

EXISTING CENTRE COUNTY HEALTH AND NUTRITION-RELATED
PROGRAMS
2007

Group or Organization	Activity or Program
<p>A Woman's Concern: A Pregnancy Resource Clinic</p> <p>423 S. Pugh Street State College, PA 16801 (814) 234-7340 (hotline); (814) 234-7341 Fax: (814) 234-8314 E-mail: office@awomansconcern.com Website: www.awomansconcern.com</p> <p>M-Th, 9 a.m.-3 p.m.; Th, 6-9 p.m.; F, 9 a.m.-Noon</p> <p>Contacts: Carol Phillips, Executive Director Ann Gale, Assistant Director Michelle Reynolds, Development Manager</p> <p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	<p>Services include:</p> <p>Free laboratory quality pregnancy tests; limited medical services, including ultrasounds; education on pregnancy, fetal development, and abortion risks and alternatives; confidential and non-judgmental peer counseling; pregnancy termination recovery counseling; housing in private homes; referrals for medical, legal, social service and adoption assistance; infant and maternity clothing; infant furnishings, such as swings, strollers, toys, blankets, etc.; friendship and ongoing counsel; exploratory Bible Studies; single parents support group; abstinence education; and community education.</p>
<p>Boy Scouts of America</p> <p>Website: www.scouting.org</p>	<p>Promotes healthy lifestyles through curriculum and activities. Youth have the opportunity to develop life skills in various sports and special interests.</p>
<p>Car Seat Safety</p> <p>Philipsburg State Police: 2nd Tuesday, 3:00-6:00 p.m. First come, first serve. (814) 342-3370</p> <p>Rockview State Police: 1st Monday, 3:00-6:00 p.m. First come, first serve. (814) 355-6020</p> <p>State College Police: (814) 234-7150 rkeen@statecollegepa.us</p> <p>Patton Twp Police: (814) 234-0273 police@twp.patton.pa.us</p>	<p>Call for a free car seat check and help with safe installation.</p>

<p>Feguson Twp Police: (814) 237-1172</p> <p>For more information call (800) 227-2358</p> <p>Websites: www.nhtsa.dot.gov www.chop.edu/carseat www.aap.org/family/carseatguide.htm</p>	
<p>Cen-Clear Child Services, Inc.</p> <p>Main Office: 1633 Philipsburg Bigler Hwy. Philipsburg, PA 16866 (814) 342-5678; (800) 525-5437 Fax: (814) 342-2755 Website: www.cenclear.org</p> <p>Business Hours: 8:00 a.m.-4:30 p.m.</p> <p>Contacts: Pauline Raab, Assistant to Executive Director Dona Raymond, Enrollment Lori Yarger, Mental Health Information (814) 342-5845</p> <p>Secondary Sites: State College Family Center 411 S. Burrowes Street State College, PA 16801 (814) 867-1589</p> <p>Wingate Family Center 761 S. Eagle Valley Road Wingate, PA 16880 (814) 353-0791</p> <p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	<p>Cen-Clear Child Services, Inc. is an organization dedicated to leading our community with superior quality and innovative services to children and families by providing physical, social, educational, emotional, and leadership development. Cen-Clear serves Centre County with Head Start Programs in State College, Wingate, Mt. Top, Penns Valley, and Philipsburg. Eligible families with children in the 3-5 age range receive biweekly home visits and two preschool classes per week.</p> <p>Early Head Start serves pregnant mothers and children up to 3 years with weekly home visits and weekly infant/toddler play times.</p> <p>The Head Start Child Care Partnership program collaborates with the following daycares: Bennett, Discovery, Horizons, Philipsburg, and Tender Years.</p> <p>Step-by-Step/Early Intervention Program is for 0- to 3-year-old children with disabilities. There is no income eligibility.</p> <p>CHAMPS EPSDT Wraparound is a home, school, and community service for children with mental health diagnosis.</p>
<p>Centre HomeCare, Inc. Healthy Beginnings Plus</p>	<p>Maternal-child services include the Healthy Beginnings Plus program. Healthy Beginnings is a program funded</p>

