

# Well-Informed

Pottstown Area Health & Wellness Foundation | Community Benefit Report | Summer 2019



## Celebrating 15 Years Young with the Community



After a winter storm delayed our initial celebration date in November, the Foundation was finally able to celebrate 15 successful years of promoting health and wellness in the Pottstown area.

Grantees, former board members, and community members all joined the Foundation at The Sunnybrook Ballroom on April 10, 2019 to celebrate along with us!

The theme of the event was "We Fit Together," recognizing the contributions of our grantees and our own initiatives, both of which were necessary

for this accomplishment. We were even able to debut our 15th anniversary video—featuring many of the grantees and influencers in attendance!

To cap off the night and gain valuable input directly from grantees, guests discussed the needs they believed will be a priority in the upcoming years and a volunteer from each table shared the key points with all the attendees.

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# a message from our president



Happy warm weather!

In the wake of our 15th anniversary celebration, I keep thinking about the other milestones we should acknowledge. But what I find is that we're less focused on the milestones, and more on that elusive end goal. Why not look for more things to celebrate in our lives? After all, we're often so preoccupied with fixing what's wrong (or what we perceive is wrong), we don't give the same attention when we accomplish things along our journey.

Why not spend more time looking back at the good?

I know for many of us, health and wellness can offer a lot of milestones as we make progress toward better health. So, instead of thinking about just the end result, what's a significant health-related milestone you accomplished?

Maybe you started running this past year and are seeing a marked difference in your performance and health. Or perhaps you just completed your first 5K. If you're not a runner, you might have kicked off a new diet or sworn off soda. Maybe you started losing weight. Your milestone could even be something more significant, like quitting smoking or beating cancer.

Whatever the ultimate obstacle is you're trying to overcome, let's recognize the progress we've made along the way!

David W. Kraybill, President

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We enjoyed hearing everyone's insights and look forward to building a legacy of positive initiatives for meaningful futures with them and the Pottstown community.



**15 YEAR GRANT TOTAL \$38.5 M** has been awarded

Here are a few of the grantees making a difference in their communities.

**2018:**  
The Amazing Raise  
**RAISED \$335,094**  
**IN 567 DONATIONS**  
to 39 organizations.

HEALTH



Community Health & Dental Care has a dedicated **STAFF OF TAKING CARE OF 70 OVER 17,000 PATIENTS** (mostly Pottstown borough residents) by offering affordable primary health and dental care

Mission Kids has **SERVED AND HEALED OVER 500 CHILD VICTIMS OF ABUSE ANNUALLY** 4,000 children and their families since its inception

SCHOOLS



Owen J. Roberts School District has **BROUGHT HEALTHY FOOD SAMPLES TO NEARLY 3,900 ELEMENTARY & MIDDLE SCHOOL STUDENTS**

Pottstown Early Action for Kindergarten Readiness **HEALTH AND WELLNESS ACTIVITIES SERVE APPROXIMATELY 356 PRESCHOOL CHILDREN**

NUTRITION



ACLAMO's Summer Program **DISTRIBUTED A TOTAL OF 1,203 SUMMER MEALS IN 2017**

TriCounty Active Adult Center has **PROVIDED MORE THAN 100K FREE, NUTRITIOUS LUNCHES** in the past 15 years

PARKS



Greater Pottstown Tennis & Learning **OFFERED FREE TENNIS & LEARNING PROGRAMS 1,300 HOURS TO OVER 600 POTTSTOWN STUDENTS**

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www.pottstownfoundation.org





## Welcome, Mike!

Mike Jamgochian came to the Foundation during his search to transition from public accounting to a more private role. After learning more about the Foundation's mission and history, Jamgochian couldn't pass up the offer to be the new Controller.

"Everyone in the Pottstown community was aware of the Foundation," said Jamgochian. "That's rare, because there are so many non-

profits. But the Foundation's involvement is so high and embedded in the community culture, it's known to a lot of people."

Prior to the Foundation, Jamgochian worked in public accounting at Clifton Larson Allen (CLA), a national firm with a branch in Plymouth Meeting, where he served lots of non-profits from the other side. His work included non-profit auditing, consulting and tax filings.

"In a for-profit world, the mission of non-profits can fall on deaf ears. However, I find that the non-profit side is more humanized and always appreciated that," said Jamgochian.

As controller, Jamgochian will perform similar accounting duties, in addition to real-time data capture. However, much of his role will be spent on the program side, reviewing applicants' financials as part of grant assessment.

"It's a great fit," said Jamgochian. "I get to exercise both sides of the brain."

To stay healthy in his own life, Jamgochian golfs and opts to walk the courses instead of using a cart. The key for him is getting as much regular exercise as he can fit into his schedule. He resides in West Chester, where he was born and raised.



## Meet Matt!

A colleague told Matt Howald about the opportunity to positively impact the health and well-being of residents in the Pottstown community by joining the Foundation's board of directors.

"I was intrigued because I was already aware of the Foundation and their great efforts through the work I was already doing with other non-profits in the area," said Howald.

