

GO LOCAL For Health

Improving Connections to Make Health a Community Conversation

AGENDA

Wednesday, October 2nd, 2013 • 8:00 am - 4:00 pm
Rhodes Grove Camp and Conference Center

8:00 - 8:30 am

Registration and continental breakfast

Registration in lobby and continental breakfast in the Dining Hall, available until 8:45 am

8:30 - 9:15 am

Keynote Speaker: Dr. Stephen Holoviak, Professor of Management, Penn State
"Leading in Difficult Times: How to Make Organizational Change Work"

9:20 - 10:45 am

Plenary Session: Understanding the South Mountain Region's Health Status, A Panel Discussion on the Community Health Needs Assessment.
Representatives from Hershey Medical Center, Holy Spirit, PinnacleHealth, Summit Health, and WellSpan Health.

11:00 - 11:45 am

BREAKOUT SESSION: CONNECTING CHILDREN AND FAMILIES TO THE

Growing Foods and Minds: Two Innovative Programs Connecting Youth, Families and Food.

Heidi Witmer, The LEAF Project, *and* **Kristen Markley**, Sweet Meriam's Farm Preschool Program

No Family Left Inside: Building Connections to the Natural World.

Melodie Anderson-Smith, Renfrew Institute for Cultural and Environmental Studies

LUNCH

Noon - 12:50 pm

1:00 - 1:45 pm

BREAKOUT SESSION: PRESCRIBING WELLNESS - HELPING INDIVIDUALS BE

Health and Wellness in the Patient Centered Medical Home Model: Can We Influence Health Behaviors?

Elizabeth Murray, Carlisle Army Barracks-Dunham Army Health Clinic

Community Peer-led Weight Control and Strength Training.

Dr. Jennifer Kraschnewski, Assistant Professor of Medicine and Public Health Science, Penn State College of Medicine

2:00 - 2:45 pm

BREAKOUT SESSION: COMMUNITY INSTITUTIONS AS NODES OF INNOVATION

School Farms: Spreading Innovations in Food and Healthy Eating.

Jenn Halpin, Dickinson College Farm, *and* **Chris Mayer**, The Fulton Center for Sustainability at Wilson College.

Go Girl Go, To Health and Fitness.

Denise Eschenmann, Mooreland Elementary School

3:00 - 3:45 pm

Plenary Session: Translating Conversation into Action - A Funders Panel Discussion.

Representatives from the Carlisle Area Health and Wellness Foundation, WellSpan Health, Summit Health, the Foundation for Enhancing Communities, and Highmark Blue Shield.

SUMMIT CONCLUSIONS

3:45 - 4:00 pm



Wednesday
October 2, 2013

Rhodes Grove
Camp and
Conference Center

GO LOCAL For Health

Improving Connections to make Health a Community Conversation

Health - generally considered a topic of **conversation between a patient and a healthcare professional**, and one to start **only after symptoms appear**.

Yet, **our surroundings, the environments we live in, and the decisions and choices we make** in our daily lives have a **huge impact** on our individual and community health.

Join the **South Mountain Partnership** in dialogue about shifting our understanding of health to be a **proactive, comprehensive approach to healthy lifestyles and wellness**. Healthcare professionals, community leaders, parks and recreational professionals, agriculture and food advocates, community planners and others - diverse perspectives only enrich our ability to collectively create a **regional conversation to empower our communities to proactively support healthy lifestyles!**

Learn about priorities and needs in communities across the region, about innovative approaches and lessons learned, and make connections and new partners to elevate the work we all are doing to **ensure the future of the place we live remains healthy and happy**.



The South Mountain Partnership is a coalition of citizens, non-profits, businesses, academic institutions, and local, state and federal government officials and agencies collaborating to conserve the natural, cultural, and recreational resources of the South Mountain landscape as a means of sustaining the region's unique sense of place and quality of life. The Partnership is managed as a public-private partnership between the Pennsylvania Department of Conservation and Natural Resources and the Appalachian Trail Conservancy.