<p>2437 Commercial Blvd., Suite 6 State College, PA 16801 (814) 237-7400 Fax: (814) 237-2900 E-mail: centrehomecare@hotmail.com</p> <p>Contact: Don Woodring, RNMS, Regional Director</p> <p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	<p>by medical assistance, which provides a wide variety of services to childbearing families. Throughout pregnancy and for 6 to 8 weeks after delivery, the nurse visits in the home to assess the expectant mother’s health and that of the baby, as well as provides educations about pregnancy, delivery, and infant care to ensure a positive outcome. The care is provided under the direction of the mother’s obstetrician or nurse-midwife.</p>
<p>Centre/Huntingdon Tapestry of Health</p> <p>240 Match Factory Place Bellefonte, PA 16823 (814) 355-2762 Contact: Kelly Musser</p> <p>220 E. Presqueisle Street, 6th Floor Philipsburg, PA 16866 (814) 342-6992 Contact: Jeannine Wilsoncroft</p>	<p>Free and low-cost services including women’s health care and annual exams, gynecological services, contraceptive plans, breast and cervical cancer screenings, parenting skills, genetic counseling, adoption, and confidential STD screenings and treatment. Free HIV testing.</p>
<p>Centre Volunteers in Medicine (CVIM)</p> <p>251 Easterly Parkway, Suite 102 State College, PA 16801 (814) 231-4043 Fax: (814) 231-5274 Website: www.cvim.net</p> <p>Business Hours: M-F, 9:00 a.m.-5:00 p.m.</p> <p>Contacts: Celeste Newcomb, Executive Director Maryanne Neal, Clinical Director Rogers McLane, MD, Medical Director</p>	<p>CVIM offers medical and dental services to all uninsured Centre County residents 200% or below the poverty income guideline. In addition, CVIM also serves to enroll children and families into public insurance programs and assist children and families to link with public programs and agencies to provide for basic needs such as food, clothing, shelter, etc. CVIM also coordinates a biannual dental event for uninsured Centre County children called “Give a Kid a Smile,” which provides free comprehensive dentistry and vision screenings and glasses for eligible children.</p>
<p>Central Intermediate Unit 10 Family Services</p> <p>2330 Commercial Blvd., Suite 400 State College, PA 16801</p>	<p>Even Start is a family literacy program that provides adult education, parenting, early childhood education, and Parent & Child Time Together (PACT) instruction and activities through home visits and</p>

<p>(814) 867-7890 Fax: (814) 867- 8955 E-mail: lbh@penn.com Website: www.ciu10.com</p> <p>Business Hours: 8:30 a.m.- 4:00 p.m.</p> <p>Contact: Lauren B. Haag, Manager</p>	<p>classes. CIU Even Start also works with the family and school district to increase communication, parent involvement, and at-home support for the child's education. To be eligible, a family must have a parent who wants to improve his/her literacy skills and a child, birth to 7 years of age.</p>
<p>Centre Region Parks and Recreation</p> <p>Website: www.crpr.org</p>	<p>Several programs focus on health and wellness. They have sports teams, aquatics, family programs, special seasonal activities, and summer camps. Almost all of their programs involve some kind of physical activity or association with nature as a part of a healthy lifestyle. A list of programs can be found on their website.</p>
<p>Child Care Information Services of Centre County</p> <p>2565 Park Center Blvd., #100 State College, PA 16801 (814) 231-1352 Fax: (814) 238-2765 E-mail: ccis@cdfc.org Website: www.cdfc.org</p> <p>Business Hours: 8:30 a.m.-5:00 p.m.</p> <p>Contacts: Ann Walker, Executive Director Nichol Sheridan, Program Director Wanda Gates, Resource and Referral Coordinator</p> <p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	<p>Child Care Information Services of Centre County (Child Care Options) is the subsidized child daycare program funded by the Pennsylvania Department of Public Welfare (PA DPW) to provide financial assistance to eligible, working families who are faced with the challenges of affording safe, reliable, quality child care. Parents must be working a minimum of 25 hours a week and meet other eligibility requirements to qualify.</p> <p>As the state's child care resource and referral agency for Centre County, we also provide a free referral listing of child care programs located throughout Centre County. We maintain an up-to-date listing of DPW-regulated child care programs, as well as a listing of nursery schools, play groups, and programs certified by the Pennsylvania Department of Education (DOE). We also provide referrals to other human service agencies and programs in our community (housing needs, food programs, etc.) and assistance with</p>

