Top 10 Ways We are Making a Difference Together
Dear Friends,

Growing a healthy community is challenging and rewarding work. It requires a well-honed strategy, ingenuity, financial resources, tireless optimism and many partners working together to make a meaningful change. As the foundation’s role throughout our region flourishes, we are honored to continually engage new ideas and support outstanding health programs.

The Partnership for Better Health is purposefully deepening our strategy to achieve two core goals:

1. Improving access to affordable health care; and
2. Promoting healthy lifestyles.

Every day, we meet community members who seek to learn more about who we are and what we do. This year’s annual report was written with you in mind. It reflects our own TOP TEN LIST of ways that the Partnership for Better Health is working to build a healthier community.

We applaud the extraordinary contributions of the many organizations and individuals listed herein. Plus, we welcome new opportunities to engage with those who have innovative ideas to share and time to give. Our door is always open—please contact us.

Wishing you good health,

Sue Otway    Becca Raley
Board Chair    Executive Director
The foundation has made more than $30 million in grants to our region, since 2001. We carefully monitor each grant to support program effectiveness and organizations prepare a final report that tracks their challenges and successes. Setting ambitious goals helps the foundation and local agencies reach our fullest potential.

2014 by the Numbers

<table>
<thead>
<tr>
<th>Grant Applications</th>
<th>Organizations</th>
<th>Service Encounters</th>
</tr>
</thead>
<tbody>
<tr>
<td>68</td>
<td>+ 44</td>
<td>38,000</td>
</tr>
</tbody>
</table>

**Project SHARE:** An average of 1000 families received fresh food, monthly.

**NHS Stevens Center:** 89% of individuals receiving drug and alcohol counseling decreased their use of drugs; 78% avoided relapse and 96% increased their coping skills.

**Visiting Nurse Association of Central Pennsylvania - Western Perry County:** 943 visits provided to clients enabled 79% to remain at home.

**Hospice of Central PA:** 120 bereavement visits and 200 telephone contacts were made by hospice staff, serving 147 patients and their families.

**Capital RC&D-LEAF Project:** 91% of participating youth increased their consumption of fruits, vegetables, unprocessed food and water.

**RASE Project:** 961 people reached through training and community education. 100% of buprenorphine users became abstinent from opiates and committed no new crimes.

**Sadler Health Center:** 13,000 patients received medical and dental services. 43 families participated in Nurse-Family Partnership and over 4,000 people received services or information about tobacco cessation.

Over 10,000 students in 3 school districts were exposed to healthy messaging promoting good nutrition and physical activity.
As the demand for health care professionals continues to climb, the foundation is partnering with leading organizations to ensure that talented front-line health care workers are available to fill high-demand jobs.

- Certified Nurse Aid Training, Employment Skills Center, $43,470
- CPR Training, Carlisle CARES, $500
- Crisis Negotiation Training, Cumberland Cty. Chiefs of Police Assoc., $1,000
- Health Careers Academy for Carlisle High School, Bison Foundation, $12,200
- Mental Health First Aid Training, Mental Wellness Awareness Assoc., $320
- Scholarships, Harrisburg Area Community College Foundation, $10,000
- Scholarships, Carlisle Area Healthcare Auxiliary, $10,000

Tanesha Sims is a Certified Nurse Aid at the Church of God Home in Carlisle. She received her education at the Employment Skills Center and Harrisburg Area Community College.
We are investing in the creation of communities that make it easy for people of all ages to be physically active and enjoy local parks, trails, playgrounds and recreational resources.

• Bocce Ball Court Expansion, Special Olympics Pennsylvania, $2,000
• Butcher Tot Lot Park, Downtown Carlisle Association, $5,000
• Heberlig Palmer Park, Downtown Carlisle Association, $13,000
• Letort Elementary Playground, Carlisle Area School District, $2,000
• Simply Moving, Carlisle Parks & Recreation, $690

Healthy People Grants

Once a year, the foundation accepts requests from programs that demonstrate a compelling health need but do not fit within our core goals.

