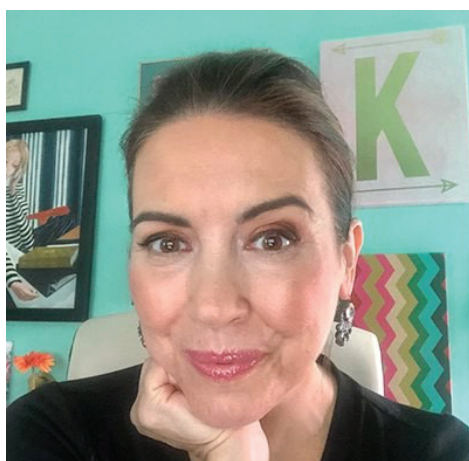


Meet the PA Health & Wellness Outreach Team:



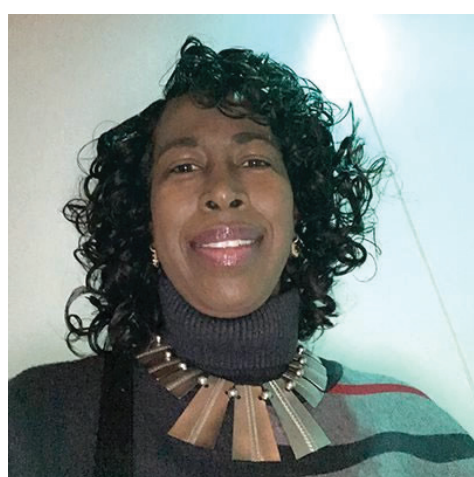
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Nursing Home Appreciation Week!

National Skilled Nursing Care Week

National Skilled Nursing Care Week 2021 (May 9-15) focused on the amazing strength and dedication of those who work tirelessly every day to care for and protect frail, elderly, and disabled adults in long-term care. Together we will get through this and together we will begin to heal. Over the past year, despite the challenges of the pandemic, skilled care centers and their staff have shown an incredible and steadfast commitment to providing quality care and ensuring the safety of their residents.

Pictured are our Member Retention Specialists who made some special deliveries to our Skilled Nursing Care facilities. #PHWproud

Social Isolation and Loneliness



COVID-19 has caused a dramatic shift in our day-to-day lives with an increasing number of people dealing with some form of social isolation and loneliness. How social distancing, quarantining, and shutdowns may affect how you feel.

What is social isolation?

The lack of social contact or relationships, both physical and psychological.

What is loneliness?

The subjective feelings of isolation or being alone.



Know the signs and risk factors

- Decreased or no interaction with family and friends
- Less medical support and preventative care
- Changes in physical or mental health (e.g. feeling anxiety, weight gain or loss, etc.)
- Deviation from routine social activities (e.g. church, clubs, dining out)
- Loss or lack of access to resources (e.g. school, health centers, etc.)

Loneliness has increased due to COVID-19

Approximately

1 in 3



Americans report feelings of loneliness or social isolation

Are you at higher risk for loneliness? If you are an older adult, an individual of color, have low economic income, or live in a nursing facility, assisted living facility, or a group home, you may be impacted even more than others.

The impact on your health

Social isolation and loneliness can have both short- and long-term effects on your mental health including:

- Alzheimer's disease
- Depression
- Anxiety
- Mistrust of others
- Cognitive decline and dementia

Loneliness can also seriously impact the way you feel physically, sometimes leading to major health concerns, including:

- High blood pressure
- Heart disease
- Obesity
- Weakened immune system
- Inflammation

Tips on being less socially isolated

Increase your meaningful social interactions in-person or through virtual social groups, social media connections, or other uses of technology. These are some of the best ways to combat social isolation and feelings of loneliness.



Your health plan care manager and primary care provider can direct you to valuable resources and community programs that can help.

PHW Community Health Sponsorship Program

The Community Health Sponsorship Program (CHSP) will focus on our vision of “transforming the health of the community one person at a time.” The CHSP will allow PA Health & Wellness to focus on investing in the community by funding programs that align with our core mission. This investment targets programs that better support and enhance the lives of the Community HealthChoices (CHC) participants.

For the past two years, PA Health & Wellness has focused on educating our community partners on the services that PA Health & Wellness offers as a new organization in the CHC space.

PA Health & Wellness will move forward by seeking to enhance relationships where existing programs can be leveraged, current capacity is increased, and collective impact is broad but meaningful.

Eligibility Requirements

- Nonprofit applicants (or their fiscal agents) must have a 501 (c) 3 or 509 (a) (1) IRS designation and have been in operation for at least three (3) years. (If a fiscal agent is used a letter of support from the fiscal agent must be included in the attachments.)
- Healthcare providers must be in network with PA Health & Wellness and have been in operation for at least three years.
- Organizations must be based in Pennsylvania and serve the Community HealthChoices population.
- Project for which funding is requested must be completed within one year of the award date. Sponsorships and/or projects requiring multiyear support from PA Health & Wellness are not eligible.
- Project must align with the mission and the vision of PA Health & Wellness.
- Completion of PHW Community Tracker form is a requirement.

To apply please send request to PHWCommunityOutreach@PaHealthWellness.com.