

Penn State REACH Project - 2022



REACH





REACH

2021-2022 Team Members

Jennifer L. Kraschnewski, MD, MPH

Professor of Medicine and Public Health Sciences, Penn State

I've had the honor to see our REACH team engaged in so many different activities – from working with community partners to support innovative farm-to-WIC programs to enhance healthy nutrition, to collaborating with our local leaders in designing new spaces for active living, to ensuring people can receive effective, evidence-based programming like the Diabetes Prevention Program, and supporting life-saving initiatives like COVID-19 testing and vaccination, this REACH Team has helped so many in our Central Pennsylvania communities!



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William Calo, PhD, JD, MPH

Assistant Professor of Public Health Sciences, Penn State

I want to promote the uptake of culturally-relevant interventions in community settings, with the aim of improving healthy eating, physical activity and diabetes prevention in central Pennsylvania. Working with local partners, I want to examine how these interventions work, for whom and under what circumstances.

I am a Latino health services researcher with the goal of designing and implementing culturally-relevant interventions to improve community health among diverse populations in central Pennsylvania. I have over 10 years of experience working with minority groups and community and healthcare organizations on several projects related to chronic disease prevention and health policy.



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Betsy Aumiller, MEd, DEd

Assistant Professor, Department of Public Health Sciences, Penn State

I am excited to be involved in the REACH initiative as the project evaluator! We have interesting projects underway to address improved physical activity, healthy nutrition and connections between communities and clinical care in Lebanon and Berks counties. We are eager to see the outcomes for these communities!



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REACH

2021-2022 Team Members

Paula Henao, MD, MPH

Assistant Professor, Department of Medicine, Penn State

As a physician and proud REACH member, I work on education dissemination through several venues including lectures, radio programming in Spanish and Facebook live interviews. I work as the Chief Medical Officer of the organization Latino Connection to expand their medical mission and ensure accuracy of medical information. I work on REACH related research projects to advance our understanding of the impact of the REACH team in our surrounding community.

At a flu clinic a few years ago, we had several Spanish translators. Many patients reached out to me afterwards and were extremely grateful of feeling comfortable in that medical setting. I noticed at that time, that small efforts can have a very meaningful impact in the community.



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Andrea Murray, MPH

Penn State REACH Project Director

As the Project Director of REACH I create collaborative partnerships focused on improving health outcomes at a community level in Lebanon and Reading, Pennsylvania. By building a project infrastructure and workflow with the help of community members and community organizations, locally tailored practice- and evidence-based strategies related to nutrition, physical activity, and community-clinical linkages are tailored to reflect the needs of these specific communities.



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Laurie Crawford

Penn State REACH Project Manager

My background in Parks and Recreation gave me experience in working with green spaces, parks, outdoor recreation and physical activity. I have experience in nutrition through education in school, school gardens and community gardens.

I have enjoyed learning more about public health, vulnerable populations and developing strategies to improve these challenges. What I enjoy most is learning from my team members, they have enriched my life.

I enjoy watching the REACH supported projects come to life. The new parks in Lebanon, the Walk with a Doc in Berks and the Lebanon Bicycle Recycle have lasting impact and uplift our community. It is amazing to witness and be part of the process.



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REACH

2021-2022 Team Members

Madeline Bermúdez

Community Health Worker, Penn State REACH Lebanon County

My biggest reward as a CCHW is having the opportunity to assist our communities with barriers in combating chronic disease by assisting them with health literacy, literacy, serving as an interpreter, giving community members accessibility to customized health programs, access to food resources, providing resources for whatever barriers they're facing and providing Covid-19 and Flu literacy and vaccines. There is nothing more gratifying then to see and hearing from a community member expressing their gratitude for the impact that the REACH Project made in their lives.



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Evelyn Marin, MPH

Project Coordinator, Penn State REACH

Before becoming a project coordinator, I worked as an intern with the REACH team for a year. During this time, I was completing my Master of Public Health. As an intern I assisted with food and nutrition programs and helped at COVID-19 and Flu vaccination and testing sites.

I have most enjoyed learning about community partnerships and how they contribute to program development and success to improve health outcomes among our priority populations. I also enjoy being able to serve these communities either through translating and assisting at COVID-19 vaccination sites or through other community events.



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Darilyn Rivera

Project Coordinator, Penn State REACH

I enjoy a lot creating surveys in REDCap and then analyzing the data. But what I enjoy most is when we go out to help our partners in vaccination events with the community. Being with the Hispanic/Latino population and helping them with translation makes them feel comfortable outside of their native country. Helping our communities nourishes me and makes me feel like an important piece in this society.

Being in the vaccination events for the community helping with translation makes me feel valuable for our team, for our society. It also makes me reflect about the need for bilingual/multilingual professionals in the different areas.



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REACH

2021-2022 Team Members

Sunderland Baker

Research Project Coordinator, Penn State REACH

Last year, I was a community health intern with Penn State Health/ Safe Kids Dauphin County emphasizing pediatric bicycle and pedestrian safety education among local police departments. I am beyond thrilled to be a part of the REACH team, as I can borrow from past experience and endeavor myself in initiatives that I am passionate about, such as corner store nutrition access, COVID-19 vaccination efforts and education, and geospatial data visualization/communication, all to better the holistic well-being of Hispanic/Latino families of Pennsylvania. I especially enjoy that we travel to the hearts of communities, such as YMCAs, community health clinics, and farmers' markets, to directly put forth health education and improve vaccination rates in these communities.



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Janelle Gomez

Project Coordinator, Penn State REACH

As a project coordinator for the REACH team, I enjoy being part of many different projects at once. Being bilingual, I really enjoy the ability to get involved in the community and bridge the gap between the languages. I love the opportunity to connect with people of all backgrounds and assist in their needs. With my Exercise Science background, I have passion and appreciation for implementing physical activity and promoting wellness to a community.

I assist with developing, designing, and coordinating our REDCap projects. In addition, I also engage with community members and coordinate projects with our partners.



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Lisa Weaver

Healthy Program Associate, Penn State REACH Berks County

I've been working in the community of Reading, PA for the past 6 years, predominately in the realm of social determinants of health.

During the height of the pandemic, our weekly farm stand was unable to operate indoors, so we pivoted and relocated outdoors in July 2020. We saw a drastic increase of customers each week, many of them expressing gratitude to our team for hosting the weekly farm stand, as it helps provide affordable healthy produce for their families—and in walking distance from their homes.



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REACH

2021-2022 Community Partnerships

Bell & Evans

REACH has been a tremendous resource to Bell and Evans. Many of our team members have access-to-care barriers (namely, transportation, language, and literacy) so developing onsite, culturally sensitive opportunities is vital to getting team members the care they need. The REACH team was instrumental in assisting us most recently with an onsite COVID vaccine/booster clinic. They were influential in pre-clinic education and absolutely priceless supporting the vaccine/booster clinic the day itself. We couldn't have done it without them.



"Bell & Evans looks forward to continuing the ongoing partnership with the REACH team. We see the value of the relationships they are developing with Bell & Evans team members and the potential of what this means moving forward."



Mary Hahn,
Vice President, Health and Wellness
Elizabeth (Lizzy) Hawk,
Manager, Chronic Care and Health Outcomes
Jesenia Ridge
Senior Medical Office Coordinator
(Bell and Evans Onsite Clinics)

Berks Nature

Two of Berks Nature's projects have expanded and benefitted from the addition of the REACH team as a local partner. Berks Nature Rx has experienced a significant advertising campaign that resulted in increased participation of people spending more time outside. Our Angelica Creek Trail extension project is moving through approvals and our REACH team has provided resources, input and ideas to help it become a reality. We look forward to our continued partnership with REACH to engage more residents in the City of Reading.



"REACH has helped us advance several of our projects by providing support and expertise. We value partnerships in this community to help connect more people to nature."



Tami Shimp,
VP Development & Community Relations
Jeremy Haymaker,
Trail & Preserve Manager
Regan Moll-Dohm,
Director of Communications
Michael Griffith,
Educator & Watershed Specialist



REACH

2021-2022 Community Partnerships

City of Lebanon

The City of Lebanon is extremely thankful for the partnership with the REACH team. Together we have; installed a Born Learning Trail, improved the Bicycle Playground at Coleman Memorial Park with partner SAMBA, installed two Bike Fix It Stations, provided a City Healthy Initiative Program to the community including programs like Walk with the Mayor, Walk with a Cop and Dancing in the Park, and improved the 9th & Mifflin Street Pocket Park. We look forward to completing the following projects together: the Connector Trail from Coleman Memorial Park to Union Canal Tunnel Park, a bike trail around Coleman Memorial Park, resurfacing of the tennis courts at Southwest Park, construction of a new park named Wengert Memorial Park, the rehabilitation of an underutilized pedestrian alley to a beautiful green space, and the design and construction of a splash pad in the City of Lebanon.



"The collaboration between the City of Lebanon and Penn State REACH has brought so many amazing recreational improvements that make an impact on the city every day. We are extremely grateful for our partnership and excited as we plan for the future."