• Financial Management Services, Maranatha, $7,500
• Local Outreach, South Central PA Sickle Cell Council, $5,000
• Project Save a Child, Union Fire Company No. 1, $2,000
• Retreat for Men with Cancer, Reel Recovery, $2,000
Promoting Health & Wellness Across the Lifespan

Childhood experiences have profound effects on adult health and investments in the early years reap many rewards. By championing local youth programs, the Partnership is reinforcing the meaningful roles that young people play in the future of our communities.

- Byrnes Health Center Field Trip, North Dickinson Elementary, CASD, $630
- Camp DIG, Summer Youth Program Scholarships, Dickinson College, $700
- Carlisle Community Connections, Victory Circle, $2,000
- CONNECT/CALC, Summer Youth Program, $3,700
- Go Girls Go, Running Clubs at Mooreland & Lamberton Schools, CASD, $2,000
- LEAF Project (Leadership, Education And Farming), Capital RC&D, $25,000
- Project Venture, Center for Youth and Community Development, $24,900
- Sweet Meriam’s Farm Preschool Program, Capital RC&D, $25,000
- Triple Play, Boys & Girls Club of Chambersburg and Shippensburg, $2,000

Recognizing that most adults spend 8 hours a day at work, the foundation has spent nearly a decade championing employee wellness. Our signature Wellness@Work initiative introduces local businesses and nonprofits to low- to no-cost strategies that promote nutrition, physical activity and tobacco cessation.

- Wellness@Work, an Initiative of Partnership for Better Health, $32,500
- Working on Wellness (WOW), YWCA Carlisle, $2,000

Ensuring access to healthy foods for vulnerable families is critically important.

- 5-A-Day Challenge, Mt. Holly Springs Church of God, $2,000
- Adult and Child Nutrition, Project SHARE of Carlisle, $60,000
- Farmers on the Square, Double Up Food Bucks with Project SHARE, $2,000
- Fruits and Vegetables, Big Spring Inter-Church Council, $2,000
- Kids’ Café, Hope Station, $2,000
- Super Cupboard, Salvation Army, $2,000
- Sustainable Food Supplies, West Perry School District, $2,000

For older adults, the foundation advocates for the expansion of home and community-based services, and we support end-of-life planning.

- Hospice of Central PA, Care for the Carlisle Community, $9,000
- Shippensburg Community Nurse, Civic Club of Shippensburg, $16,000
Strengthening the Capacity of Local Nonprofits

Our strategy includes ensuring that our local nonprofit sector is replete with skilled professionals to lead high performing programs. Each year, the foundation offers top-notch trainings to organizations throughout our region.

Free Nonprofit Trainings Offered in 2013-14

• Outcomes Measurement Training, with United Way of Carlisle & Cumberland County
• Getting the Most from Your Grant Writing Efforts, Penn State Extension
• SPARK, a physical activity curriculum offered to area schools and youth programs
• Achieving Meaningful Use with Electronic Health Records, by PA REACH for physicians at Carlisle Regional Medical Center

Through our School Networking Forum, the foundation shares new resources on adolescent health and wellbeing with parents, educators and school nurses.

School Networking Forum Presentations in 2013-14

• Streets to Streams Youth Program, Justin Pittman of Cumberland County Juvenile Probation
• Youth Advisory Board, Linda Doty; Cumberland-Perry Drug & Alcohol Commission
• Problem Gambling in Youth, Fiona Williston with the Cumberland-Perry Drug & Alcohol Commission
• Stress Management & Teaching Teens Mindfulness, Bonnie Berk, MS, RN
• Get Outdoors PA, Nicole Faraguna of Pennsylvania Land Trust Association

Vision
The foundation will be a leader and catalyst to ensure the continuous improvement of health in our communities.
Partnership for Better Health advocates for sound health policies that stand to create lasting improvements in community health. With the goal of educating the public about changes in the new health law and insurance enrollment, we were busy this year!

- We teamed up with the Pennsylvania Health Access Network to host 3 local trainings on insurance enrollment for businesses, nonprofits and the public.
- We partnered with the Cumberland County Library System to distribute health insurance flyers at 5 libraries and hosted a public insurance enrollment day at Bosler Library.
- We shared pamphlets about health insurance at 9 community health fairs.
- New health brochure information racks were created for 5 churches that are members of the Black Ministerial Alliance.
- We met with Pennsylvania’s Secretary of Public Welfare to discuss the importance of Medicaid expansion and sent public comments to the Corbett Administration on the Healthy PA Plan to expand Medicaid.

