



Community Health & Wellness Fair Guide












On Wednesday November 13th 2024 your N. F. Lions Club is hosting our first annual Community Health & Wellness Fair. This will be along side of our regular ongoing Blood Drive held in the New Freedom Community center located at 150 E Main Street, New Freedom 17349 from 10:00 AM to 7:00 PM.

The following listing comprises all the participant organizations to include their services and contact information.

"A location chart is located at the end of this document referencing the Table Number Column below"

For more information please contact the organizations below or newfreedomlions@gmail.com

Logo	Name	Contact	Services	Website	Table #
	Bartz Brigade	Bruce Bartz	Bartz Brigade supports the education—prevention—training and raises awareness about mental health and suicide. We help with financial needs, providing the tools needed for a strong—positive mental health. Our emphasis is on the "strong body/strong mind" concept.	https://bartzbrigade.com/	26
	Blissful Companions	Robin Ferguson, 717 919-5521, blissfulcompanion2019@gmail.com	Personal and Respite Care, In Home Support	https://blissfulcompanion.com/	9
	Community Benefits Solutions, LLC	Casey Jarrett, M.Ed., Licensed Broker, Casey@centralpaadvisors.com Ph: 717-818-1827	Medicare Enrollment and Plan Selection		21
	Families Renewed	Ki Groh, 717 428-3140 x 115, kgroh@familiesrenewed.org	Our programs focus on school aged children, young adults and veterans. 85% of the funds we raise through events and donations are allocated back into the York County Community.	https://www.familiesrenewed.org/	11
	Family First	Erin Schmidt	Blood Pressure Screenings, Diabetes, Cholesterol, Nutrition	https://www.familyfirsthealth.org/	20
	Leg Up Farm	Maura Musselman, Director of Community Engagement, vmousse@legupfarm.org 717 266-9294	Developmental Disabilities (intellectual and physical - children and adults) physical, occupational, speech, and mental health therapy, nutrition counseling, therapeutic horseback riding, and educational and recreational programming	http://www.legupfarm.org/	2
	LHM Physical Therapy	Tia Carl & Morgan Rasmussen	Balance and posture checks/screening. Tips for healthy safe living for folks with balance or age related issues. Tips for strengthening and stretching before and after exercise.	http://thmphysicaltherapy.com/	19
	Life Path Christian Ministries	Ed Knee - Director of Shelter Services	Housing/Homelessness	https://lifepathyork.org/	14
	PA Comprehensive Behavioral Health (PCBH)	Tammy Funk, VP	Mental Health Treatment/Counseling	http://www.pcbh.biz/	24
	Penn Mar	Aly Cox, Jackie Stevens, Jen Skely	Supports people with intellectual and developmental disabilities in living courageous lives, whether that's securing a job, being an active member of their community, building independence, or developing new relationships.	https://www.penn-mar.org/	13
	Rose Fire Company No. 1	Abby McManus, 717-235-4444 ext. 108 amcmanus@rosefireco.com	Will provide info as EMS, when to call 911 and when to seek care from a doctor or urgent care. Information on smoke detectors and carbon monoxide detectors and where to get them.	https://www.rosefireco.com/	6
	South Central York County Senior Center	Nicole Strassman	We provide lunches and programming to York County residents aged 60 y/o and older. Our focus is on connecting seniors with resources, providing programs to facilitate the social, emotional, cultural, economic and physical well-being of senior citizens regardless of race, religion or nationality.	https://www.scyseniorentr.org/	8
	Southern York County School District	Dr. Len Reppert, Assistant Superintendent len.reppert@syncsd.org 717-235-4811 extension 7230	Student Assistance Program, Pennsylvania Comprehensive Behavioral Health, School Counselors/School Social Workers/Student Services-Activities, Building Level Clubs, SYC Football, Baseball & Basketball, Mason-Dixon Soccer, SYCSD will provide activities for children that are focused on mental health engagement.	https://www.syncsd.org/	1
	Sparrow Place	Christina Lentz, Exec Director	Through education and outreach we are working to reclaim freedom for survivors of human trafficking. One of the ways Sparrow Place has served survivors in the past was through victim-centered programming and Christ-centered healing, hope, and recovery via a residential program in southern York County. Currently, Sparrow Place is focusing efforts on educating the community and evaluating the gaps in services so we can best utilize the resources available to us.	https://www.sparrowplace.org/	4
	Stock & Leader Law Firm	General phone number 717-846-9800. Mac Brillhart, Esq, mb@stockandleader.com Thomas M. Shorb, Esq, tshorb@stockandleader.com Kristen McGuire, Esq, kmcguire@stockandleader.com Madison Reed mreed@stockandleader.com	Elder Law Issues	https://www.stockandleader.com/	10

