





ABOUT US

Rural Health Network of South Central New York has advanced the health and well-being of rural people and communities since 1998.

Community Health

Ensuring access to affordable, quality healthcare and support services has always been a priority for Rural Health Network. Community Health Workers support clients with case management as they navigate complex health and social service systems. Northern Broome CARES serves older adults in northern Broome County to support healthy aging through health services, case management, transportation, and social activities. Community Health Educators deliver evidence-based workshops and information so community members can better understand, prevent, and manage health conditions. The team offers a three-part workforce development training series for service providers on Social Determinants of Health, Rural Cultural Competence, and Health Literacy. Rural Health Network also works at the local and regional levels to assist with health-related needs assessments, planning, and project implementation.

Food and Health Network

The Food and Health Network works to increase access to and consumption of healthy, locally-grown food throughout our region. Current collaborative programs include Farm toSchool, Food as Medicine, including a Produce Prescription program, and other initiatives to better understand and strengthen rural food access and economic viability.

Getthere

Getthere connects those with transportation needs to health care, food, and employment with workable, sustainable solutions across five counties. Getthere provides transportation case management, education, and support to improve clients' access, independence, and service coordination. Financial assistance and travel training are available for eligible older adults, people with disabilities, lower-income individuals, and others.

Rural Health Service Corps

Since 2008, Rural Health Network has operated AmeriCorps programs, recruiting individuals to serve their communities for up to one year. Currently, up to 40 Public Health AmeriCorps Members provide direct service activities that address social determinants of health initiatives. Up to 20 AmeriCorps VISTA members provide indirect service focused on anti-poverty efforts. Collectively, all Rural Health Service Corps Members strengthen RHN and our host site partners by filling gaps in service, building capacity, and expanding the public health workforce.



LETTER FROM THE BOARD PRESIDENT



Lisanne P. Bobby

Mutual Trust: A Strong Foundation

Some might say that endings do not exist because they are merely new beginnings and a time for reflection.

As I conclude my term as Board President, I want to express my gratitude to the staff and Board who serve our communities, and for the residents who allow us to serve them.

The Rural Health Network of South Central New York is grounded in principles of mutual trust and a sure foundation as expressed by President Roosevelt, Steven Covey, and John C. Maxwell:

“People don’t care how much you know until they know how much you care.” –Theodore Roosevelt

“Progress moves at the speed of trust.” –Steven Covey

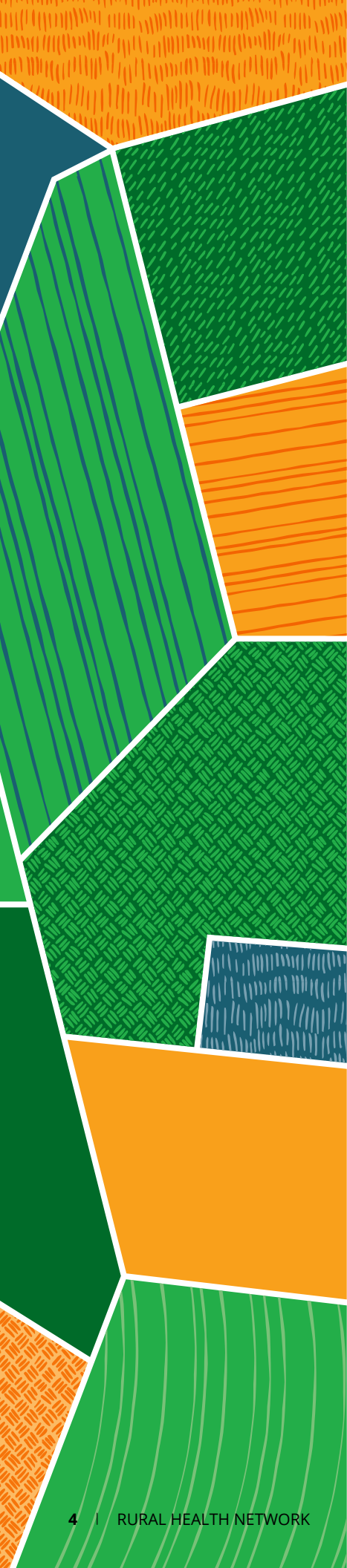
“Success is... knowing your purpose in life, growing to reach your maximum potential, and sowing seeds that benefit others.” –John C. Maxwell

Our ability to remain true to our mission to advance the health and well-being of rural people and communities is due to a strong foundation of mutual trust: mutual trust in collaborative partnerships, and mutual trust in staff and a Board who feel called to serve the community. We are grateful for the trust placed in us by rural people throughout the region.