	relocating to other counties in the state.
<p>Child Development & Family Council</p> <p>2565 Park Center Blvd., Suite 100 State College, PA 16801 (814) 238- 5480 Fax: (814) 238-2765</p> <p>Business Hours: M-F, 8:30 a.m.-4:30 p.m.</p> <p>Contacts: Paula Thornbloom, Child Care Ann Walker, Safety Net for Children</p> <p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	<p>The Child Development & Family Council (CDFC) has been serving children and their families for more than 30 years. We are a private, non-profit agency dedicated to providing quality early education and child care for children six weeks through 14 years of age. In addition, we administer Child Care Information Services of Centre County, the Helping Hands food and nutrition program, and the Safety Net for Children. We are an active partner in Smart Start – Centre County, as well as many other community and state initiatives.</p> <p>Our early education and child care programs are inclusive and developmentally appropriate. All programs are state-licensed and designed to meet the individual needs of each child to ensure that s/he reaches full potential. Subsidy programs for funding are accepted.</p> <p>Locations for early care and education are State College, Bellefonte, and Philipsburg. On-site, school-aged programs serving SASD are located at Ferguson, Easterly Parkway, Radio Park, and Lemont elementary schools. Middle school care is provided at Mt. Nittany. Programs serving PVASD are located at Centre Hall, Penns Valley, and Spring Mills elementary schools. Those serving P-OASD are Ninth Street and North Lincoln Hill elementary schools.</p> <p>The Helping Hands food program is under the auspices of the USDA Child and Adult Care Food Program. We ensure that established nutritional guidelines are met and provide reimbursement for food at our child care</p>

	<p>programs and participating daycare homes.</p>
<p>Childbirth Education Association</p> <p>PO Box 1074 State College, PA 16804 (814) 237-4232 E-mail: ceainformation@adelphia.net Website: http://CEA.centrecounty.org</p> <p>Contacts: Tracy Oliver, Registrar Leanne Zuech, Business Manager Heidi Dorefice, Treasurer</p> <p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	<p>The Childbirth Education Association (CEA) is a non-profit volunteer organization founded to make pregnancy, birth, delivery, and parenthood a more informed and satisfying experience, and it is dedicated to promoting the concepts of family-centered maternity care. The CEA has been serving the Centre Region for more than 35 years. The people responsible are largely volunteers. The CEA runs monthly and weekly playgroups in the Centre County region.</p> <p>The following classes are offered by CEA:</p> <ul style="list-style-type: none"> • Early Pregnancy • Prepared Childbirth • Intensive Weekend • Refresher Childbirth • Baby Care • Sibling Preparation
<p>Community Action, Central Pennsylvania</p> <p>207 East Cherry Street PO Box 792 Clearfield, PA 16830 (814) 765-1551; (800) 822-2610 Fax: (814) 765-4306 TTY: (800) 765-1908 E-mail: cpcainc@cpcaa.net</p> <p>Business Hours: M-F, 8:00 a.m. to 4:30 p.m.</p> <p>Food Pantries</p> <p>Bellefonte Community Action 109 W. Bishop Street Bellefonte, PA 16823 (814) 355-7501</p> <p>Millheim Community Action Outreach</p>	<p>Food and nutrition services. Food pantry services provide emergency and supplemental food. Food stamp application assistance is also provided.</p>

<p>Mill Street PO Box 103 Millheim, PA 16854 (814) 349-5850</p> <p>Philipsburg Community Action 14 South Front Street Philipsburg, PA (814) 342-0404</p> <p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	
<p>Community Help Line</p> <p>139 S. Pugh Street State College, PA 16801 (800) 494-2500 Fax: (814) 235-1896</p> <p>Business Hours: 24 hour hotline</p> <p>Contact: Tammy Gentzel, Executive Director</p> <p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	<p>Centre County’s Human Service Information and Referral Hotline. Serves as secondary site for the Food Bank of the State College area.</p>
<p>CPR at Centre Lifelink EMS</p> <p>(814) 237-6183 Website: www.Centrelifelink.com</p>	<p>CPR class for caretakers of infants and of children ages 1 through puberty.</p>
<p>Church Youth Groups Centre Connect</p>	<p>Organized events that often require physical activity and promote social growth.</p>

