



# HEALTHY COMMUNITY HEALTHY LIVES

## 2019 REPORT TO THE COMMUNITY



## **ABOUT THE BUHL REGIONAL HEALTH FOUNDATION**

Established in 2016, the Buhl Regional Health Foundation (BRHF) was formed to manage the proceeds from the sale of the former Sharon Regional Health System.

The Buhl Regional Health Foundation is **committed to improving the health and wellbeing** of the communities we serve. We believe that through **partnerships, education, and grant making**, we can creatively **impact the quality of life in our communities**.

## **BUHL REGIONAL HEALTH FOUNDATION**

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# LETTER FROM THE BOARD CHAIR & EXECUTIVE DIRECTOR

*We believe that the Foundation has a responsibility to concentrate its resources strategically to improve health in the community, not only to impact health care services but also social determinants of health. BRHF supports the good work of our non-profit organizations. BRHF also focuses on programs that support quality early childhood education; those with health related needs of all ages; those struggling with mental health needs and addiction; and continues to seek ways to improve access to healthcare.*

*While we are proud of our grantmaking, investments through grants are not the sum of the work of the Foundation. BRHF works to facilitate health improvement throughout our community by building meaningful relationships among community leaders and other stakeholders, supporting nonprofit organizations, and by promoting a culture of health that moves us ever closer to improving overall community wellbeing. This annual report shares progress of initiatives all kinds towards a healthier community.*

*In 2019, we saw the departure of our first Board Chairperson, Attorney Ruthanne Beighley. Ruthanne was instrumental in establishing the Foundation in 2016. We are grateful for Ruthanne's leadership and dedication to our community.*

*Angela Palumbo, who has served on the BRHF Board of Directors as Secretary since 2016, will lead the Foundation as its new Board Chair. Ms. Palumbo is retired from state employment as Administrator of the Pennsylvania CareerLink Mercer County and served on many boards and agencies in the Shenango Valley.*

*Our board members are committed to our mission of encouraging collaborative partnerships and understanding the complexities of having a foundation to support their mission. As a health care conversion foundation, we want to ensure that the important work of our non-profit agencies continues to meet the needs of residents impacted by health related needs in the greater Sharon regional area.*

*Members of our board work to manage our investments and oversee a financial plan that includes funds to support grants and an annual budget, which the Foundation operates in a cost effective manner.*

*A special thank you to all of the agencies providing care and services to improve the quality of life in our valley and to our board of directors and staff who work to make the foundation's mission possible.*



**Angela Palumbo**  
**Board Chair**



**Michaelene Gula, R.N.**  
**Executive Director**

## MISSION

The Buhl Regional Health Foundation's mission is to identify and address the diverse health care needs of the greater Sharon regional area. Among the Foundation's primary services will be promotion of collaborative partnerships and programs, capacity building, and grants which will focus on and invest in all people impacted by health-related needs throughout their lives.

## STRATEGIC GOALS

### GOAL ONE

*Improve access to health care that addresses the physical and mental health needs of the residents in the BRHF area.*

#### STRATEGIES

- Identify health care access issues impacting health and wellbeing of the community.
- Educate the BRHF Board on emerging issues, challenges, and opportunities facing community health and wellbeing.
- Promote general community awareness about community health needs.

### GOAL TWO

*Strengthen the capacity of community non-profit agencies to improve community health and wellbeing.*

#### STRATEGIES

- Educate the non-profit community about the mission of BRHF.
- Offer routine capacity building activities for community groups and non-profits to strengthen agency ability to serve the community.

### GOAL THREE

*Strengthen the capacity of BRHF to be the catalyst for improving health and community wellbeing.*

#### STRATEGIES

- Conduct the business of BRHF in an ethical, transparent, and fiscally responsible manner.
- Continue fiscal investment in the community to support transformative change.
- Support Board functioning to shepherd the BRHF legacy.

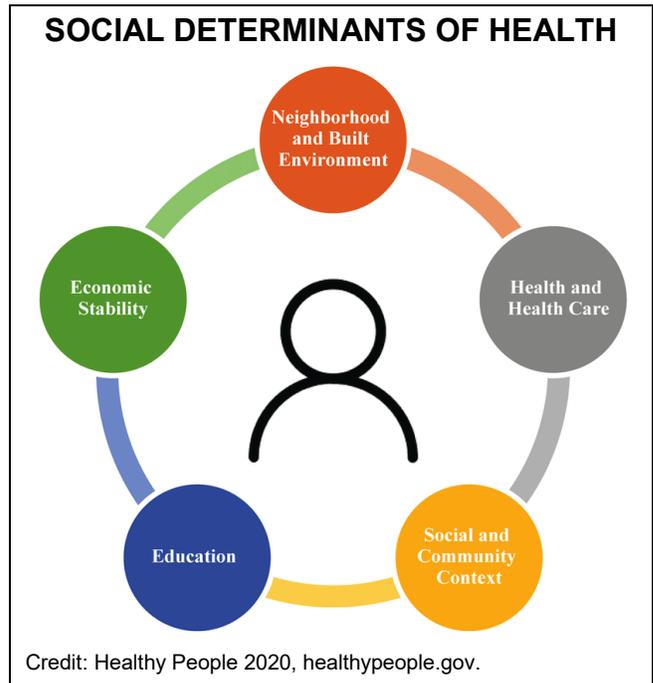
# WORKING TOGETHER FOR COMMUNITY WELLBEING

Nearly two-thirds of deaths in Mercer County are attributable to chronic diseases, which is just one of the negative health outcomes that can stem from social determinants of health. According to Rural Health Info, "Rural America experiences many inequities compared to the nation as a whole. Often rural residents have fewer individual resources and, on average, are poorer and less educated." In a rural community, such as ours, it is difficult to access transportation, affordable early education and childcare, and healthy food, all of which under social determinants of health.

In Mercer County, more than half of school age students are considered low income and are eligible for free and reduced lunches. BRHF recognizes the importance of early childhood education and access to health care young children in our community as it improves their health and promotes development and lifelong learning. A study done by Harvard cites that for every dollars spent on healthcare and education for children received a \$1.47 return on investment. It also states that these investments in children often reduce dependence on aid and lifts future earnings, more so than investments made in any other age group. Over the past year, BRHF has made an investment in many programs that directly impact children and youth in our community including the Backpack Program, the Expansion of Youth Curriculum at Hope Center for Arts and Technology, the School Safety and Violence Prevention Program at Sharon Schools, and the CYPEN Program at Zion Education Center.

BRHF's mission is to fund programs and initiatives that directly correlate to the health and wellbeing of our community and has granted nearly \$1.5 million dollars to community non-profit agencies in the three years since beginning its grant making in Fall of 2017. BRHF has awarded these grants to numerous non-profit agencies to support mental and physical health related programs within the Foundation's service area. In 2019 alone, BRHF awarded grant funding totaling \$838,433 to twenty (20) community non-profit agencies. Included in this grant funding is the first \$250,000 installment of a multiyear matching grant totaling \$2 million to the Buhl Community Recreation Center in Sharon, Pa for Program Capacity Building - Youth and Wellness which will be used towards the Buhl Club's project to repurpose and update space in the facility to increase capacity to deliver programs aimed at youth development, family support, and health & wellness over the next five years.

One of BRHF's goals is to provide the environment and tools for the leaders of the agencies to collaborate in providing community initiatives that promote health and wellbeing. In 2019, we offered two grant writing classes, an all day program in collaboration with Penn State Shenango on strategic planning, and a meet the funders event with other foundations who shared how agencies might reach beyond Mercer County in search of funding. BRHF will continue to offer capacity building to aid non-profit agencies in the service area in future collaborative grant requests. In 2020, the Foundation plans to host a Grant Writing Class Series, a Meet the Funders event, and a Capacity Building Workshop to help strengthen local non-profits.



# COLLABORATIVE ACTION TEAMS

BRHF continues to bring community organizations together to collaborate on community health topics. Many agencies face similar challenges experienced by other providers of services. Some of those challenges include: the need for transportation for their clients to access services, obtaining healthy food, addressing mental and physical health needs, and learning about available resources.



The BRHF Action Teams come together to discuss issues related to their teams topic and to brainstorm creative solutions that could make an impact in the community, such as Connecting Mercer County, a collaborative partnership between PHN Charitable Foundation and Mercer Council of Governments which was formed in 2018 as a result of BRHF's Transportation Action Team. The Connecting Mercer County project (funded for a second phase in Fall 2019) supports a Mobility Manager who works with organizations from the community to gather information to address the gaps in transportation including those that impact access to care and other services within the community.

BRHF's Action Teams are encouraged to work together to submit collaborative grant proposals. BRHF extends an open invitation to participate in any of its five Collaborative Community Health Action Teams:

***Addiction***

***Communication & Connecting Resources***

***Healthy Food***

***Mental Health***

***Transportation***



***One of our primary objectives is the promotion of collaborative partnerships and programs, capacity building for organizations currently addressing health needs, and grants that focus on and invest in all people impacted by health-related needs.***