After attending several Foundation meetings, Howald says he looks forward to assisting the Foundation on the financial side of operations.

"I think the Foundation's strategic vision of investing in community—really the overall health of the community—to drive better outcomes today and in the future is fantastic," said Howald.

Howald comes from a background with multiple areas of focus in the financial sector, including treasury, financial analysis, strategic planning and accounting. He also understands what it means to be a non-profit in Pottstown, as he previously served as a board member for Community Health and Dental Care, a grantee of the Foundation. In addition, he served as Treasurer of a local private foundation and a local Boy Scout troop.

Howald says health and wellness are goals in his life, so he's often out taking hikes and walks in the many local parks and trails in the area.

## Welcome, Carl!

A lifelong resident of the Pottstown area, Carl Landis always admired the energy and creativity displayed by the Foundation's board members. Now, he's joined the board to continue developing and supporting programs that encourage a healthy lifestyle.

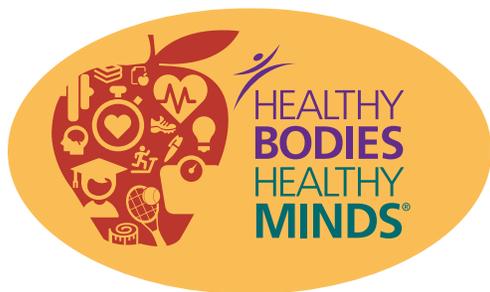
"I strongly support [Pottstown Area Health & Wellness Foundation's] mission to make our region a healthier place to live," said Landis. "I feel privileged to have been selected to serve on the board. During my business career, I have served on several local non-profit boards and have been an enthusiastic financial supporter of their programs. I hope my previous experience on this network of varied non-profits will be an asset to the board. I also feel that I can offer an historical perspective as a lifelong (77-year) resident of the Pottstown area. As a board member, I would like to help implement programs that encourage and maintain the small-town values of neighbors helping one another and making our area a healthy place to raise a family."

Landis has served on various boards, including the VNA of Pottstown, Green Valleys Watershed Association, Berks VNA and Schuylkill River Greenway Association. For more than 25 years, he's been an active and founding member of the Pottstown chapter of SCORE.

Prior to joining the Foundation, Landis was a seventh-grade math teacher at Pottstown Junior High School. He also worked for Micro Coax Components for 15 years, ultimately becoming an engineering manager. Later, he entered the financial services field, where he still works today as a Certified Financial Planner.

"My personal philosophy is to live the healthiest lifestyle possible," said Landis. He does this by keeping a vegetable garden, exercising, competing in Masters' Track and Field competitions, and engaging in many outdoor sports (including fishing, biking, kayaking and running).





## Healthy Bodies Healthy Minds Institute® – August 14, 2019

**"Making students more active could change the future."**

- Healthy Bodies Healthy Minds 2018 Attendee



Healthy Bodies Healthy Minds Institute is an annual conference designed to nurture the interdisciplinary roles of educators, administrators and researchers in fostering school environments that promote wellness as a core component of student achievement.

This year's theme is *Cultivating a Culture of Wellness in Schools!* Focus areas will include:

- Physical Activity/Active Learning
- Healthy Eating/Nutrition Education
- Social and Emotional Learning
- Mental Health
- Capacity Building for Wellness Teams and Champions

Registered attendees of Healthy Bodies Healthy Minds Institute 2019 can expect to learn:

1. What constitutes a "wellness culture."
2. Research findings and best practices in support of a wellness culture in schools.
3. How to tailor instruction to address the learning and developmental needs of individual students and staff.
4. Practical approaches for overcoming obstacles and implementing strategies that follow the Whole School, Whole Community, Whole Child framework.

Popular classes in 2018 included Be the Spark, Yogarate and Teacher Wellness.

**NEW FOR 2019!** Any PA Registered teacher that needs continuing education credit can receive Act 48 credit through our partner, Fizika Group, LLC. Visit [here](#) for more information.

### Did You Know?

Healthy Bodies Healthy Minds Institute is popular among private and public school districts, from Montgomery County to Philadelphia and Blue Mountain. Eleven districts participated in 2018. In addition, 26 organizations attended last year, including YWCA and Montgomery County Health and Human Services.



## October 15, 2019

24 hours of giving for good



The Amazing Raise is a giving challenge that brings together the region to help raise needed funds, shining a spotlight on the work of non-profits in the Tri-County Area (Montgomery County, Eastern Berks County and Northern Chester County). Participating non-profits receive the funds you donate to them AND additional funds through a distribution pool.

In 2017, Tri-County Community Network (TCN) surpassed their \$50,000 goal by raising more than \$100,000. In 2018, their donors tripled, raising

an unprecedented \$335,000 for 50 participating local non-profits. At that point, TCN knew they could do more to build on our community's desire to be a force for good.