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Session Descriptions

8:30-9:15 am

Keynote Address: Dr. Stephen Holoviak
Leading in Difficult Times: How to Make Organizational Change Work

Dining Hall
(First Floor)

Great ideas are important for society to move forward. But the notion of “build it and they will come” does not happen without leadership optimization. Dr. Holoviak sets the framework for dealing with leading organizations in difficult times and how to make change work. He offers notions of leadership to help change culture to create one that builds improved community conversation around health.

9:20-10:45 am

Plenary Session: Understand the South Mountain Region’s Health Status, a Panel Discussion on the Community Health Needs Assessment

Meadows
Conference
Room (2nd Floor)

Representatives from five local non-profit hospitals will highlight the results of their most recent and legislatively-mandated health status assessments by sharing both their common and unique experiences during the data collection process, report and priority development and implementation plan development. Following the panel presentation, participants will be invited to engage with panel members through a facilitated question and answer period.

Panelists will be: Kevin Alvarnaz (Director of Community Health, WellSpan Health), Jim George (Community Relations Liaison, Penn State Milton S. Hershey Medical Center & College of Medicine), Stefani McAuliffe (Manager of Community Initiatives, PinnacleHealth System), Ann Spottswood (Endowment Manager, Summit Health), and Sue Stuart (Chief Development Officer, Holy Spirit). The panel will be facilitated by Keith Chase (Chairman of the Penn State Hershey PRO Wellness Advisory Council and Senior Consultant, Gannet Fleming Inc.).

11:00-11:45 am

Breakout Session: Connecting Children and Families to the Environment

Growing Food and Minds: Two Innovative Programs Connecting Youth, Families and Food.

Heidi Witmer and Kristen Markley

Antrim

Participants will learn about two innovative programs that engage two diverse youth populations in hands-on agricultural experiences, nutrition education and food system awareness. The Leadership Education And Farming (LEAF) Program is a farm-based youth employment program that engages teens in the meaningful work of farming, cooking and hunger relief service to heighten the youths’ awareness of nutrition and food systems. The Sweet Meriam’s Farm Preschool Program (SMFPP) engages preschool children and their families in hands-on experiences in the classroom and garden to learn about the importance of agriculture, the value of local produce and the benefits of healthy eating habits.

No Family Left Inside: Building Connections to the Natural World.

Melodie Anderson-Smith

Meadows

This interactive session, led by the Executive Director of the Renfrew Institute for Cultural and Environmental Studies, will include helpful tips and ideas for getting kids and grown-ups connected with the natural environment. Current research and information from the experts on the importance of human contact with the natural world will be included along with a short video featuring Richard Louv, noted author of the books *Last Child in the Woods* and *The Nature Principal*, also an international lecturer and champion of the Children and Nature Network.

Lunch will be served in the Dining Hall (1st Floor) from 11:45 am to 12:45 pm; this time will offer informal networking and allow participants to follow up and interact with the morning’s plenary panelists.

Session Descriptions

1:00-1:45 pm

Breakout Session: Prescribing Wellness - Helping Individuals be Proactive

Health and Wellness in the Patient Centered Medical Home Model: Can We Influence Health Behaviors?

Elizabeth Murray

Antrim

Prevention in health care has moved front and center. Health promotion, health education and health coaching are key components to prevention and risk reduction. This discussion will include influencing patients health behaviors through primary and secondary prevention, assessing readiness to change and resources to support change.

Community Peer-led Weight Control and Strength Training.

Dr. Jennifer Kraschnewski

Meadows

Volunteer peer leaders present an underutilized resource to overcome public health needs such as addressing obesity. However, little is known about the effectiveness of these types of programs. Our research has sought to fill this gap in knowledge by investigating peer-led interventions for weight control and strength training. This session will focus on peer-led interventions to improve public health.

2:00-2:45 pm

Breakout Session: Community Institutions as Nodes of Innovation

School Farms: Spreading Innovations in Food and Healthy Eating.

Jenn Halpin and Chris Mayer

Antrim

Jenn Halpin, Director of the Dickinson College Farm, and Chris Mayer, Program Director of the Fulton Center for Sustainability at Wilson College, will share their experiences around cultivating nutrition and food behaviors through small-scale farms; discussion will focus on the role that community institutions such as schools can play in spreading healthy habits.

Go Girl Go, to Health and Fitness.

