



## HAPPY ANNIVERSARY, PAHWF!



WE

FIT

TOGETHER

The Foundation is celebrating 15 years of grantmaking! Our mission is to enhance the health and wellness of area residents, providing education, funding and programs that motivate people to adopt healthy lifestyles.

Created from the sale of the former Pottstown Memorial Medical Center (now Pottstown Hospital-Tower Health) to Community Health Systems in 2003, our organization has set forth to inspire the community to make healthier choices via grants to local schools, parks and area non-profit organizations over the past 15 years. We serve

the residents of Pottstown and a 10-mile radius around the borough, encompassing seven public school districts.

To commemorate this milestone, we chose the slogan "We Fit Together," to recognize the unity of the Foundation, our grantees and the surrounding communities.

Together, having fostered partnerships, initiatives and collaborations, we are paving the way to healthier living.

*(Continued on page 2)*

## a message from our president



Happy fall!

The holiday season is quickly approaching and it's important to stick to the goals we set forth as it relates to our health and wellness. It's all about balance and making small changes in our daily routines. This can help keep us on track and steadfast through a time when we tend to splurge more than usual. Without a doubt, these are the times to celebrate and enjoy with the people you love most, but healthy living should be a year-round way of life, not just a New Year's resolution.

New goals and resolutions to set our sights on in 2019 are needed, but rather than trying to bite off more than we can chew, let's set forth smaller, more realistic goals to work on today. Take time to evaluate what you would like to improve about your health and start making changes here and there to help you reach those goals. Every day, commit to making an effort to change habits, no matter how insignificant they may seem. Small steps lead to big changes. Bike (or walk!) to work and enjoy this cool, crisp weather, stand up and move around more throughout the day instead of prolonged sitting, and nourish your mind and body with nutritious foods as often as possible.

The Foundation is currently celebrating 15 years of grantmaking, a milestone that truly celebrates the work of our grantees and the communities they serve. Our grantmaking priority areas, which have evolved with the organization, focus on healthy behaviors in schools, parks and networks, health access, strengthening nonprofits and capacity building for community economic development. As we look to the future, those priorities and our mission and purpose remain the same – enhancing the health and wellness of our residents, providing the tools to motivate people to adopt healthy lifestyles.

We thank the communities we serve in helping us to establish and maintain a culture of health in Pottstown and the region.

Take steps towards a healthy day.

David W. Kraybill, President

(Continued from page 1)

"It's a privilege to work with so many vital community organizations to help bring about positive change in the area where we live and work. Our success mirrors the energy and compassion of our grantees and the people they serve," said PAHWF President David Kraybill. This anniversary is bigger than our organization, as it shines a spotlight on the impact our grantees have made and continue to make daily in the communities

they serve. We look forward to showcasing the important work and accomplishments of our grantees. Those organizations have worked diligently and served as catalysts for thousands of people to make positive health changes in their lives.

On behalf of the Foundation's board of directors and staff, thank you to our grantees for their continued commitment to a healthier life for all. We look forward to the next 15 years!



A few of the notable accomplishments made possible by PAHWF grant funds include:

- Grand opening of Community Health & Dental Care and its previous co-location with Creative Health Services
- Circuit Rider program
- Walk/Bike Pottstown
- MOSAIC Community Land Trust
- Home Garden Contest
- PEAK Initiative (Pottstown Early Action for Kindergarten Readiness)
- Healthy Bodies Healthy Minds Institute





Annual Home Garden Contest



## BOYERTOWN BOROUGH

There were no participants in the following three categories:

**YOUNG GARDEN**  
**A LOT WITH A LITTLE**  
**BEES & BUTTERFLIES GARDEN**

## POTTSTOWN BOROUGH



## Annual Home Garden Contest

Together with MOSAIC Community Land Trust and Building a Better Boyertown, the Foundation set out to encourage and support gardening for both beginners and experienced gardeners, as this contributes to the physical and mental health of residents, promoting a sense of community among the residents in the Pottstown and Boyertown boroughs via the Annual Home Garden Contest.