Sherry Capello, Mayor
Janelle Mendoff, Community & Economic Development Administrator

Community Health Council of Lebanon County

The REACH team and the Community Health Council partner on several the county's public health initiatives including the Food Access Action Team, a behavioral health initiative and a physical activity/built environment taskforce. During the COVID-19 pandemic we partnered on a number of public services announcements. We are also partnering on a Community Health Needs Assessment specific to the county and a bi-lingual walking guide.



"REACH has been instrumental in pushing projects forward in our County. In addition, there are many initiatives now available to our vulnerable populations that were not there before or would have never been able to be lifted without the lift from REACH. This grant has the power to transform communities."



Nicole Maurer Gray,
Executive Director



REACH

2021-2022 Community Partnerships

Family First Health

Family First Health is a federally qualified health center (FQHC) that is accessible and community-minded. We take a beyond healthy approach that goes outside the confines of the doctor's office. We strive to build a healthy community by being the accessible York community health center. REACH is one of our community partners that we can depend on for support with any outreach events or efforts. They are willing to jump in and help if we host a community function, a testing event, a vaccination clinic or any other event, they are always ready to participate.



"At the start of the pandemic, REACH was instrumental in providing infographics to educate our patients. I enjoy interacting with REACH because their focus is to help wherever there's a need."

- CarrieAnn Frolio,**
Vice President, Strategic Initiatives
- Dr. Kathleen Byrne, MD,**
- Anna Deraco, PA-C,**
- Cathleen Kirkpatrick, CRNP-BC,**
- Vicki Henderson, LPN,**
Clinical Supervisor
- Heather Hoffman, LPN,**
- Kori Falstick, MA,**
- Francheska Lopez, MR**

Latino Connection

Latino Connection is the national leader in outreach and education specifically targeted at reaching low-income, underserved communities. We have extensive, proven experience forging initiatives that are first of their kind and span across the nation with corporate and nonprofit partnerships focused on a unified mission - educating, empowering, and uplifting the Latino community.

Founded by George Fernandez in 2014, Latino Connection creates and activates programming in low-income communities that address every aspect of the social determinants of health. Our vast array of initiatives are focused on reaching families who are low-income, underemployed, uninsured, and at risk of health issues that are often the product of a lack of resources, education, and technology. Latino Connection's unparalleled success comes from its resilient and deeply-committed team that shares an unwavering vision for helping underserved, non-white communities.



Let's get it done.

"Our ongoing work and partnership with Penn State REACH have been an added value in our efforts to provide viable points of support to underserved communities. It has allowed us to expand our reach and catalog of resources to offer different audiences we engage with."

- George Fernandez, CEO**
- Jean Cubilette, Project Manager**
(vaccination and testing events)
- Zuiry Gaytan, Project Manager** (table event outreach and preregistration)
- Yohanny Moncion, Brand Ambassador**
- Yndhira Mesa, Brand Ambassador**
- Katherine Vargas, Office Manager**
- Michelle Connett-Bergstein, Senior Graphic Designer**



REACH

2021-2022 Community Partnerships

Lebanon Family Health Services

Our REACH collaboration has helped to bring fresh produce to the WIC clients, partnering with Risser Marvel farm market to bring grab bags of fresh produce to LFHS on a weekly basis. We have been able to train bilingual staff to facilitate the CDC program, Prevent T2 (diabetes prevention program) in Spanish for our Latino population. Breastfeeding education has been expanded to provide peer to peer support for the Latino population enrolled in the WIC program. Nutrition education has been expanded utilizing Community Health Educators and partnering with community organizations to reach the Latino population in Lebanon County.



"Our partnership with REACH has strengthened the ability of Lebanon Family Health Services to reach the Latino population, connecting them with wellness programs, nutrition education and breastfeeding support."

- Vicki DeLoatch, CFO**
- Donna Williams, COO**
- Maggie Progin, VP**
Communications, Certified CHE
- Holly Dolan, VP**
Community Education, Certified CHE
- Sara Wingert, Nutritionist, IBCLC**
- Beth Keeney, Breastfeeding Peer Outreach Coordinator, CLC**

Lebanon Valley Bike Coalition

With the combined effort of LVBC and REACH a new organization has become a spin off the Coalition named "Lebanon Bicycle Recycle". This project focuses on teaching youth and community members to repair bikes, gives them an opportunity to earn a bike, by working on a bike and provides helmets, safety and advocacy for cycling in Lebanon. Our workshop is in downtown Lebanon and with the help of volunteers bikes are being fixed, kids are being trained and community is being built.



"With the support of REACH and LVBC coming together safer bicycling will become available in our community."



- Ron Birch,**
Treasurer and Ride Coordinator
- Dean Achendbach, President**



REACH

2021-2022 Community Partnerships

Lebanon Valley Community Tennis Association

The REACH Team has been a great resource for us in terms of networking and collaborations, not to mention help with design and printing marketing materials to help get our name out in the community. We have worked together on a Racquets & Recipes Program that focused on educating an underserved community about low-cost, healthy cooking options as well as introducing tennis as a physical activity for families.



"The REACH Team has been a great resource and partner as we work to build collaborations with established community organizations."

Jeff Robins, President, Co-Founder
Mark Seaton, Treasurer, Co-Founder

Oakbrook Collective Impact Council

United Way of Berks County serves as the backbone of the Oakbrook Collective Impact Council (OCIC), whose goal is to prioritize the identified needs and coordinate collaborative efforts to respond to what Oakbrook residents have identified as their critical issues. The Council consists of individuals representing various nonprofits, education partners, the corporate sector, and Oakbrook residents whose ongoing input is critical to this work. Through a partnership with the REACH team, OCIC surveyed Oakbrook residents in the fall of 2020 regarding various needs and barriers. We again partnered with REACH to conduct Community Conversations in July of 2021 and are in the process of collaboratively coordinating a door-to-door resident survey for the summer of 2022.



"We value the skills, resources and dedication the REACH team provides to OCIC's ongoing engagement and feedback from Oakbrook residents."

Guadalupe Flores,
*Berks Community Health Center,
Oakbrook Outreach Specialist*
Mary Jimenez,
*United Way of Berks County,
Early Childhood and Community
Engagement Program Manager*
Jennifer Tinsman,
*United Way of Berks County,
Community Impact Associate*





REACH

2021-2022 Community Partnerships

Penn State Health St. Joseph

The REACH Project supports our social determinants of health programming at the hospital's Downtown Campus (in the heart of Reading, PA), including Veggie Rx, Walk with a Doc, the Farm Stand, and our Diabetes Prevention Program. REACH staff provide technical assistance, and support with marketing and program evaluation. In return, our key staff represent and promote the REACH project among community partners and stakeholders in Berks County, to help advance the important work of health equity.



PennState Health
St. Joseph

"By partnering with REACH, we've been able to enhance and strengthen a variety of our programs, and help replicate our success in other communities."



Lisa Weaver,
Healthy Community Program
Associate

Laura Welliver,
Grants and Special Projects Officer

The Food Trust

The Food Trust, Penn State Health and REACH partnership is key to continuing fresh food access in the City of Reading. Through various projects, like the Berks Farm Bucks financial incentive program, the weekly Blue Mountain Academy farm stand, the Health Corner Store Initiative, and Nutrition Education classes, this partnership has helped to expand the education and access options to fresh fruits and vegetables. The partnership in relation to the Berks Farm Bucks program, has helped increase fresh food options at over 20 locations in the City of Reading, provided over 80,000 additional pounds of produce to families in the Greater Reading area, and provided nutrition education for more than 2000 adults at the farm stand located at PSU Saint Joe's downtown campus.



"Connecting with REACH to conduct a needs assessment with Corner Stores in the City of Reading, aim to increase the variety, and quality of fresh produce available in our communities."



Alex Roche,
Project Manager - Adult Education,
Reading Team

Jenn Ramirezv,
Project Coordinator - Healthy Corner
Store Initiative



REACH

2021-2022 Community Partnerships

The Lebanon Valley Conservancy

The Penn State REACH project partnered with TLVC to add native and pollinator friendly plants to a city of Lebanon pocket park located at 9th and Mifflin Sts. These plantings help to brighten a community space. The people in the neighborhood also enjoy the fresh vegetables and herbs that are planted in this green space. Our partnership has uplifted two urban park projects: the John E. Wengert Memorial Park and the Liberty Trail Park. Together we work to see these parks built and thriving in our community.



THE LEBANON VALLEY
CONSERVANCY



"Penn State REACH and TLVC have common goals to increase green space and recreational opportunities within the community of Lebanon."

Courtney Reimann,
Executive Director

Union Community Care

We have worked on various community outreach programs. Like COVID testing and vaccinations, food and COVID information distribution and a 1 year long pilot program called STAMPEDE for food in secured diabetics. The STAMPEDE program included education on a variety of topics that affect diabetics, education with dietician, behavioral health, cooking demonstrations, menu focused on healthy eating, provider visit and participants received a 20lb box of dry food and 5lbs of fresh produce at the end of the visits provided by the Central PA food bank.



"We love REACH, it has been a pleasure working with them, especially Madeline Bermudez at community events and the STAMPEDE program."

