COMMUNITY OUTREACH
Every day — through acts of kindness, professionalism and service — Upstate employees, students and volunteers live our values and support our mission: to improve the health of the communities we serve.

This document is a sampling of recent community involvement from Upstate Medical University.
Extended Hands for Adolescent Mothers (EHAM)
Upstate students host monthly creative and/or educational sessions for young mothers to develop parenting and life skills and to reinforce a mentality of positivity through creative outlets. EHAM partners with the Salvation Army’s Transitional Apartments and Parenting Center that provides long-term transitional housing for pregnant and parenting adolescent girls and their children.

Health Careers Program
Upstate clinicians, students, faculty and staff meet monthly with students enrolled in the Health Professions program at Henninger High School to explore health careers.

Meds (Medical Education for Diverse Students)
Upstate students provide lessons in medical science, public health and health care exploration to students from Henninger High School and Public Service Leadership Academy (Fowler High School).

OCM BOCES Advisory Counsel
Offers introduction to clinical laboratory for graduating seniors considering lab science majors.

P-Tech (Pathways in Technology) Career Counseling
Upstate provides career counseling to students in Syracuse P-TECH, a program at Henninger High School and Public Service Leadership Academy (Fowler High School) that offers programs in clinical laboratory technology and health information technology.

Surgical Technology Advisory Board
An Upstate committee reviews the rotation schedule of the surgical technology program at Onondaga Community College.

Upstate’s Campus-based Programs
Upstate brings young people on site to cultivate their interest in health care and the wide variety of careers. Dozens of Upstate employees host and mentor students at their work sites or conduct classes for them. Many of these opportunities are focused on providing access to underrepresented students. These programs include:

- Departmental Internships: Available to students 18 and older seeking a structured, non-clinical academic experience, these internships provide exposure to real-life work in an academic medical center.
- Health Care Exploration Camp: Campers in grades 9 and 10 get an opportunity to explore careers in a variety of health care professions in a safe, fun, and exciting environment – including hands-on sessions. They meet experienced health-care professionals and learn about career paths.
- Health Careers Shadow Days: Henninger High School students meet with representatives from the colleges of Health Professions and Nursing.
- Health Professions Camp (Jump Into Healthcare): 15 Syracuse high school students (rising junior and seniors from Corcoran, Nottingham, and the Syracuse Academy of Science) explore health careers in a five-week summer program at Upstate.
- Hillside Work-Scholarship Connection: At-risk high school junior and seniors are mentored by Upstate employees after school. The students develop life skills and receive job training. Students in this program graduate from high school at twice the rate of their peers and between 70 and 80 percent of these graduates attend college.
- Inspire Upstate: A 3-day summer program that introduces teens to the wide variety of health care careers and college programs. For students from PEACE Inc’s summer youth program.

LaFayette Big Picture School shadow days: High school students learn about careers by shadowing Upstate employees for a day.

MedTech: Upstate’s Biotech Accelerator staff and client participate in MedTech which offers educational programs in pharmaceutical, biologic and medical devices across New York state.

Nursing Job Shadowing: Job shadowing at Upstate helps participants learn the skills required by the nursing profession.

Open Houses: Offered twice a year by Upstate’s colleges of Graduate Studies, Health Professions, Medicine and Nursing, these programs showcase Upstate’s academic programs and the breadth of health care professions.

Presidential Scholars: Since 2008, 100 college seniors and graduate students from underrepresented groups have gone through this program, and nearly 20 have been hired at Upstate. The program is designed to develop a work force that is more diverse and more reflective of the communities we serve.

Project SEARCH: Upstate was the first hospital in the state to offer a 30-week internship for students with developmental disabilities. Nearly 100 students with disabilities have gone through this program and close to 20 have been hired at Upstate.

SYNERGY/Mercy Works Internships: Since 2009, Upstate staff have volunteered to mentor college interns from Syracuse University faculty and staff. The program’s goal is to develop a workforce that reflects the diversity of our community. See below.

SYNERGY/Upstate interns, from underrepresented groups and/or low-income households, work full-time over the summer. More than 20 are placed at Upstate each year, making us the largest sponsor of this program.

Teen Volunteer Program: High school students, age 15 and older, gain health care experience by volunteering at Upstate University Hospital’s Downtown and Community campuses during the summer.