The strong foundation of mutual trust resulted in an extraordinary year: the Board endorsed the Mission and Vision of the agency; the Strategic Plan was updated and a diversity, equity and inclusion statement was prepared collaboratively by staff and Board members. In this report, you will also learn about the impact of programs and services made possible through trusted collaborations.

The Rural Health Network team cares. We are confident that our trusted collaborative relationships will continue to allow us to progress and grow quickly. We acknowledge with deepest gratitude contributions of time, talents and resources by individuals, agencies and foundations. Thank you for uniting with us through our mission and your continued support of this important work.

Lisanne P. Bobby,
BOARD PRESIDENT



INTRODUCING RICK BOLAND, INCOMING BOARD PRESIDENT



Rick Boland

RURAL HEALTH NETWORK of South Central New York is an organization that I deeply respect, and I consider it an honor to have been named Board President. I have worked at UHS Hospitals for the last 11 years, most recently as the Manager for the UHS Workers' Compensation PPO & Business Development. Several years ago, I had the opportunity to work alongside Rural Health Network leadership on the DSRIP program, where I became familiar with the Network and the many service lines they offer. Since then, I have had an appreciation for the breadth of services offered, and the efficiency and excellence with which those services are provided to rural communities.

Our Board of Directors are passionate ambassadors for the organization; I share their enthusiasm, and I believe Rural Health Network is well positioned to continue positively impacting the lives of those served.

Rick Boland
INCOMING BOARD PRESIDENT

RURAL HEALTH NETWORK BOARD MEMBERS

Rick Boland, President	Adam Hughes, MPH
Shelly Bartow, PhD, Vice President	Kristin Johnston
Brendan O'Bryan, Treasurer	Melissa Klinko, MBA *
Katherine G. Young, MA, CASAC, Secretary	Cathleen McLachlan
Lisanne P. Bobby, Past-President	Christine Petras
Kelly Ames	Tamara Phams **
Deborah Blakeney, RN, BSN, MS, CCM	David Reynolds
Natalie Brubaker	Josephine Robles *
Lynne Esquivel, MPA	Christine Shaver
Alison Handy Twang	James M. Skiff, MD
	Megan Staring
	Mary Whitcombe
	Jaclyn Zindell, MHA, RD, CDN

* Term ended 12/31/2022 | ** Resigned 12/31/2022 | As of February 2023

LETTER FROM THE EXECUTIVE DIRECTOR



Mark Bordeau

2022 WAS A REWARDING AND SUCCESSFUL YEAR for the Rural Health Network of SCNY. We have much to celebrate as we reflect on our impact in 2022. Our success is attributed to a supportive Board of Directors, a staff that works tirelessly to achieve our mission of advancing the health and well-being of rural people and communities and all of our wonderful community partners.

I want to thank our 2021-2022 Board President Lisa Bobby for her guidance, leadership, and mentorship of the new Board President Rick Boland and myself. We have become an even more impactful agency under Lisa's presidency.

In September we embarked on developing our 2023-2025 Strategic Plan. The process included a review of our mission and values along with a full assessment of our work in diversity, equity and inclusion (DEI). Throughout the fall we developed a strategic plan that defined who we serve, our desired future state, our priorities, and organizational values. We also created our DEI Commitment Statement.

The creation of the Strategic Plan was a collaboration between the Board of Directors and the Leadership Team with input from the entire team at Rural Health Network. The Strategic Plan and DEI Commitment Statement are available to review on the following two pages of this Impact Report.

Pictured here is Karli McGrath, a Community Health Worker at our Northern Broome Cares Program, and Cynthia Boland, one of nearly 150 clients we serve as part of a Naturally Occurring Retirement Community Program. Karli, like the entire team at Rural Health Network, goes above and beyond to serve our community. This picture was taken while Karli was conducting a home visit with Ms. Boland. Also pictured is an animatronic cat that we were able to give to Ms. Boland thanks to the support of the NYS Office of Aging. Ms. Boland says, "I enjoy the cat tremendously, it makes me very happy and brings a smile to my face." Animatronic pets lessen loneliness, promote well-being, and improve quality of life.



This is just one example of how our dedicated team makes a difference in the communities we serve. You will find more examples of our impact throughout this report.

Thank you for all your support this past year. We could not have the impact that we have had without the unwavering support of you, our partners, and supporters.

It is an honor to be the Executive Director of the Rural Health Network of SCNY.

Mark Bordeau
EXECUTIVE DIRECTOR

Strategic Plan 2023-2025

MISSION

Advance the health and well-being of rural people and communities.

VISION

Optimal individual and community health and wellness.