Jackie Concepcion,
VP of Health Center Operations



REACH

2021-2022 Community Partnerships

WellSpan Health

WellSpan has been partnered with REACH since the inception of Better Together Lebanon and the work our groups have been doing to provide access to resources, education and opportunities focused in healthy food access, physically active communities and behavioral health. Myself, along with Vicki DeLoatch from LFHS and PennState ProWellness Team visited Atlanta for the CDC's awarding of the REACH grant for Lebanon and Berks counties in 2019. A few priorities WellSpan and REACH have collaborated on include a newly revised Lebanon County Walking Guide, Summer Fest, work around food insecurity and community gardens, a family-fun run, AHA's mobile kitchen, current expansion of First Friday and more. REACH has afforded our team the opportunity to expand our outreach within the Latino community and take programming to the next level.



"The REACH team has fully immersed themselves in the Lebanon Community and have strengthened partnerships that have existed for 20+ years. Their thoughtful and strategic initiatives have been an asset to our community and I am grateful for our partnership. Together we have been able to accomplish so much more and better serve the Lebanon community."



Melanie Wells, Community Wellness Coordinator, Physical Activity Co-Chair Better Together Lebanon
Karen Bachman, Certified Diabetes Educator, Healthy Food Access Co-Chair Better Together Lebanon

WEPA Empowerment Center

The REACH team has been diligent in connecting with the Hispanic community in Lebanon County. Our partnership allows for a wider reach in order to get the maximum input from folks who live and work here. We also support each other with the mission of addressing the needs of the community in order to provide equitable, culturally appropriate opportunities. By sharing our expertise and resources we strengthen our communities.



"WEPA and the REACH Project are two like-hearted organizations committed to improving the overall health of the community."

Rafael M. Torres, CEO and Founder
Maribel Torres, Co-Founder



REACH

Success Stories: Year 4

Stepping up with a Walk with a Doc in the City of Reading

Problem Overview

A recent Community Health Needs Assessment was conducted over a five-county region in Pennsylvania including our target counties of Berks and Lebanon. In Berks County, less than 30% of survey participants met the federal guidelines of obtaining at least 150 minutes (about 2 and a half hours) of intense to 300 minutes (about 5 hours) of moderate physical exercise per week².

Moderate physical exercise is known as a protective behavior against obesity or being overweight. In Berks County 34% of adults are obese and 69% of adults were reported as being overweight (5). These portions of overweight and obese adults are higher than Pennsylvania’s average of 32% and 67% obese and overweight adults, respectively. Additionally, obesity was listed as a contributing factor to the onset of chronic diseases such cardiovascular disease, hypertension, and diabetes which can all be associated with the self-reported poorer health among Berks County residents (32% in adults, 18.1-20.2% in youth)².

Additionally in the city of Reading in 2018, 67% of residents identify as Hispanic or Latino. of those the severity of the lack of health literacy is more prominent among marginalized populations including Latinx and lower-income communities.

Program/ Activity Description

Walk with a Doc is a physician – led walking group that encourages physical activity and promotes health education through brief educational sessions on health topics. This program strives to create an opportunity for community members to engage in moderate physical activity and talk with a primary care provider. There are currently over 600 programs across the world that serve their communities (6). In 2017, Walk with a Doc across the 600 chapters, 90% of participants felt more educated, 71% of participants exercised more with 27% maintained their exercise level, and 93% felt empowered to live and lead a healthier lifestyle (6).

Are you ready?
To Walk with a Doc

Step into summer!
Penn State Health St Joseph is starting a community-based healthy lifestyle and walking program and we want YOU to join!

Join us for 12 weeks of short, health-related discussions and walks with members of your community and physicians and medical providers from our clinics.

If you're interested in health and forming a closer community with physicians, then get ready! Penn State Health St. Joseph

City Park Bandshell, Reading PA | Fridays

JUN	JUL	AUG	SEP	OCT	NOV	DEC
17	24	1	8	15	22	

WALKS ARE WELCOME!

Call Lisa Weaver: 610-208-4726

Register online and win prizes for attending!
reachberkslebanon.com/walks

For more information, incentive updates, meeting location and time visit: reachberkslebanon.com/walks

PennState Health REACH

¿Estás listo?
Para caminar con un Doctor

¡Camina hacia el verano!
Penn State Health St. Joseph ha comenzado una comunidad basada en un estilo de vida saludable y un programa de caminata y ¡queremos que te unas!

Únete por un periodo de 12 semanas, a discusiones sobre salud y caminatas con miembros de tu comunidad, médicos y proveedores médicos de nuestras clínicas.

Si estás interesado en educación sobre salud, estar activo físicamente y formar una comunidad cercana con tus vecinos y médicos, entonces ¡preparate para Caminar con un Doctor (Walk with a Doc) en Penn State Health St. Joseph!

City Park Bandshell, Rose Garden Rd, Reading PA | Viernes, 12:00 - 1:00 pm

JUN	JUL	AUG	SEP	OCT	NOV	DEC
17	24	1	8	15	22	29
					5	12
						19
						26
						2

¡LAS CAMINATAS SON BIENVENIDAS PARA TODOS!

Llame a Lisa Weaver: 610-208-4726

¡Regístrate en línea y gana premios por asistir!
reachberkslebanon.com/walksummer22

Para obtener más información e incluir actualizaciones meteorológicas para la ubicación y la hora de la reunión visite: reachberkslebanon.com/walks

PennState Health REACH camino eg



REACH

Success Stories: Year 4

Stepping up with a Walk with a Doc in the City of Reading (cont.)

In partnership with Penn State Health St. Joseph Downtown, Goggle Works, and the Penn State Health St. Joseph Residency Clinic, the REACH (Racial and Ethnic Approaches to Community Health) team coordinated and organized a 12-week pilot Walk with a Doc program beginning in January 2022. Educational sessions were held in English and Spanish every week by residents and healthcare providers. Each educational session was followed by a 40-minute walk attended by community members, Penn State Health St. Joseph Downtown staff, and healthcare providers.

Program/ Activity Outcomes

At the end of the program, there were 8 participants that attended at least one walk and three participants that attended six or more walks. Participants that completed the post-evaluation reported that the Walk with a Doc Program helped them maintain and improve their health and learn more about their health. Weekly Walk Leaders reported that they would like to lead another walk. Additionally, they enjoyed the opportunity to converse and interact with Walk with a Doc participants.

Sustainable Success

The Walk with a Doc program has been renewed for a second session during the summer months.

References

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For more information about Walk with a Doc please contact:

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REACH

Success Stories: Year 4

New chapter in our history: COVID-19 pandemic

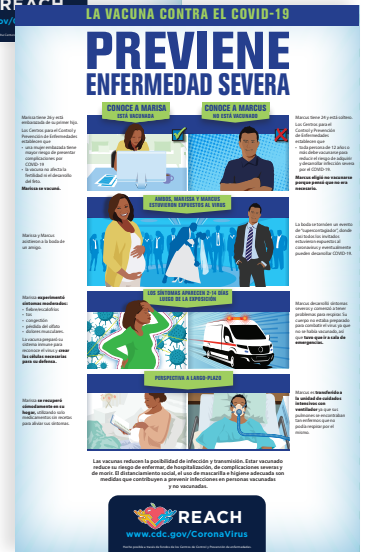
Public Health Challenge

The COVID-19 pandemic has affected the health of people all over the world, especially elders, immunocompromised patients, people with underlying conditions like diabetes, obesity, lung diseases, and/or any other organ disease, and many others (CDC, 2022c). The symptoms of COVID-19 include headache, muscle or body aches, sore throat, cough, nausea or vomiting, fever or chills, shortness of breath or difficulty breathing, new loss of taste or smell, fatigue, among other symptoms (CDC, 2022e) and if the person has underlying conditions, this increases the chances of developing severe complications which can lead to hospitalization, the use of ventilator, or even death (CDC, 2022a).

Unfortunately, the racial and ethnic minority groups are affected disparately in the pandemic. The Hispanic/Latino population has 1.5 times the risk of getting COVID-19 in comparison with White Non-Hispanic populations (CDC, 2022d). As of March 30th, 2022, in Pennsylvania 33.8% of COVID-19 cases in Berks County have been Hispanic while for Lebanon County Hispanics have accounted for 23.2% of their cases (Commonwealth of Pennsylvania, 2022) and the cases keep rising every day. The hospitalization rates are higher for Hispanic/Latino population in comparison with the non-Hispanic White people and non-Hispanic Asian or Pacific Islander (CDC, 2022b). With this panorama, Penn State REACH was committed to helping these communities and contributing to the well-being of the population.

Solution

Since the beginning of the COVID-19 pandemic, Penn State REACH has been hand in hand with the Penn State College of Medicine in the community assisting in the vaccination clinics for COVID-19 and Flu. The events started in __ **(month/2021)** __ and thanks to the efforts, the REACH team has been educating the population, not only with COVID-19 information, but also about the Flu. The REACH team created plenty of educational materials that include infographics, live cut-outs, and racks cards in English and Spanish that were disseminated to all our partners. Without a doubt, 2021 was a challenge to educate about getting the flu vaccine because of the COVID-19 pandemic.





New chapter in our history: COVID-19 pandemic (cont.)