FOR ADULTS/JALL AGES

Burn Life Support Class, Advanced Classes for health care professionals to enhance pre-hospital and non-burn-center care of burn patients prior to transfer to a burn center.

Care Restructuring Enhancement Pilot Program (CREP)
Upstate participates in this NYS workforce training program focused on behavioral health and long-term care.

End of Life/Spiritual Care Education
Education on end-of-life issues related to spirituality.

Folk Art Partnership
Upstate students help promote the mental and social health of participants — largely refugees from the Syracuse community — using creative arts from a variety of cultures. Students engage with participants to build cross-cultural and intergenerational relationships as they create art and crafts.

Food Pantry
Food insecurity can be an issue for some students. Upstate has partnered with University United Methodist Church’s food pantry to help students in need and contributes financially to help support the pantry.

Native Connections Webinars
Monthly Native Connections webinars provide virtual, long-term support to Native students across the nation.
Community Outreach

Upstate, serves Upstate students who face food insecurity, as well as the greater Syracuse community. See pg. 5.

Upstate Medical University and the Association of American Indian Physicians invite pre-med/health American Indian and Alaska Native students to a 2 1/2-day pre-admissions workshop.

Point in Time Count
Upstate students and staff volunteer to help count homeless people on the streets during winter nights. If they will not go to a shelter, they are provided with warm coats and blankets.

Sammies for the Samaritan Center
Upstate makes sandwiches for the Samaritan Center.

Story Collection Task Force
Storytelling as relationship-building needs assessment, research method, and education related to food sovereignty and food security. With the Syracuse-Onondaga Food System Alliance.

Student-to-Student Advising Program
Upstate students mentor students interested in health careers.

Support Groups
Many support groups meet at Upstate to connect people who have similar health experiences or challenges and want to share them to benefit others. Groups include smoking cessation, cancer, stroke and bariatric surgery support.

Vaping Forum
Provide education and support for East Syracuse parents, teachers and the youth related to the dangers of vaping.

Visiting Lecture Series
Upstate hosts lectures to raise awareness of and interest in research activities and educational programs (MS, MD, PhD) at SUNY Upstate.

Women Heal
Upstate students hold semi-monthly groups with female residents of the Rescue Mission to promote their physical, mental and social well-being through education, relaxation and other activities.

Your Cause
Each year, Upstate staff nominate charities to receive funding and volunteer support. Recipients of “Your Cause” awards have included Chadwick Residence, OnPoint for College, Clearpath for Veterans, In My Father’s Kitchen and the Rescue Mission’s Runaway and Homeless Emergency Youth Shelter.

George Stanley MD, assistant professor of obstetrics and gynecology, wears a mask as he volunteers at a food pantry during the COVID-19 pandemic. He is pictured with feminine hygiene products donated by his department. The pantry, located at University United Methodist Church, serves Upstate students who face food insecurity, as well as the greater Syracuse community. See pg. 5.

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Events, Annual
Blue Lights for Autism
Annual event for children, families and community leaders held in honor of autism awareness month (April).

Cancer: Prevention Is Key
This annual event is held during National Cancer Prevention Month (Feb.). Upstate and other non-profits distribute cancer prevention and screening information, encourage visitors to sign wellness pledges. Upstate experts are on hand to answer questions.

Cancer Survivors Day
Upstate hosts an annual celebration for hundreds of cancer survivors and their families.

Christmas Bureau
Each year, Upstate staff and students donate more than 500 toys and hundreds of books to the Salvation Army Christmas Bureau. Volunteers from Upstate join other volunteers to offer refreshments and help patrons select a gift at the event. More than 2,500 families in need are served.

Events, Annual

Cancer Survivors Day, held at the Rosamond Gifford Zoo, attracts hundreds of cancer survivors and their families. See pg. 6.

Day of Service and Remembrance
An annual day in which Upstate staff and students volunteer at a variety of local agencies to honor the victims and survivors of 9/11.

Duck Race to End Racism
Upstate participates in a free family festival hosted by InterfaithWorks’ event brings people together to demonstrate what the world would look like if racism did not exist.

Great American Smokeout
Tobacco cessation day in November.

