TEAMWORK

It’s simple. Our goal is to keep women healthy. While our mission is straightforward, providing the resources to make this happen is complex. Ensuring access to health care to those who need it most is a team effort. Our employees, board members, committees, government officials and donors all come together to improve the lives of more than 100,000 women, families, teens and children.

It has been an exciting year for Adagio Health. A multitude of team opportunities arose that equated to more care for the people we serve. As you’ll read in this report, new partnerships and expanded services continue to help us serve our state’s most vulnerable, even across borders into West Virginia.

In thinking about the last few months, I was most pleased with the fact that we began to see an increase in local organizations — from hospitals to foundations to drug recovery non-profits — that we are partnering with to provide services. This is a true testament to our track record and means we have opportunities to continue to expand our services, footprint and impact.

This report is meant to inspire and prompt your engagement with Adagio Health. We look forward to this year. We cannot do this alone. Enjoy the stories and the impact our collective efforts have made. As this newsletter reflects, this year, was indeed, a team effort.

BJ Leber
President & CEO
HELPING MOMS STAY SMOKE-FREE

Most people know that smoking causes cancer, heart disease, and other major health problems. What you may not know is that smoking during pregnancy is harmful to moms and can also cause premature birth, certain birth defects, and infant death. Only 26.3% of women of childbearing age (between 18 and 24 years) are successful in their efforts to quit smoking. To help, Tobacco Free Southwest is assisting the PA Department of Health with launching the Smoke-Free Moms Campaign. The program provides training to medical providers and organizations that work with pregnant women. To participate in the program, women must be Pennsylvania residents and currently pregnant (cannot enroll in the program if post-partum.) For more information, please contact Adagio Health at 800-215-7494.

POWER-UP FEEDS BODIES AND MINDS

According to Feeding America, 22 million children receive free or reduced-cost meals throughout the school year while only 3.9 million receive those meals over the summer. Adagio Health’s Power Up educators teamed up with Summer Feeding Sites across 9 counties this summer to help increase attendance by bringing worldwide foods to students in western Pennsylvania!

Through this effort, our Power Up team provided interactive, engaging lessons and activities to the sites. Jessica Palombine, director of nutrition services shared, “Many sites struggle with attendance and do not have the funds to bring in activities to attract students to the program.” The Power Up team, made up of registered dietitian nutritionists (RDN), nutritionists, and nutrition assistants provided a program for children to “travel” across the world through food. Through a hands-on cooking curriculum, students made recipes from Cuba, Eastern Europe, Ethiopia, Italy, Spain and Japan. Other students were able to play MyPlate – the FDA approved reminder to find your healthy eating style and build it throughout your lifetime — bingo, relay races, and other nutrition themed games. Students were excited to learn and spoke highly of the efforts by the Power Up program. Power Up is a SNAP-Education program funded by the USDA. For more information about Power Up and healthy living, visit powerupeatright.com.

BJ LEBER APPOINTED BY GOVERNOR WOLF

BJ Leber, president and CEO of Adagio Health was one of 13 dedicated business, civic, and community leaders appointed by Governor Tom Wolf to serve on the Pennsylvania Commission for Women.

The Commission for Women, which was created by Executive Order and consists of volunteer members, is responsible for advising the governor on policies and legislation that impact women; supporting economic and civic opportunities for women; encouraging mentoring programs for girls and young women; identifying programs and opportunities for the benefit and advancement of women; and serving as a resource center for Pennsylvania women.

“I am honored to be a part of the effort and thrilled that Adagio Health has a seat at this important table.” Shared BJ Leber, president and CEO, “This advances our goal of serving as a voice for women in western PA and across the state and being an organization that impacts on policy and the future for our patients and clients.”

VOTE 2018

The most powerful tool in the toolbox of a democratic society is the right of a free people to vote. On November 6th, it’s time to guarantee your voice will not be ignored. Vote to defend women’s health and vote to ensure economic equality. To register to vote, or to find out if you are registered, visit our website at adagiohealth.org/vote and click on the “Am I registered to Vote” or “Voter Registrations” links. We are also placing voter registration forms in all of our medical offices. To vote in the fall election, voters must be registered by October 9.

“The success of Democracy doesn’t depend on a few persons who do great things, but on many persons who do small things faithfully.”

Maud Wood Park, First League of Women Voters President

WIC helped me with keeping my milk flowing and being confident. Without WIC I would not have been able to continue to breastfeed twins.

Mom of 7 month-old twins
WE’RE EXPANDING OUR FOOTPRINT AND SERVICES!