The population had the misconception that the COVID-19 vaccine would protect them from the flu virus, also a lot of confusion is created because of all the information and misinformation available. Because of that, the REACH team created educational materials that explain in simple terms what is the purpose of the COVID-19 vaccine. These materials explain different topics starting from what virus the COVID-19 vaccine protects you from, the common symptoms you may feel after getting vaccinated, an example of the possible scenarios that can occur if you are vaccinated versus not vaccinated, facts about the flu, and debunking myths about the flu. Likewise, Penn State REACH created live cut-outs with Community Champions of the different counties of Pennsylvania for COVID-19 using real community members, to remind the reality that everyone in our area should take care of their health in order to keep everyone safe. In that cut-outs REACH include rack cards with frequently asked questions and additional information about the virus and the vaccine. The team sent over 150 champion packets via mail that included a compilation of all the materials for different organizations. Moreover, these were also sent as native files for the partners that wanted to include their logo in the materials and disseminate it to the community.

Penn State REACH also had the amazing opportunity to collaborate in events with our partners in the community. With Penn State Health on October 2nd, 2021, the REACH team had the opportunity to immunize 680 persons, including kids and elders, for the Flu Season in a drive through modality. With all these materials printed, REACH educated hundreds of persons from the chicken processing plant Bell & Evans in a great collaboration to help their community, which is made up of approximately 90% Hispanic/Latino. The REACH team visited them in two different occasions with the purpose of educating and promoting the vaccination event that was planned. The employees had the opportunity to make questions and clarify doubts about vaccines and COVID-19. Bell & Evans organized their vaccination event for COVID-19 in their facilities in Fredericksburg, Pennsylvania and REACH, with our partner Family First Health, said yes to help and collaborate in the logistics, organization and with translation for the Hispanic/Latino community. The event was held on January 22nd, 2022, and Family First Health had available Pfizer, Moderna, and Johnson & Johnson vaccines for people's choosing. The REACH team managed to vaccinate 633 employees; some of them received their first dose and some of them the second dose or booster depending on the vaccine they had received initially.





REACH

Success Stories: Year 4

New chapter in our history: COVID-19 pandemic (cont.)

The vaccination rate in Bell & Evans was 52.9% and that outcome would not have been accomplished without all the support of the partnership and the commitment of the employees to ensure their health and maintain a safe environment in their workplace.

Sustainable Success

The REACH team will continue collaborating with Bell & Evans and all our partnerships to ensure that they receive great resources of information that they can share with everyone. We provided them with our resources so that they continue to disseminate adequate information about COVID-19 and vaccination. We provided live cut-outs to our different partners in different counties for them to place in a space where it was accessible to the community. We will continue with our efforts to guarantee that the population we reach obtains suitable information, keeping in mind that although we may not reach the entire state rapidly, we can change the world one person at a time.

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2. CDC. (2022b). Disparities in COVID-19-Associated Hospitalizations. <https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/racial-ethnic-disparities/disparities-hospitalization.html>
3. CDC. (2022c). People with Certain Medical Conditions. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>
4. CDC. (2022d). Risk for COVID-19 Infection, Hospitalization, and Death By Race/Ethnicity. <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/investigations-discovery/hospitalization-death-by-race-ethnicity.html>
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Lebanon Bicycle Recycle

Public Health Challenge

In a 2017 Report; the researcher looks at bicycling practices and bicycle environment preference of Blacks and Hispanics were different from Whites. After surveying 1537 households, the data showed that Hispanic/Latino riders preferred to ride with family and friends, preferred cycling tracks and trails and preferred to travel on their bicycle when their car was not available. www.sciencedirect.com/science/article/pii/S2211335517300062#bb0130

In the City of Lebanon, an increase in obesity rates and diabetes among the Hispanic and Latino population is on the rise. According to the 2021 Penn State Health Community Needs Assessment 44% of respondents reported being told they are overweight or obese, up from 41% in 2018. Two large contributors to obesity include lack of exercise and poor diet. Race and ethnicity are significantly associated with health disparities related to access and conditions. With over 11,000 Hispanic residents in Lebanon City, it is vital to fund projects that will impact the Hispanic and Latino community and their physical activity needs. 22% of Hispanic/Latino respondents had diabetes compared to 16% of non-Hispanic/Latinos.

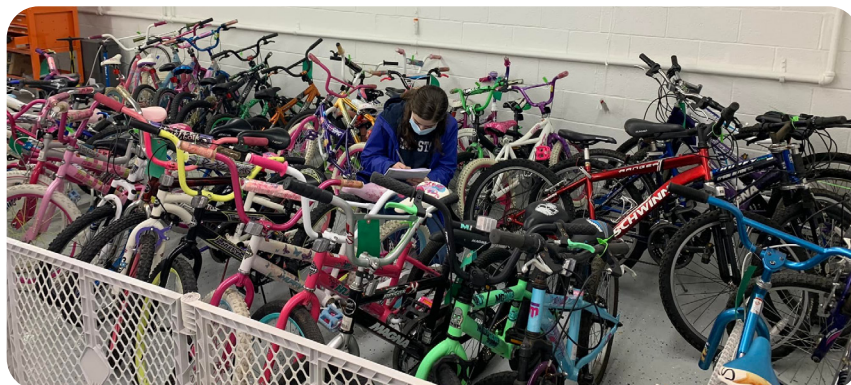
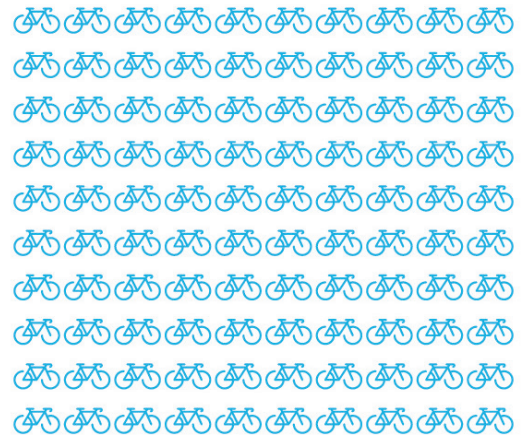
From our Community conversations and information from the Community Schools staff at both the Northwest School and Lebanon Middle School, cycling was identified as an important activity among the Hispanic/Latino community. With access to safe bikes, the youth could increase their physical activity and transportation creating more community clinical linkages.

Safety also remains most important to cyclist, safe corridors for travel is a priority.



100

Bicycles collected





Success Stories: Year 4

Lebanon Bicycle Recycle (cont.)

Approach

1. We are currently conducting a Cycling survey to establish areas and corridors where cycling is prevalent.
2. The Lebanon Bicycle Recycle (LBR) has begun to collect bikes through donation. Using volunteer mechanic and mostly recycled parts, the bikes are being repaired.
3. LBR works with Penn State Health Trauma Specialist for helmets and safety training at our workshops and events.
4. The downtown location offers easy access to the workshop for repair of bikes, or a program to earn a bike with safety training.
5. LBR and the team at Lebanon Valley Bike Coalition also advocates for safety studies for bike lanes and programs/rides to model responsible ridership in the City.
6. GOAL is to place at least 50 bikes to new riders this year with proper helmets and locks.

Our collaborators were the Lebanon Valley Bike Coalition, the Penn State College of Medicine REACH project, the Lebanon Valley Mountain Bike Club

Our resource collection included visits and meetings with Recycle Bicycle Harrisburg, Ross Willard and Adriana Atencio at The Common Wheel in Lancaster.

With the support of a Penn State Community Grant and a Penn State Sponsorship, Lebanon Bicycle Recycle was able to secure a space, collect over 100 bikes, and outfit a workshop with tools and supplies.

Results

1. We have trained 18 volunteers to be bike mechanics
2. 100 hours of training time
3. Built a Facebook following of 175 people
4. Developed a website, email and Facebook page for LBR

The Open House held 3/19 hosted two television stations, 2 radio spots, Lebanon Daily News, LebTown and Q'Hubo news.

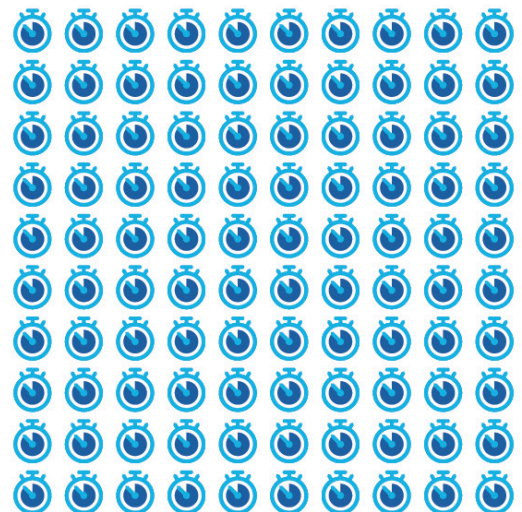
18

Bicycle Mechanics Trained



100

Hours of Training Time





REACH

Success Stories: Year 4

Lebanon Bicycle Recycle (cont.)