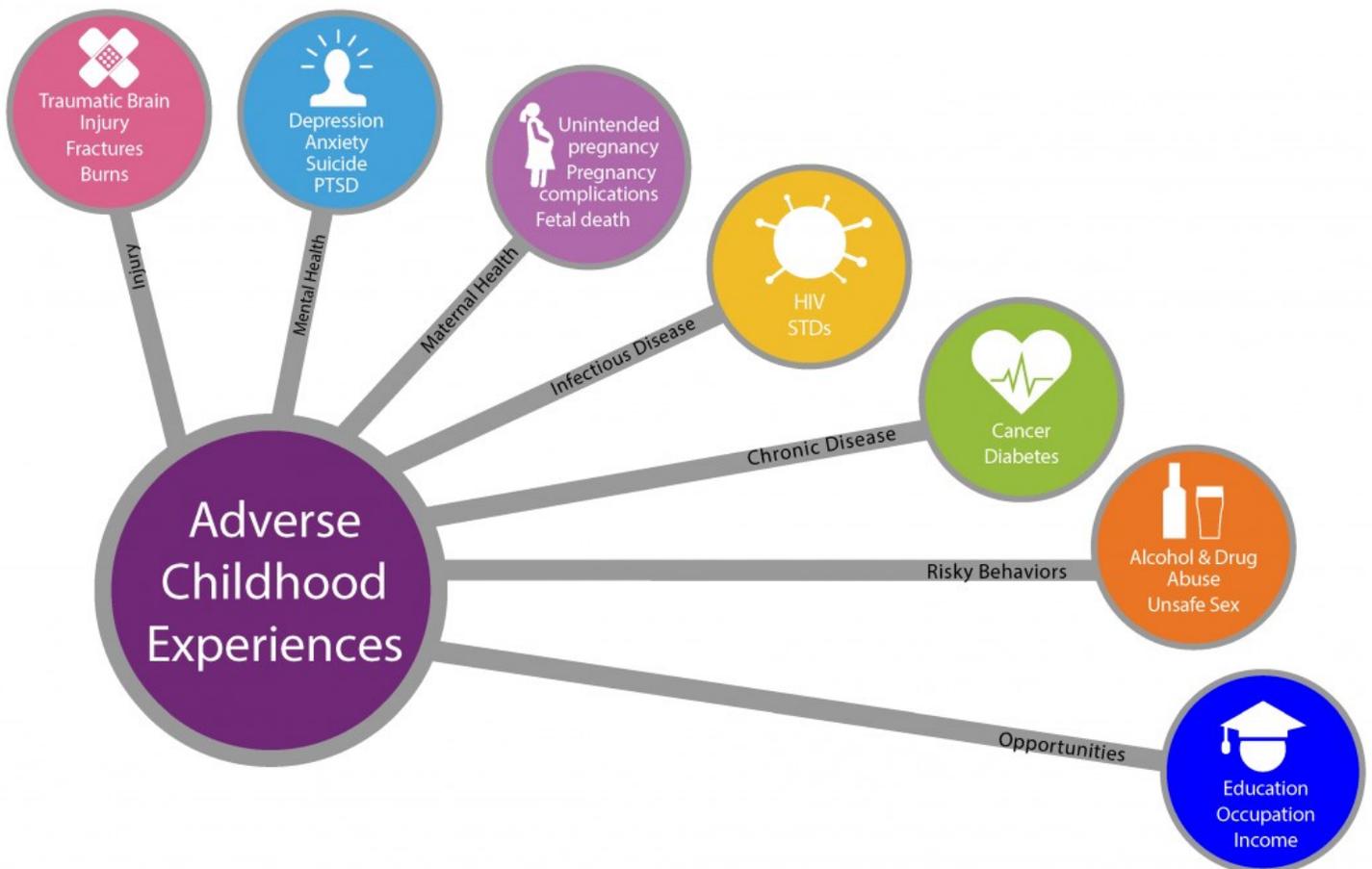
# WORKING TOGETHER TO CREATE TRAUMA-INFORMED COMMUNITIES

On November 12, 2019, BRHF held our fourth annual health forum at Thiel College. The forum, *Working Together to Create Trauma-Informed Communities*, brought together nearly 150 community members and health professionals from the area to focus on the impacts of Adverse Childhood Experiences (ACEs) and how we can work together to create a Trauma-Informed community. Topics from the event included How Childhood Trauma Affects Health Across a Lifetime, The Nature and Impact of Adverse Childhood Experiences, and Fostering Resiliency in Individuals, Families and Communities. Dr. Greg Butcher and students from Thiel College participated in the event and led table discussions with attendees.

According to the CDC, one in six adults has experienced four or more types of ACEs. At least 5 of the top 10 leading causes of death are associated with ACEs, and working to prevent ACEs could reduce a large number of health conditions. ACEs can affect a child's ability to learn and thrive, and impact the community's lifelong mental and physical health. For these reasons, BRHF is working to create a Trauma-Informed Community.

BRHF continues to focus on the impacts of trauma through collaborative efforts with our Mental Health Action Team and grant funding in the community.

## Early Adversity has Lasting Impacts



Credit: Centers for Disease Control, [cdc.gov](http://cdc.gov).



*We believe that through partnerships, education, and grant making, we can creatively impact the quality of life in our communities.*



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# WORKING TOGETHER TO IMPACT COMMUNITY HEALTH AND WELLBEING

## Maple Tree Cancer Alliance

### Exercise Oncology Program Partnership at Buhl Community Recreation Center

*Spring 2019 Grant Cycle*

In partnering with F.H. Buhl Community Recreation Center, Maple Tree Cancer Alliance was able to develop an effective exercise oncology training center with certifying staff in exercise oncology, acquiring equipment, and creating an outreach plan. As of the end of November, we expanded to offering exercise oncology training 57 hours per week, exceeding our projected goal of 50 hours. Moreover, we have served 207 patients, exceeding our original goal of 200.

Through this collaborative partnership, Maple Tree Cancer Alliance has been able to effectively provide a needed cancer rehabilitation service to Mercer County. In addition, evaluation data has reflected 90% improvement of physical fitness and 95% improvement of emotional health as indicated through pre/post fitness assessments and survey respectively.



Through this collaborative partnership, Maple Tree Cancer Alliance has been able to effectively provide a needed cancer rehabilitation service to Mercer County. In addition, evaluation data has reflected 90% improvement of physical fitness and 95% improvement of emotional health as indicated through pre/post fitness assessments and survey respectively.