Denise Eschenmann

Meadows

GoGirlGo! is a program targeting girls in a multi-faceted approach to health and fitness, which is aimed to improve self-esteem and positive lifestyle changes. This gender-specific program seeks to increase self-esteem and overall health through physical fitness lessons, speakers and activities, nutritional guidance, and lessons focused on issues important to this developmental stage. GoGirlGo! is a great introduction to sports and fitness, offered in an atmosphere of support, fun and education. Attend this session and hear how Mooreland Elementary 5th grade teacher, Denise Eschenmann, has utilized the GoGirlGo! curriculum to conduct a very successful after school program for her students.

3:00-3:45 am

Plenary Session: Translating Conversation into Action - A Funders Panel Discussion

Meadows

Representatives from health and wellness funders in the South Mountain region will participate in a panel discussion on collaborative community approaches to health. The session will provide summit participants the opportunity to hear directly from funders on such topics as funder priorities and what attracts them to collaborative community approaches to health.

Panelists will be: Kevin Alvarnaz (Director of Community Health, WellSpan Health), Janice Black (The Foundation for Enhancing Communities), Becca Raley (Executive Director of the Carlisle Area Health and Wellness Foundation), Lori Clark Robinson (Senior Community Affairs Specialist, Highmark Blue Shield), and Ann Spottswood (Endowment Manager, Summit Health). The panel will be facilitated by Keith Chase (Chairman of the Penn State Hershey PRO Wellness Advisory Council and Senior Consultant, Gannet Fleming Inc.).

Kevin Alvarnaz, MBA, Director of Community Health, WellSpan Health

Kevin Alvarnaz has been the director of Community Health at WellSpan Health since April 2006. In that role, he is responsible for the system-wide development, implementation and evaluation of initiatives that: stress the importance of living a healthier life; build community capacity to create environment, policy and systems changes that foster healthy behaviors; support access to healthcare for diverse populations, and; account for and report community benefits. In addition to actively participating, as either chairperson or a general member, in numerous community-level committees and task forces, Kevin provides oversight to two county-specific health coalitions supported by WellSpan, a community charity care program (Healthy York Network), and outreach programs for uninsured populations (HealthConnect mobile medical van and Healthy Community Pharmacy).

Prior to his employment at WellSpan Health, Kevin was responsible for statewide implementation of cardiovascular health, diabetes, obesity and tobacco cessation initiatives at the Pennsylvania Department of Health. He received a B.S. degree in Biology from Messiah College and an M.B.A. with a concentration in Healthcare Management from York College of Pennsylvania.

Melodie Anderson-Smith, Executive Director, Renfrew Institute for Cultural and Environmental Studies

Melodie has been involved at the Renfrew Institute in Waynesboro, PA, for more than 26 years, and she currently serves as Executive Director and Environmental Educator. At Renfrew, Melodie guides the Institute in its mission of helping people of all ages connect with the natural world and with the rich cultural heritage of the ridge and valley region of south-central Pennsylvania. In addition to this work, Melodie frequently engages in special projects, and is currently involved as a watershed education consultant in National Geographic's Chesapeake Bay Education Initiative for middle school teachers in the seven-state Bay-wide watershed.

Melodie holds a B.A. in Elementary Education from Waynesburg University, and is certified in Pennsylvania for Elementary Education and Environmental Education (K-12). She is active in many different capacities within the community, serving on the advisory boards of the Antietam Watershed Association and Franklin County Visitors Bureau, and on the Board of Directors for the Blue Ridge Summit Free Library and Waynesboro Vision 2015.

Janice Black, President and CEO, The Foundation for Enhancing Communities

Janice joined The Foundation in September of 1994. Prior to joining The Foundation, Ms. Black worked as executive director of Edgewater Psychiatric Center. Ms. Black holds a Bachelor of Science in nursing from George Mason University. Ms. Black has served on many boards within the community including the American Cancer Society, Leadership Harrisburg, Goodwill Industries, Rotary Club of Harrisburg and Delta Dental of PA. Additionally, she served as district governor of rotary district 7390 in 2006-2007.

Keith Chase, Senior Consultant and Facilitator, Gannett Fleming Inc.