Sustainable Success

The program began in November 2021, since LBR has purchased a trailer and debuted in the Lebanon Holiday Parade. In December, they secured a workshop and storage space at St. James Lutheran Church, 53 Chestnut Street, Lebanon. By February they conducted 5 weeks of volunteer mechanic training. Now open every Monday, LBR continues to collect bikes, repair bikes and prepares for distribution at local schools.

Lebanon Valley Bike Coalition along with the Penn State REACH project continues to work collaboratively on two bike lane safety studies, installation of 6 trail counters, 1 bike safety traffic garden at Wengert Park and Bike Advocacy in the community. Lebanon Valley Bike Coalition hope to release an updated Biking Guide for Visitors in Summer 2022.

- Lebtown News: <https://lebtown.com/2022/03/10/lebanon-bicycle-recycle-program-offers-repairs-donated-bikes-open-house-soon/>
- Lebanon Daily News: <https://www.ldnews.com/story/news/local/2022/03/18/lebanon-bicycle-recycle-looks-to-equip-and-educate-locals/65345387007/>
- Q'Hubo: <https://www.qhubonews.com/new-bicycle-recycle-initiative-being-launched-in-lebanon-county/>
- ABC News: <https://www.abc27.com/news/local/bicycle-recycle-opens-in-lebanon-co/>
- <https://www.fox43.com/article/news/local/lebanon-county-bicycle-recycle-community-organization/521-b57b1a27-8a57-4ea1-9b1f-e9e31e056212>



For more information please contact:

www.lebanonbicyclerecycle.com

Facebook: <https://www.facebook.com/LebanonBicycleRecycle/>

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Diabetes Prevention

Public Health Challenge

In the United States, Hispanic adults were found to have a 22.6% prevalence of diabetes which is twice the prevalence of non-Hispanic White adults (11.3%). Hispanic adults were found to have a 10.1% prevalence of undiagnosed diabetes which is more than twice the amount of undiagnosed diabetes among non-Hispanic White adults (3.8%). According to the American Diabetes Association people living with diabetes are at a higher risk of developing covid-19-related complications. Additionally, the COVID-19 pandemic has delayed treatment and diagnosis of diabetes, with some studies finding that there has been a 49% decrease in Type II diabetes diagnoses during the pandemic. Diabetes prevention programs (DPP) work to teach participants that are at risk for pre-diabetes how to change their behavior, eating habits, and physical activity to live healthier lives. Because the COVID-19 pandemic has limited in-person events, the National Diabetes Prevention Program recommended pausing in-person diabetes prevention program classes and using alternative options.

Solution

To address the decrease in diagnoses and disparity in unknown diabetes diagnoses, Penn State REACH partnered with Latino Connection, Highmark Health, and Georgio Mushroom Farms to offer pre-diabetes screenings at COVID-19 vaccination clinics. This vaccination event was for Georgio Mushroom Farm employees and their families in Lebanon County. Most of the employees and their families are migrant or seasonal workers. We used the American Diabetes Association Diabetes Risk Test to screen persons during their 15-minute monitoring time after receiving the COVID-19 vaccine.

The COVID-19 pandemic restricted access to in-person meetings and classes. REACH helped convert and hold the diabetes prevention program classes to a virtual platform and in Spanish to abide by the COVID-19 safety guidelines and better serve Spanish speakers at health centers in Lebanon and Berks County.

By partnering with Latino Connection, we were able to screen 63 people and refer 18 people to a DPP. In the past year we have been able to provide support to and refer 35 people to Penn State St. Joseph's DPP and 121 people to Lebanon Family Health Services for free DPP. By holding virtual DPP classes, 47 people enrolled in the classes offered at these health centers.



"I screened a 19-year-old kid, and he scored 7 points out of 7 points. He was illiterate and did not really understand what diabetes was, and it broke my heart. He did not go to school because he had to provide for his family and help his dad as a young kid. He did not understand how sick he could become from diabetes and that that he could prevent this. People are dying not only from a lack of access to health care but from a lack of health literacy..."

Several of the people we screened had health insurance, but their health insurance did not cover prevention programming, and it was really expensive for them to go. They work so hard and still cannot afford prevention programming, so it is really important to provide them with free preventive programs such as DPP."

- Madeline Burmúdez, Community Health Worker, Penn State REACH



REACH

Success Stories: Year 3

Diabetes Prevention (cont.)

Sustainable Success

Penn State REACH will continue to support and offer virtual, bilingual DPP for persons in Lebanon and Berks County at local and community-centered health centers.

To promote awareness of pre-diabetes and its prevention, the Penn State REACH team will continue to offer pre-diabetes screenings at current COVID-19 and upcoming Influenza mobile vaccination clinics and refer individuals to DPP in their counties.



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Breastfeeding Initiative

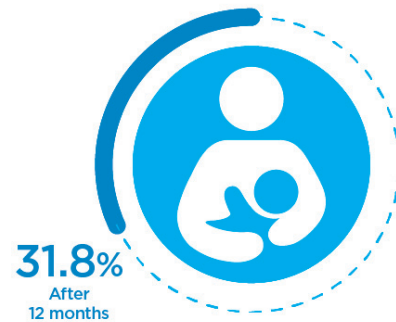
Public Health Challenge

In the United States, there are federal laws that state employers must provide breastfeeding support at a worksite and are required to provide a reasonable space and break for milk expression. Additionally, most mothers (60.5%) with a child less than a 1-year-old participant in the workforce. However, there are no laws that address or enforce workplace breastfeeding criteria in Pennsylvania. The pandemic has affected breastfeeding mothers' decision to stop breastfeeding their child, with 70.3% attributing their decisions to lack of face-to-face breastfeeding support. Among national Women, Infant, and Children (WIC) recipients, infant breastfeeding rates have decreased by 1.7% from 2019 to 2020. In Lebanon and Berks County, the hospital breastfeeding initiation rates are 88.3% and 77.2%, respectively which are higher than the PA-wide breastfeeding initiation of 73.3%. However, across Pennsylvania, the breastfeeding duration at 12 months drops to 31.8%.

Solution

To address the decrease in mothers' decisions to stop breastfeeding their children, the REACH team helped increase bilingual breastfeeding support at a local health center in Lebanon County. The REACH team strived to promote breastfeeding support after hospital initiation in Berks and Lebanon county by reaching out to workplaces and business establishments to increase awareness of breastfeeding guidelines and create a safe and comfortable environment for their employees and customers.

The REACH team increased access to bilingual breastfeeding support services at the Lebanon Family Health Services by hiring a bilingual community health worker trained to be a WIC peer counselor and providing them with a Zoom platform to hold virtual appointments. This past year, Lucy impacted 350 clients at the Lebanon Family Health Services and led a virtual support group on the first Friday of every month for 15 breastfeeding mothers. Lucy's video explains her personal story as a client of Lebanon Family Health Services and her journey to becoming a peer counselor.



350

Impacted by Lucy's work





REACH

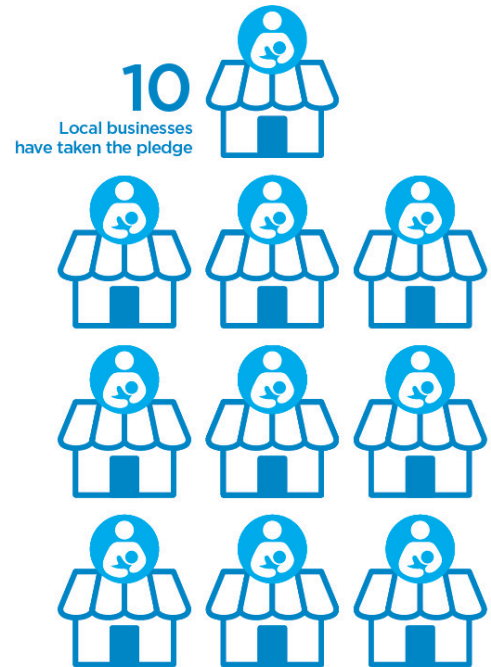
Success Stories: Year 3

Breastfeeding Initiative (cont.)

Breastfeeding initiation may be associated with having hospitals and birthing centers in Lebanon and Berks County that follow the Keystone 10 Initiative, which aims to expand the promotion, and support for breastfeeding. To expand on this initiative in these counties, the REACH team started a Breastfeeding is Welcome Here Campaign. The REACH team reached out to the Northeast Chamber of Commerce to gain support for worksite breastfeeding initiative outreach. Afterward, the team compiled a list of resources to inform businesses about breastfeeding; we reached out to ten local businesses in Berks and Lebanon County to join the campaign by signing a pledge to supply support and comfortable space for breastfeeding employees and customers. To show their support, they received a window cling to show that they are a breastfeeding-friendly establishment for employees and customers.

Sustainable Success

Penn State REACH will continue to support and offer virtual bilingual breastfeeding support in Lebanon Family Health Services. Additionally, we will continue to promote awareness of breastfeeding support at Lebanon Family Health Services. We will advance recognition and access to safe and comfortable breastfeeding environments for working breastfeeding persons by contacting 20 local businesses and worksites in Lebanon and Berks County.