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	Summit Grove	Dustin Kunkle	Housing/Homelessness We are a regional retreat and event venue for ministries, camps, and community. In addition to offering summer Day Camps and hosting both public and private events, school groups, church groups, and nonprofits, we also partner with local organizations and churches to supply short-term lodging assistance options to those in need.	http://www.summitgrovecamp.org/	12
	Sunny Day Sober Living, LLC	Ed Knee CFRS	Substance Abuse Programs w Housing	https://sunnydaysober.com/	15
	True North Wellness	Elsbeth Williams	Our mission is to inspire hope and healthy living by providing behavioral health and wellness services one person at a time. We are a trauma-informed care agency that has been providing our communities with Counseling Services, Residential Services, Autism Services, Emergency Crisis Services and Education and Prevention programs for more than 40 years.	https://truenorthwellness.org/	25
	UPMC	Maureen Zimmerman, Director of Corporate Wellness	10a-2p ADULT VISION SCREENING (Ages 18+): Snellen Eye Chart to determine near/distant visual acuity. 10a-2p ADULT HEARING SCREENING (Ages 18+): Noninvasive test that measures frequency in both ears and identifies potential for PCP referral to a specialist. 10a-2p UPMC Pastoral Care Advance Care Directive Information and Guidance. 10a-2p UPMC Veteran Care Services Learn about UPMC's innovative veteran-focused program. The partnership with the VA network provides "concierge-style care" to even more veterans. 10a-2p UPMC Health Plan A representative will be available to answer questions about UPMC for You and UPMC Dental Advantage. 10a-8p UPMC Pinnacle Health Psychological Associates Providers will be available to answer your questions about UPMC Mental Health Services in York County	https://www.upmc.com/	18
	UPMC Tobacco & Nicotine Dependence Treatment Program	Adam Bennett, MSW, LSW, CITS, NCTTP, division of UPMC	10a-8p Tobacco & Vape Cessation Education Learn about the dangers of tobacco and vape products, the benefits of cessation aids and support groups to help you quit.	https://www.upmc.com/locations/regional/health-centers/central-penn/corporate-wellness/programs/tobacco-cessation/programs	17
	WellSpan	Devin Baker, Reed Gunderson	WellSpan Health is excited to offer a comprehensive range of programs and resources dedicated to the well-being of our community. Join us for informative sessions on car seat education and child injury prevention, along with valuable insights on autism support. We will also be offering a chance to learn about hearing aid options. We're also introducing an innovative program called Restorative Pain, designed to enhance pain management for individuals with chronic pain, as well as important information on bone health. Don't miss this opportunity to learn and engage with our experts!	https://www.wellspan.org/	22
	The W. Dale Brougner Foundation YMCA and Southern Community Services	Erin Ferro, Exec Director, 717 235-044 x 401, eferro@rosesymca.org Maria Moye, Southern Community Services, Director of Services 717 235-0446 x 408, mmoye@rosesymca.org	The YMCA is for youth development, healthy living and social responsibility. At the Y we have a little bit of something for everyone! At the event we will have information on the services that we offer as well as a free two week trial membership to the YMCA.	http://www.rosesymca.org/	5
	York County Area Agency on Aging	Megan Craley, Health & Wellness Coordinator 717 771-9610, aging@yorkcountypa.gov	Senior Citizen and Elder Citizen Services and Programs	http://ycaaa.org/	7
	York County Department of Veterans Affairs	Kevin Smyser, Director, Missy Hunt, Deputy Director, 717-771-9218 yorkvet@yorkcountypa.gov	Veterans Services and Programs	https://yorkcountypa.gov/400/Veterans-Affairs	3
	York/Adams Drug & Alcohol Commission	Sarah Lehman, Prevention Program Specialist	Substance Abuse Prevention and Treatment including Narcan	https://yorkcountypa.gov/454/York-Adams-Drug-Alcohol-Commission	16
	York/Adams MH-IDD	Casey Darling-Horan, Administrator	Mental Health/Intellectual/Developmental Disabilities	https://yorkcountypa.gov/480/York-Adams-MH-IDD-Program	23
	