<p>Easter Seals Society</p> <p>383 Rolling Ridge Drive State College, PA 16801 (814) 238-4344 Fax: (814) 238-3721</p> <p>E-Mail: kzdenek@EasterSealsCentralPA.org</p> <p>Business Hours: 7:30 a.m.-5:30 p.m.</p> <p>Contact: Kathy Zdenek, Interim</p>	<p>Offers accommodations for those with special needs to live an active lifestyle. Programs include:</p> <ul style="list-style-type: none"> • Handicap Horseback Riding • Child care • Integrated Pre-school • Equipment loan program
<p>Food Bank of the State College Area, Inc.</p> <p>Hamilton Square 276 W. Hamilton Avenue State College, PA 16801 (814) 234-2310 After hours: (814) 237-5855 Fax: (814) 867-7959 Website: http://HSCouncil.centreconnect.org/foodbank</p> <p>Business Hours: M, 1:00-6:00 p.m.; W & F, 1:00-4:00 p.m.</p> <p>Contacts: Linda Tataliba, Executive Director Ernest Boyd, Assistant Director, Volunteer Coordinator</p> <p>Secondary Site: During off-hours or when Food Bank is closed, emergency food provided by our Food Bank is available 24/7 at Community Help Centre</p> <p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	<p>Strives to offer nutritious, wholesome foods to those with limited resources.</p> <p>Clients receive a large supply of groceries, sufficient for about a week. The size of the food order corresponds to the number of people in the household. In addition to nonperishable foods, every grocery order includes fresh milk, eggs, bread, and frozen meat. Fresh produce is also provided when available.</p>
<p>Girl Scouts in the Heart of Central Pennsylvania</p> <p>Hills Plaza South 164 Rolling Ridge Drive</p>	<ul style="list-style-type: none"> • Girls are able to earn individual badges about health, wellness, diet, and exercise. Each project is specified to the various scouting levels, and all levels

<p>State College, PA 16801 (814) 231-4077 Fax: (814) 231-0083 Website: www.girlscouts.org</p> <p>Contact: Mary Scruggs, Director of Field Services</p>	<p>focus on some element of these requirements.</p> <ul style="list-style-type: none"> • Cookies have no trans fat. • There is an interactive Health and Wellness section of the website with tools, games, and articles. • The Princess Program leaders can choose to do activities with their troops that focus on health and wellness as keys to an active lifestyle.
<p>Home Nursing Agency Behavioral Health Rehabilitative Services</p> <p>(814) 946-0261, ext. 4723</p> <p>Contact: Shannon Tronzo, Child and Adolescent Community Services Manager</p>	<p>Behavioral Health Rehabilitative Services (BHRS) provides children and adolescents (2-21 years) who suffer from significant mental health disorders (such as attention deficit hyperactivity disorder, depression, anxiety, and post-traumatic stress disorder) with therapeutic support in the home, school, and/or community settings. Clients are provided with a psychological evaluation, a therapeutic staff support counselor, and a behavior specialist or mobile therapist. Psychiatric evaluation referrals can also be made through this service.</p> <p>Eligibility Criteria:</p> <ul style="list-style-type: none"> • Must be MA eligible • Meets medical necessity • Is diagnosed with a mental health disorder • The recommendation is under the prescription of a psychologist
<p>Home Nursing Agency Nurse-Family Partnership</p> <p>(814) 946-5411 (800) 445-6262 Fax: (814) 941-1634 Website: www.nursefamilypartnership.org</p> <p>Contacts: Lisa Ritchey, NFP Director</p>	<p>Home Nursing Agency Nurse-Family Partnership is a voluntary program where specially trained nurses visit income-eligible women in their homes during their first pregnancy and throughout the first two years of their child's life. This program accomplishes three goals:</p> <ul style="list-style-type: none"> • Improves pregnancy outcomes by helping women improve their diet and nutrition, use proper