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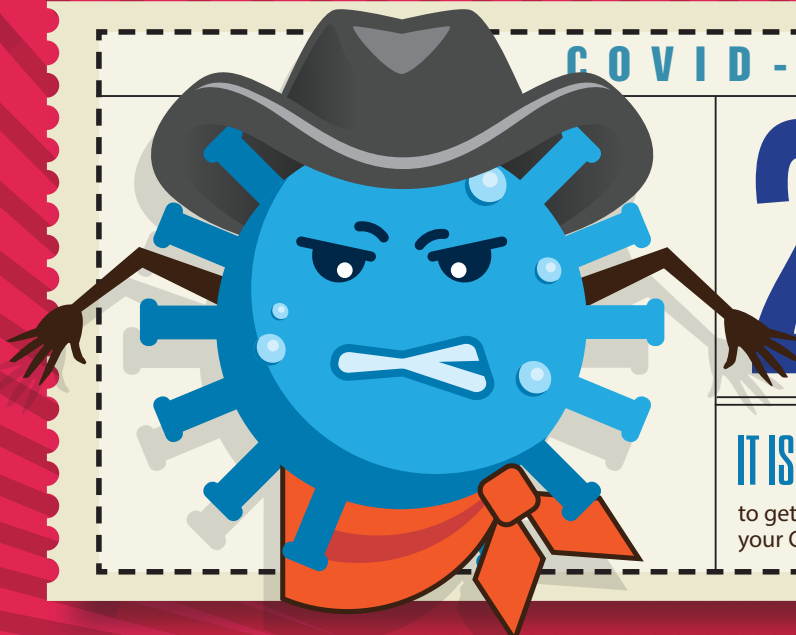
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Written by Evelyn Marin
Edited by Laurie Crawford

YOU CAN GET YOUR

FLU AND COVID-19 VACCINES AT THE SAME TIME

COVID-19

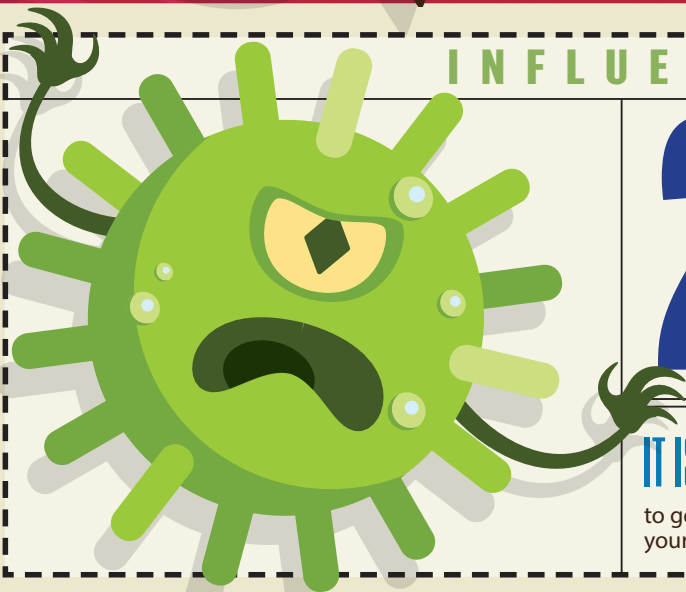


2 FOR 1

COUPON

IT IS SAFE AND EFFECTIVE
to get your FLU shot when you receive your COVID-19 shot.

INFLUENZA



2 FOR 1

COUPON

IT IS SAFE AND EFFECTIVE
to get your FLU shot when you receive your COVID-19 shot.

Getting a flu vaccine is an essential part of protecting your health and your family's health every year. When you go for your yearly flu shot, you can get your COVID-19 vaccination at the same time.

If you are due for both vaccines, providers are encouraged to offer both vaccines at the same visit. You will receive two separate vaccinations, in two different limbs.

Even though both vaccines can be given at the same visit, people should follow the recommended schedule for either vaccine:

If you haven't gotten your currently recommended doses of COVID-19 vaccine, get a COVID-19 vaccine as soon as you can, and ideally get a flu vaccine by the end of October.



REACH

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Made possible with funding from the Centers for Disease Control and Prevention.

PUEDES OBTENER TUS

VACUNAS CONTRA LA INFLUENZA Y EL COVID-19 AL MISMO TIEMPO

COVID-19



GRUPON

ES SEGURO Y EFECTIVO
vacunarte contra influenza cuando recibes tu vacuna contra COVID-19.

INFLUENZA



GRUPON

ES SEGURO Y EFECTIVO
vacunarte contra influenza cuando recibes tu vacuna contra COVID-19.

Vacunarte contra la influenza es esencial para proteger tu salud y la de tu familia cada año. Cuando vayas por tu vacuna anual contra la influenza, **puedes obtener tu vacuna contra COVID-19 al mismo tiempo.**

Si ya te tocan ambas vacunas, los proveedores te ofrecerán ponerte ambas en la misma visita. Recibirás dos vacunas separadas, en diferentes extremidades.

A pesar de que recibas ambas vacunas en la misma visita, debes seguir el protocolo recomendado para cada vacuna: si no has recibido tus dosis recomendadas contra COVID-19, debes obtenerlas lo antes posible e idealmente vacunarte contra la influenza a finales de octubre.



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PREVENTS SERIOUS ILLNESS

MEET MARISSA WHO IS VACCINATED



MEET MARCUS WHO ISN'T VACCINATED



Marissa is 26 and pregnant with her first child.

The Centers for Disease Control states that

- pregnant women have an **increased risk of COVID-19 complication**
- the vaccine does not affect fertility nor the development of the fetus.

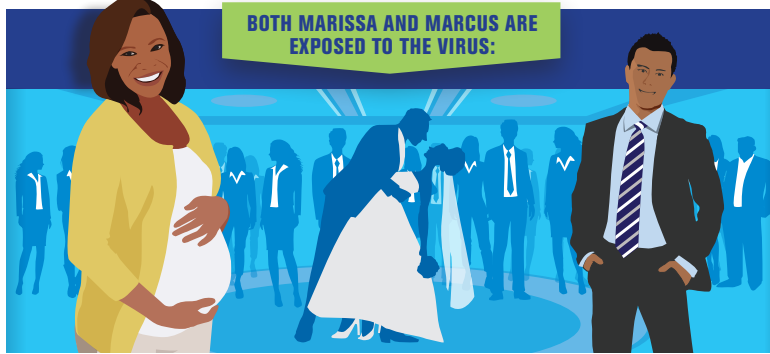
Marissa got vaccinated.

Marcus is 24 and single.

The Centers for Disease Control recommends everyone 12 years and older get vaccinated to reduce the risk of developing severe infection from COVID-19.

He chose not to get the vaccine because he thought it was not necessary.

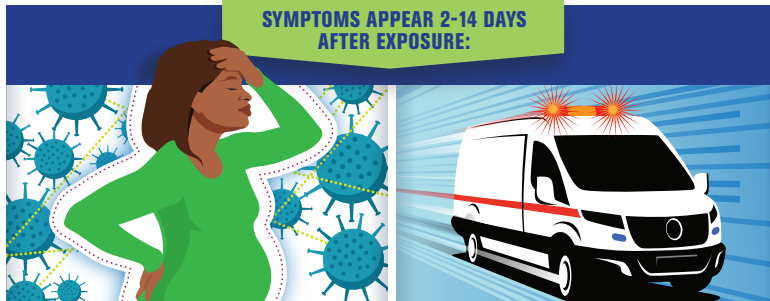
BOTH MARISSA AND MARCUS ARE EXPOSED TO THE VIRUS:



Marissa and Marcus attended their friend's wedding.

This wedding turned into a "super-spreader" event, where nearly everyone in attendance is exposed to the corona virus, which can develop into COVID-19.

SYMPTOMS APPEAR 2-14 DAYS AFTER EXPOSURE:



Marissa **experiences mild symptoms:**

- fever/chills
- coughing
- congestion
- inability to smell
- muscle aches.

This vaccine has prepped her immune system to recognize the virus and **to manufacture the cells needed for defense.**

Marcus develops severe symptoms and has trouble breathing.

Since his body does not have cells prepared to fight the virus from the vaccine, **he must go to the ER.**

LONG TERM OUTLOOK:



Marissa **recovers comfortably in her home**, using only over-the-counter medications to ease her symptoms.

Marcus is **transferred to the ICU on a ventilator** since his lungs are so diseased that he cannot breathe on his own.

Vaccines reduce the chances of infection and transmission. Getting vaccinated reduces your risk of disease, hospitalization, severe complications, and even death. Social-distancing, mask-wearing, and proper hygiene will further prevent infection in vaccinated and unvaccinated people.

PREVIENE ENFERMEDAD SEVERA

Marissa tiene 26 y está embarazada de su primer hijo. Los Centros para el Control y Prevención de Enfermedades establecen que

- una mujer embarazada tiene mayor riesgo de presentar complicaciones por COVID-19
- la vacuna no afecta la fertilidad ni el desarrollo del feto.

Marissa se vacunó.

Marissa y Marcus asistieron a la boda de un amigo.