Halloween Parade
Upstate staff, dressed in costume and bearing treats, line the hallway of the Upstate Golisano Children’s Hospital so that pediatric patients and their siblings can trick or treat. It is one of many events designed to normalize and brighten the days of hospitalized children and their families.

iBelieve
An event that celebrates the lives of those with cancer and their supporters and raises funds for Maureen’s Hope.

Kick Butts/Earth Day
This community education increases awareness of the harms of tobacco use and Upstate’s no smoking policy.

MLK Day of Service
Upstate medical students make sandwiches for organizations that feed the hungry.

Nutrition and Health EXPO for Seniors
Upstate offers seniors healthy cooking demonstrations, health screenings and exercise classes and provides information on community resources.

Pride Festival
Upstate participates to promote unity and raise awareness of the services offered to LGBTQ people in this community.

Shine a Light on Lung Cancer Vigil
To bring awareness to lung cancer and educate the public on detection and prevention through a Syracuse Crunch night devoted to lung cancer.

Stroke Conference and Camp
The Upstate Comprehensive Stroke Center hosts a conference for medical professionals and a camp for stroke survivors and caregivers. Stroke Center staff attend dozens of community outreach and educational events yearround.

Syracuse Workforce Run
This annual run encourages employee/corporate wellness.

Thanksgiving Food Drive
Students in Upstate’s Doctor of Physical Therapy program organize a food drive for the Samaritan Center’s Thanksgiving meals.

Women in Medicine and Science and CNY Women’s Bar Association Event
This annual dinner features speakers who discuss community issues of relevance to both groups.

Women’s Health & Fitness Day
Upstate and local nonprofits host this event in downtown Syracuse to educate and empower women about their health.

World Refugee Day
Upstate hosts this lunchhour event to support the success of refugees in Syracuse. It features panelists who educate about refugee experiences and includes music performed by youth refugees.

Youth Day BBQ/Backpack and School Supplies Drive
Upstate students and employees support employee Mary Nelson’s annual Back-pack Giveaway and BBQ by donating school supplies and volunteering at the event that helps over 21,000 youths and their families get ready for a productive and rewarding school year.

World Refugee Day raises awareness of the contributions of new Americans, including these talented teen musicians representing many countries. See above.
Fundraising

Community Giving Campaign
Upstate employees donate more than a half-million dollars annually to benefit more than 600 nonprofit agencies, making it one of the most successful fundraising efforts in the SUNY system to help those in need.

Upstate Advocates
The Advocates for Upstate Medical University is a 501(c)(3) charitable organization with more than 100 volunteer members who are Upstate employees, retirees and friends. Fundraising supports campus and hospital initiatives and community health education.

Upstate Alumni Associations
Upstate’s Medical Alumni Association manages more than 150 funds that primarily support educational programs for medical students. Since 1992, the Health Professions and Nursing Alumni Associations have awarded more than 850 scholarships and other support for students, faculty and alumni. The College of Graduate Studies Alumni Association supports a Distinguished Alumni Lecture Series to mentor graduate students.

Upstate Foundation
The Upstate Foundation is a public charity that provides support to advance the Upstate mission. Funds raised provide assistance to patients’ families, comfort for patients and opportunities for fun and education for pediatric patients, medical equipment, research, scholarships and other services. Hosts numerous events including the annual Radiothon.

Health Outreach Programs

FOR CHILDREN

CHAMP (Children’s Health After School Mentorship Program)
Upstate students work with youth of all abilities on fitness activities and healthy behaviors.

FOR ALL AGES

Challenger Baseball
Upstate provides special needs children and adults a safe environment to play baseball.

CONTACT
Upstate student-volunteers answer the hotline that provides free, confidential, 24-hour service for anyone who is in crisis or just needs to hear a caring voice.

Project ECHO
This is a cost-free partnership between an interdisciplinary team of Upstate specialists and primary care providers looking to increase their knowledge, self-efficacy and understanding of best practices. The goal of Project Echo is to provide patients in rural and medically underserved areas with specialty care, close to home.

RTAC (Regional Trauma Advisory Committee)
Improve care of the trauma patient throughout the region.

Telederm
A mobile unit that provides skin health services for primary care physicians and their patients.

Healthy Hearts Program
An outreach and screening program on heart disease. Upstate physicians, residents and medical students volunteer to provide free personalized cardiovascular risk screenings at various community locations.

