care HUB continues to expand

The Community Care HUB is a main initiative of the 1889 Jefferson Center for Population Health, which was established and is funded by 1889 Foundation. The HUB continues to expand its reach and focus. As of June 2022, the HUB was serving 119 active participants from the following groups:

- Pregnant women in Cambria or Somerset County who are eligible to receive medical assistance, or who have been diagnosed with gestational diabetes
- Greater Johnstown Elementary School families with social determinants of health needs

Also in June, the HUB's reach was expanded to include families from the Somerset Area School District.

Community health workers (CHWs) meet with each participant and guide them through one or more of 21 Pathways designed to meet their needs. In this way, the CHW helps the participant access community resources to reduce medical and social barriers to care.

"In our communities, CHWs put clients in charge of their own goals and empower them to reach those goals," says Christy Berzonski, a CHW for the HUB.

Other Center for Population Health initiatives include leading collaborations to address food security, mental health, housing and Covid-19 mitigation efforts; collaborating on the 2022 Community Health Needs Assessment; education and community outreach regarding healthy living and activity; and policy advocacy addressing community-wide public health needs.

1889 Foundation funds initiatives to improve access to healthcare

The Affordable Care Act has improved access to healthcare, but barriers to care still exist. 1889 Foundation provided a \$500,000 grant to help fund initiatives designed to help more people in our region access quality medical services, including dental care.

The grant helped fund the region's first mobile health clinic to serve Cambria, Somerset, and Bedford Counties, a partnership between Hyndman Health, 1889 Jefferson Center for Population Health, and Richland Family Health Center. The clinic provides free services to adults and children, including primary care, screenings for conditions like diabetes and hypertension, and a full range of dental services. The clinic will also serve as a vital link between patients and clinical facilities.

The grant also helps fund a new walk-in primary care facility to be located in the City of Johnstown. The facility will offer dental care as well as a full

range of primary medical care for adults and children. Income-based sliding scale fees will be available for people who are uninsured or underinsured.

"These initiatives directly address the social determinants of health by removing the transportation and affordability barriers for underserved populations," explains William Kurtycz, CEO of Hyndman Health. "1889 Foundation has been a catalyst for all organizations in our community, dramatically improving the healthcare rankings of our counties."



1889 Foundation supports respite care for families affected by Alzheimer's

The Laurel Highlands Alzheimer's Foundation (LHAF) is an all-volunteer nonprofit organization dedicated to helping area families affected by all forms of dementia. 1889 Foundation is proud to once again support the LHAF with a grant of \$25,000. 1889 Foundation has provided \$110,000 to LHAF over the past five years.

A major service the LHAF provides is respite care at no charge to the family, so that families who are caring for a dementia patient at home can have a break. LHAF will pay for up to 30 hours of respite care per family, per month.

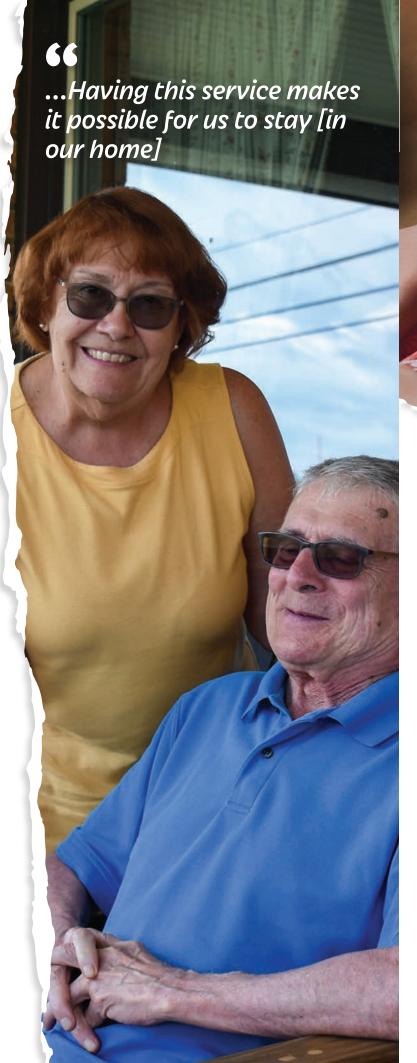
"Dementia patients need 24-hour care, and it's critical that caregivers have the opportunity to take time for themselves," explains Marie Goff, chair of the LHAF. "Currently, we are providing 22 families with respite care every month."

Nora and Ken Kush have been helped by the respite care service for more than two years now. An aide comes to their home three times a week for a three-hour period to care for Ken, who has battled Alzheimer's for 10 years. The service makes it possible for Nora to get out of the house to run errands and take a break from caregiving.

