

The Rural Health Service Corps 2009 Summary

The Rural Health Service Corps (RHSC) was founded by the Rural Health Network of South Central New York to help meet priority needs. RHSC is a diverse partnership of health and human service organizations, grass roots community projects, local foundations, business partners, the AmeriCorps National Service Program, and young adults committed to service. These



Thank you to partner agencies hosting RHSC members throughout South Central New York!

The twenty-three organizations partnered with the Rural Health Network to host one or more Rural Health Service Corps members in 2009. RHSC members provided valuable services in support of each agency's efforts to reduce obesity and chronic disease. The organizations contribute matching funds to support operational expenses and to help meet federal match requirements. These partners also provide in-kind contributions of goods and services to support the RHSC, and invaluable guidance and support for their RHSC members. The list of partners includes programs supported by RHSC members and the number of members in service, noted as a number inside parentheses.

- American Cancer Society, Eastern Division:** Multiple programs (2)
- Binghamton University Department of Social Work:** Renew Health (2)
- Broome County Council of Churches:** Multiple programs (4)
- Broome County Health Department:** Multiple programs (3)
- Broome County Office for Aging:** Nutrition & wellness programs (1)
- Center for Agricultural Development & Entrepreneurship (CADE):** Agricultural Education (1)
- Central New York Area Health Education Center:** Multiple programs (1)
- Central New York Resource Conservation & Development:** Multiple programs (2)
- Christian Neighborhood Center of Norwich:** Headwaters Youth Conservation Corps (7)
- Cornell Cooperative Extension Tioga County:** Multiple Programs (2)
- Farm Catskills and Watershed Agricultural Council:** Community Food Security Project (1)
- Mothers & Babies Perinatal Network of South Central New York:** Multiple programs (2)
- Northern Tioga Neighbors Network:** Volunteer support (1)
- Our Lady of Lourdes Hospital:** Multiple programs (3)
- Regional Community Food Project:** Coordination of services (1)
- Rural Health Network of South Central New York:** Multiple programs (4)
- Southern Tier Independence Center:** Wellness project (1)
- SUNY Upstate Medical University:** Dr. Garabed A. Fattal Community Free Clinic (2)
- Tioga County Tourism:** Tioga Active Living Program (1)
- United Health Services, Stay Healthy Center:** Stay Healthy Kids (2)
- Walton Community Garden:** Garden and Youth Farm Project Advocate (1)
- WSKG Public Broadcasting:** Health Initiatives (1)
- Youth & Community Foundation of Spencer-Van Etten:** Multiple programs (2)



In 2009*, the Rural Health Network's first direct AmeriCorps grant award resulted in an unprecedented increase in service through the RHSC. During 2009, 55 RHSC members provided 35,364 hours of service working with 23 organizations across South Central New York.

young adults serve part time or full time for up to one year to help meet critical health needs in the communities of South Central New York State. The RHSC's focus for 2009–2011 is to help reduce our area's increasing rates of obesity and chronic disease.

**Includes some limited activity in fourth quarter of 2008*



Solid Performance Measures and Positive Outcomes

- **Healthy Lifestyle Education:** 606 individuals participated in a healthy lifestyle education program. 169 of the individuals who participated in longer-term programs improved their health status or initiated healthy practices.
- **Access to Prescription Medication for Uninsured Adults with Chronic Health Conditions:** 747 individuals assisted with accessing free or low cost prescription medication. 1,058 individuals assisted with patient financial assistance services at Lourdes Hospital.
- **Volunteer Recruitment, Training and Support:** RHSC members recruited 762 volunteers. These volunteers provided 2,560 hours of service for community agencies. 159 of these volunteers committed to long-term service and plan to serve 15 hours or more each year.
- **Member Retention:** 87 percent of RHSC members serving in 2009 have either completed their terms of service, or are completing their service in 2010.
- **Many other projects and benefits:** RHSC members provided thousands of hours of service supporting food system projects to improve nutrition and alleviate hunger. They also promoted good health through exercise by developing walking and bicycling trails. Please contact the Rural Health Network for more examples of RHSC members' good work for our communities.

Thank you to supporters who helped make the Rural Health Services Corps a success in 2009!

Foundation Supporters:

- The Conrad and Virginia Klee Foundation
- The Community Foundation for South Central New York
- The Roger L. Kresge Foundation

Governmental Supporters:

- AmeriCorps: Corporation for National & Community Service
- Broome County Department of Social Services
- New York State Commission on National and Community Service
- New York State Department of Health, Charles D. Cook Office of Rural Health

Business and Corporate Supporters:

- Buchta Design
- Eagle Feather Yoga
- Excellus Blue Cross Blue Shield

Volunteers and Additional Organizational Partners:

- Diane Albrecht
- Board of Directors, Rural Health Network of S.C.N.Y.
- The Corps Network
- SUNY Cortland, Health Department

Congratulations to the RHSC members who completed terms of service in 2009!

Jody Bailey	Miranda Knight	Sabrina Sherburn
David Bliss	Daniel Livingston	Jason Sherman
Aaron Buchta	Abigail Mann	Elizabeth Sigler
Elizabeth Ciaravino	Thaddeus Mapes	Jessica Skelly
Karen Corson	Colleen McCabe	Teresa Teeple
Chelsey Dean	Bradley McDaniel	Kaitlin Trippany
Marjorie Grap	Kati Meyer	Mary Watts
Craig Hebbard	Allison Millar	Margaret Wedge
Kimberly Heinle	Christina Muscatello	Rebecca Wellman
Rebecca Hill	Stacey Novello	Eric Yetter
Orin James	Sarah Reid	Zachary Ziemba

"Everyone can be great because everyone can serve."

—Martin Luther King, Jr.



Rural Health Service Corps is a program of the Rural Health Network of South Central New York, Inc.

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