VALUES

Service
Belonging
High Standards
Integrity

DIVERSITY, EQUITY, AND INCLUSION STATEMENT

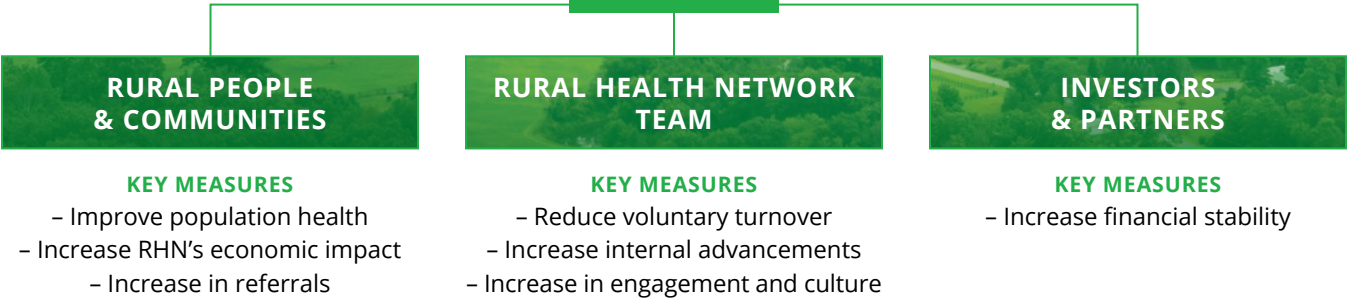
At Rural Health Network of SCNY, our mission is to advance the health and well being of rural people and communities. Prioritizing diversity, equity, and inclusion in all aspects of our work makes us more effective at achieving this mission.

Rural Health Network commits to creating an environment of belonging rooted in our shared values by:

- Embracing the diversity within rural communities in South Central NY
- Working in partnership with historically underserved populations
- Recruiting and supporting a diverse workforce and Board of Directors

These commitments are starting points. Moving forward, we will encourage a culture of openness and curiosity, valuing our collective experiences and perspectives.

WHO WE SERVE



INTENT (DESIRED FUTURE-STATE):
An impactful, values-driven team that is organizationally and financially stable, making a powerful difference in the communities we serve.

PRIORITY	PRIORITY	PRIORITY	PRIORITY
TEAM: Build a diverse workforce and become an employer of choice.	PARTNERSHIPS & AWARENESS: Increase public awareness and build community partnerships to advance our work.	PEOPLE FOCUSED: Keep the people we serve at the center of all we do.	DIVERSITY, EQUITY & INCLUSION: Integrate and elevate diversity, equity and inclusion into how we work, internally and externally.

LONG-TERM GOALS 2023-2025			
<div>1 Attract, recruit and retain the right talent, to include recruits from diverse backgrounds.</div> <div>2 Define pathways for professional growth and development, including opportunities for career advancement and promotion from within.</div> <div>3 Create clarity for all positions, to include clear job functions and responsibilities.</div> <div>4 Strengthen board recruiting, onboarding, training and capacity.</div> <div>5 Unite the organization, break down silos and build a thriving culture rooted in our shared values.</div>	<div>1 Share and clarify our services, and position RHN to be rural experts across our service areas.</div> <div>2 Expand partnerships and increase public policy and advocacy efforts on behalf of the people we serve.</div> <div>3 Identify and pursue diversified funding sources to fulfill our mission.</div>	<div>1 Strengthen and responsibly expand our services to increase our reach and reduce health disparities.</div> <div>2 Build capacity for a coordinated, whole-person approach in response to individual needs.</div> <div>3 Track and leverage policy trends and changes in the external landscape.</div> <div>4 Integrate technology platforms and streamline data system across RHN to understand who we serve and inform decision making.</div>	<div>1 Broadly share our commitment to diversity, equity and inclusion.</div> <div>2 Strengthen internal processes and procedures, to include the development and tracking of key indicators for DEI.</div> <div>3 Increase participant input and engagement in decisions that impact them.</div> <div>4 Ensure decision makers have and use tools to make equitable and inclusive decisions.</div>



School Gardens and AmeriCorps Members “Get Things Done” for Students

LAST SPRING, Food and Health Network awarded \$10,461 in funds to 23 new or expanding school garden programs through the South Central NY School Garden Grant. Our awardees engaged over 1,500 students and 170 faculty/ staff members. They incorporated classes from science to social studies, taught life skills and gardening techniques, and instilled core farm-to-school values like sustainability and healthy eating into their gardens.

Farm to School Public Health AmeriCorps members have worked alongside our awardees as they continue these efforts well into the winter. In the Broome-Tioga BOCES’ Floral Arts class, the PALS and Oak Tree programs are learning life and career skills while operating a zero-waste classroom. UPK-4th grade students at Oxford Academy are maintaining a vermicompost system. And, at Homer Brink Elementary in the Maine-Endwell School District, hydroponics keep fresh food growing all year long.