“It was a pleasure to meet Brent and work out with him through the Maple Tree Cancer Alliance program at the Buhl Club. As a cancer survivor, the workouts have helped me regain strength and stamina that I lost during treatment. Prior to my diagnosis, I thought I was pretty active and didn't feel like I had to exercise, so I was nervous about what to expect with MTCA. It was much easier to go to the weekly sessions knowing Brent would be there to motivate and help me get through the workouts. He made the workouts fun and enjoyable and taught me various exercises that I could also do at home. It was a pleasure to get to know you and work with MTCA.” - Program Participant

## ROAR Center

### HOPE Initiative: Healthy Endorphin-Awakened Lifestyles (HEAL)

*Spring 2019 Grant Cycle*

After ten full years of being addicted to opiates and years of being confused, a brave member of our community was able to fully understand addiction after a year of sobriety due to the ROAR Centers impact. Through their participation in the class, Hope is Dope (taught by Steve Treu), the participant was able to gain a deeper understanding of endorphins, dopamine, and neuroplasticity which lead them to learn how to physically produce endorphins using better options, like yoga and crafts. The ROAR Center donates a three month membership to the most convenient gym for the individual. The plan includes a free session with a personal trainer, so they can begin their own personalized plan that's right for them.



Eventually, this community member hopes to be able to volunteer at the ROAR Center in a way that would help destigmatize addiction, as well as educate youth about addiction. This individual writes, “I will keep referring people to seek out the ROAR Center and see Steve Treu. Both have been vital in my recovery. It all starts with a spark of hope, a great center (ROAR), and incredible teacher (Steve Treu).”

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## Keystone Blind Association

### Low Vision Clinic and Healthy Life Skills

Fall 2019 Grant Cycle

In fall of 2019, Keystone Blind Association received a grant from Buhl Regional Health Foundation to purchase equipment to identify and diagnose an individual's field of vision and retinal health as well as teaching safe and healthy food preparation to blind and visually impaired children and adults.

Clients are now able to receive a full eye examination at Keystone without the need to go to Pittsburgh for further evaluation. In the Low Vision Clinic, there were two main pieces of equipment purchased: a Visual Fields Machine as well as an Indirect Ophthalmoscope. The new Indirect Ophthalmoscope allows the doctor to see into the back of the eye to check retinal health. Recently, a patient came into the clinic and explained that she was having difficulty reading. Her ability to read had decreased over the last few months. After being evaluated, Dr. Freeman found that she had a small bleed in the back of her eye. Due to the new Indirect Ophthalmoscope and her thorough evaluation, Keystone was able to catch the eye bleed and keep her from having further vision loss.



## Adventures in Training with a Purpose

### Specialized Training for Vulnerable Populations

Spring 2019 Grant Cycle

Since 2015, Adventures in Training with a Purpose (ATP) has been dedicated to providing services to those individuals suffering from chronic diseases and illnesses to improve their quality of life through purposeful physical training. Thanks to BRHF, we have seen our chronic pain and disease program flourish. Our clients have shown not only physical improvements, but many have shown social and emotional improvements as well.



A four year-old child with several diagnoses that severely impacted development physically began working with ATP in August of 2018. At birth, this child was diagnosed with a condition that decreased the white matter of their brain by over 50%. Later in childhood, this child was also diagnosed with Autism, impacting communication with others and emotional regulation. Since working with ATP, this child has shown remarkable growth not only physically but also intellectually. When this child began working with ATP, the child was not able to stand in a walker or walk without being in a harness. Luckily, through hard work and determination, the child is now able to walk in parallel bars with opposition of his upper body, a developmental milestone in terms of physical movement. This child also has begun to increase communication with ATP staff and parents, by using a Picture Exchange Communication System to communicate needs or a desired object.

This story and many other incredible stories of success would not be possible without the generous support from the Buhl Regional Health Foundation. Thank you for believing in ATP and believing in our clients!

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## Zion Education Center

### CYPEN Project

Spring 2019 Grant Cycle

The Children & Youth Prevention Empowerment Network (CYPEN) is a strategic solution-based approach to addressing adverse childhood experiences that lead to adverse childhood memories and long-term emotional trauma. Since opening their doors, CYPEN has been able to touch many family's lives.

A four year old child joined the program during the summer session and was exhibiting some concerning behaviors that were impacting the other students in the classroom. The child was very physical, had a very difficult time paying attention, and needed constant redirection while at school. After a formal observation,



the student and mom were referred to the CYPEN program. The student's mom was able to monitor her child from a monitor, in another room, so she could see what behaviors her child was exhibiting. The CYPEN program director counseled the student's mom and referred her to an agency that could help with the child's behavior.

CYPEN's Behavior Response Team made the arrangements for the student to receive classroom support. The team consisted of Rev. B.J. Pleasant, CYPEN; Dr. April Torrence, Executive Director; Zion Education Center; Beth MacDonald, VPS Counseling Services; Dawn Smith, Counselling Services, and the real champion - the student's mom, who supported her child through the process so that the child can transition to kindergarten with the necessary school readiness skills to succeed in school. As the lead teacher, I am pleased with the CYPEN team's assistance and will continue to support the academic and behavioral needs of this family.