Keith is a Senior Consultant with Gannett Fleming Inc. He was also Co-Founder and Senior VP of AvantIMC, a Gannett Fleming - Dering Consultant Group joint venture providing strategic planning, management consulting and organizational development services to the public and private sectors. His professional interests include strategy, consensus building, leadership development, public policy, and public-private partnership formation. Since 2012 Keith has participated in numerous PA DOH projects including the Comprehensive Chronic Disease Strategic Plan, The Health Equity Plan, The PA Cancer Control Plan, an Arthritis Project Plan, as well as some support for the Tobacco Cessation Division. Keith currently chairs the Hershey PRO Wellness Advisory Council.

Keith joined Gannett Fleming in 1995 after 14 years with the Commonwealth of Pennsylvania, including most recently as PennDOT's Deputy Secretary for Aviation, Rail, and Ports (1990-1995). The Commonwealth of Pennsylvania nominated Keith for two prestigious awards for his service and achievements—the U.S. Chamber of Commerce Outstanding Young American Leaders and the AASHTO Intermodal Innovation award. Keith assumed a full-time executive leadership position with his church during a time of significant transition from March 2011 until June 2013. He had direct oversight for HR, Facilities and Operations, IT and Finance. During that time he remained active in numerous consulting projects on a part-time basis.

Keith holds bachelors and masters degrees in public service (political science) and public administration (M.P.A. with distinction) from Penn State. He served with the United States Air Force and with the PA Air National Guard. He completed the AASHTO Executive Institute. He is an adjunct professor with Harrisburg University and serves on several boards—including currently the Red Cross and the Sickle Cell Council of South Central Pennsylvania. Keith is also on the Susquehanna Regional Airport Authority Board. Keith and his wife Denise live in Camp Hill and have five children. Please contact Keith at 717-418-2073.

Denise Eschenmann, Educator, Mooreland Elementary School

Denise is a National Board Certified Teacher in the Carlisle Area School District, teaching fifth grade for more than 30 years. Denise has authored, "Just the Facts" a basic math fact program used by Carlisle School District and also co-authored a pre-school math handbook entitled, "Help Your Child Get Ready for Math", published by Continental Press. Her awards and honors include: National Board Certification in 2009; PA Teacher of the Year Finalist 2006; Capital Blue Cross Teacher Impact Award 2006; Shippensburg University School Study Council Outstanding Teacher Award 2004-05; Shippensburg University's Guest Lecturer Program; Carlisle Area's Finest Educator Award 2004; PA Teacher of the Year Semi-finalist 2003; Carlisle School District's "Excellence in Education Award" 2002-03. Denise's passion for teaching extends beyond the classroom, and her personal passion for healthy eating and exercise has led her to bring the national curriculum of GoGirlGo! into her school as an extracurricular opportunity to support adolescent girls.

James George, Community Relations Liaison, Penn State Milton S. Hershey Medical Center & College of Medicine

Jim is the Community Relations Liaison at Penn State M.S. Hershey Medical Center & College of Medicine. In this capacity, he is helping to develop and expand Penn State Hershey's Community Relations Department and their community outreach programs. Jim is also President and Founder of All About Hershey, LLC, an independent business that promotes Milton S. Hershey's legacy, the Hershey Idea and the uniqueness of the thriving company town that Milton Hershey established.

Previously, Jim worked for The Hershey Company, retiring in December 2012 after 28 years of service. Since 2009, he had served as the Vice President of Corporate Social Responsibility, and was responsible for the company's corporate social responsibility and community outreach programs locally, nationally and internationally.

Jim is a graduate of Grove City College with a degree in business administration. He is co-founder of Project Fellowship, a program designed to build bridges between Milton Hershey School students and houseparents and Hershey Entities' employees and their families. He is an Eagle Scout and an elder at Derry Presbyterian Church, Hershey. Jim chairs the Penn State Hershey Children's Miracle Network Advisory Board & Executive Committee, and serves on The Hershey Story Advisory Board, the New Birth of Freedom Council Boy Scouts of America Board of Directors, Penn State M.S. Hershey Medical Center Community Needs Assessment Advisory Board and the Hershey Rotary. He rides annually in charity bike rides. A private pilot, George donates plane rides to charitable causes. Jim and his family reside in Hershey.