Our service members have also helped interest in school gardens grow over the winter months. Recently, one of our members facilitated an activity with the garden club at Norwich Middle School. Students in a life skills class learned about germination and set up experiments to determine the best conditions to germinate seeds in. These students learned to embrace trial and error in the garden using the scientific method. AmeriCorps members have also prepared lessons on transplanting, the five tastes, and winter growing to facilitate with students.

Our continued cooperation with the Rural Health Service Corps and local school garden programs is a win for students of all ages and their communities throughout the Southern Tier.

“...just like a garden, our brains also need encouragement and care to grow. By fostering a growth mindset, students are learning to embrace challenges as opportunities to improve over time with hard work and effort.”

—Teresa Degarmo, Elmira City School District



Farm to School and DCMO BOCES Partnership

FOOD AND HEALTH NETWORK’S Farm to School Program has partnered with Delaware-Chenango-Madison-Otsego (DCMO) BOCES to establish a Farm to School Program. Now in the program’s second year, it has gained significant traction and has begun to grow immensely. Starting in 2022, The Catskill Agrarian Alliance (CAA), DCMO BOCES, SUNY Delhi Hospitality, and

Food and Health Network started collaborating on a processing effort that will bring over 9,000 pounds of local tomato sauce and 5,000 pounds of lightly processed local produce to K-12 schools in Delaware, Chenango, and Otsego counties. This project is funded by a NYS Department of Agriculture and Markets Farm to School Grant.

Over 24 months, The CAA will distribute tomatoes and other produce items to SUNY Delhi, where a group of culinary students will receive credit as they work alongside faculty, meet with DCMO BOCES partners, develop a tomato sauce recipe that meets nutritional requirements, perform taste tests with the students and staff, and process the tomatoes and produce. The CAA will then distribute the sauce and vegetables to the 12 participating school districts monthly throughout 2023 and 2024.

The project will culminate in recommended strategies for the long-term processing and distribution of local products that, with the help of state funding, meet school budget requirements and pay farmers a fair wage. The CAA will then distribute the sauce and vegetables to the 12 participating school districts monthly, starting in January 2023.



Food as Medicine in its 6th Year

2022 WAS A YEAR OF TRANSITION and growth for Food as Medicine. This was the first year the Food and Health Network had a full-time staff member dedicated to coordinating current and future programming. Kate Miller-Corcoran, Food as Medicine Coordinator, joined staff in February and led the Produce Prescription Program (PRx) through its sixth season.

PRx welcomed the 607 CSA as a partner vendor in Delaware County this year. The 607 CSA provided home delivery of fourteen CSAs, or Farm Shares, to families in the Walton area. Receiving this bi-weekly box of freshly harvested produce from Catskill farmers helped patients improve their health outcomes. After using their PRx vouchers for just

two months, a patient told Grace Bartolillo, RD, from UHS Delaware Valley Hospital, “I’ve been eating my vegetables, I’ve been losing weight, and my blood sugars are fantastic!”

A barrier to utilizing produce that often goes unnoticed is a lack of proper kitchen tools. Thanks to funding from the Mother Cabrini Health Foundation, this year’s participants received spices, utensils, baking sheets, peelers, and more throughout the season. This, along with contributing economic factors, added delivery options, and in-person nutrition education helped increase retention in the Produce Rx program this year.

Over 400 patients were prescribed fruits and vegetables through the PRx program this year in Broome,

Delaware, Tioga, and Tompkins Counties. The Food and Health Network is proud to continue to strengthen our partnerships with CCE Nutrition Educators, farmers, and grocers in all of those counties to provide access to affordable fruit and vegetables.

2022 PRODUCE RX PROGRAM

- 20 participating clinics
- 400+ patients prescribed fruits and veggies
- 64 farms, farmers markets and local grocery stores
- \$150,000 invested in healthy communities



MTAs—Putting the “Connection” into Connection to Care

IF YOU WALK BY THE GETTHERE CALL CENTER at the Rural Health Network, there is a good chance you will hear “Thank you for calling Getthere, this is Meg, how may I assist you today?” The “connection” in Connection to Care comes from our dedicated staff of Mobility and Transportation Advocates or MTAs. MTAs are highly trained mobility advocates who answer the phones in the call center and conduct intakes to identify transportation needs and determine appropriate transportation solutions for clients. MTAs spend their days connecting people to transportation but also connecting with people and connecting them to other service agencies, as needed.