We created a new Health Care Access page on our website to help you learn more.
Ensuring Access to Affordable Health Care

Sadler Health Center Corporation
The foundation made its largest award in seven years to Sadler Health Center, totaling more than $1.5 million. The grant directly supports six services at Sadler.

- Behavioral Health Services, $95,212
- Community Education & Tobacco Cessation, $97,816
- Healthy Rx, $254,714
- Marketplace Navigator, $2,000
- Medical Services, $383,909
- Nurse-Family Partnership, $214,279
- Oral Health Services, $468,672

Ensuring access to mental health services and evidence-based drug and alcohol treatment programs is essential to a high quality health care system.

- Demystifying Autism Training, The Arc of Cumberland & Perry Counties, $1,000
- Family Grief Support Groups, Camp Koala, $2,000
- NHS Stevens Center
  - Comprehensive Clinical Team, $85,000
  - Outpatient Drug and Alcohol Program, $85,000
- PROSPER Strengthening the Family, West Perry School District, $2,000
- Substance Abuse Services, Inc., RASE of Carlisle, $77,560

The Perry County Health Coalition is Working to Increase Access to Rural Health Services.

Recognizing significant health needs in rural Perry County, the foundation teamed up with representatives from county government, the Perry Family Services Partnership Board, area health care providers, funders and local school systems to form the Perry County Health Coalition. As a first step toward improving access to health services for Perry County residents, the coalition engaged a team of researchers from Dickinson College and Shippensburg University to lead a business market analysis. The study will generate a clearer understanding of the demand for specific health services in the county, especially for vulnerable populations. We applaud the generous funders who joined with us to raise $40,000 that makes this project possible.

Carlisle Regional Medical Center
Holy Spirit Health System
Highmark Blue Shield
United Way of the Capital Region
Forging New Partnerships &
Driving Collaboration

Major Partnerships
• Cumberland County Health Improvement Partnership, lead coordinator
• Cumberland Conservation Collaborative, member
• Cumberland/Perry Tobacco Control Coalition, member
• Cumberland/Perry Substance Abuse Prevention Coalition, member
• Dickinson College Community Partners, member
• Get Outdoors PA, community partner
• Greater Carlisle Project, steering committee
• Hope Station's Youth Leadership Academy, instructor
• Pennsylvania Coalition for Oral Health, member
• Pennsylvania Health Funders Collaborative, member
• Pennsylvania 211 Advisory Committee, member
• Perry County Family Partnership Board, member
• Shippensburg Human Services Council, member
• South Mountain Partnership, member
• The Foundation for Enhancing Communities' Task Force on Aging & Health Disparities, member

Partnership for Better Health teamed up with The Greater Carlisle Project to compile a list of summer programs for young people. We’re working to support free and reduced price scholarships to summer programs for vulnerable youth.

To change expectations about the end of life, the Partnership launched the Closure Project. Designed by the Jewish Healthcare Foundation, Closure aims to empower families and providers with simple information that makes decisions about dying easier to navigate. Community leaders, clergy, health care professionals, policymakers and caregivers joined us for these community conversations. Special thanks to our co-sponsors, Capital Blue Cross and Carlisle Regional Medical Center.
Serving as Good Stewards of YOUR Community Health Foundation

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Financial Statements
July 1, 2013 - June 30, 2014

Balance Sheet

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<th>Assets</th>
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<tr>
<td>Cash and Investments - Unrestricted</td>
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<td>Investments - Temporarily and Permanently Restricted</td>
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<td>Land, Buildings and Equipment (net of depreciation)</td>
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<td>Total Assets</td>
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<th>Liabilities and Net Assets</th>
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<td>Net Assets - Temporarily Restricted</td>
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<td>Total Liabilities and Net Assets</td>
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Statement of Activities and Changes in Net Assets