<p>Lee Ann Harlow, NFP Office Manger</p>	<p>obstetrical care, and avoid use of tobacco or other harmful substances.</p> <ul style="list-style-type: none"> • Improves child health and development by helping parents provide more responsible and competent care for their children. • Improves families' economic and self-sufficiency by helping parents develop a vision for their own future, plan future pregnancies, continue their education, and find employment. <p>Eligibility includes first-time pregnancy (less than 29 weeks pregnant) and meets income eligibility.</p>
<p>Home Nursing Agency Home Health Program</p> <p>(800) 445-6262</p> <p>Contact: Janie Chistner, Central Intake or Home Health Director</p>	<p>In-home care includes nursing services (skilled, pediatric, oncology, in-home psych, cardiac, and pulmonary); rehabilitation therapy (physical, occupational, and speech); personal assistance; medical social work; wound care; medication management; and nutrition.</p> <p>Home Health staff will make a free assessment to any patient and family to determine eligibility. Medicare, Medicaid, and most insurance companies pay for qualified home health recipients.</p>
<p>Home Nursing Agency Hospice Program</p> <p>(800) 455-6262</p> <p>Contact: Kathy Baker, Central Intake or Hospice Director</p>	<p>Hospice offers choices and involves a team approach to care that includes medical care, pain, and symptom management and emotional and spiritual support tailored to the patient's needs and wishes. Care is provided in a patient's home or nursing home—wherever one calls home. Bereavement support is offered 13 months following the loss of a loved one.</p>
<p>Home Nursing Agency Pediatric Private Duty</p>	<p>The Pediatric Private Duty program provides nursing to medically fragile</p>

<p>(800) 315-4359</p> <p>Contacts: Lannette Johnston, Patient Care Supervisor Janine Briggs, Case Manager Judy Weaver, Office Manager</p>	<p>children ages birth to 21 years or to any ventilator-dependent person. Due to the medical needs of these clients, these services allow parents the ability to work and sleep and maintain the family unit. Hourly shifts range from 2-16 hours per day.</p> <p>Funding is available through Medical Assistance and private insurance. Client must have medical needs that must be provided for by a trained person. Each payer defines other funding requirements.</p>
<p>Home Nursing Agency- Women, Infants, and Children (WIC) Program</p> <p>Contact: Ann Keith, WIC Supervisor (814) 342-6993</p> <p>270 Walker Drive, Suite 100 State College, PA 16801 (814) 234-8621</p> <p>200 N. Front Street Philipsburg, PA 16866 (814) 342-6993</p> <p>(Five satellite clinics in Bellefonte, Snow Shoe, Spring Mills, Howard, and Port Matilda)</p>	<p>WIC is a supplemental nutrition program for pregnant, post-partum, and breastfeeding women; infants; and children to age 5. WIC serves families during critical stages of growth and development by providing supplemental foods to families at risk. WIC also provides nutrition education, breastfeeding instruction and support, loan of breast pumps to WIC participants only, and information and referrals to other necessary community services.</p> <p>Eligibility:</p> <ul style="list-style-type: none"> • Must be a PA resident • Must have a nutritional risk or need, determined by a nutritionist at the initial appointment • Must meet income eligibility
<p>House of Prayer Bread Basket</p> <p>(814) 238-3886</p> <p>Contact: Teri Bealer</p>	<p>Provides 3-4 days of dry food once a month.</p>
<p>Infant Evaluation Program</p> <p>915 Benner Pike State College, PA 16801 (814) 231-0138</p>	<p>Services include:</p> <p>Early Intervention (birth to 3 years) Play Group Story-time Group</p>