"Ken didn't want to move out of our home, and having this service makes it possible for us to stay here," Nora Kush explains. "We have the same aide every time, and she's like part of the family. It means a lot to me and to Ken, to be able to build that trust."

In addition, the LHAF offers a support group for dementia patients and their family members, as well as free early dementia screenings.

"Our board meets monthly to make sure we are allocating funds in the best way possible," Goff explains. "Respite care is expensive, but so important. 1889 Foundation helps make it possible for us to offer this invaluable service."





1889 Foundation partners with Victim Services to support grieving children

One in 13 children in Pennsylvania will suffer the loss of a parent or sibling by the time they turn 18. The opioid crisis has magnified this issue in our community – and children and families who lose a loved one to an overdose experience additional hardships that further complicate the grieving process.

Since 2018, 1889 Foundation has partnered with Victim Services to deliver a program to help meet the needs of grieving children. Today, all staff counselors and therapists at Victim Services are trained in a comprehensive model of grief support that includes:

- Group therapy: This 8-week curriculum is provided to students at school who are grieving a death or any kind of loss due to divorce, incarceration of a parent, parent abandonment, change of a school district, or other reasons.
- Individual therapy: Sessions are tailored to meet the needs of individual students who may need more help than can be provided in a group setting.
- Crisis response: This response
 is available to any school
 in Cambria or Somerset
 Counties after the loss of a
 student, staff member, or
 other important figure in the
 community, and can include
 group and/or individual
 intervention as needed.

In 2021-2022, the program served 98 grief clients from nine school districts.

"One of the great parts about this program is that it connects children to other children who are grieving, building a bridge to support each other," says Erika Brosig, COO of Victim Services. "With the support provided by our staff and their peers, children are able to move through their grief and process their loss. And hopefully, these skills continue to serve them well throughout their lives as they experience other challenges."



1889 Foundation helps expand child care in Somerset

1889 Foundation provided a \$500,000 grant to The Learning Lamp (TLL) to support Child Care Works for Somerset, a major expansion of child care services in Somerset County.

"1889 Foundation's support of Child Care Works for Somerset validates the importance of child care in ensuring Somerset County has the workforce it needs to advance the region's economy and prepare the next generation to build a strong community," says Dr. Leah Spangler, president of TLL.

The Child Care Works project will more than double the capacity of TLL's child care center in Somerset to 134 slots, and result in the hiring of 27 new staff members.

"Even before the pandemic, there have historically been more children who are eligible for free preschool and PA Pre-K Counts each year than there are slots available," Spangler explains. "That means families who can't afford to send their children to preschool may be left with no other options. We are excited to be moving forward with this project to address that."

Creating safe places

1889 Foundation provided a \$230,000 grant to the Johnstown Safe Places Project, an initiative to offer safe, positive after-school and weekend activities for area youth and young adults aged 6-25.

Representative Jim Rigby initiated the conversation with a group of local nonprofits, including the YMCA, Coaches 4 Kids, Flood City Youth Fitness Academy (FCYFA), and 1st Summit Arena on the project.

"This collaboration is a bold and exciting initiative that will strengthen our community by providing our young people with safe and wholesome activities," explains Susan Mann, president of 1889 Foundation.

"A great deal of research indicates that investing in youth by providing positive activities during out of school time is an effective way to reduce violence and delinguency," adds Shawn Sebring, CEO of the Johnstown YMCA. "Many of these programs are already being delivered by our organizations on a small scale – we have a solid foundation to build on. But thanks to 1889, we'll be able to reach many more young people."

preventing substance abuse, and providing opportunities for physical activity and quality in-person social interactions.

"We host 110 kids on a normal summer day, and up to 180 during the school year. We need up to 13-15 mentors to serve that many, to be engaged with the youth," says Oscar Cashaw of the FCYFA. Without 1889's grant, there's no way I'd be able to hire those individuals to make this program possible. The kids we're engaging with now are our town's future leaders."

... thanks to 1889, we'll be able to reach many more young people







1889 Foundation funds Project Resurrect Johnstown

A \$500,000 grant from 1889 Foundation is helping in-need homeowners preserve their properties by doing free repairs, thus helping prevent the homes from becoming blighted.

Project Resurrect Johnstown is a partnership between 1889 Foundation, Hosanna Industries, and the Johnstown Redevelopment Authority. Hosanna Industries is working with the JRA to identify the properties and homeowners with the highest needs before completing the work. So far, 11 renovation projects have been completed in Kernville, Prospect, Morrellville, Old Conemaugh Borough, and Moxham, and seven more are in progress.

"The project directly addresses the social determinants of health by helping improve living conditions for not only the homeowners and their families, but also helping improve their entire neighborhoods," explains Susan Mann, president of 1889 Foundation.