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<th>Revenues, Gains and Other Support</th>
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<td>Contributions and Income from Third-Party Trusts</td>
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<td>Investment Income</td>
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<td>Net Realized and Unrealized Gains</td>
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<td>Fees and Miscellaneous Income</td>
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<td>Total Revenues, Gains and Other Support</td>
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<tr>
<th>Expenses</th>
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<td>Grants, Initiatives and Other Program Services</td>
<td>2,452,748</td>
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<td>Management and General</td>
<td>584,565</td>
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<td>Fundraising</td>
<td>13,103</td>
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<tr>
<td>Total Expenses</td>
<td>3,050,416</td>
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Increase in Net Assets

| Beginning Net Assets - July 1, 2013        | 71,290,775 |
| Ending Net Assets - June 30, 2014          | $79,255,856 |

Excerpts are from the foundation’s audited financial statements for the fiscal year that ended June 30, 2014. Our Form 990 and Audited Financial Report may be obtained from our office during regular business hours.
Far more than just a grantmaker, the Partnership is investing in a comprehensive array of strategies to improve the health of our community.

We welcome hearing from you. Thank you for your support.

274 Wilson Street
Carlisle, PA 17013
717.960.9009
www.ForBetterHealthPA.org
The Partnership is dedicated to serving our region in perpetuity and we cannot do it alone. Charitable gifts directly support health programs in Cumberland, Perry and Adams Counties, and Greater Shippensburg. Donors to the Partnership Cornerstone Society are the keystone of our giving program and a foundation of support to our communities.

**Partnership Cornerstone Society**
- Donald and Theresa Arndt
- Mary Frances Carson
- Joan and Todd Dickinson
- Jeffrey and Christine Gayman
- Paul D. Gehris and Katherine A. Gehris
- CDR Dave Goodwin, USN and Shawna Chriss
- Jim Hoefer
- Drs. David and Linda Hoover
- Tom and Deborah Kelly
- John K. McClellan
- Patti L. McLaughlin
- Craig and Jude McLean
- R.S. Mowery and Sons
- Ann and Kurt Myers
- Tom and Nancy Neslund
- Bob and Sue Otway
- N. Bruce and Mary S.H. Pinto
- Jacqueline L. Powell, CFP
- Becca Raley
- Rita and Ronald Schlansky
- June L. Shomaker
- William Thames
- Joseph and Meredith Vancosky

Through the **Partnership Legacy Society**, planned gifts to the foundation ensure the Partnership’s ongoing legacy in the community. We thank those who have included the Partnership in their estate plans.

**Partnership Legacy Society**
- Drs. David and Linda Hoover
- June L. Shomaker

Please consider joining us by making a gift to Partnership for Better Health. We welcome opportunities to support your community dreams and legacy.
2013-14 Officers
Sue Otway, Chairperson
Deb Kelly, Vice Chairperson **
Jeffrey S. Gayman, Secretary
Craig McLean, Treasurer

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Theresa Arndt, MLS
Mary Frances (Watson) Carson
Joan Dickinson
James Hoeffler, Ph.D.
Dave Hoover, Ph.D.
Sherry Hoover **
John K. McClellan
Patti L. McLaughlin
Thomas P. Neslund, DMD
Rita Schlansky
June L. Shomaker **
Joseph Vancosky
Stephanie Williams **
Stephen Winn
** Completed Service in 2014

Volunteers
Asuncion Arnedo
Lori Amey
Rod Benner
Joyce Bylander
Jack Carroll
Win Cleland
Deborah Fulham-Winston
Dean Glick
Bronte Jones, Ph.D.
Chad Kimmel, Ph.D.
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Kristen Rowe
Nancy Walsh
Sondra Wolf Elias

Partnership Staff
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Doris Ditzler, Senior Director of Grants
Harold Fraker, Director of Financial Services
Casandra Jewell, Office Manager
Machele Lynch, Grants Assistant
Ann Myers, Chief Gift Planning Officer
Heather Swartz, Communications Specialist
Gail Witwer, Director of Health Promotion
At the Partnership for Better Health, we are a foundation investing in the future health of our community. We support our neighbors and partners by empowering them to achieve their health goals and create new ones. Thousands of lives have been touched by our grants and initiatives. Through the incredible work of our many community partners, we promote healthy lifestyles and strive to improve access to affordable health care.

At Partnership for Better Health, we’re making a difference - together.