<p>Fax: (814) 231-1390 Email: infanteval.@dejazzd.com Website: http://infanteval.centreconnect.org</p> <p>Business Hours: 9:00 a.m.- 4:00 p.m.</p> <p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	<p>YMCA Group Swim Group Misc. Therapy Therapeutic Riding Infant Massage Baby Signs Respite Group</p>
<p>Lactation Consultants</p> <p>Contacts: Karen Foard (814) 237-1506 Teresa Timmerman (CMSA Pediatrics) (814) 466-7921</p>	
<p>La Leche League</p> <p>Kathleen (814) 234-1115 Celeste (814) 404-7501 (800) 525-3242 Website: www.llli.org</p>	<p>Pregnant women, breastfeeding mothers, and those who wish to breastfeed and harness the power of nature’s best food source for infants are all welcome to attend.</p>
<p>Mt. Nittany Medical Center</p> <p>1800 E. Park Avenue State College, PA 16803 (814) 231-7000 E-mail: info@mountnittany.org Website: www.mountnittany.org</p>	
<p>Park Forest Day Nursery School</p> <p>1833 Park Forest Avenue State College, PA 16803 (814) 231-8492</p> <p>Business Hours: M-F, 8:45 a.m.-12:15 p.m.</p> <p>Contacts: Gloria Horst Rosenberger, Director Marylove Guillard, Chairman of Board</p> <p>Population Served: Children 2-5 years old</p> <p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	<p>Free preschool for children ages 2-5 from low-income families who are not affiliated with Penn State or not serviced by Head Start. Funded by individuals, civic groups, and congregations.</p> <p>Capacity is for 42 children; some transportation is available. Other services included are two meals daily; dental, vision, and health screenings; speech and developmental services offered through the Central Intermediate Unit; and parent education classes and GED classes held weekly.</p>

<p>Penn State Breastfeeding Clinic</p> <p>(814) 865-5682 E-mail: breastfeeding@psu.edu Website: www.hhdev.psu.edu/breastfeeding</p>	<p>Free services, reduced and low cost equipment and supplies, and lactation consultants.</p>
<p>Penn State Cooperative Extension – Centre County</p> <p>Willowbank Building, Room 322 420 Holmes Avenue Bellefonte, PA 16823 (814) 355-4897</p> <p>Contacts: Beth Van Horn, Family Life Educator Patti Mauk, Nutrition Education Advisor Ed Horning , 4-H – Youth and Community Development Stacie Domer, Program Assistant – Local Foods Network Molly Ann Sturniolo, Master Gardener Coordinator Dave Jackson, Forestry Craig Altemose, County Extension Director and Agronomist</p>	<p><i>Nutrition Links</i> – nutrition, food safety, and food preparation program for low-income families with children.</p> <p><i>Family Fitness Program</i> – new program for families, especially those whose children have high BMI measurements, that encourages the development of healthy lifestyles.</p> <p><i>Strong Women</i> – Based on Miriam Nelson’s research. Program to help women develop strong muscles and bones.</p> <p><i>Color Me Healthy, Nutrition in Every Theme, Nurturing with Nutrition</i> – various programs that provide best practices for early childhood educators and parents on feeding children.</p> <p><i>Family Pages</i> – monthly food column that focuses on kid friendly recipes.</p> <p><i>4-H</i> – Youth development program. One of the “Hs” represents “Health.”</p> <p>Includes nutrition and health projects and encourages activities for health, such as camp programs.</p> <p>Provides literature, fact sheets, and websites with research-based food, nutrition, and food safety information.</p> <p>Sustainable Agriculture and Buy Locally programs that promote local growers.</p> <p><i>Master Gardner Program</i> – promotes</p>

	growing fresh fruits and vegetables. Assists area programs in supporting individual gardens.
<p>Pennsylvania State Breastfeeding Helpline (800) 986-2229</p> <p>Websites: www.breastfeeding.com www.pumpingmoms.org</p>	Russian, Asian, and other translators available.
<p>Prevention Research Center – Penn State University</p> <p>109 S. Henderson Building University Park, PA 16802 (814) 865-2618 Fax: (814) 865-2530 E-mail: Prevention@psu.edu Website: www.prevention.psu.edu</p> <p>Contacts: Mark Greenberg, Director of Center Celene Domitrovich, Assistant Director of Center Brian Bumberger, Director of Outreach</p> <p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	The Prevention Research Center aims to promote the well-being of children and youth and to reduce the prevalence of high-risk behaviors and poor outcomes in children, families, and communities.
Penn State	<ul style="list-style-type: none"> • Health Matters • Breast Feeding Clinic • Noll Lab • Recreational facilities (Shaver’s Creek and Stone Valley) • Handwashing Institute • Audiology • Work/life
<p>Second Mile</p> <p>1402 S. Atherton Street State College, PA 16801 (814) 237-1719 Fax: (814) 237-4605</p>	The Second Mile provides the following services to foster the welfare of children, youth, and families: prevention materials for school counselors and social service workers statewide; a week-long summer program (with year-round follow-up)