Healthy Neighbors – Resident Health Advocates
Upstate partnered with Syracuse Housing Authority to create this program for residents of Pioneer Homes, Toomey Abbott Tower and Almus Oliver Towers. It provides health education and screenings.

Health Outreach for Adults

Black Leadership Commission on Health Town Halls
Upstate participates in these meetings that focus on addressing health disparities in African American communities, locally and nationally.

Check It! Challenge
Help individuals check their blood pressure, change to healthier habits, and control their hypertension by self-monitoring.

Clear the Air
Upstate helps visitors adhere to our tobacco-free policy by providing nicotine replacement products. This help those with nicotine addiction stay comfortable, keeps the campus cleaner, and provides an opportunity to try to quit.

Community Breast Navigator
The Upstate Cancer Center has a navigator who provides a variety of services — scheduling mammograms, setting up transportation and childcare, navigating insurance, etc. — and services are offered without charge.

Global Outreach/International Missions
Upstate staff and students volunteer on medical and community service mission trips caring for people in Ecuador, Ethiopia, Ghana, Haiti, Honduras, Nicaragua and Sudan.

UPSTATE MEDICAL UNIVERSITY

COMMUNITY OUTREACH

Upstate’s Community Giving Campaign supports the United Way and hundreds of other non-profits and is one of the most successful employee charitable giving programs in the SUNY system. See below.

Below are examples of fundraising events supported by Upstate staff and students.

Heart Walk
Team Upstate has the largest team in the region for this annual event. In 2020, 286 Upstate volunteers raised nearly $25,000 for the American Heart Association.

IDRF Event
Upstate participates in this event that raises awareness and money to end juvenile diabetes.

Making Strides Against Breast Cancer/Real Men Wear Pink
In 2019, Team Upstate raised nearly $45,000 for the American Cancer Society.

Komen More Than Pink Walk
Raises money for breast cancer research.

Tour de Cure, American Diabetes Association
Members of Team Upstate cycled to raise money for diabetes. From this effort, a Team Upstate cycle club was born.

Health Outreach Program

healthy hearts program

community breast navigator

black leadership commission on health town hall

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Upstate partnered with Syracuse Housing Authority to create this program for residents of Pioneer Homes, Toomey Abbott Towers, Almus Oliver Towers, Vinette and Ross Towers (low-income public housing). Upstate professionals volunteer to train resident health advocates (RHAs) to conduct health outreach in cancer and diabetes prevention, sexual health and physical activity. The program also supports community gardens to provide healthier eating options.

UPSTATE MEDICAL UNIVERSITY
Helping Hands for Forgotten Feet
Upstate students provide patient navigation under the supervision of physicians at the Rescue Mission emergency shelters. This includes aiding in patient intake, taking patient histories, doing assessments (with a focus on foot health), providing health education and referrals to primary care providers.

Housecalls for the Homeless
Housecalls for the Homeless provide medical, psychiatric and addiction care for those without homes in Onondaga County. Working with shelters and support services, Upstate staff and volunteers provide dressing of small wounds, treatment of infections, foot care and blood pressure checks. Chronic conditions such as hypertension, COPD and diabetes are monitored and individuals receive counseling on how to manage their care. During the COVID-19 pandemic, medical students made and distributed health care kits.

Mobile Mammography Van
Upstate’s mobile mammography unit provides access to breast cancer screening for women in the Central and Northern New York counties of Onondaga, Oswego, Jefferson, Lewis, St. Lawrence, Herkimer, Oneida and Madison. Populations with minimal access to mammography screenings are targeted, including the uninsured, underinsured, and elderly.

Population Health Management
Delivery system reform incentive payment program (DSRIP) to improve care regionally.

Rahma Clinic
Upstate students shadow staff and aid in patient intake, assessment, referrals and patient flow at this walk-in primary care facility on Syracuse’s Southside. The Rahma Clinic is for people without health insurance or with limited access to health care.

Refuge Health Literacy
Upstate students offer culturally sensitive health presentations on chronic diseases, mental health, stress, wellness and prevention strategies for local refugees.

She Matters
She Matters is Upstate’s community breast cancer outreach, education and screening program that helps to address the health disparities seen in lower income women regarding breast cancer. While continuing to focus on women in Syracuse public housing using Residents Health Advocates, She Matters has grown and is community program that is available to all women to reduce breast cancer mortality.