### CONGRATULATIONS TO THE 2018 WINNERS AND PARTICIPANTS!

#### GENERAL GARDEN

1st Michael Myers  
2nd Linda Lyle  
3rd Gail Missimer  
HM Louis Lombardi

#### CERTIFICATES OF PARTICIPATION

Angela Motter  
Linda Steffy  
Denise Trout  
Cynthia Werstler

#### FLOWER GARDEN

1st Lisa Catagnus-Hiryak  
2nd Jack Carver  
3rd Heidi Bauer

#### VEGETABLE GARDEN

1st Kim Dougherty  
2nd Kathryn Endy

#### YOUNG GARDENER

1st Lexi Oswald  
2nd Lily-Anne Wright  
3rd Justin Castillo  
HM Muhammad & Layla Belgrave

#### CERTIFICATES OF PARTICIPATION

Brooke Haigh  
Elly Haigh

#### A LOT WITH A LITTLE

1st John Piekarski  
2nd Lisa Heverly  
3rd Jim & Julie Wilson  
HM Karliayn Bare

#### GENERAL GARDEN

1st Geri Kelly  
2nd Ken & Julia Kummerer  
3rd Bonnie Heath  
HM Marilyn Conbeer

#### CERTIFICATES OF PARTICIPATION

Bruce Bachart  
Eileen Faust & Ed Walker  
Marie Haigh  
Diane Heverly  
Adirah & Benyamin Levy  
Alicia Murray

#### BEES & BUTTERFLIES GARDEN

1st Jody Wenzel  
2nd Ron Richael  
3rd Mary Hingston

#### FLOWER GARDEN

1st Nichole Leone  
2nd Richard Cressman  
3rd Sue Krause  
HM Charles Kanaskie

#### CERTIFICATES OF PARTICIPATION

Charlene Bradley  
Betsy Sovia

#### VEGETABLE GARDEN

1st Jeremy Schwenk  
2nd Joseph Wenzel  
3rd Becky Gardner  
HM Barbara Rapchinski

#### CERTIFICATES OF PARTICIPATION

Joe Loftus  
Jennifer Maximenko  
Megan McConnell  
Katharine Putkowski  
Robert Trojanowski

Visit [homegardencontest.com](http://homegardencontest.com) for more!

## contest updates

### Healthy Bodies Healthy Minds Institute

A two-day, annual conference that brings together educators from across the region to learn new and innovative ways to adopt physical activity as a learning tool in the classroom.



**WHAT DID HBHM 2018 LOOK LIKE?**

- 5 Tracks**
- 23 Sessions**
- 163 Educators**
- 30+ Organizations**
- 15 School Districts**

#### SCHOOL WELLNESS CHECKLIST® CHALLENGE:

In the 2017-18 school year, 24 schools competed in the Medical University of South Carolina's (MUSC) Wellness Checklist Contest!

- 8 from Boyertown School District
- 3 from Owen J. Roberts School District
- 4 from Pottsgrove School District
- 4 from Pottstown School District
- 3 from Spring-Ford District
- 2 private schools: Brookside Montessori and West-Mont Christian Academy

- 100% earned a \$1,000 Wellness Achievement Award
- 54% of participating schools earned > 100 points
- 13% (3 schools) earned > 150 points



#### 2017-18 SPECIAL AWARD WINNERS:

**ROOKIE OF THE YEAR (\$500)**  
**West-Vincent Elementary**  
(Owen J. Roberts School District)

**FLEX CATEGORY - NUTRITION (\$750)**  
**Brookeside Montessori**

**OVERALL GRAND PRIZE (\$1,500)**  
**West-Vincent Elementary**

The top point earners >100 pts for each district (in order of points):

#### 1. Boyertown - 63% earned > 100 points (5 schools)

Boyertown Area Senior High School, Washington Elementary School, Colebrookdale Elementary School, Earl Elementary School, Gilbertsville Elementary School

#### 2. Owen J. Roberts - 67% earned > 100 points (2 schools)

West-Vincent Elementary School, North Coventry Elementary School

#### 3. Pottsgrove - 50% earned > 100 points (2 schools)

West Pottsgrove Elementary School, Ringing Rock Elementary School

#### 4. Pottstown - 25% earned > 100 points (1 school)

Lincoln Elementary School

#### 5. Spring-Ford - 67% earned > 100 pts (2 schools)

Evans Elementary School, Royersford Elementary School

#### 6. Private Schools - 100% earned > 100 pts (2 schools)

West-Mont Christian Academy, Brookside Montessori

Thank you to all participating schools for their hard work in creating a healthier environment for their students to learn and thrive in! To learn more about the contest, visit [MUSC](#).

### Valley Forge Invitational

The Foundation partnered with the PGA Symetra Tour's Valley Forge Invitational, hosted in May 2018, serving as the title sponsor and directing the proceeds of this new professional golf tournament. In September, the Valley Forge Tourism & Convention Board (VFTCB) hosted a check presentation for the beneficiaries of the tournament.

The event raised a collective \$17,500, which was split evenly among three of the Foundation's grantees: Tri-County Community Network (TCN), YWCA Tri-County Area and the Foundation for Pottstown Education. Thank you to all three organizations for the great work they do every day in our communities!

Many thanks to the teams at VFTCB and Symetra Tour for their commitment to bring the PGA to Montgomery County. We look forward to the growth of the tournament as it returns to Pottstown May 28 - June 2, 2019!



