

## La Comunidad Hispana

## Saludos



**¡Vive tu vida!**  
Get Up! Get Moving!®  
**Kennett Square**

*“A great place to motivate families for a healthier life.”*



## Great Turnout for First ¡Vive tu vida! Get Up! Get Moving!™ Event!

A fun day of free events awaited those attending the first-ever ¡Vive tu vida! Get Up! Get Moving!™ celebration at Anson B. Nixon Park in Kennett Square. Over 800 people, of all ages and with lots of families and children, participated. At 9:30 a.m. Dr. Timothy Gardner, Medical Director for Christiana Care Heart and Vascular Care Center, announced the Christiana Care Family Walk to kick off the day of activities. Over 225 people walked, while over 20 community providers and leaders set up booths to provide vital education, information and services in support of the Bi-National Health Week.

As women, men, kids and strollers circled twice around the half-mile pond, the energy and enthusiasm of the parade of enthusiastic and happy walkers was contagious. After the walk, participants could choose from a variety of exciting activities, including tango dancing, face painting and pony rides. Thanks to the local YMCA support, kids could jump on the moonbounce, join the line dancing or zumba class on stage or simply climb on the play equipment. With the support of Eric Gregg of LEAPS, a not for profit created to introduce lacrosse to underserved children and Mary Kay Gaver, a huge lacrosse supporter and mom from the Kennett Area, lacrosse coaches Vetrone, Tully and Powers from the Kennett, Avon Grove and Wilmington area and volunteer athletes from the Kennett High School lacrosse teams, introduced children and their families to the sport. Many of the young children also joined Renee Bridges from the USTA on the tennis courts to hit a few balls.

Christiana Care representatives took blood pressures, completed BMI screenings and provided other education. Mary Beth Gilboy and students from West Chester University provided nutrition information and education. Joan Holliday, Public Health Nurse from the Department of Health of Chester County, gave out 190 free flu shots/nasal mists, and Larry Welsch, the Executive Director from Chester County Food Bank and volunteers worked steadily all morning giving out 600 bags of healthy snacks and 400 lbs of North State Farm apples from their refrigerated truck. They also handed out over 1,000 bottles of water, generously donated to us for the event by Wawa. Special friends to LCH, Anita O'Connor from the Senior Center in Kennett Square, Dave

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## Message from the Executive Director

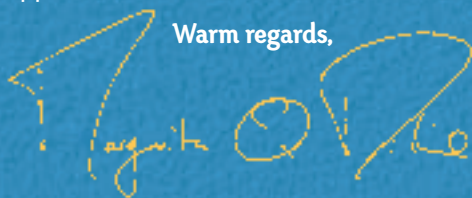
Dear friends of La Comunidad Hispana,

After 38 years La Comunidad Hispana continues to play a vital role in this community, thanks to all of you, our staff and our board of directors. While Chester County is known to be an affluent community, there remain pockets of people in need. Many of them, especially in the southern part of the county, are working poor people, underemployed or unemployed, sick or disabled. Many are Hispanic. All are struggling to make ends meet.

La Comunidad Hispana's mission is to empower people, not to enable them. We build lasting relationships with those in need so that we can help them become self-reliant. We model self-reliance for them and instill hope in the hearts of many who have very, very little. We see every encounter as an opportunity to model, to teach, to help each person who comes through our doors to help him or herself. Our first annual *¡Vive tu vida! Get Up! Get Moving!*<sup>™</sup> event was all about our mission. Thanks to the support of the National Alliance for Hispanic Health, our sponsors and our community partners, we brought this event (for first time ever outside a major metropolitan area) to our community and asked everyone to join us – to get up, get moving and get healthy. And they did!

I am so proud of everyone on our staff, our sponsors and our community for making the event a huge success, for instilling a sense of optimism and hope in times that are challenging at best. We showed how vital it is for our community to come together, to share and to help ourselves stay healthy, build strong families and lead productive lives. In a nutshell, that is what we strive to do at La Comunidad Hispana – day in and day out, morning, noon and night – make things better for every member of this community. And, as I cannot repeat often enough, we could not do it without your support.

Warm regards,



Continued from front...

Haradon from the Longwood Rotary Club and Erik Mireles, student from Downingtown High School and other volunteers helped direct traffic!

Throughout the day, families eagerly participated in the education and activities, and participants won many prizes. One ecstatic walk participant won a flat screen TV and Wii Sports Resort package for pre-registering and completing the walk. The closing activity was a men's soccer tournament on the Tino Leto Fields adjacent to the park. Organized with the help of Michael Finnegan and Norb Sax from the SCCSA, Omar Lunabello from the Kennett area and Francisco Alpizar from the Coatsville area, two teams had the opportunity to showcase their skills.