Stop the Bleed
This free training, offered to the community and taught by Upstate professionals, empowers people to act quickly in situations where there is injury and bleeding. A person who is bleeding can die within five minutes, and this training may save lives.

Oasis
Oasis offers many programs for seniors to support healthy aging. See this pg. and pgs. 3 and 12.

HealthLink On Air
HealthLink On Air features news from Upstate experts via 14 NPR stations and podcasts. Pictured is Stephen Thomas, MD, whose expertise on COVID-19 has also attracted national news media. See below.

Health Research
Grants Review
Upstate faculty members serve on grant review panels of national and international funding agencies to improve the academic enterprise by ensuring a high standard of scientific research.

Safety Net Clinic Research
Upstate students work with an Upstate researcher to conduct surveys and interview patients utilizing local free clinics to gather information about other services crucial to this population. Results of the students’ work have been published.

Scientific Journal Review
Upstate faculty members review articles submitted to professional journals to advance and improve scientific knowledge.

Summer Undergraduate Research Fellowship (SURF)
This College of Graduate Studies’ program nurtures undergraduate students interested in biomedical science careers.

Volunteer Services
More than 200 volunteers assist Upstate students and faculty members who are conducting research.

Health Seminars and Education
FOR ADULTS
Childbirth Classes
Upstate offers free childbirth and new family education classes.

Health Information at events
Upstate employees and students volunteer at health information booths and tables on campus and in the community. Campus events include Public Health Week, Pathways To Wellness, Senior Medication Safety Fair and the Great American Smokeout. In the community, Upstate offers a health education presence at walks/runs, sporting events and other activities. Upstate staff and students volunteer at Sisters Serving Sisters, Healthy Aging, YMCA Women’s Residential Program and the Annual Senior Fair.

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Vascular screenings are held in a variety of locations where need is great. See below.

**Partnerships**

**Adopt a Block**

Upstate Medical University supports the City of Syracuse’s Adopt-a-Block program by agreeing to keep part of downtown Syracuse free of litter. Upstate cleans the section bordered by E. Adams, Townsend, Harrison and Almond streets.

**CNY Tech Sector**

Upstate participates in a regional board that connects local students with opportunities with the goal of encouraging the students to have careers in STEM and stay in Central New York. (Partners include MACNY, Partners for Education and Business, TACNY)

**Community Partnerships**

Upstate employs a variety of local non-profit boards including the United Way of CNY, Samaritan Center, Vera House and American Heart Association.

**Crunch Hockey/Arena Partnership**

Upstate secured naming rights to the new Crunch Arena at Onondaga County War Memorial.

**HIV Advisory Body**

Upstate advises the NYS Dept. of Health AIDS Institute on prevention planning and service gap needs.

**Infant and Toddler Mental Health Committee, Onondaga County**

Upstate’s Pediatric and Adolescent Center (UPAC) participates in this group to address the mental health needs of young children.

**Opioid Task Force, Onondaga County**

Upstate is a member of this task force whose goal is to develop a comprehensive strategy to prevent, treat, provide long-term support and reverse the crisis of opioid addiction.

**SUNY Labs to Jobs Consortium**

Capitalizing on the rich array of laboratories at SUNY schools in the region, the consortium gives students and workers an opportunity to develop skills that will help them, and the region, prosper.

**Patient Support**

**FOR CHILDREN**

**Pediatric and Adolescent Center (UPAC)**

Upstate offers many programs to support its patients, many of whom are low-income. These include the Diaper Bank which provides diapers to families of young infants; Healthy Steps which provides extra developmental and parental support to families with new babies; Reach Out And Read which provides books to young children; and the Refugee Clinic provides clothing to new arrivals.

Upstate partners with organizations to offer specialized services including the CARE clinic at McMahon Ryan Child Advocacy Center (child abuse, sexual abuse, and neglect); a gender dysphoria clinic; ENHANCE services for children in foster care; a refugee clinic that provides a medical home for new refugees to Syracuse; and the Central and Eastern NY Lead Poisoning Resource Center. UPAC is working with the Syracuse City School District to develop school-based health centers. UPAC serves in a leadership capacity with the Early Childhood Alliance Onondaga (ECA) and is integrating their Talking is Teaching and Help Me Grow programs into daily UPAC services.