PAHWF and VFTCB staff with Montgomery County Commissioner Joe Gale, presenting the beneficiaries of the inaugural Valley Forge Invitational with the \$17,500 proceeds of the tournament.

From left to right: Tri-County Community Network Executive Director Holly Parker, YWCA Tri-County Area Chief Philanthropy Officer Diane Lauer and Foundation for Pottstown Education Executive Director Joe Rusiewicz.







## Welcome, Frances!

Frances Heffner found the perfect fit with the Foundation's board of directors when considering board service, aligning with its mission and purpose.

"I was looking for a professional board, who enjoys their mission, that could have a significant effect on the life of Pottstown," said Heffner. "The most rewarding part will be investing wisely in our region for the good of the citizens."

Co-founder and President of woman-owned CODY Systems, Heffner provides end-to-end software and data management, integration and exchange solutions for public safety and public sector agencies of all sizes and tiers. Music and the arts have played a large part in her life, and she'd like to see them incorporated more into health and wellness.

"Nutrition, physical fitness — all that's good, but I also believe that more experiences with the arts always add to a more full life," said Heffner.

Heffner was appointed to the board in August 2018 and will serve on the Grants and Impact Committee. Her advice to others seeking to lead a healthier lifestyle is to keep it simple, moderation in all things, and also, to cherish life.

In addition to her love of music and the arts, Heffner enjoys reading, traveling with her husband and having fun with her six grandchildren, especially during their annual Pirate Day tradition.

"We all have pirate names, dress up like pirates and in order to get on board 'the ship,' the kids have to answer questions about the seas and the globe," said Heffner. "We really have fun with it, organizing a treasure hunt for the kids and having everyone talk like a pirate the whole day."

## Welcome, Justin!

Justin Valentine was born and raised in Pottstown and is eager to serve on the Foundation's board of directors after seeing its grantmaking in action as a community member.

"I looked at the great work the Foundation does in the community and wanted to be a part of that," said Valentine. "I wanted to help create that continued legacy through the Pottstown area, promoting health and wellness," said Valentine.

Valentine joined the board in August 2018 and will serve on the Marketing/Communications Committee.

Valentine is a licensed retirement specialist with The Vanguard Group and a vast portion of his career has been in sales, but always centered on people. Along with his wife, Antoinette, Valentine founded Kingdom Life Church in Pottstown where he serves as senior pastor.

"It's a calling and a passion of mine to see people do well and better their lives," said Valentine.

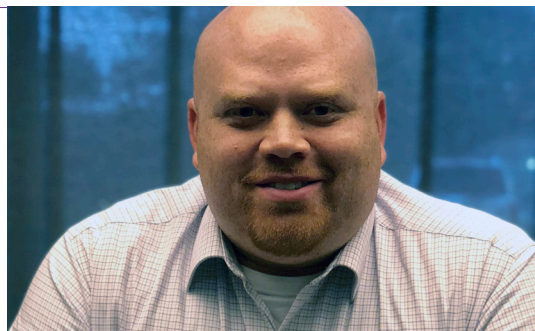
"That also segues into the work of the Foundation, because you're not just looking at their spiritual well-being, but also their mind, physical, economical and the overall betterment of their lives and our children's lives."

An important component of healthy living for Valentine is spending time with family. He and his wife have four children and a fifth on the way!

"We just make sure that we balance out, even though we might not have a lot of time, the time that we get is quality," said Valentine.

Another key of healthy living for Valentine is identifying where to start. "When we go to improve ourselves, we try to take the whole pie," said Valentine. "Pick an area that you can improve upon and maybe become more disciplined in and work on that aspect first."

Valentine enjoys reading, learning new things and spending time with his church family. He is a big Eagles fan and is known for his dance moves, as he's won a Michael Jackson dance competition.



## Meet Nancy!

The opportunity to positively impact the health and well-being of residents in the community is what drew Nancy Miller to the Foundation's board of directors.

A registered nurse with a career spent primarily in school health, Miller possesses an array of knowledge about multiple facets of health. She will serve on the board's Marketing/Communications Committee.

"As a nurse and life coach, most of my professional work has focused on promoting health and well-being," said Miller. "Serving on the board provides an opportunity to have a greater positive impact, and it will be gratifying to have a front row seat and see the Foundation's work."

The founder and owner of Navigate Life Coaching, LLC, Miller provides individual and group coaching, seminars on a variety of topics, and grief recovery.

"It's been a joy to serve individuals as they make small changes to improve their well-being, identify what's important to them, set goals and take steps to achieve them," said Miller. "I've learned that well-being applies to the whole person and includes physical, emotional, social, spiritual and financial aspects of life, in addition to other domains."