On stage, DJ Mauricio Rebollo, who works at the Intermediate Unit, and MC Eddy Hernandez from Radio La Que Buena, a new radio station in Kennett, orchestrated the performances. Michelle Berrios, community volunteer coordinated the musical performance by Trio Crisol and tango demonstrations by Wilmington-based dancers Teresa and Juan Carlos Figueroa. Children and adults alike tried soul line dancing and Zumba and watched Mexican folkloric dance group - Danza Tenochtili perform. Several dignitaries appeared, including: State Rep. Chris Ross, County Commissioner Kathi Cozzone and the Consul of Mexico, Carlos Giralt Cabrales.

Everyone was excited to be a part of the event, and the date for next year is already set - Saturday, October 6. We want to give a special thank you to Tom Gallagher, Senior Program Director from our local sponsor, the Kennett Area YMCA, and to the Activate Committee in Kennett Square, co-chaired by Joan Holliday and Tom Gallagher. We also want to recognize all our sponsors and thank them for their support: Christiana Care Health System: Center for Heart and Vascular Health; Chester County Food Bank; Endo Pharmaceuticals; Health Promotion Council; Exelon; 1N Bank; Pegasus Technologies; DNB First. We are also grateful for the in-kind donations of 20/10 Solutions and Wawa!

Courtney Fahndrich, our West Chester University intern, organized over 70 volunteers to come to work on the day of the event. Rosa Quintana, former case manager for La Comunidad Hispana, coordinated all the community representatives who took the time to come to educate our community about health issues. Last but not least, we are so thankful to Julie Gardner, our event coordinator, who took on the event coordinator responsibility, in addition to her regular job as acting director of Social Services, and made it all happen. Without her dedication, hard work and attention to detail, we would have been lost!

The National Alliance for Hispanic Health provided technical assistance, financial support and expert advice for this event, which was the first of its kind to take place outside a city. "Making movement a daily part of your life is one of the most important steps you can take for your and your family's health," said Dr. Jane Delgado, president of the Alliance, and we were pleased to be able to show the people of our community that moving is not just healthy but fun too! As we say in Spanish – "un millón de gracias" – a million thank you's – to all of you who made this event a success!

# Outreach & Partnership

## **Flu Vaccines for Our Community**

LCH kicked off its 2011 Flu Vaccine program in October. In addition to offering vaccines to our clients when they came in for regularly scheduled visits, our health center provided low cost flu shots on Wednesday afternoons and evenings in October and November, thanks to the assistance of volunteer nurses Mary Rubino, Rosa Ruiz, and Angela Shinal.

These volunteer nurses and our medical assistants also worked together to administer flu shots at four mushroom farms as part of our Work Healthy program. Shots were offered at Kaolin, John C. Leo, Phillips, and ToJo farm sites.

This fall LCH administered more than 500 flu shots at the health center and farms. Public health nurse Joan Holliday gave out another 190 free flu shots at ¡Vive tu vida! Get Up! Get Moving!™ Thank you to all our volunteers. We look forward to expanding the flu shot program next year.



## **Operation Warm: Distributing Coats with LCH Since 1998**

Operation Warm has partnered with LCH to distribute coats in the Kennett Square Area since the program began. This year close to 400 coats have been distributed to children from 2 – 12, thanks to our longstanding partnership and the generous support of Exelon. This is another example of how LCH reaches out to the community to make life a little easier for those in need.

## **Work Healthy: Health Screenings at Mushroom Sites**

In partnership with the Chester County Department of Health, blood pressure, hemoglobin, glucose, total cholesterol and HDLs screenings were carried out this fall at Kaolin, Phillips, and ToJo mushroom farms. Significant improvements were made in the process this year to ensure that mushroom farm workers with risky health conditions were notified, educated, and encouraged to visit their primary care providers. The team plans to expand the screenings to several additional mushroom farms next year.



*“This fall LCH administered more than 500 flu shots at the health center and farms.”*

# Health & Community Services



## *English as a Second Language*

It has been an exciting fall for the education program at LCH. We have been offering English classes for over 15 years in numerous locations in southern Chester County. We also provide GED preparation and computer classes. Students are referred by friends and family, local mushroom farms, the CCIU Migrant Education program and others.

After more than 10 years, we believe it is important to step back and take a look at the overall program structure and classes. We began that process in the summer, under the leadership and help of Carolyn Morrissey, PhD, who has been working as a consultant with LCH staff to address several key areas. We have made significant changes to the way students are assigned to the appropriate class level, added staff in each location to handle student registration and placement, adopted new textbooks for all levels, with a series that includes teacher materials, classroom audio and student books and workbooks, and made changes to the required standardized student testing program so that our students' scores will accurately reflect the progress they make in our classes.

LCH's teachers have offered helpful suggestions, incorporated new ideas in their classes, and offered excellent feedback about the changes. Plans for the next term include refining the student placement process, incorporating Internet-learning components of the new textbook series, and offering more focused teacher-training opportunities.

English classes are offered weeknights in Kennett Square, Oxford, Coatesville and Avon Grove. Referrals are welcome; call 610-444-4545 for more information. We are also looking for volunteer tutors.