## UPMC Horizon Community Health Foundation

### Medical Equipment Recycling Program

Spring 2019 Grant Cycle

The Medical Equipment Recycling Program (MERP) provides our community access to a medical equipment lending service. MERP loans quality durable medical equipment to anyone in our community who can't afford to purchase the equipment they need to improve mobility and quality of life. Through their work, many vulnerable and disadvantaged members of our community are able to live safely at home.

Recently, a 78 year old man, who was blind in one eye, came in to MERP in need of a wheelchair because his was old and in poor condition. Unfortunately he diagnosed with cancer several years ago and his leg was amputated as a result. MERP was not only able to provide this man with a wheelchair, they also were able to provide him a cushion so he was more comfortable.



Without MERP, it would be difficult for some to get the medical equipment needed in order to sustain daily life activities.

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## Earth Angel Farms

### Plant Based Mobile Teaching Kitchen

2019 Hospital Week Awards



“People feel happy to be a part of something...that is what community is all about,” said Dr. Michelle Thompson as she reflected on her time spent working on the Whole Food Plant - Based Pop-Up Teaching Kitchen. In May 2019, Dr. Thompson received the Buhl Regional Health Foundation Hospital Week Physician Award for her commitment to the community. Recipients select a non-profit of their choice to receive a \$3,000 grant from the Foundation. Through a partnership with Earth Angel Farm, Dr. Thompson was able to establish Whole Food Plant-Based Pop-Up Teaching Kitchens helping to teach 381 community members how to make tasty food while staying with their healthy diet. Since the program launched, there have been over 30 different volunteers, including three local dietitians, and 400 physicians working on the initiative.

Dr. Thompson grew up in a very traditional Italian family and learned over the years how important diet is and wants to empower change. Dr. Thompson emphasizes that the main reason why healthy eating is so integral to our community and overall health is due to the fact that poor dieting can be the root cause of many medical problems. By working to improve health it can help to ease the burden on the healthcare system and create healthier communities. Before the Whole Food Plant-Based Pop-Up Teaching Kitchen, there was little awareness of what a healthy diet could do for a person’s overall health both physically and mentally. Dr. Thompson stresses the importance of choosing a nutrient dense diet that consists of whole fruits and vegetables.

An attendee of an event hosted by Dr. Thompson learned about food as medicine and was empowered to make changes to their eating habits. Over the course of a year, this person was not only able to lose over 150 pounds, but was able to come off all medications, even reversing diabetes. Many health conditions including diabetes, high blood pressure, and high cholesterol can improve with changes made to diet. Through the mobile kitchen, it has given community members another avenue to access care and spread awareness of how diet impacts health.

Dr. Thompson looks forward to the upcoming year and what the future has in store for the community. She hopes to teach people how to be more empowered and motivated when making changes to a whole foods diet .



# APPLYING FOR A GRANT

## Eligibility Criteria

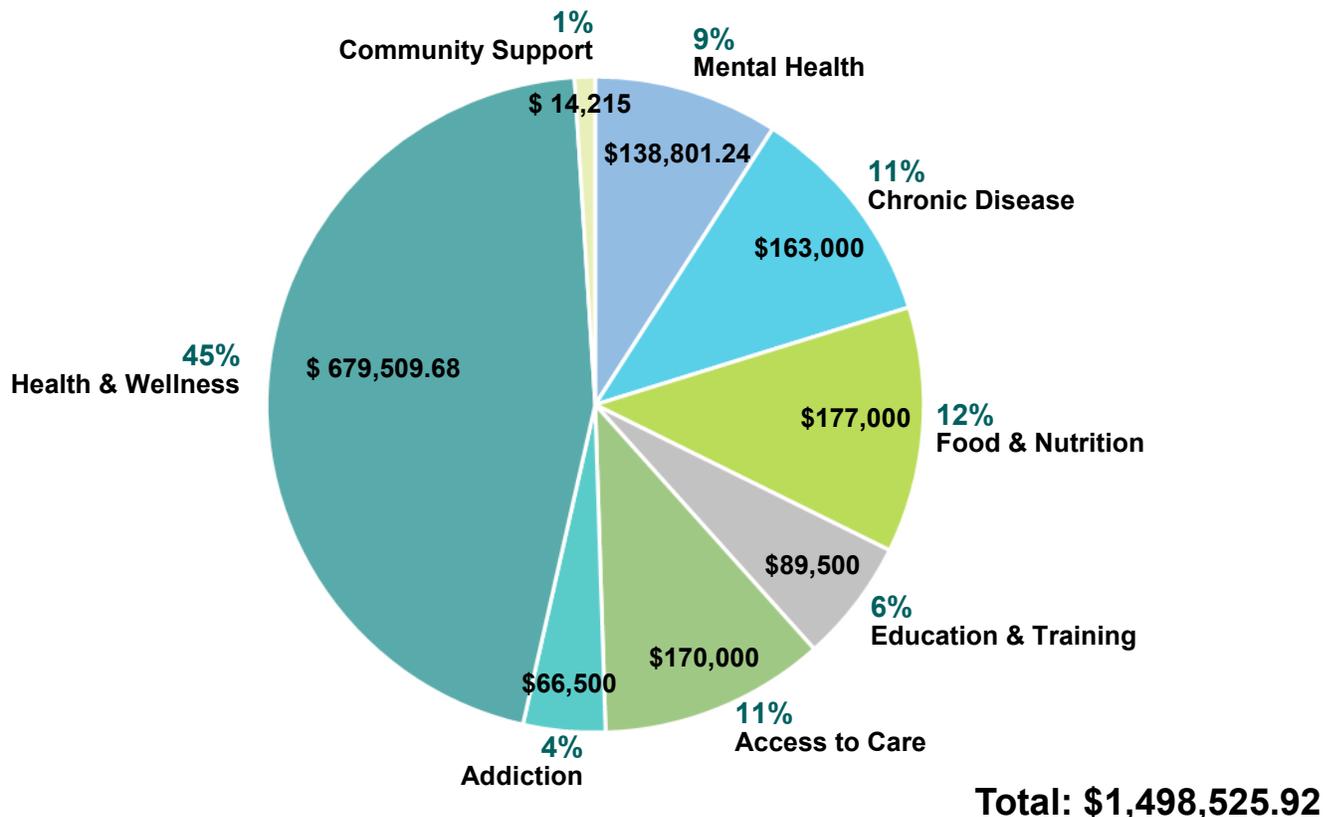
- The applicant must be a tax exempt, non-profit organization under section 501(c)(3) of the Internal Revenue Code.
- The proposed grant request should align with the BRHF’s mission and focus areas: “Addressing Mental and Physical Health Needs” and “Access to Healthcare”.
- Applicants must be within the BRHF’s geographical service area and the original coverage footprint of Sharon Regional Health System.