To support her own health and wellness, Miller emphasizes the importance of obtaining 7-8 hours of sleep per night in addition to regular exercise. Some of her favorite methods include walking and biking.

In her spare time, she also enjoys reading, writing, hiking and traveling.

"I've been fortunate to travel to a few bucket list destinations recently such as Australia, Russia and London, England," said Miller. "I also enjoy searching for, and cooking, healthfully delicious recipes."

When she was a teenager, Miller was struck by lightning.

"I had no known ill effects except for an electric personality and a technological deficit disorder!" said Miller.



## board updates



In 2018, the Foundation bid farewell to one long-time board member and welcomed the return of another.

Charlie Palladino began his service on the PAHWF board of directors in July 2003, serving until June 2014. In October 2015, he returned to the board for a another three-year term.

"I am sincerely honored to have had the opportunity to be a member of the Pottstown Area Health & Wellness Foundation board for 14 years," said Palladino. "I have thoroughly enjoyed working with an exceptionally professional and talented board and staff who are totally dedicated to helping Pottstown be a healthy community."

The last three years, Palladino served as chair of the Nominating Committee and also a member of the Strategic Planning Committee. He retired from the board in June 2018.

"The greater Pottstown area is truly fortunate to have the Foundation working on its behalf," said Palladino.

*"I personally wish the Foundation continued success in all of the great work that it does well."*

*Charlie Palladino*

Art Green joined the board in 2008. In his nine years on the board, he served on the Executive, Strategic Planning, Marketing/Communications, Grants and Impact Committees, and held the title of Board Chair from July 2014-June 2017.

*"I am happy to be returning to the Foundation board for a second round of service," said Green.*

*"The first nine years seem to have flown by, and I have been busy with other interests during the past year off. I am pleased to be able to help by chairing the Nominating Committee as I start this next three-year term."*

Most recently, Green has served three three-year terms ending June 30, 2017.

Reflecting on his board service, Green referenced a past PAHWF interview in which he paraphrased a quote by Mahatma Ghandi — "You must be the change that you wish to see in the world," noting he is still challenged by this way of thinking in terms of how to make the place we live a better place to be.

"It is clear to me that if through the efforts of the Pottstown Area Health & Wellness Foundation, I can help in some small way to create a better, healthier way for the people to live in the immediate Pottstown area, I will be true to Ghandi's challenge," said Green. "This means that I too must reflect, in a personal way, the positive things that I expect to see in the community around me here in Pottstown."

Green notes it has been his personal experience that the Foundation has been very successful in advancing its mission in the 10-mile service area it supports. The many nonprofits, social service

areas and schools, both public and private, that are positively impacted by the work of the Foundation is amazing, according to Green.

"I have little doubt that there has been a lot of success in the past," said Green. "What is now exciting is that the Foundation is taking steps to quantify the amount of success that it is having as it moves forward. I am pleased to be a part of this continuing effort."







**The Amazing Raise is a giving campaign that brings together the region to help raise needed funds for non profits in OUR community.**

**(Tri-County Area includes Montgomery, Eastern Berks & Northern Chester Counties)**

**100% of dollars raised by each participating non profit goes to that organization.**

**\*Dollars donated directly to The Amazing Raise will be proportionately distributed to all participating non-profit agencies.**

## DONATE AT

**WWW.AMAZINGRAISETRICOUNTY.ORG**

**Explore the nonprofits you would like to donate to and create an account.**

### Participating Organizations

Amity Township Athletic Club	MOSAIC Community Land Trust
Animal House Project	Mother Goose: Read to Me
Ann's Heart	Operation Backpack
ArtFusion 19464	Pottstown Children's Discovery Center
Association for Adults with Developmental Disabilities	Pottstown Cluster of Religious Communities
Bon Homie Better Days Foundation	Pottstown GoFourth!
Boyertown Area Community Wellness Council, Inc.	Pottstown Regional Public Library
Centro Cultural Latinos Unidos, Inc.	RSVP
Colebrookdale Railroad	Seniors and Sprouts
Designing 4 Hope	Steel River Playhouse
Developmental Enterprises Corporation	The Lincoln Center for Family and Youth
Family Services of Montgomery County	The Salvation Army of Boyertown
Foundation for Boyertown Education	The Salvation Army of Pottstown
Foundation for Pottstown Education	TriCounty Active Adult Center
Frederick Living	TriCounty Area Chamber of Commerce Foundation, Inc.
Genesis Housing Corporation	TriCounty Community Network
Greater Pottstown Tennis & Learning	United Way of Boyertown
GreenAllies	Victim Services Center of Montgomery County, Inc.
KenCrest	Women's Center of Montgomery County
Mission Kids Child Advocacy Center	YWCA Tri-County Area