“The most meaningful part of this job is being able to connect people with the assistance that they need whether it be getting to an appointment, accessing food, a referral to Office for the Aging or Care Management services, or other social services agencies. It’s important to meet people where they are at and help them navigate the healthcare system and thrive. Numerous times we’re the first point of contact for a client, we serve as their “go-to” person for them and connect them to the appropriate agencies.”

“Making an impact within the community and overcoming and/or eliminating transportation barriers for individuals is the most meaningful part of my job.” — Meg Blenis

Connection to Care, or CTC, provides financial assistance to qualifying residents of Broome, Chenango, Delaware, Otsego, and Tioga counties for transportation to health-related services. Transportation services eligible for support from Connection to Care include: prepaid fuel cards that can be used by the individual in need, or by a family member or friend who is providing the ride; public transportation fares; volunteer driver programs; and private transportation services, including cabs, medivans, or coach buses.

Success Stories
Getthere was recently able to help a client in Delaware County get to his medical appointments (pre-and post-surgery) in Binghamton and assist with navigation through the Medical Answering Services system as he is visually impaired and relies on his memory for appointments. We connected him to transportation by working with his Primary Care doctors office to verify his appointments and then got him reliable transportation through MAS. He was extremely thankful and said he cannot wait to tell his friends about our help and refer them to Getthere. He remarked that Getthere Mobility and Transportation Advocates are so friendly and helpful, and he couldn’t have gotten to his post-surgery appointments without our help.



Transportation to Employment Program (TEP)

- 319 referrals from 92 partner organizations
- 183 program participants received transportation to employment assistance
- 43% of program participants reached 90 days of long-term employment*

*90 days is considered a benchmark and good indicator that the person will continue employment

Travel Training

- 45 people trained
- 60% of people trained with intellectual or developmental disabilities (ID/DD)
- 24 trainings provided

Connection to Care (CTC)

- 4,402 mobility management cases
- 671 CTC unique individuals
- 101,000 CTC Miles covered
- 5,373 CTC trips made



AmeriCorps Support of VINES

AmeriCorps VISTA member Natalie Lowin recently interviewed Amelia LeDolce, the Executive Director of Volunteers Improving Neighborhood Environments (VINES). Amelia began her time at VINES back in 2007 as a volunteer. Starting in 2016, she became the organization's first Executive Director. Amelia served as a Rural Health Network Board Member from 2014-2019. VINES has been utilizing AmeriCorps members to help their programs, so we corresponded with Amelia to get the inside scoop.

What made you decide to bring on AmeriCorps members at VINES?

As a small, grassroots organization, VINES decided to bring on AmeriCorps members early on to build up our programs, which made it possible for us to greatly expand our services.

How many AmeriCorps members do you have/plan to have in service this year?

We will have 3 AmeriCorps members this year.

How has having AmeriCorps members aided the work you do at VINES?

AmeriCorps service has been instrumental in VINES' development as an organization. We hosted our first AmeriCorps member before we even had paid staff and ever since AmeriCorps members have been helping run our programs and expand the impact we can have in the community.

What is your greatest AmeriCorps success story?

I think it would be that we have been able to hire several of our AmeriCorps members after their service ended. It was a great training and learning opportunity for them and as we grew our resources, we then had ideal candidates ready to hire.

What's your advice for organizations interested in partnering with Rural Health Service Corps to bring on an AmeriCorps member?

Be sure that you have the right projects for your AmeriCorps members to work on. Over time, we've worked to find a balance of having them take on straightforward tasks and also things that will really challenge them to work independently and creatively.

AmeriCorps Alumni Spotlight

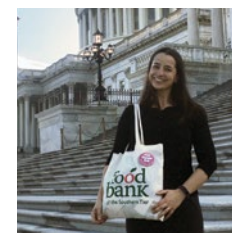


TIM HAFNER

Former AmeriCorps VISTA at Broome County Council of Churches (CHOW)

Tim Hafner served as a RHSC AmeriCorps VISTA member at the Broome County Council of Churches. Throughout his service term, Tim supported programming at CHOW and the Greater Good Grocery. He continues to support the local community through his current role as a Community Initiatives and Fund Development Associate with the United Way of Broome County.

"I joined the Broome County Council of Churches as an AmeriCorps VISTA because I wanted to be in a place that made a difference. In my year of service, I learned so much, and it all helped my personal, professional, and academic growth. As I go forward, I'm grateful for the foundation that my AmeriCorps service has provided."

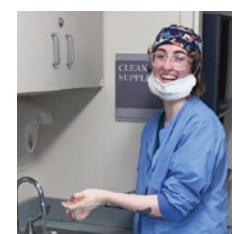


RANDI QUACKENBUSH

Former AmeriCorps VISTA at Cornell Cooperative Extension of Chemung County

Randi Quackenbush previously served as an AmeriCorps VISTA with the Rural Health Service Corps. Throughout her service at the Cornell Cooperative Extension of Chemung County, she supported programs aimed at reducing poverty. Today, Randi serves as the Vice President of Community Impact at the Food Bank of the Southern Tier.