## Grant Proposal Process

The Buhl Regional Health Foundation uses an online grant system and accepts Letters of Inquiry (LOI) twice per year. Applicants should visit the BRHF website for instructions on how to submit a detailed LOI online and to view past grant awards. The Foundation will review all LOI’s received for the current grant cycle and will determine if a program or project is a good potential match to the Foundation’s mission and funding priorities. Those that align are invited to submit a full proposal through the online grant system. The BRHF Board of Directors considers grant proposals for approval at two meetings per year in March and September. Board action occurs after proposals have been reviewed and recommended by the staff and Grants Committee.

# OVERALL GRANTS & SCHOLARSHIPS AWARDED

July 1, 2017 - December 31, 2019



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# 2019 GRANTS AWARDED

January 1, 2019—December 31, 2019

## **Adventures in Training with a Purpose Specialized Training for Vulnerable Populations**

**\$20,000**

Adventures in Training with a Purpose (ATP) was created to confront health and movement related issues in vulnerable populations who no longer have the benefit of paid rehabilitation. Funding will support after school programming, in-home training, veteran programs as well as programs for individuals of all ages with various disabilities and chronic conditions at their Mercer County facility.

## **Buhl Community Recreation Center Program Capacity Building—Youth and Wellness**

**\$250,000**

This is the first installment of a multi-year matching grant that will be used towards the Buhl Club's project to repurpose and update space in their facility to increase their capacity to deliver programs aimed at youth development, family support, and health & wellness.

## **Butler County Community College HOPE Initiative: Healthy Endorphin-Awakened Lifestyles (HEAL)**

**\$11,000**

This program will provide a comprehensive recovery-focused approach to Opioid Use Disorder (OUD) in Mercer County. This includes free educational kick-off events, educational classes to promote the understanding of the root of OUD, participation in endorphin-building exercises, and 12 weeks of Cognitive Behavioral Therapy.

## **Children's Advocacy Center of Lawrence County Nurse Family Partnership (NFP)**

**\$66,733**

Funds will support NFP in Mercer County. An evidence based, community health program that has generated proven outcomes for low-income women pregnant with their first child. NFP works by having specially trained nurses regularly visit young, first-time moms-to-be, starting in early pregnancy, and continuing through the child's second birthday.

## **Community Arts Experience, Inc. Arts-N-Motion: Dancing Display of Lights**

**\$5,500**

This 16-Week program is an approach to learning health, wellness, and fitness education to combat childhood obesity, and a range of mental health issues including depression, anxiety, ADHD, and more. Students will acquire education and skills needed to support proper nutrition, cognitive behavioral supports and physical activity which is anticipated to reduce the rates of chronic disease, substance abuse, and untimely deaths.

## **Community Food Warehouse The Backpack Program**

**\$50,000**

The mission of the Backpack Program is to help alleviate child hunger by providing children, deemed to be chronically hungry, with nutritious and easy to prepare food at times when other resources are not available, such as weekends and school vacations. Program participants at each site are carefully selected by means of eligibility criteria for determining chronic hunger.

## **Gaudenzia Erie Drum-atic Healing at Gaudenzia**

**\$1,500**

This program aims to help individuals in their addiction recovery while allowing them to come together as a group. In this treatment modality, drum circles can help establish a sense of community while reducing the stress, worry and concerns that are often barriers against someone in their healing and recovery.

## **George Junior Republic Campaign for Healthy Children**

**\$20,000**

Funds will be used to support the renovation and expansion of a campus building for the purpose of providing a one-stop co-located intake, admission, treatment, physical and psychiatric treatment area for youth.