A leaky roof or inadequate windows that a family can't afford to repair can quickly lead to the entire home becoming dilapidated and unsafe. When that happens, the family has no choice but to move, leaving behind a blighted, deteriorating structure needing repairs so extensive that it's often more cost-effective to tear down than rehabilitate.

"The stabilization and rehabilitation of these homes will eliminate future large-scale demolition. We also see an increase of private investment once blight elimination projects are implemented," explains Melissa Komar, executive director of the JRA. "There is a human element to all the work whether it's new construction on a vacant lot, demolition of blight, or rehabilitation to an older structure."

The project has been a game-changer throughout Johnstown

As Mann points out, working with the families will also provide the opportunity to connect them to resources to assist them with other needs that might exist.

"The project has been a game-changer throughout the Johnstown community," Komar adds. "We have seen major success and a lot of hope, thanks to the funding received from 1889 Foundation."

Social Determinants of Health

Michael LaRoche to serve as Local Food Systems Coordinator

Support from 1889 Foundation enabled the 1889 Jefferson Center for Population Health to hire a food systems coordinator after a nationwide search. Newly arrived in Johnstown, Michael comes to us from the Pacific Northwest as well as the California Coast. He is a graduate of the Culinary Institute of America, and recipient of the James Beard Foundation Culinary Scholarship Award.

In his new position, he will be bringing his passion for local food and exploring the many links along our local food chain and working to add ways to enhance and develop it to improve the health of our community.





HUB and Greater Johnstown School District celebrate their first year of partnership

To wrap up the first year partnership between the Community Care HUB and the Greater Johnstown School District, an End of Year Celebration was held at the the Greater Johnstown YMCA on May 20.

This year the HUB, which is the main initiative of the 1889 Jefferson Center for Population Health, added to its mission by beginning to work with families from the Greater Johnstown Elementary School and Somerset Area School District who have social determinants of health needs.

Education & Training



1889 supports paramedic training

1889 Foundation is providing six full scholarships to paramedic students annually to help ease the area's shortage of emergency services personnel. The first class of students supported by the scholarships graduated in August 2022, and a new class is starting in the 2022-2023 academic year.

Paramedics are skilled, registered healthcare professionals trained to provide advanced emergency medical care outside the hospital setting. To enter the paramedic program at the School of Emergency Medical Services at Conemaugh Health System, students must first be certified as emergency medical technicians (EMTs). The year-long, accredited paramedic program consists of 1,350 hours of classroom and lab instruction, clinical experience, and a field internship.

"Medical education and training is one of our areas of focus, and we are excited to support the next generation of paramedics in this region," explains Susan Mann, president of 1889 Foundation.

"I was starting the program not sure how I was going to handle the finances," says Reanna Killinger, who just graduated from the program. "I'm a single mom with two kids, and I was working two jobs. I knew I'd figure it out somehow, but 1889 Foundation's generosity figured it out for me."

"We have quite a shortage of emergency services folks," says Michael Rodgers, program director for the School of Emergency Medical Services at Conemaugh Health System. "1889 Foundation's support is helping increase the number of paramedics on the street."



Audrey Hargreaves Bearer Scholarship Fund established at 1889

The Audrey Hargreaves Bearer Scholarship Fund has been established in memory of a local nurse who valued her education and the Conemaugh Health System. The new fund is one of many supporting scholarships for nurses and other healthcare professionals. In fact, in this fiscal year alone, 1889 Foundation provided nearly \$280,000 for health-related scholarships, continuing education, and training.

Born in Altoona, Audrey Foster was a nursing student at the Jefferson School of Nursing in Philadelphia when she met her future husband, William J. Hargreaves, a medical student. Audrey graduated from Jefferson in 1948, and the couple relocated to Johnstown, where William practiced as a board-certified OB/GYN. The couple raised their three children here. Audrey stopped practicing as a nurse after becoming a mother, but remained an active supporter of the hospital throughout her long life, serving on the volunteer auxiliary.

The couple's son, James Hargreaves, has continued in his mother's footsteps as a volunteer, and became the chair of 1889 Foundation's first board in 2014. He served as chair through 2017, and is still an active member of the board. He and his sisters, Susan Brisco of Ellicott City, MD., and Kathy Oszustowicz of Dallas, TX, established this new fund after their mother's passing in November 2020. (The family is pictured above: from left, Audrey Hargreaves Bearer; Kathy Oszustowicz; James Hargreaves; Susan Brisco).

The connection between the Hargreaves family and 1889 is only strengthened by the fact that Audrey and William Hargreaves both received their medical training at Jefferson, which is the foundation's partner on the 1889 Jefferson Center for Population Health.

Scholarships from the Audrey Hargreaves Bearer Fund will be awarded each spring to outstanding nursing school students by the Scholarship Committee, which includes 1889 Foundation staff, Conemaugh School of Nursing faculty, and the school's financial aid office.

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