<p>E-mail: office@thesecondmile.org Website: www.thesecondmile.org</p> <p>Business Hours: M-F, 9:00 a.m.-5:00 p.m.</p> <p>Contacts: Marc McCann, Programs Molly Kunkle, Development Sue Forster, Administration</p> <p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	<p>that promotes self-esteem in at-risk Pennsylvania youth; recreational and educational activities for Centre and neighboring counties’ youngsters under the guidance of caring, collegiate role models; activities for and recruitment of foster families; a strength training and mentoring program for at-risk adolescents in Centre and Chester Counties; funds for the needs of children and youth unmet through other agencies; and counseling and referral services. All services are provided at no charge.</p>
<p>Smart Start Centre County</p> <p>2790 W. College Avenue, Suite 7 State College, PA 16801 (814) 238-0331 Fax: (814) 238-5067 E-mail: smartstart@ccunitedway.org Website: www.smartstartcc.org</p> <p>Business Hours: M-F, 8:00 a.m.-5:00 p.m.</p> <p>Contact: Eileen Wise, Executive Director</p>	<p>Collaborate with other agencies to provide services to children ages 0-6. Health and Nutrition is one of the subcommittees.</p>
<p>Special Kids Network (The) 614 W. Fourth Street Williamsport, PA 17701 (570) 327-8140 (800) 986-4550 Fax: (570) 327-8195 E-mail: irncro@attglobal.net (Laurie) csdnc@attglobal.net (Julie) Website: http://www.health.state.pa.us/sk</p> <p>Business Hours: M-F, 8:00 a.m.-6:00 p.m.</p> <p>Contacts: Laurie George, Information and Referral Julie Panczyszyn, Community Systems Development</p>	<p>A free, statewide service for families with children who have special needs.</p> <p>By calling the toll free number, (800) 986-4550, you are connected to an information specialist in one of the six regional offices. This professional and friendly staff is ready to provide you with support, up-to-date information, and referrals to statewide agencies and organizations that serve children with special health care needs. They can connect you to resources and support services in your community.</p> <p>The Special Kids Network works closely with Parent-to-Parent of Pennsylvania, a network that links families of children and adults with special needs to other</p>

<p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	<p>families with similar situations.</p> <p>The Special Kids Network also works within your community to create or improve services for children with special needs. To get involved or for more information, just ask for Community Systems Development. Call (800) 986-4550.</p>
<p>School Districts</p>	
<p>Bald Eagle Area School District</p> <p>751 S. Eagle Valley Road Wingate, PA 16823 (814) 355-4860 Website: www.beasd.org</p>	
<p>Bellefonte Area School District</p> <p>318 N. Allegheny Street Bellefonte, PA 16823 (814) 355-4814 Website: www.basd.net</p>	
<p>Penns Valley Area School District</p> <p>4528 Penns Valley Road Spring Mills, PA 16875 (814) 422-8814 Website: www.pennsvalley.org</p>	
<p>State College Area School District</p> <p>131 W. Nittany Avenue State College, PA 16801 (814) 231-1011 Website: www.scasd.org</p> <p>Other districts offer similar programs.</p>	<p><i>National School Lunch Program</i> – provides 1/3 daily calories and key nutrients while not exceeding 30% calories from fat and saturated fat. Subsidized meals are available to eligible families. A family of four with an annual income of \$26,000 or less is eligible for free meals. A family of four with an income of \$26,001-\$37,000 can receive reduced-price meals.</p> <p><i>National School Breakfast Program</i> – provides ¼ daily calorie and key nutrients while not exceeding fat and</p>