## **HOPE Center for Arts and Technology Expansion of Youth Arts Curriculum to Digital and Design Arts**

**\$50,000**

Funds will support the center's expansion into digital and design arts. HopeCAT's proven educational model targets students grades 9-12 to create visual arts-based projects. The center partners with regional public schools to positively impact socioeconomic status, employment, education, which leads to a healthy, productive life.

## **Keystone Blind Association Low Vision Clinic and Healthy Life Skills**

**\$35,000**

Funds will be used to purchase equipment to identify and diagnose fields of vision & retinal health as well as teaching safe and healthy food preparation to blind and visually impaired children and adults.

## **Maple Tree Cancer Alliance Exercise Oncology Program Partnership at Buhl Community Recreation Center**

**\$20,000**

This program is a model for improving the quality of life of cancer patients and survivors battling cancer through incorporating exercise as a cornerstone for cancer treatment and subsequent rehabilitation.

## **Mercer County Coalition for Drug Awareness Healthy Alternatives Program**

**\$10,000**

This program will provide healthy alternatives to substance abuse at the ROAR Center in Sharon, PA to promote recovery and healthy living. This program will also serve as a harm and risk reduction strategy in that participants are putting time aside to take part in something they enjoy rather than spending that specific time engaging in at-risk behaviors.

## **Mercer County Communities That Care "BREATHE Free" Anti-Vaping/E-Cigarette Use Prevention Campaign**

**\$18,500**

Funds will be used to provide educational materials to youth, parents and the community on the dangers of vaping and use of electronic cigarettes by implementing the "BREATHE Free" campaign.

**Mercer County Criminal Justice Advisory Board  
Crisis Intervention Team**

**\$19,000**

Funds will be used to provide two 40-hour long Crisis Intervention Team trainings, which will provide law enforcement and first responders with education and skills for assisting those with mental health illness.

**PHN Charitable Foundation  
Connecting Mercer County - Second Phase**

**\$70,000**

The second phase of Connecting Mercer County will expand the role of the Mobility Manager to serve as a central point of contact for transportation requests through the BRHF footprint, provide education to the community relating to transportation and connect residents to much-needed transportation services.

**Sharon City School District  
School Safety and Violence Prevention Program**

**\$40,000**

This project will support a collaborative training program for K-12 educators, administrators and guidance personnel. The program will provide education to empower school personnel to address the warning signs indicative of mental health crisis in students related to trauma, depression, suicide, homicidal intent, bullying, self-injury, and substance abuse.

**Shenango Valley Catholic School System  
CPR/AED Training Program**

**\$6,600**

Funds will establish a CPR/AED training program at Kennedy Catholic High School with the objective of having every high school graduate becoming certified to perform CPR and to become familiar with correct AED usage.

**UPMC Horizon Community Health Foundation  
Medical Equipment Recycling Program (MERP)**

**\$30,000**

MERP provides durable medical equipment to anyone in our community who can't afford to purchase the equipment they need to improve mobility and quality of life.

**West Hill Ministries  
After School Program**

**\$40,000**

Funds will be used to support afterschool programs in Sharon, PA. West Hill Ministries provides programs that focus on building relationships, encouraging youth and families and extending our best efforts to create a safe haven for children that encourages, teaches values and shares faith.

**Zion Education Center  
CYPEN Project**

**\$74,600**

The funds will be used to help support the CYPEN project at Zion Education Center. CYPEN is a network of collaborative solutions that address traumatic childhood experiences which causes adverse childhood memories and long-term emotional trauma.