"My AmeriCorps VISTA service with Cornell Cooperative Extension of Chemung County was the foundation for my career in the nonprofit sector. I learned so much about community collaboration and coalition building which helped guide me in my current role with the Food Bank of the Southern Tier. I am so grateful I had the opportunity to both learn and grow while serving the community."



CHARLIE MORAN

Former State and National AmeriCorps at the Southern Tier AIDS Program

Charlie Moran completed her AmeriCorps service in the summer of 2021. She served closely with the syringe exchange team at the Southern Tier AIDS Program to help participants access safer injection supplies to combat the opioid epidemic. Following her term, she continued her service as a nursing assistant at a local hospital and is currently pursuing a degree in Surgical Technology.

"When COVID tested people's patience and kindness for one another, I knew that my office would always be a safe, welcoming place for the community to turn to. My team always went above and beyond to meet the needs of program participants, and I'm so grateful that I was able to work with them for the summer. AmeriCorps deepened my involvement with my community and allowed me to explore my interests in harm reduction and medicine as a whole."

AMERICORPS MEMBERS COMPLETING OR BEGINNING SERVICE IN 2022

Avery Barber
Candace Brown
Alexandria Buncy*
Sarah Calderone
Olivia Catalano
Kelsey Cherevko
Jack Collins
Gabrielle Costley
Kevin Davidson*
Victoria Dean
Janiya Donson **
Alejandra Duenas
Tim Hafner
Eddie Ho
Ella James
Cristina Jimenez
James Kirby
Courtney Kushner
Rachel Lamond
Natalie Lowin **
Brooke McGuire
Edad Mercier
Christina Olverd
Valerie Palmeri
Tajshna Robinson
Grant Russell
MacKenna Ryan
Emma Shen*
Sophia Sloves
* re-enrolled for another term
** AmeriCorps VISTA Members

2022 HOST SITES

Rural Health Network of SCNY
Binghamton University
Community Schools (MSW)
Broome County Council of Churches
Broome County Health Department
Broome County Office For Aging
Mothers & Babies Perinatal Network
NYSARH
Seven Valleys Health Coalition
Steuben County Public Defender's Office
United Way of Broome County
VINES

Community Health

IN DECEMBER 2022, Rural Health Network bid farewell to our long-time Director of Community Health Services, Pamela Guth, as she embarked on her well-earned retirement. Pamela’s work over 9.5 years at Rural Health Network, and certainly over her career in the Southern Tier, have set the groundwork for continued growth for a long time to come.

Upon Pamela’s retirement, we merged our Community Health Services and Community Health Education programs at the end of 2022. Mary Maruscak, former Director of Community Health Education, took the lead for the newly combined program, coined Community Health, on December 19th, 2022.

In addition, three staff were promoted to new roles: Emma Nalin, Social Determinants Project Coordinator became the Assistant Director of Community Health; Stacy Sbarra, Community Health Worker II, became the Coordinator of Community Health Services and Wendy Hitchcock, Community Health Educator, became the Coordinator of Community Health Education.

This merge combines the work of both programs, and the new team comprises 14 staff, Public Health AmeriCorps members, and interns. The Community Health program encompasses several existing projects and services, including the ongoing collaborative partnerships supporting our Community Health Worker team within Lourdes Ascension Primary Care Practices; the delivery

of evidence-based health education programming and Rural Health Network-created professional development opportunities; the Northern Broome Cares project; and countless community partnerships across several sectors. Community Health also provides agency-wide data management support, HIPAA compliance, staff training, and representation among local, regional and statewide efforts to improve rural healthcare equity and support value-based payment initiatives.

“I cannot say enough about the strength of the Community Health team. Everyone on the team brings a diversity of perspectives and experience, and contributes to our various project goals and improvement. I’m so excited to work with this talented group of individuals, and I can’t wait to see what we do next.”

— Mary Maruscak, Director of Community Health

The Community Health team’s goals for 2023 and beyond include:

- Continuing support for members of our regional community, enhancing health and wellbeing and ensuring all people have access to the services they need;
- Expanding the reach of evidence-based health education programming to a more diversified audience;
- Progressing professional development and technical assistance services to more consistently generate revenue, and;
- Continuing to expand data management and measurement opportunities, both within RHN and with our community partners.