The biggest day of local giving is going to be even better in 2019! We need your support to grow this community giving campaign and reach our 2019 goal: \$500,000. The Amazing Raise is a chance to showcase the best aspects of our community. We are proud that 100% of dollars donated to The Amazing Raise online campaign are given directly

to participating organizations operating in our local area. In fact, TCN raises additional funds that are provided to participating organizations on top of what they raise through the event. The Amazing Raise provides participating non-profit organizations with a vehicle to raise money and gain extra funds. When you give to The Amazing Raise, your donation stretches further!

Learn more at [tcnetwork.org/the-amazing-raise](http://tcnetwork.org/the-amazing-raise).



## Home Garden Contest – June - July 2019

The Home Garden Contest is open to residents of Pottstown and Boyertown Boroughs until registration closes on Friday, June 28. Beginner and experienced gardeners alike are invited to dabble in the art of gardening and compete for cash prizes. Learn more about what it takes to grow a garden and help to beautify your community.



Brought to you by MOSAIC Community Land Trust, Building a Better Boyertown and the Foundation. Learn more and register at [www.homegardencontest.com](http://www.homegardencontest.com) – and Grow For It!

## Spring 2019 Grant Round

Twice a year, the Foundation seeks grant proposals that are consistent with our identified mission of improving health outcomes in the Pottstown region. Within our mission, we have established priorities for which our grants are required to serve.

The spring 2019 grant round includes 37 grants, totaling \$1,249,497, awarded to non-profit organizations, schools and municipalities. These grants are funded according to the following priorities:

**Priority #1A: Healthy Behaviors – Schools**  
Promoting healthy living through nutrition, activities and programs in public and private schools to reduce obesity and encourage healthy living. Five grants awarded totaling \$207,500.

**Brookside Montessori:** BWell

**Coventry Christian School:** Wellness Improvement Project

**Pottsgrove School District:** 2019-2020 Health & Wellness Proposal

**Pottstown School District:** PEAK Whole Child Wellness Community Expansion

**Spring-Ford Area School District:** Wellness Matters 2019-20

**Priority #1B: Healthy Behaviors – Parks**  
Improving parks, programming and the built environment to increase access to physical activity. Four grants awarded totaling \$59,500.

**Borough of Pottstown:** Potts Drive Park Playground Renovations

**Douglass Township-Montgomery County:** Capacity Building Project: Tracking the Trace of Footprints

**East Coventry Township Parks and Recreation:** Finding Your Way to Our Parks

**North Coventry Township:** River Bend Park Playground Phase II

**Priority #1C: Healthy Behaviors – Networks**  
Creating and promoting social networks involving healthy living. Twenty-one grants awarded totaling \$727,200.

**Accion Comunal Latinoamericana de Montgomery County:** Community Health Connections (CHC)

**Colebrookdale Railroad Preservation Trust:** Railbike Expeditions through the Secret Valley: PA's First Railbike Experience

**Expressive Therapy Concepts Inc.:** Smashville Badminton: Kids and Adult Fitness Program

**Foundation for Boyertown Education:** Organization Sustainability

**Foundation for Pottstown Education:** Operating Salaries

**Greater Pottstown Tennis and Learning Association:** Game, Set, College

**Green Valleys Association:** Outdoor Education Programs at Pottstown Schools

**Habitat for Humanity:** Pottstown Resident Leadership Training & Neighborhood Revitalization

**Julian Dorsey Foundation:** Further Infrastructure Development

**Meals on Wheels of Chester County, Inc.:** Assistance in Purchasing Meals for Needy, Homebound Individuals in Spring City

**Michaels Community Services Corporation:** Food Security for Residents of Rolling Hills Apartments

**Montgomery County Community College Foundation:** Social Entrepreneurship Competition

**Olivet Boys & Girls Club:** Triple Play/Weekend Hours

**Preservation Pottstown:** Pottstown Farm & Regional Artisan Market

**Project Purpose:** General Operating

**Save Alliance Foundation:** The Youth Empowerment Project

**TriCounty Community Network, Inc.:** Pottstown Children's Discovery Center

**TriCounty Community Network, Inc.:** Swim Club Partnership

**United Way of Boyertown Area:** PAHWF Matching Grant

**Valley Forge Tourism & Convention Board:** 2019 Valley Forge Invitational

**Work Opens Resources Key to Success:** Road to Growth

**Priority #2: Health Access**  
Funding learning opportunities for physical and emotional health. Four grants awarded totaling \$56,750.

**Community Health and Dental Care, Inc.:** Dental Sealant Project

**Laurel House:** Counseling

**Maternal and Child Health Consortium of Chester County:** Healthy Start and Access to Benefits for Vulnerable Families in Pottstown

**Spring-Ford Counseling Services:** Mental Health Programming for School Students

**Priority #3: Strengthen Non-Profits**  
Funding learning opportunities and strategic planning to strengthen non-profits. Three grants awarded totaling \$198,547.

**Pottstown Area Industrial Development Inc.:** PAID

**TriCounty Area Chamber of Commerce Foundation, Inc.:** Board Leadership Training Program

**TriCounty Community Network, Inc.:** Community Funding Developer



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