Jenn Halpin, Director, Dickinson College Farm

Jenn is the Director and Farm Manager of the Dickinson College Farm. After graduating from college, she joined the Peace Corps where she developed her interest in sustainable agriculture while living in West Africa and working with farmers. As the farm manager, Jenn provides students with hands-on training in sustainable food production and supports faculty and students with on-going research, class-based collaborations and internships. Jenn serves as the President of the Board of Directors for Pennsylvania Association for Sustainable Agriculture (PASA). She is an active member in our regional local food movement and founding member of Farmers on the Square, a vibrant producer-only farmers' market in Carlisle.

Stephen J. Holoviak, Ph.D., Professor of Management, Penn State University

Steve is a professor of Management at Penn State Mont Alto where he teaches senior level business courses. He is the author of 12 books, including most recently *Reclaiming Your Calling: A Guide for Managers & Supervisors in The Health & Human Services Field*, and 150 articles in various journals and trade magazines. Prior to joining Penn State, he was the long tenured Dean of the John L. Grove College of Business at Shippensburg University.

He began his career with Merrill Lynch and was later Director of Marketing for First National Bank of Maryland. Steve has been an active consultant for 30+ years working in the areas of quality systems, organization design and project management. He has four children, four grandchildren, loves to bike and golf and spend time at their beach place in Lewes, DE.

Dr. Jennifer Kraschnewski, Assistant Professor of Medicine and Public Health Sciences, Penn State College of Medicine

Jennifer is an Assistant Professor of Medicine and Public Health Sciences who joined the faculty at the Penn State

SPEAKER BIOS

College of Medicine in July 2009. She completed her medical degree at the University of Wisconsin and her Internal Medicine Residency at Duke University Medical Center. Following completion of her medical training, she was an NRSA fellow in Primary Care Research at the University of North Carolina at Chapel Hill. She additionally earned a Master of Public Health at the University of North Carolina Gillings School of Public Health, with a thesis examining the role of community health workers in public health promotion and disease prevention. She is a clinician-investigator with a research focus on behavioral interventions for weight control in the primary care setting. She has over 25 peer-reviewed publications and her research has been presented at both the regional and national levels. Jennifer also serves as the Medical Director of Research for the Penn State Hershey Pro Wellness Center, which is committed to educating and inspiring youth and families to eat well, engage in regular physical activity, and become champions for bringing healthy choices to life. In addition to her research, she teaches internal medicine resident physicians and medical students in both the hospital and clinical settings.

Kristen Markley, Director, Sweet Meriam's Preschool Program

Kristen, who holds a M.S. in Rural Sociology from Penn State University, created and ran a farm based education program for children in Snyder County, PA for 5 years and provided technical assistance for school based farm programs around the country for 11 years as a Program Manager for the Community Food Security Coalition. She currently serves as an Advisory Board member of the National Farm to School Network, which has extensive resources on research evidence based curriculum for farm to preschool programs. Through funding primarily from the Carlisle Area Health and Wellness Foundation, but also through support from the Foundation for Enhancing Communities, Kristen is working with the Capital Area RC&D Council to pilot farm to preschool programs in South Central PA.

Chris Mayer, Program Manager, Fulton Center for Sustainability at Wilson College

Classically trained in horticulture, Chris has served as a corporate landscape manager and developed a garden center business from her home. As life-long resident of the Cumberland Valley, she has also worked as a field researcher, a home horticulture educator and Master Gardener Coordinator for Penn State University. In her current position as program manager for the Fulton Center for Sustainable Living, and as an adjunct instructor at Wilson College, Chris has the opportunity to share her love of the natural world while building resilience into her community. Her philosophy: Bloom where you are planted!

Stefani McAuliffe, MPA, Manager of Community Initiatives, PinnacleHealth System

Stefani has been with PinnacleHealth for three years as the Manager of Community Initiatives. Her primary focus is to ensure that PinnacleHealth continues its mission of serving the community including the uninsured and underserved populations. Stefani's role is to identify innovative approaches to serving the community using a collaborative approach to create a healthier community. Before coming to PinnacleHealth, Stefani was a fund development consultant for local non profits including the Pennsylvania Advocates for Nutrition and Activity and the Catholic Diocese of Harrisburg. Prior to this role, she was the Director of Community Planning at the Institute for Healthy Communities. In this role, Stefani had the opportunity to work with hospitals and communities in all sixty seven counties across Pennsylvania to develop multi sector collaboratives that address health and community development priorities.

