

# In the Community



APRIL 2021 EDITION

## Meet the PA Health & Wellness Outreach Team:



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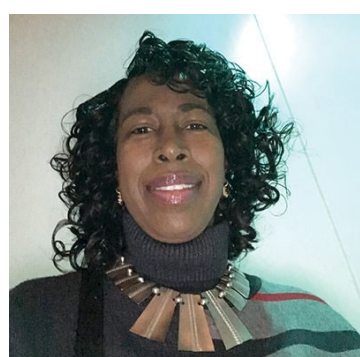
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## COVID-19 Vaccination Clinic

NAACP Pennsylvania State Conference, in partnership with Rite Aid, sponsored a COVID-19 Vaccination Clinic on April 10, 2021. The event was held at Penn Hills Charter School of Entrepreneurship.

**Pictured: NAACP State Health Chair Dr. William Simmons, MD, Pittsburgh Health Chair Felicia M. Alexander, and NAACP State President Rev. Kenneth Houston.**



## Celebrating National Nutrition Month

PA Health & Wellness celebrated National Nutrition Month alongside MANNA by sponsoring their Apple A Day Campaign.

MANNA uses nutrition to improve health for people with serious illnesses who need nourishment to heal. By providing medically tailored meals and nutrition education, we help to improve their health and quality of life. MANNA cooks and delivers nutritious meals to neighbors in the Greater Philadelphia area.

The meal service is temporary and qualification is based on individual needs determined by our Nutrition and Client Services Department.

More information on MANNA can be found at [www.mannapa.org](http://www.mannapa.org)

## Human Services Secretary, Managed Care Organizations Discuss Ongoing Partnership

"PA Health & Wellness is proud to be a partner with the Administration in this significant step to get older Pennsylvanians and those with disabilities who depend on our care vaccinated," said PA Health & Wellness President and CEO Justin Davis. "PHW is transforming the health of the community one person at a time. Nothing demonstrates this more than our collaboration with the Office of Long-Term Living, Rite Aid, and the other Community HealthChoices MCOs to ensure our participants have access to this critical vaccine." [https://www.media.pa.gov/pages/DHS\\_details.aspx?newsid=685](https://www.media.pa.gov/pages/DHS_details.aspx?newsid=685)

## Stress Awareness Seminar

PA Health & Wellness hosted a Stress Awareness Seminar for our friends at Uplift Solutions. Jennifer Burnett, Senior Director of Operations at PHW, led a meditation and stress reduction seminar via Zoom for community members connected to Uplift Solutions in the Chester, PA area. The goals of the program were to provide easy and accessible ways to recognize stressors, and how we can work to diminish their effects in our daily routines.



## Tips to manage stress:

Just breathe! This popular phrase has been around for some time, and for good reason. It works! Deep breathing is one of the best ways to lower stress in the body. When you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax.