BEAT THE HEAT THIS SUMMER

The Springfield Ambulance Association is making the summer a little cooler this year with its new Beat the Heat program. A grant from the Chestnut Hill Health Care Foundation allowed the association to purchase 25 boxed fans and a pallet loaded with bottled water, all provided as a courtesy by Wyndmoor Hardware and available free to anyone who signs up for the program.

Ambulance crews will also be checking up on registered homes in Springfield during heat emergencies, for safety’s sake. Any township resident may sign up for the home visits, or sign up a family member who may be at risk of succumbing to the heat.

“The weather this summer is going to be very hot,” said the association’s Chief Galia Bradley said. “We want people to be safe, so we’re checking up on people who may need assistance.”

In order to recognize their importance and thank them for their funds, the foundation for grant making in 2010, the Foundation will recognize donors of $100 and over at a dinner to be held September 28 on the lawn at Greylock, the Foundation’s headquarters, at 60 Chestnut Hill Ave.

Working in conjunction with the Friends of St. Catherine’s and the Chestnut Hill Health Care Foundation, the Foundation is planning a fun evening of good food, a chance to meet the grantees, and to top it off, a dinner concert among the various restaurants of the Foundation’s service area. The dinner concert theme is Carnivale, a traditional fall festival. The participating restaurants will prepare cabaret using any other ingredients or heats that they choose, but the dinner must continue to include a main course dinner. Local media restaurant critics will vote on the best dinner. Last year’s annual appeal brought in more than $16,000 to the Foundation, all of which was used in making grants to local agencies providing health care services to the community.

For more information on the celebration, call 215-243-4414.

In its first year of operation, the Foundation made its largest grant to an organization which provides a tremendous amount of care in the community.

“St. Catherine’s provides health care in a dignified and caring fashion and overcomes the barriers to care.”

St. Catherine’s Laboure, at 5381 Germantown Ave. in the popular non-profit Family Practice that offers complete medical care to addicts who have no medical insurance.

St. Catherine’s patient population is 85% between the ages of 26-64. Most have one or more part time jobs that provide no benefits. Some have full time jobs without benefits. Others have lost their health insurance with their jobs. Most (90%) of the patients live income and below the poverty line. All of the patients are struggling to make ends meet on very limited means, occasionally living in homeless shelters. St. Catherine’s mission is to provide quality health care in a dignified and caring fashion, and is doing so without barriers to the care.

In the low-income population, in particular, the educational levels also influence their health care. A patient with a high school diploma is more likely to go to the doctor, take their medications and follow instructions than one with less education.

Continued on page 2

"You can never drink too much water when it comes to a heat emergency.

The heat is especially dangerous for the elderly, Bradley said, because they often lose the ability to feel. An older resident might perfectly comfortably with the windows shut, the air conditioning turned off and indoor temperature rising beyond 90 degrees, she said.

"Their temperature regulation kind of goes downhill," she said. "Believe it or not, construction workers take pretty good care of themselves," Bradley said "They’re a good group.

Any worker who registers for the Beat the Heat program, or to register a friend or a family member, is asked to call the Springfield Ambulance Association at 215-233-4020 and leave a message including name, address and telephone number.

Donor Dinner Planned for September 28

GOLF OUTING OCTOBER 4

The Friends of the Foundation will be hosting its annual golf outing October 4 at Springdale Golf Club. Chairman are Judy Campbell, Ludell Miller, Barbara and Terry Flatley. Proceeds of the outing will benefit the Elissa Mesain Jacobson Scholarship. The Scholarship is available to nurses or those preparing to be nurses at Chestnut Hill Hospital.

For information on the golf outing, call 215-243-6423.

Disability, following his treatment and after following his protocols of no smoking and eating a no-salt, low-fat diet, continues to be in a strong bond of trust to develop, which has been an enormous barrier to health care."
The Chestnut Hill Health Care Foundation is doing what it can to serve seniors and keep its elderly population healthy and independent. In this regard, the Foundation, after a series of meetings with directors of local senior agencies, determined that helping agencies keep seniors healthy and independent would be the mission of improving the health status of the community.

At the onset of its first year of operation, the Foundation determined that 40% of its available funds for grant making should go to agencies assisting the elderly in some way or another. At the end of its first fiscal year, the Foundation spent almost to the dollar that 40%, the majority of it going to agencies who are helping our seniors stay healthy and independent.

AGENCIES HELPED WERE THE FOLLOWING:

**Aid for Friends**, an agency dedicated to providing free services to the needy, disabled, and elderly homemakers, was granted $20,000 to provide social work assessment and home safety assessment and alteration for its existing 82 clients in Northeast Philadelphia.

**Center in the Park**, an agency dedicated to serving the senior population in the Germantown area, was granted $20,000 to provide a Health and Wellness Program, including doctor visits, to both residential and community clients.

**Chestnut Hill Garden District Fund** was granted $15,000 with the Chestnut Hill Senior Services Center in organizing and implementing a series of take-long-walks to benefit seniors as well as others.

**Chestnut Hill Meals on Wheels** was awarded $20,000 for general operating support to maintain its program in the Chestnut Hill area.

**Chestnut Hill Senior Services Center** was granted $15,000 to increase its outreach efforts and to provide supervised physical activities to its Chestnut Hill community clients.

**Episcopal Community Services** was granted $10,000 to provide in-home nursing assessments and regular in-home health services to its client base in Northwest Philadelphia.

**Family Services of Montgomery County** was granted $15,000 to provide in-home counseling to seniors suffering from depression in and around Eastern Montgomery County.

**Jewish Employment and Vocational Service** was granted $17,000 for its program in home assessment and home adaptation for 40 clients in Northwest Philadelphia.

**Keystone Hospice** was granted $40,000 to provide passive monitoring devices to determine activity, medication schedules, and other activities of daily living to homebound elderly and post hospital discharge elderly patients in Eastern Montgomery County as well as Northwest Philadelphia.

**Presby Homes and Services** was granted $25,000 for its pilot program in providing supervised physical activity in the homes of elderly in the neighborhood.

**Pelham Senior Services** was granted $645 to provide personal home care services to elderly Asian Americans with limited English proficiency in their homes in Northeast Montgomery County.

**Springfield Ambulance Association** was granted $645 to provide a van and follow-up phone call to elderly homebound members of Springfield Township.

**Temple University Intergenerational Learning Program** was granted $15,000 to Time Out program, a student volunteer program in which students provide family members periods of respite while the students do chores, prepare meals for help baths, or perform other activities for homebound elderly in Northwest Philadelphia who are dependent on the family for care.

**University Villas Retirement House** in Germantown was granted $21,153 for its pilot program in providing supervised physical activity in the homes of elderly in the neighborhood.

**...doing what it can... to keep its elderly population healthy and independent**