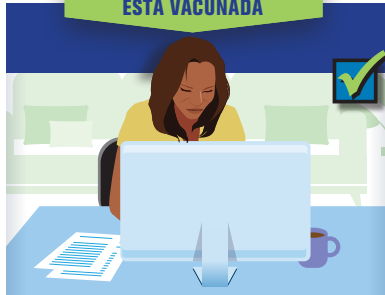
Marissa **experimentó síntomas moderados:**

- fiebre/escalofríos
- tos
- congestión
- pérdida del olfato
- dolores musculares.

La vacuna preparó su sistema inmune para reconocer el virus y **crear las células necesarias para su defensa.**

Marissa **se recuperó cómodamente en su hogar**, utilizando solo medicamentos sin recetas para aliviar sus síntomas.

**CONOCE A MARISA
ESTÁ VACUNADA**



**CONOCE A MARCUS
NO ESTÁ VACUNADO**



Marcus tiene 24 y está soltero.

Los Centros para el Control y Prevención de Enfermedades establecen que

- toda persona de 12 años o más debe vacunarse para reducir el riesgo de adquirir y desarrollar infección severa por el COVID-19.

Marcus eligió no vacunarse porque pensó que no era necesario.

**AMBOS, MARISSA Y MARCUS
ESTUVIERON EXPUESTOS AL VIRUS**



La boda se tornó un evento de "supercontagiador", donde casi todos los invitados estuvieron expuestos al coronavirus y eventualmente pueden desarrollar COVID-19.

**LOS SÍNTOMAS APARECEN 2-14 DÍAS
LUEGO DE LA EXPOSICIÓN**



Marcus desarrolló síntomas severos y comenzó a tener problemas para respirar. Su cuerpo no estaba preparado para combatir el virus ya que no se había vacunado, así que **tuvo que ir a sala de emergencias.**

PERSPECTIVA A LARGO-PLAZO



Marcus es **transferido a la unidad de cuidados intensivos con ventilador** ya que sus pulmones se encontraban tan enfermos que no podía respirar por el mismo.

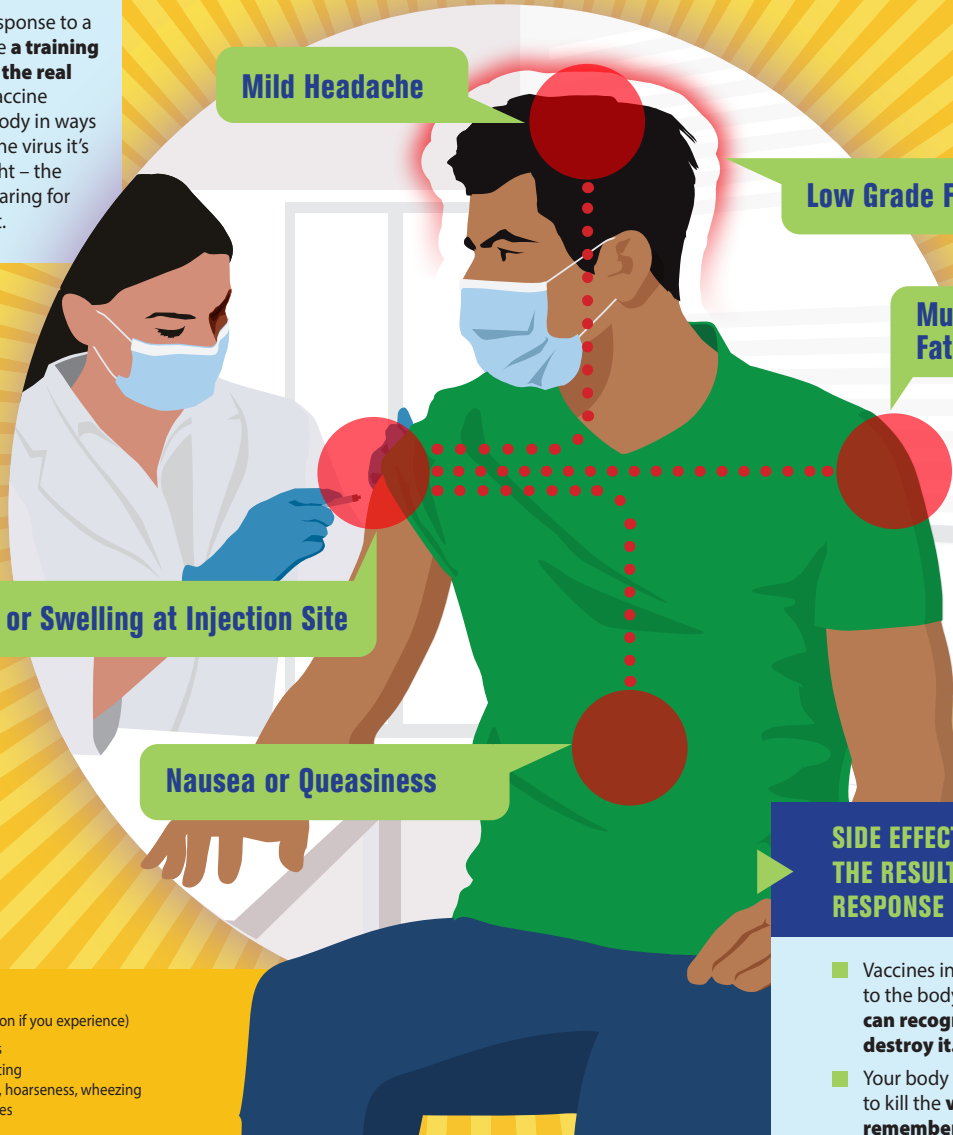
Las vacunas reducen la posibilidad de infección y transmisión. Estar vacunado reduce su riesgo de enfermarse, de hospitalización, de complicaciones severas y de morir. El distanciamiento social, el uso de mascarilla e higiene adecuada son medidas que contribuyen a prevenir infecciones en personas vacunadas y no vacunadas.

SIDE EFFECTS

YOU MIGHT EXPERIENCE FROM THE FLU OR COVID VACCINE

SIDE EFFECTS ARE POSSIBLE WITH ANY MEDICATION OR VACCINE

The body's response to a vaccine is like a **training mission for the real fight**. The vaccine affects the body in ways that mimic the virus it's meant to fight – the body is preparing for the real fight.



Mild Headache

Low Grade Fever or Chills

Muscle Aches and Fatigue

Pain or Swelling at Injection Site

Nausea or Queasiness

SIDE EFFECTS ARE THE RESULT OF IMMUNE RESPONSE

- Vaccines introduce a protein to the body **so that the body can recognize the virus and destroy it.**
- Your body releases antibodies to kill the **virus, and then remembers the virus** for future exposure.
- Symptoms like fever and muscle aches are **signals that your body is having an immune response.**

RARE SIDE EFFECTS

(seek medical attention if you experience)

- Weakness, dizziness
- Fast heartbeat, fainting
- Difficulty breathing, hoarseness, wheezing
- Paleness and/or hives
- Blood clots (extremely rare with the Johnson and Johnson and AstraZeneca COVID vaccines)

WHO SHOULD NOT GET THE FLU OR COVID VACCINE?

Children under 6 months of age should not get the Flu vaccine, and age limits are still pending for the COVID vaccine. People with severe allergies to other vaccines should not get either vaccine.



REACH

www.cdc.gov/CoronaVirus

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EFFECTOS SECUNDARIOS POR LAS VACUNAS

CONTRA

LA INFLUENZA O EL COVID-19

**CUALQUIER
MEDICAMENTO
O VACUNA PUEDE
GENERAR EFECTOS
SECUNDARIOS.**

La respuesta del cuerpo a la vacuna es como un **entrenamiento para combatir el virus**. La vacuna actúa en el cuerpo imitando el virus, preparándolo así para el combate real.

Dolor de cabeza leve

Fiebre leve o escalofríos

Dolores musculares o fatiga

Dolor o hinchazón en el área de inyección

Náuseas o malestar estomacal

LOS EFECTOS SECUNDARIOS SON RESULTADO DE LA RESPUESTA INMUNE

EFFECTOS SECUNDARIOS RAROS

(busque atención médica si experimenta alguno de ellos)

- Debilidad, mareos
- Palpitaciones cardíacas, desmayos
- Dificultad para respirar, ronquera, silbido (el pito).
- Palidez y/o ronchas en la piel (sarpullido)
- Coágulos de sangre (estos son extremadamente raros asociados con las vacunas de Johnson & Johnson y AstraZeneca)

¿QUIÉN NO DEBE RECIBIR LA VACUNA CONTRA LA INFLUENZA O EL COVID?

Niños menores de 6 meses de edad no deberían vacunarse contra la influenza. Los límites de edad para la vacuna contra el COVID-19 siguen bajo investigación.

- Las vacunas introducen una proteína al cuerpo **así el cuerpo puede reconocer el virus y destruirlo.**
- Tu cuerpo genera **anticuerpos que matan el virus, y lo recuerda** en caso de una futura exposición.
- Síntomas como fiebre y dolores musculares son **señales de que tu cuerpo está teniendo una respuesta inmune.**



REACH

www.cdc.gov/CoronaVirus

HOW DO THE COVID-19 VACCINES WORK?

