

**SCHOOLS AND COMMUNITY TO BENEFIT FROM  
OVER \$1.6 MILLION IN GRANTS  
AWARDED BY THE POTTSTOWN AREA HEALTH & WELLNESS FOUNDATION**

February 2, 2009 Pottstown, PA – In its fall round of grants, the Pottstown Area Health & Wellness Foundation is announcing an investment of \$1,632,500 in the local community to enhance the health and wellness of area residents. “The grant submissions for the fall were very strong and included a wide range of ideas,” states Dave Kraybill, Executive Director, Pottstown Area Health & Wellness Foundation. “The Foundation is pleased that so many schools and organizations are consistently interested in creating programs and improving services that will positively affect the quality of health and wellness in our community. This commitment to making a change is not only impressive, but vitally important to our mission.”

The Foundation provides grants to schools and non-profit health and wellness providers, who use the money to develop and enhance programs that encourage area residents to embrace a healthier lifestyle. “Since grants are our cornerstone, we take an outcomes-based approach to grant-making,” comments Kraybill. “Outcomes are things that benefit people, such as new knowledge, increased skills, a positive change in attitude or values, or a positive change in behavior or an improved condition. We award grants to area schools and organizations which best use their resources, services and products to help people improve their health and well-being.”

The Foundation distributes grants according to its four long-term goals:

- Goal 1: Reduce Behavioral Risks
- Goal 2: Improve Access to Medical Services
- Goal 3: Enhance Formal and Informal Supports
- Goal 4: Improve Physical and Social Environment

In support of the “**Reduce Behavioral Risks**” goal, the Foundation is investing \$372,000 in 16 community organizations, schools and programs:

1. BCS Yes! – Health, Fitness and Nutrition program.
2. Boyertown Area School District – Revise Our Recess, a recess exercise initiative.
3. Carson Valley Children’s Aid – Women’s Voices, Healthy Choices.
4. Falkner Swamp Nursery School, Inc. – Exercise & Wellness programs.
5. Family Services of Montgomery County – Maintain and enhance Helping Elderly Adults Remain in Their Home (HEARTH) project.

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6. Fellowship Farm, Inc. – Continuation of Healthy Options for the People of the Pottstown region (HOPP) program.
7. Holcomb Behavioral Health System – Life Skills program for vulnerable adults and their children.
8. KenCrest Centers – Phase 2 of the Resources & Education for Achieving Complete Health (REACH) project.
9. Mental Health Association of Southeastern PA (Chester County Compeer) – Matching trained volunteers with adult consumers of mental health services.
10. Pottsgrove School District – Student Needs Assistance Program (SNAP) Academy.
11. Pottstown Area Seniors’ Center – Enhancing Prime Time Health.
12. Pottstown School District – Coordinated Approach to Child Health (CATCH) Kids Club program.
13. Royersford Outreach, Inc. – Nutrition and health programs for economically disadvantaged individuals of all ages in the Royersford area.
14. Sacred Heart School – Health and Wellness program.
15. The Triskeles Foundation – Food for Thought program for the underserved community in Spring City.
16. West-Mont Christian Academy – Healthy Snack program and fresh fruit and vegetable salad bar.

In support of the “**Improve Access to Medical Services**” goal, the Foundation is investing \$637,000 in three organizations:

1. Community Health and Dental Care, Inc. – Support for the first six-months of operation.
2. University of Pittsburgh – Multi-year grant towards Pennsylvania Medicaid Policy Center support.
3. Volunteer Home Care/Diakon Lutheran Social Ministries – Support for volunteer home care teams in the Boyertown and Pottstown areas.

In support of the “**Enhance Formal and Informal Supports**” goal, the Foundation is investing \$216,500 in eight community organizations and programs:

1. Boyertown Area Community Wellness Council – Multi-year grant for operational support towards community wellness programs.
2. Boyertown Area Creative Housing – Transitional housing and support for single parent families.
3. Building a Better Boyertown – Support for Boyertown’s Farmer’s Market.
4. Child Advocacy Center of Montgomery County-Mission Kids – Initiative for research and development of infrastructure.
5. Freedom Valley YMCA – Purchase of portable FBI-Certified fingerprint Livescan station.
6. Montgomery County Community College – Year two, service learning to build community-based non-profit organizations.
7. Pottstown Area Police Athletic League – Administrative and operational support.
8. Pottstown Area Seniors’ Center – Architectural and engineering plans for facility to accommodate operations of PASC and YWCA Tri-County.

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In support of the “**Improve Physical and Social Environment**” goal, the Foundation is investing \$407,000 in seven community organizations and schools:

1. Boyertown Area YMCA – Hendricks Family Center expansion project.
2. Camphill Village Kimberton Hills – Aging in Community program.
3. Coventry Christian School – Partial funding for construction of Events Center.
4. NAACP – Youth HIV/AIDS, Drugs & Alcohol & Violence prevention program.
5. Pottstown Parks & Recreation Foundation – Leveraging grant towards Phase II of Memorial Park’s enhancement projects.
6. Salvation Army of Boyertown and Beyond – Installation of lighting for outdoor basketball court.
7. Township of Upper Pottsgrove – Master plan to study Sprogels Run Pedestrian Trail opportunity.

The Pottstown Area Health & Wellness Foundation’s mission is to enhance the health and wellness of area residents, providing education, funding and programs that motivate people to adopt healthy lifestyles. For more information about the Foundation go to [www.pottstownfoundation.org](http://www.pottstownfoundation.org).

In support of the Pottstown Area Health & Wellness Foundation’s goal to promote healthy living and healthy lifestyles, the Foundation sponsors the *Mission: Good Nutrition* program, which airs every Thursday at 7:00 p.m. on PCTV Channel 28. Area residents, particularly parents with school-age children, can discover practical, fun, easy and convenient ideas to use immediately and benefit from every day. Visit [www.missiongoodnutrition.org](http://www.missiongoodnutrition.org) for an array of interesting information including delicious recipes, video clips, quizzes, and more.

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