Stefani earned her Bachelors of Business Administration with a degree in Marketing from Kent State University, Kent, Ohio and a Masters of Public Administration from Penn State University, Capital Campus.

Elizabeth Murray, Nurse Educator, Carlisle Army Barracks-Dunham Army Health Clinic

Elizabeth has 27 years of combined experience as a registered nurse in clinical, corporate and community health settings. She is currently pursuing her Master's Degree in Health Education at Penn State University. As a Nurse Educator at the Army Wellness Center at the Carlisle Barracks, she provides health assessments, education and health coaching services to active duty personnel, family members, retirees and DoD civilians. She is board certified in Holistic Nursing, Conscious Body Health Coaching and Integrative Imagery and eligible for the Certified Health Education Specialist exam in October.

Her career experience spans the spectrum of health, from the intensive care unit to population health management. Her expertise in developing and implementing strategies for behavior change, risk reduction, improving productivity and cost containment comes from 10 years of experience working with individuals, employer and community based populations. She is passionate about her work and committed to improving the quality of life in the various communities she works in. Elizabeth is the co-lead for the Central Pennsylvania Chapter of the American Holistic Nurse Association and sits on the Carlisle Area Health & Wellness Foundation Community Investment Committee.

Becca Raley, Executive Director, Carlisle Area Health and Wellness Foundation

As Executive Director of the Carlisle Area Health & Wellness Foundation, Becca oversees the foundation's strategic direction and community investments to improve access to affordable health services and promote health. She serves as the organization's lead spokesperson, cultivates community partnerships, develops new public health initiatives, and ensures sound fiscal and human resource management.

Prior to coming to the foundation in 2009, Becca worked as Director of Institutional Advancement and Senior Research Associate at Public/Private Ventures (P/PV), a national nonprofit think tank. At P/PV, she designed new projects across the fields of youth programming, community health, workforce development and crime reduction. With 10 years of experience in applied research, her skills include directing multi-site program evaluations, securing and managing philanthropic grants, supporting demonstration projects and providing technical assistance to promising social programs. She has written and contributed to numerous research reports on the effectiveness of community-based programs for youth and young adults.

Becca serves on the Pennsylvania Bureau of Cancer Prevention and Control's Stakeholder Leadership Team for the Cancer Advisory Board. She is an active member of the Pennsylvania Health Funders Collaborative and the Pennsylvania Coalition for Oral Health. She also serves on numerous local committees including those with the Cumberland Conservation Collaborative, The Greater Carlisle Project and the Cumberland County State Health Improvement Partnership. Becca graduated cum laude from Dickinson College and holds a master's degree in sociology from Temple University.

Lori Clark Robinson, Senior Community Affairs Specialist, Highmark Blue Shield.

Lori is Highmark Blue Shield's Senior Community Affairs Specialist. Lori manages strategic grants and initiatives for Highmark Blue Shield's Central PA region. Her focus areas include: grantmaking to health and human service agencies in central Pennsylvania that reach underserved populations; supporting community initiatives that address healthy lifestyles; identifying initiatives that seek to decrease health disparities; and serving as liaison to Highmark's Business Resource Groups which focus on a strong commitment to diversity and inclusion. Her current collaborative project is "Touch Down to Good Health", which she will discuss during the panel presentation.

Lori began her career with Highmark Health Services in 2003 as a Community Development Specialist for Gateway Health Plan (GHP). In 2006, Lori received a community award from the American Cancer Society for the "Feel Good Fridays" project which she co-founded. "Feel Good Fridays" grew into a 5-year community partnership that brought urban Dauphin County women and rural Perry County women together to improve mammography breast cancer screening rates for underserved women.