**Peds Pals**

Upstate students mentor pediatric patients as they undergo treatment. Activities include accompanying patients to appointments, going on outings and visiting during hospitalizations.

**Peds Relief**

Upstate students provide companionship to pediatric patients to allow brief respite for parents. Students play games, read books and create art.

**Snowflake Central**

Upstate staff organize and distribute gifts to hospitalized children and families.
FOR ADULTS

Dialysis Companions
Upstate students play games, read books and converse with senior patients in the geriatric center at Upstate with the goal of improving mental health.

Heart Failure Transitional Care Pilot Project
The goal of this project is to reduce the 30-day readmissions of patients with heart failure.

Matter of Balance
This project increases awareness of fall risks with the goal of preventing falls among seniors.

Professional Development

Advanced Practice Clinical Pastoral Consultation Group
Develops pastorally and professionally as chaplains in our field, including assisting those eligible to achieve and maintain board chaplaincy certification.

Blood Bank Association of New York State
Upstate staff are active in Emerging Leaders United, a United Way’s Emerging Leaders group. See below.

CNY Society for Human Resources Management, Total Rewards Committee
Participate in the local human resources community to provide support for the knowledge of compensation and benefits.

CHIP (Community Health Assessment and Improvement Plan)
Upstate is a partner in this program of the Onondaga Co. Dept. of Health.

Concept to Commercialization Boot Camp
Upstate’s CNY Biotech Accelerator hosts this conference that includes presentations on intellectual property, licensing, commercialization and project management.

East Genesee Regent Association
This group champions efforts in their districts to improve the commercial viability, appearance and desirability of the area. This includes participating in public improvements, creating special events, and participating in planning and zoning discussions.

Emerging Leaders United
Upstate staff are active in Emerging Leaders United, a United Way's CNY program that promotes positive change through education, networking and volunteer opportunities.

Grand Rounds
Area physicians and other health care professionals are invited to Upstate’s grand rounds. These lectures, presented by all clinical specialties, offer expertise on new modalities and treatments and case reviews.

Interprofessional/Community Workshops
Workshops on refugee health, neighborhood violence and trauma, and disability. Finds ways that health care professionals can collaborate with community members to address inequities.

Kingston Syracuse Pathway
This cross-border partnership supports economic growth through collaborative research opportunities, coordinating company landings in each other’s communities, training/education and funding.

Professional Development

NYSTAR Innovation Summit
Upstate’s CNY Biotech Accelerator clients exhibit and pitch at this program that showcases and advances NYS-based integrated photonics, robotics, digital manufacturing and more.

Partnership with CenterState CEO
Upstate’s CNY Biotech Accelerator contracts with CenterState CEO to develop programs and projects to help to develop economic growth, place students in jobs, coordinate cross-border relationships, and expand networks to build pipelines for industry-supported innovation.

Research Tours for Nonprofits
Upstate researchers offer behind-the-scenes tours of labs and discuss their experiments with members of nonprofit organizations such as The Baldwin Fund.

Senior Technology Classes
Upstate and Syracuse University offer technology classes for seniors at the Southside Communications Center.

Upstate Unleashed Conference
Upstate participates in this annual conference that connects entrepreneurs across upstate New York. Upstate's CNY Biotech Accelerator and its executive director has been nominated for awards.

NYS Nurse Practitioner Association, Thousand Island Chapter
Upstate participates in this organization which brings together nurse practitioners in Jefferson, St Lawrence and Lewis counties.

NYS Society of Clinical Research Associates
Upstate's Biotech Accelerator executive director chairs the NYS chapter and develops daylong educational programs.

NYSTAR Innovation Summit
Upstate’s CNY Biotech Accelerator clients exhibit and pitch at this program that showcases and advances NYS-based integrated photonics, robotics, digital manufacturing and more.

Women in Medicine (WIM) and Science Book Club
Upstate offers a bimonthly book club.

Women of the University Community
This organization offers membership to members of Syracuse University, SUNY College of Environmental Science and Forestry and SUNY Upstate Medical University.

Women United
Upstate is involved in a number of volunteer projects with young children, such as story time at Pioneer Homes, part of the Healthy Neighbors collaboration. See pp. 9 and 10.

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FOR MORE INFORMATION

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