## *Domestic Violence of Chester County Relocates Kennett Square Office to LCH Facility*

LCH is pleased to now be housing the Domestic Violence Center of Chester County, which has helped over 25,000 survivors of domestic violence in our community since 1976. DVCCC is committed to empowering survivors of domestic abuse through information and supporting them as they reclaim their lives.

## *Nurse Practitioners Hired for the Health Center*

LCH is thrilled to announce the addition of two new Nurse Practitioners for the Health Center. Sara Lemley and Rebecca Bixby are passionate about community health and come to us with excellent experience. We weathered several difficult months of managing with only one full-time provider due to a medical emergency and the departure of Robert Traylor after over 3 years on our staff in mid-September. Our two new NPs will enable the Health Center to better address the ever-increasing need for health care in our community. Sara, who will start just after Thanksgiving, comes to us from Lancaster General Medical Group where she has been working as a Family Nurse Practitioner. She received her Masters Degree in Nursing from Wilmington University and her Bachelors Degree in Nursing from West Chester University. As an RN, she worked at both Children's Hospital of Philadelphia and AI DuPont Hospital for Children. Rebecca, who is currently the Lead Nurse Educator and Curriculum Consultant for Nurses Now International in Mexico, will start after Christmas. Many of you may have already met Becky when she worked with us while completing her Masters Degree at the University of Pennsylvania, where she also received her Bachelors Degree in Nursing. She has experience working in community health in many different settings and has published several articles on the topic.

## *Free Legal Assistance at LCH*

John Winicov, who has practiced as an attorney in southern Chester County for over 20 years, offers LCH's Legal Assistance program in close collaboration with our social workers and medical professionals. He offers his expertise on a variety of matters, including: immigration, civil and consumer problems, landlord-tenant issues, domestic relations auto accident claims and moving violations, and labor and employment issues. Mr. Winicov has vast experience working with immigrant populations and understands the needs of the Hispanic community through his membership in the Pennsylvania Seasonal Farm Labor Committee. He has been a member of the Chester County Bar Association since 1987.

### BOD/STAFF

In September, we bid farewell to Tamara Fox, our first Director of Development from July 2009 to September 2012, who has joined Chester County Community Dental. Tamara not only created the missing infrastructure needed for fundraising but also met LCH's development goals each year.

Case Manager Rosa Quintana left to pursue her love of education and program management, joining Rutgers University in Camden, NJ. Rosa helped to strengthen our social services program and brought her knowledge and experience of the community to her case management work.

### VOLUNTEERS

Volunteers are invaluable to our organization, providing essential services for us and gaining for themselves knowledge, satisfaction and the gratitude of the entire community. If you are interested in volunteering, please contact Jessica Valdivieso at 610-444-7550 ext. 235.

### INTERSHIPS

Please join us in welcoming Courtney Fahndrich a student at West Chester University Graduate School of Social Work who is working as an intern case manager at LCH two days a week as part of her student training. Fluent in Spanish and with travel and work experiences in Latin America, Courtney is an invaluable part of our team and we feel very lucky to have her for the entire academic year!

### GIFTS & GRANTS

LCH could not be able to serve this community if it weren't for the support of the gifts and grants we receive throughout the year. Thank you all in the community for your support, both financial and otherwise. In addition, in the past two months, we received \$14,000 from the Lawrence C. Fuller Memorial Diabetic Fund for the care of diabetic patients in our Chronic Care Initiative; \$630 from the Kennett Run for our health center; and \$1,000 from the Wells Fargo *Community Partner's Program* for general operations.

### Officers

Alice Moorhead  
*President*

James G. Blaine  
*Vice President*

Margaret Rivello  
*Secretary*

Chris Close  
*Treasurer*

### Members

Miguel Alban

Paul F. Huberty

Valencia McClure

Alain Oliver

Leonard J. Rivera

Sam Slater

Sister Maria  
Consuelo Sparks

Michelle Tucker



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# La Comunidad Hispana

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610-444-7550

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We want to thank all those who help support this organization and the numerous community agencies that contributed to making *jVive tu vida! Get Up! Get Moving!*™ a success! We wish you the all the best for the holiday season!

Anson B. Nixon Park

Alcoholicos Anonimos

The ARC of Chester County  
"Building better lives for people  
with disabilities"

Arthritis Foundation

Chester County Department  
of Community Development

Chester County Food Bank

Chester County  
Health Department

Christiana Care

Corrective Chiropractic

CVIM (Community Volunteers  
in Medicine)

The Crime Victims' Center  
of Chester County, Inc.

Domestic Violence Center  
of Chester County

Gentle Family  
Dentistry

Harvest Market

Holcomb Behavioral  
Health Systems

Kennett Family Center/  
Maternal and Child Health  
Consortium

Kennett Fire Company

Kennett Square  
Police Department

Kennett Area YMCA

Kennett Area  
Community Services

Migrant Education/  
Chester County  
Intermediate Unit

West Chester University

WIC (Women, Infants,  
and Children)



[www.lacomunidadhispana.org](http://www.lacomunidadhispana.org)