**Scholarships**

**\$3,200**

**BRHF National Hospital Week Awards**

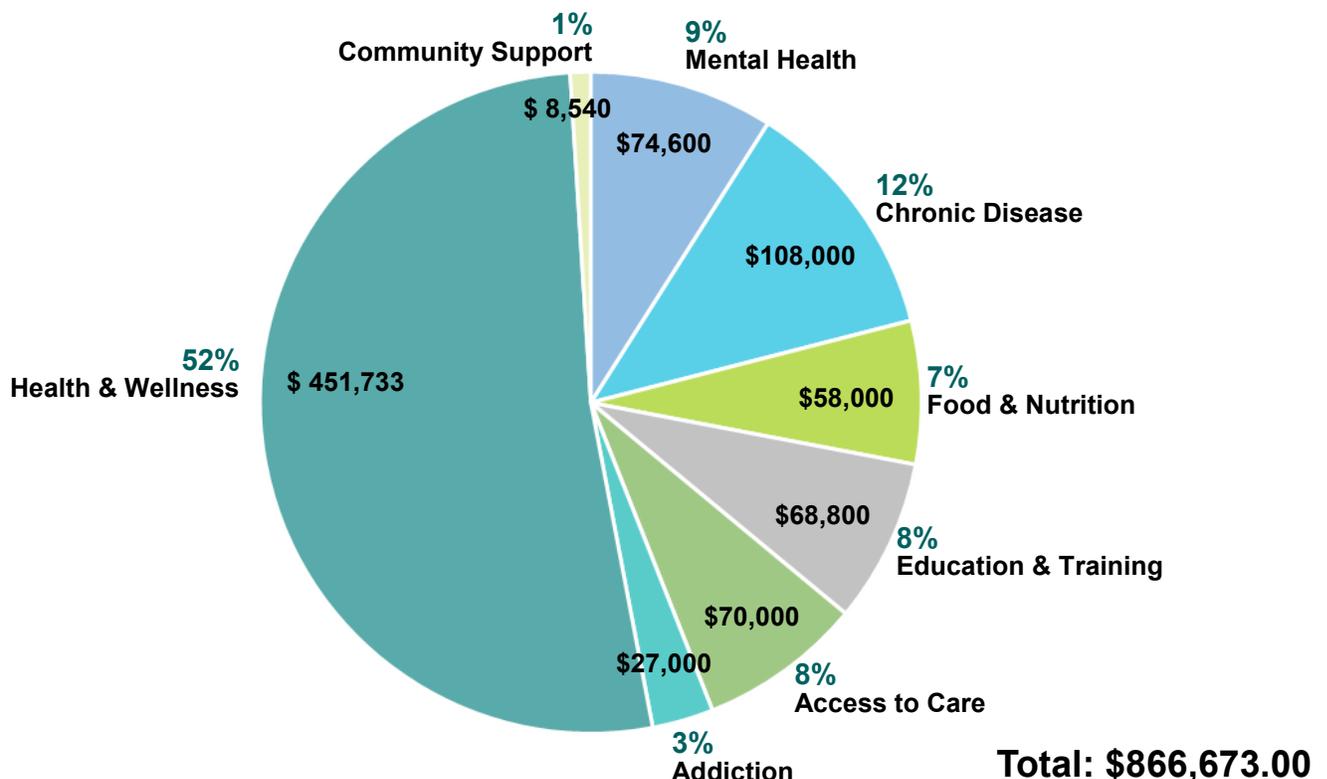
**\$9,000**

**Community Support**

**\$16,040**

**2019 GRANTS & SCHOLARSHIPS AWARDED**

**January 1, 2019 - December 31, 2019**



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# FINANCIAL SUMMARY

## Summary Statement of Financial Position

Beginning July 1, 2018 thru June 30, 2019

<b>Assets</b>		<b><u>2019</u></b>
Cash		\$ 2,240,030
Prepaid Expenses		4,750
Investments		34,264,665
Other		-
	Total Assets	<u>\$ 36,509,445</u>
<b>Liabilities and Net Assets</b>		
	Total Liabilities	\$ 10,524
<b>Net Assets</b>		
Without Donor Restrictions		\$ 35,948,498
With Donor Restrictions		550,423
	Total Net Assets	<u>\$ 36,498,921</u>
	Total Liabilities and Net Assets	<u>36,509,445</u>

## Summary Statement of Activities

Beginning July 1, 2018 thru June 30, 2019

<b>Revenues</b>		<b><u>2019</u></b>
Investment Income		\$ 2,573,753
Contributions		177,457
Other		50,450
	Total Assets	<u>\$ 2,801,660</u>
<b>Expenses</b>		
Administrative & General		\$ 475,245
Grants and Scholarships		579,893 (a)
	Total Expenses	<u>\$ 1,055,138</u>
	Revenues Over (Under)	
	Expenses	<u>\$ 1,746,522</u>

(a) 2019 Total grants awarded July 1, 2018 through June 30, 2019

# 2019 BOARD OF DIRECTORS

## BOARD CHAIR

### Angela Palumbo

Retired Administrator  
Career Link

## VICE CHAIR

### James Feeney

Retired Chief Operating Officer  
Wheatland Tube Corporation

## SECRETARY

### Attorney Autumn Johnson

Assistant Public Defender  
Mercer County Public Defender's Office

## TREASURER

### Kenneth James

Chief Financial Officer  
Windsor House, Inc.

### Joanne Bisson

Medical Offices Management Consultant

### Mary Ann Daniels

Chief Executive Director  
Mercer County Behavioral Health Commission

### William Dungee

Director of Business and Finance  
Penn State University– Shenango Campus

### Attorney James Epstein

Retired District Attorney of Mercer County

### Mark Ferrara

Retired Superintendent  
Greenville Area School District

### George Garrow, MD

Chief Medical Officer  
Primary Health Network

### Stephen Gurgovits

Retired President & CEO  
First National Bank of Pennsylvania

### Rebecca Hanigosky, DO

OB/GYN

### Rev. Dr. Glenn Hink

Senior Pastor  
First Presbyterian Church of Sharon

### John Hudson

President  
Hudson Companies

### Lew Kachulis

President  
Gilbert's Risk Solutions

### Lizette Olsen

Executive Director  
AWARE, Inc.

### Riley Smoot

School Resource Officer  
Farrell School District

### Michael Wright

Retired President/Chief Executive Officer  
Shenango Valley Urban League

## STAFF



**Michaelene Gula**  
Executive Director



**Kimberly Duncan**  
Grants & Program  
Manager



**Donna Smith**  
Administrative  
Assistant

## RESOURCES

Pennsylvania Department of Health  
County Health Data  
[www.statistics.health.pa.gov](http://www.statistics.health.pa.gov)

Trumbull County Combined Health District  
& Warren City Health District  
Community Health Assessment  
[www.tchb.org](http://www.tchb.org)

Robert Wood Johnson Foundation  
County Health Profile  
[www.nwjf.org](http://www.nwjf.org)

## MEMBERSHIPS

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***“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.” — Margaret Mead***



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