The Impact of Rural Health Network on Client Tonia Benjamin

RURAL HEALTH NETWORK OFFERS a variety of programs and workshops to help community members address health concerns. Natalie Lowin, an AmeriCorps VISTA serving with Rural Health Network had the opportunity to interview one of our clients.



Tonia Benjamin, 54, has utilized several of the Rural Health Network’s programs like the Chronic Disease Self-Management Program, GetThere, and the Produce Prescription Program. Tonia, who goes by Toni, first heard about Rural Health Network from Community Health Worker Denise Blackwell.

Toni explained that she suffers from health issues like diabetes, breathing problems from lung disease, and back issues and that she is in pain everyday. She attended our Chronic Disease Self-Management Workshop and shared that the class was “really about how to eat healthily and how to keep your blood pressure under control.” At this class, Toni learned valuable information about nutrition that she did not know before. Toni told us that she didn’t know grapes had a bunch of sugar in them until she attended our program. She also shared that she learned a lot of stuff that she thought was good for her is actually not.

Toni said that she most definitely continues to use the information she learned in the class in her everyday life. She benefited from the program so much that she attended again with her sister, who also suffers from knee pain. Toni told us that she and her sister attended for the whole seven weeks and they both enjoyed learning the information that the class gave them. Toni found the program so beneficial that she told the ladies at her church about it.

Toni was also referred to the Produce Prescription Program, which allows healthcare providers to prescribe fresh fruits and vegetables to patients living with diet-related chronic health conditions. Toni said “I got produce like broccoli and cauliflower” along with other vegetables and fruits. Toni said her pain levels decreased while her overall health improved since joining the Produce Prescription Program.

At the end of our interview, Toni shared that she “just couldn’t wait to go to the next one” of our Self-Management Programs.

COMMUNITY HEALTH PROGRAMS & SERVICES



National Rural Health Day Awards 2022



RURAL HEALTH CHAMPION
BETH SARONEY-PARO
This award is presented to an individual or organization that exhibits concern for rural issues and takes steps to address those concerns in the region. Beth Saroney Paro, now retired, worked in a rural primary care clinic and saw the needs of rural people that went beyond clinical health concerns. Before, during, and after her service on the Rural Health Network Board of Directors, Beth has always kept individuals at the forefront, ensuring that their voice is heard in program planning and decision making.



RURAL HEALTH LEADER
LORIANNE WELCH
The Rural Health Leader Award is presented to an individual who has made significant contributions to rural health and well-being through advocacy, leadership, or volunteer/professional work. Lorianne Welch, now retired, was the Executive Director of the United Way of Broome County. We honored her for providing leadership that ensures that needs of rural communities in Broome County are included in the many ways United Way of Broome County serves people and for the ways she personally and professionally stepped up to meet needs in Broome County and beyond over the last two years. Lori served as co-chair of the Health Equity Task Force for the Southern Tier Regional Vaccination Hub, working with representatives across an eight county region to reach at-risk populations.



RURAL HEALTH PARTNER
BROOME-TIOGA BOCES ROCK ON CAFE
This award is presented to an individual or organization who has partnered with Rural Health Network to advance our work in serving rural people and communities. Our Farm to School program would not be possible without the partnership of Broome-Tioga BOCES Rock on Café. The focus of the Rock on Café program is to offer healthy, affordable, and convenient foods that children like. Farm to School supports local farm livelihoods, strengthens regional food systems, connects members of the community through food and farming, and provides fresh, local, healthy lunches to students.

RURAL HEALTH PRACTITIONER
CAREN BUSH
This award is presented to a healthcare practitioner who works in rural communities and/or works to address rural health issues. Caren Bush is a Wellness Coordinator at UHS Primary Care Endicott. She is a tireless advocate for the needs of patients, working to ensure that they have the resources needed to address health concerns.

Caren has been involved with the Produce Prescription Program (PRx) since 2018, and enrolls the most participants of any site each year. Our PRx program allows health care providers in the community to write prescriptions for fresh fruits and vegetables to patients who are at-risk or have been diagnosed with diet-related chronic illness. Patients receive vouchers to spend at local farmers' markets, farm stands, and other retail options.



Staff

- Mark Bordeau, Executive Director

Megan Arenas-Cardoso, Program Coordinator, Northern Broome CARES

Catrina Baez, Mobility & Transportation Advocate

Maegan Berliner, Getthere Assistant Director

Denise Blackwell, Community Health Worker

Megan Blenis, Mobility & Transportation Advocate
- Mitchell Brooks, Program Coordinator, Rural Health Service Corps

Alexander Castro, Community Health Worker

Nick Cecconi, Director, Getthere

Roz DeRensis, Mobility & Transportation Advocate

Haley Desilet, Assistant Director, Rural Health Service Corps

Julie Feheley, Mobility & Transportation Advocate

Rural Health Network staff provided more than 100 hours of technical assistance, sharing our expertise with 49 community partners.