TWO KINDS OF VACCINES DELIVER INSTRUCTIONS TO YOUR BODY TO HELP IT IDENTIFY AND FIGHT THE CORONA VIRUS.

mRNA (Moderna and Pfizer)

The vaccine delivers **messenger ribonucleic acid**, a genetic material that instructs the body to make the spike protein unique to the corona virus, which triggers our immune response.

Adenovirus 26 (Johnson and Johnson)

The vaccine delivers a **modified and harmless version of a different virus (Adenovirus 26)** to produce the corona virus spike protein, which prompts the body to produce antibodies.

WANTED



SARS-COV-2 VIRUS (SPIKE)

- ATTACKS WITHOUT WARNING
- SILENT AND DEADLY

THE VACCINE IS LIKE A WANTED POSTER THAT HELPS US IDENTIFY THREATS OR DANGERS TO OUR COMMUNITY AND OURSELVES, SO WE CAN BE PROTECTED.



The vaccine will not “give” us the virus because it only has one of the 29 proteins of the corona virus. The vaccine essentially teaches

our cells what to look out for (spike) and allows us to practice our defense against the virus.



REACH

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¿CÓMO FUNCIONAN LAS VACUNAS CONTRA COVID-19?

EXISTEN DOS TIPOS DE VACUNAS QUE LE DAN INSTRUCCIONES A TU CUERPO PARA AYUDARLO A IDENTIFICAR Y COMBATIR EL CORONAVIRUS.

ARNm (Moderna y Pfizer)

La vacuna lleva el **ácido ribonucleico mensajero**, el material genético que le da instrucciones al cuerpo para crear la proteína "spike", lo que estimula nuestra respuesta inmune.

Adenovirus 26 (Johnson and Johnson)

La vacuna lleva una **versión modificada e inofensiva de un virus distinto (el Adenovirus 26)** para producir la proteína "spike", lo que estimula al cuerpo a crear anticuerpos.

SE BUSCA



VIRUS SARS-COV-2

● ATACA SIN AVISAR
● SILENCIOSO
● Y MORTAL

LA VACUNA ACTÚA COMO UN CARTEL DE "SE BUSCA" QUE NOS AYUDA A IDENTIFICAR AMENAZAS O PELIGROS PARA ASÍ MANTENERNOS PROTEGIDOS A NOSOTROS Y A NUESTRA COMUNIDAD.



La vacuna **NO** nos "inserta" el virus, solamente codifica para una de las 29 proteínas que contiene el coronavirus. La vacuna le

enseña a nuestras células como se vería el virus en la superficie y les permite practicar la defensa en contra del virus.



REACH

www.cdc.gov/CoronaVirus

Hecho posible a través de fondos de los Centros de Control y Prevención de enfermedades.

GET YOUR FLU

SHOT



PROTECT YOURSELF AND YOUR COMMUNITY



REACH

cdc.gov/flu



TENEMOS UNA
OPORTUNIDAD



PARA COCINAR CON MI FAMILIA



REACH

cdc.gov/CoronaVirus



GET YOUR FLU

SHOT



PROTECT YOURSELF AND YOUR COMMUNITY



REACH

cdc.gov/flu



TENEMOS UNA
OP  **ORTUNIDAD**

PARA REGRESAR AL TRABAJO



REACH

cdc.gov/CoronaVirus

I'VE GOT A
SH  **T**

TO GO BACK TO SHCOOL



REACH

cdc.gov/CoronaVirus

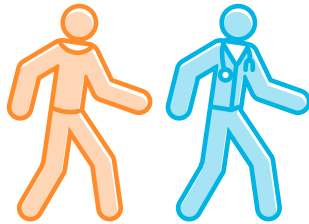
I'VE GOT A
SH  **T**

TO PLAY BASEBALL



REACH

cdc.gov/CoronaVirus



Are you ready?

To Walk with a Doc

Step into summer!

Penn State Health St Joseph is starting a community-based healthy lifestyle and walking program and we want YOU to join!

Join us for 12 weeks of short, health-related discussions and walks with members of your community and physicians and medical providers from our clinics.

If you're interested in health education, getting active, and forming a closer community with your neighbors and physicians, then get ready to Walk with a Doc at Penn State Health St. Joseph!

**City Park Bandshell, Rose Garden Rd,
Reading PA | Fridays, 12:00 - 1:00 pm**

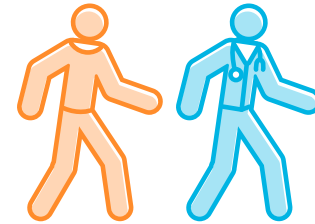
JUNE	JUNE	JULY	JULY	JULY	JULY	JULY	AUG.	AUG.	AUG.	AUG.	SEP.
17	24	1	8	15	22	29	5	12	19	26	2

WALKS ARE WELCOME TO EVERYONE!

**Call Lisa Weaver:
610-208-4726**

Register online and win prizes for attending!
reachberkslebanon.com/walksummer22

For more information, inclement weather updates, meeting location and times visit:
reachberkslebanon.com/walk



¿Estás listo?

Para caminar con un Doctor

¡Camina hacia el verano!

Penn State Health St. Joseph ha comenzado una comunidad basada en un estilo de vida saludable y un programa de caminata y ¡queremos que te unas!

Únete por un período de 12 semanas, a discusiones sobre salud y caminatas con miembros de tu comunidad, médicos y proveedores médicos de nuestras clínicas.

Si estás interesado en educación sobre salud, estar activo físicamente y formar una comunidad cercana con tus vecinos y médicos, entonces ¡preparate para Caminar con un Doctor (Walk with a Doc) en Penn State Health St. Joseph!

**City Park Bandshell, Rose Garden Rd,
Reading PA | Viernes, 12:00 - 1:00 pm**

JUNIO	JUNIO	JULIO	JULIO	JULIO	JULIO	JULIO	AGO	AGO	AGO	AGO	SEP.
17	24	1	8	15	22	29	5	12	19	26	2

¡LAS CAMINATAS SON BIENVENIDAS PARA TODOS!

**Llame a Lisa Weaver:
610-208-4726**

¡Regístrate en línea y gana premios por asistir!
reachberkslebanon.com/walksummer22

Para obtener más información e incluir actualizaciones meteorológicas para la ubicación y la hora de la reunión visite: reachberkslebanon.com/walk



Are you looking to lose weight, better your nutrition, or develop an overall healthier lifestyle?

Penn State Health St. Joseph's Diabetes Prevention Program (DPP) may be for you!

DIABETES PREVENTION PROGRAM

For more information on eligibility, contact **Diana Rodriguez**
drodriguez4@pennstatehealth.psu.edu
Phone: 610-208-4727

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs.

Take the first step! Find out your risk for prediabetes.

Location: _____
Next Class: _____
Time: _____



¿Está usted interesado en perder peso, mejorar su nutrición o sobre todo, desarrollar un estilo de vida saludable?

¡El Programa de Prevención de diabetes de Penn State Health St. Joseph puede ser para usted!

EL PROGRAMA DE PREVENCIÓN DE DIABETES

Para información contacte a **Diana Rodriguez**
drodriguez4@pennstatehealth.psu.edu
Tel: 610-208-4727

Pre diabetes significa que la glucosa de su sangre (azúcar) es más alta de lo normal, pero no es diabetes aun. Diabetes es una enfermedad seria, que puede causar ataques al corazón, derrames cerebrales, ceguera, fallo renal, o la perdida de sus pies o piernas. La diabetes tipo 2 puede ser atrasada o prevenida en personas con pre diabetes a través de programas efectivos de estilo de vida.

¡Tome el primer paso! Conozca si usted está a riesgo de pre diabetes.

Ubicación: _____
Siguiente clase: _____
Hora: _____



Working mothers:

We want to hear from you!

Join us as a focus group to talk about your experiences of returning to the workplace and breastfeeding support. To participate in this focus group, you must be a mother who has a child two years old or younger and access to a mobile device with Zoom capabilities, a virtual platform.

Focus groups will be on held virtually through Zoom and will be held for 1 hour and 30 minutes.

Visit this link to register:

Selected focus group participants will receive \$50.00 gift cards for their time.

Date: TBD

Time:

Please contact Janelle Gomez if you have any questions at jlj6475@psu.edu.



redcap.ctsi.psu.edu/surveys/?s=NFHDEXMTTMYC4HER



REACH



Madres Trabajadoras:

¡Queremos escuchar de ti!

Únase con nosotros para un grupo de enfoque para hablar sobre sus experiencias de regreso al lugar de trabajo y el apoyo a la lactancia. Para participar en estos grupos focales, tiene que ser una madre de un hijo dos años o menor y tener acceso a Zoom, que es una plataforma virtual.

Los grupos focales se serán virtualmente a través de Zoom y duran 1 hora y 30 minutos.

Visita este enlace para registrarte:

Los participantes de los grupos de enfoque recibirán tarjetas de regalo de \$50.00 por su tiempo.

Fecha: por determinar

Hora:

Por favor contacte a Janelle Gomez si tiene alguna pregunta. Su correo electrónico es jlj6475@psu.edu.



redcap.ctsi.psu.edu/surveys/?s=NFHDEXMTMYC4HER





reachberkslebanon.com

facebook.com/ECPAREACH