We are pleased to announce that Adagio Health is expanding services in all of our medical offices to help our patients lead healthier lives. We are now offering adult immunizations, a variety of health screenings, and tobacco cessation counseling in all of our medical offices. For many, especially in rural communities, we are their sole healthcare provider. Transportation or access to childcare and other social determinants limit the ability for patients to seek comprehensive medical care. According to Bill Gedmen, chief financial and operations officer, “We selected services we felt would have an immediate impact on the health of our clients.” For example, there is a high rate of undiagnosed Hepatitis C cases as well as Hepatitis B in our region. Once diagnosed, patients can be referred for treatment. Gedmen continued, “We are happy to be offering so much more to patients who for so long, have gone without these screenings and immunizations. This will help potentially thousands of families lead healthier lives.”

Adagio Health has been providing Title X funded family planning services throughout the 23 counties of western Pennsylvania for nearly 50 years. Our Pennsylvania network has grown to more than 60 clinical locations to serve our communities — reaching nearly 42,000 women and men last year! The Office of Population Affairs, which oversees Title X funding, has granted our program the opportunity to expand services to seven contiguous counties of West Virginia.

This is an exciting opportunity to expand our programs and our community partnerships to serve clients in need of quality-driven reproductive health services. In addition to expanding our Title X services, we also want to help our most vulnerable populations.

“GET REAL” CURRICULUM KEEPS STUDENTS SAFE

LGBTQIA+ youth face unique health disparities because of their sexual orientation and gender identity. As a result, they face higher incidences of STIs, teen pregnancy, dating violence, and bullying. Mounting evidence suggests that having LGBTQIA+ inclusive sex-ed curricula in schools positively impacts LGBTQIA+ youth’s health outcomes and creates safer school environments.

We are proud to provide inclusive sex-education to our students. One of our most popular curricula, Get Real includes focused lessons dedicated to talking about a broad spectrum of sexual orientation and gender expression. The Get Real curriculum also offers an opportunity for students to reflect on LGBTQIA+ inclusive scenarios, which aids in affirming LGBTQIA+ identities. Adagio Health Educators, Stephanie Edwards and Autumn Detchon, currently teach this curriculum at Propel Schools, reaching approximately 1,000 teens every year.

Visit adagiohealth.org/get-real to learn more about the curriculum.

Source: 2015 National School Climate Survey (GLSEN.org)
MISSION  Adagio Health provides health and wellness services to all women and their families with a focus on those in need.

VISION  Women and their families in western Pennsylvania will lead healthier lives.

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FREE MAMMOGRAMS

United Way 572
If you have a United Way workplace campaign, you can direct your gift by writing in #572 or give online at adagiohealth.org/give.

Free Mammograms
Thursday, October 18, 9 am - 3 pm
At the Squirrel Hill Food Pantry in partnership with Representative Dan Frankel's office. ALL, uninsured, underinsured, and insured are welcome!

More details at adagiohealth.org/events

HELPING ALL WOMEN BEAT BREAST CANCER

Nearly 11,000 women in Pennsylvania are diagnosed with breast cancer every year. Of those 11,000, women of color and lower socioeconomic status are disproportionately affected. Women often go without cancer screenings because they have limited or no healthcare access, or cannot afford costs associated with screenings. Without regularly scheduled cancer screenings, women are more likely to be diagnosed with an advanced stage of breast cancer. This often means their chance for survival is dramatically reduced.

Adagio Health manages the HealthyWoman Program — providing free breast and cervical cancer screening services to the most vulnerable women in Pennsylvania. Between July 2016 and June 2017 Adagio Health served 1,477 women in the 23-county region of western Pennsylvania. Through evidence-based interventions, outreach and recruitment of 20 new locations, we were able to reach nearly 1,200 more women for cancer screening services. Casey Monroe, director of cancer services shared, “This year, our team will continue to focus on increasing enrollment of at-risk women to get the care they need to live longer and healthier lives.”

In addition to HealthyWoman (funded by the Department of Health), Adagio receives additional funds from the Susan G. Komen Mammogram Voucher Program, the UPMC Magee-Women’s Hospital and individual donors to support cancer screenings. Although we receive funding from various resources, we have more women in need of mammograms than funds to support them. Last year, 57% of the women in need of a mammogram, did not receive one. If you are interested in supporting these efforts, or know of a woman who can benefit from the HealthyWoman Program or a mammogram voucher, visit us online at adagiohealth.org or call 1-888-687-0505 for more information.