As of February 2023 | *Retired, December 2022

- Rosemary Gaeta, Accountant

Pamela Guth,* Director, Community Health Services

Wendy Hitchcock, Coordinator of Community Health Education

Dee Kline, Finance Director

Jules Lee, Community Health Educator

Cindy Martin, Director, Resource Development

Mary Maruscak, Director, Community Health
- Maggie McGoff, Mobility & Transportation Advocate/Admin

Karli McGrath, Community Health Worker

Kate Miller-Corcoran, Food as Medicine Coordinator

Emma Nalin, Assistant Director, Community Health

Julie Pitts, Director, Rural Health Service Corps

Gail Rafferty,* Account Clerk
- Hannah Rion, Farm to School Coordinator II

Stacy Sbarra, Coordinator of Community Health Services

Erin Summerlee, Director, Food and Health Network

Melissa Sumpter, Administrative Services Coordinator

Stanley Varghese, Transportation to Employment Associate

Erin Wank, Community Health Worker

Rural Health Network Funding Support

County, State and Federal Funding

Appalachian Regional Commission
Broome County
Broome County Health Department
Broome County Office for Aging
Btoome-Tioga BOCES
Chenango County Planning Department
Corporation for National and Community Service: VISTA Grant
Delaware Chenango Madison Otsego BOCES
Developmental Disabilities Planning Council
Federal Transit Administration, Section 5310 Enhanced Mobility of Senior and Individuals with Disabilities Program
Federal Transit Administration, Section 5311 Formula Grants for Rural Areas Program via Tioga County
National Rural Transit Assistance Program (RTAP)
New York State Commission on National and Community Service - Public Health AmeriCorps
New York State Department of Agriculture & Markets
New York State Department of Health - Office of Rural Health
New York State Department of Transportation
New York State Office of Aging - Naturally Occurring Retirement Communities Program
USDA Farm to School Program

Foundation, Private, and Corporate Funding

Amazon Smile Foundation
Ascension Health
BAE
Bristol Meyers Squibb Foundation
Care Compass Network
Chenango United Way
Chobani Community Impact Fund of the Community Foundation for South Central New York
Community Foundation for South Central New York
Conrad and Virginia Klee Foundation
Coughlin & Gerhart LLP

Countryside Christian Chapel
Delaware Otsego United Way
Delaware Valley Hospital
Dr G. Clifford & Florence B. Decker Foundation
Excellus BlueCross BlueShield
Health Research Inc.
Mother Cabrini Health Foundation
New York Health Foundation
New York State Association for Rural Health
New York State Independent Living Council, Inc.
NYCON - New York Council of Nonprofits
Roger Kresge Foundation
Seven Valleys Health Coalition
Share Our Strength - No Kid Hungry
Sidney Central School District
Southern Tier Tuesday Grant
Southern Tier Veteran's Support Group, Inc.
State Employees Federated Appeal
Tioga Downs Regional Community Foundation
United Way of Broome County
Visions Federal Credit Union
Wal-Mart Foundation

On the Hunt For Good Health-Event Sponsors

Ascension Lourdes Hospital
Chianis & Anderson Architects, PLLC
Davidson Fox
Excellus BlueCross BlueShield
Gerould's Healthcare Center
Levene Gouldin & Thompson, LLP
Mirabito
Montrose Produce, Inc. - Russell Farms
NBT Insurance
Poestler & Jaeckle Corp.
Riger Marketing Communications
S.E.E.D. Planning Group
United Health Services
Visions Federal Credit Union
WBNG TV

Financial Statements

JULY 1, 2021-JUNE 30, 2022

Revenue

REVENUE CATEGORY	AMOUNT
Fees/Grants from Government and Private Sources	\$2,211,412
Contributions	\$52,618
Contributions of non-financial assets	\$58,213
Interest and Miscellaneous Income	\$10,372
Investment Return	-\$68,368
Total	\$2,264,247

Expense

EXPENSE CATEGORY	AMOUNT
Community Health Services	\$67,948
Food and Health Network	\$374,393
Getthere (Transportation & Mobility Management)	\$824,918
Planning, Education and Technical Assistance	\$500,072
Rural Health Service Corps (AmeriCorps, VISTA)	\$258,062
Management and General	\$368,897
Fundraising	\$52,064
Total	\$2,446,354

Economic Impact

By measuring our economic impact, we can deliberately contribute to the sectors of the local economy that align with our mission. Strengthening rural economies improves rural health.

Rural Health Network invested a total **\$1,082,270** in the local economy through direct purchasing—a **29%** increase from last year.