Lori holds a bachelor of science in education degree from Millersville University and an associate degree (cum laude) from Harrisburg Area Community College. She is a graduate of the Dale Carnegie School of Public Speaking, the Disney Business Institute, and Boston College's School of Corporate Social Responsibility. She is actively involved in the community serving a number of community organizations including the Salvation Army Harrisburg Capital Region, WIN (Women Involved Network); chairing United Way of the Capital Region's Focus Care Council on Health, serving on the Capital Region Literacy Council; chairing Dauphin County Health Improvement Plan's Access to Care committee, serving on the board of the Beacon Clinic for Health and Hope, and chairing the Harrisburg Area Wellness Collective.

Ann Spottswood, Endowment Manager, Summit Health

Although Ann considers her most important work that of parent, she has served residents in Franklin County and beyond for more than 30 years. Ann is currently the Endowment Manager for Summit Health, a position in which she played a significant role in the completion of Summit's 2008-2009 Community Health Needs Assessment, and is co-leading the current 2012-2013 Needs Assessment.

Ann led the Franklin/Fulton/Bedford Family Health Services' Parent and Family Life Education Program, providing prevention programs throughout the three-county area for more than 15 years with a focus on adolescent pregnancy prevention. In 1997, Gov. Tom Ridge acknowledged her work as one of two success stories in his Community Building Initiative. In 1996, Ann founded the Crossings Adolescent Parenting Program, leading this successful initiative until 2007. Her research, in collaboration with Dr. Janet Delany of Penn State University, on Adolescent Pregnancy and Parenting in Franklin County, was presented at the National Occupational Therapy Conference in Philadelphia.

A summa cum laude graduate of Shepherd University, she has also completed graduate work in Health Education (degree not completed) at Penn State Harrisburg and maintains membership in the PSI CHI national honor society in psychology and the PHI KAPPA PHI academic honor society. She is a certified Benchmarks facilitator through

the Center for Creative Leadership in Greensboro N.C. Ann additionally has served on numerous non-profit Boards including Head Start, Keystone Health, SCCAP, Waynesboro Community & Human Services, Waynesboro Communities That Care, The March of Dimes, LACI and was Past President of Franklin County Community Forum. Ann is a recipient of Chambersburg Rotary's Excel Award, given annually to an individual in the community who excels in their vocation and exemplifies the Rotary four-way test, and has been acknowledged as "A Person Who Makes a Difference" by the Central PA Chapter of the March of Dimes.

Sue Stuart, Chief Development Officer, Holy Spirit

Sue, Holy Spirit's Chief Development Officer, has been a Certified Fund Raising Executive (CFRE) since 1996 and a member of the Association of Fundraising Professionals (AFP) since 1991. Sue leads a team of talented professional fundraisers who provide a variety of philanthropic opportunities from major gifts, grants, and appeals, to running one of Central Pennsylvania's largest charitable golf tournaments. She has been co-leader of Holy Spirit's Community Health Needs Assessment team since its inception in 2010. Under Sue's direction, Holy Spirit was recently awarded the largest grant in its 50 year history: a \$3.25M Redevelopment Assistance Capital Program grant from the Commonwealth of PA.

Before joining Holy Spirit in 2009, Sue was a Founder of Whitaker Center for Science and the Arts in Harrisburg, serving as Vice President of Development for 12 years, where she raised more than \$50M. Prior to that, she worked all over the East Coast as a consultant for a broad range of nonprofit organizations from retirement homes and community clinics to libraries and rail trails. She is a member of the Susquehanna Valley Planned Giving Council and the Central PA Chapter of the Association of Fundraising Professionals, where she served as Chapter President in 2000-2001.

Heidi Witmer, Project Director, The LEAF Project

Heidi is the founder and director of the LEAF Project, a farm-based youth employment program which engages teenagers in all aspects of the local food system. Heidi brings a strong background in both sustainable agriculture and youth development work. Growing up in a farming family, Heidi has always kept her hands in the dirt and has managed both educational and production vegetable farms. Heidi also holds 10 years of experience in the youth development field, first working as a counselor/instructor in a wilderness-based therapeutic program to teaching in a traditional classroom setting to being the head administrator at an all-girls private school for emotional support students. Heidi received her B.A. from Haverford College with a major in Religious Studies and Peace Studies and has done graduate coursework in Third World Security Studies at Al Akhawayn University in Morocco. Heidi apprenticed as a grower under Eric Larson, Manager of Yale University's Marsh Botanical Gardens.