<p>State College Area School District, continued.</p>	<p>saturated fat guidelines. Families who are eligible for subsidized lunches can use the breakfast program at the same approved rate.</p> <p><i>Summer Lunch Program</i> – provides free lunches that meet the same NSLP guidelines to all children (preschool-age 18) at approved sites. Sites are approved based on income guidelines that assure that at least 50% of the participants would be eligible for free or reduced-price meals during the regular school year. We currently offer summer lunch services at Park Crest Terrace, Centre Estates, Ashworth Woods, the HS South, and MNMS (only available to students participating in the English as Second Language program at MNMS).</p> <p><i>Fresh Fruits and Vegetable Program</i> – A grant-funded program at Panorama Village and Boalsburg elementary schools that provides fresh fruit and vegetable snacks to children every day at school. The grant conditions require that nutrition education be a part of the program. SCASD just learned this grant will be extended from the 2007-2008 school year at Panorama and Boalsburg. All schools are registered as Health Kid Zones through PANA, though the level of actual participation varies. Several schools have school gardens. Wellness fairs are held at schools, but there is no central coordination of which schools, when, why, etc. This year, both middle schools will have had a fair. Corl Street and Panorma/Boalsburg will have hosted family fun and fitness evenings. Radio Park has a PANA grant to virtually “Walk the Appalachian Trail” with students.</p> <p><i>Intramural Sports Program</i>—The district has a School Health Council to</p>
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	<p>help move the district forward in regard to its Wellness Policy. The Council is still fairly new and is still finding its way. The Wellness policy can be viewed online at www.scasd.org. Tab to “Our District.”</p> <p>Wellness, fitness, and nutrition are addressed through curriculum at all levels. Margie Swoboda and Sue Younkin oversee the curriculum content and are proud of some recent changes and new curriculum that has recently been added.</p> <p>A club at the High School, Sky’s the Limit, is sponsored by Melanie Lynch who was honored as the Health Educator of the Year a few years ago. The club’s purpose is to “deal with genes, not your jeans.” The goal is to educate teens about eating disorders, provide counseling, etc.</p> <ul style="list-style-type: none"> • BMI Screening for all students through 8th grade – all students 2008. • Sports programs • Physical Activity and Health curriculum • Play grounds and sport fields
<p>State Health Department</p> <p>(814) 865-0932 Website: www.dsf.health.state.pa.us</p>	
<p>State Parks – Bald Eagle, Black Moshannon, Poe Valley</p> <p>Website: www.dcnr.state.pa.us</p>	<p>Provides opportunities for enjoying outdoor recreation and environmental education. Each park offers various year-round opportunities, such as camping, hiking, picnicking, water activities, ice skating, fishing, etc. Contact the park of your choice to find what is offered. You can access park information at www.dcnr.state.pa.us.</p>

<p>Strawberry Fields, Inc.</p> <p>403 South Allen Street, Suite 101 State College, PA 16801 (814) 234-6023 E-mail: sfields@cainatwork.com Website: www.sfionline.org</p> <p>Business Hours: M-F, 8:00 a.m.-4:00 p.m.</p> <p>After hours on-call workers can be contacted through Centre County Can Help.</p> <p>Contacts: Cindy Pasquinelli, Executive Director Kathy Claytohn, Assistant Director Irene Imler, Director of Mental Retardation Services Susan Drenning, Director of Early Intervention Services</p> <p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	<p>Strawberry Fields, Inc. provides casework services for children and adults with mental illness and for adults with mental retardation.</p> <p>Early intervention services are available for children birth to age 3 who have experienced a delay in their development.</p>
<p>Western PA Caring Foundation 245 Market Street Johnstown, PA 15901 (814) 532-5431 Fax: (814) 532-5401 E-mail: Linda.gilroy@highmark.com</p> <p>Contact: Linda Gilroy, Outreach and Education</p> <p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	<p>The Western Pennsylvania Caring Foundation is a contractor for the Children’s Health Insurance Program (CHIP).</p> <p>CHIP offers free or low-cost health care coverage to uninsured, eligible children ages birth to 19. Program eligibility is based on household income, family size, and other factors. There are no exclusions for pre-existing medical conditions.</p>
<p>WIC (Women, Infants and Children)</p> <p><i>See Home Nursing Agency</i></p>	
<p>Women’s Resource Center, Centre County</p> <p>140 West Nittany Avenue State College, PA 16801 (814) 234-5222 (877) 234-5050 (Hotline) Fax: (814) 238-4449</p>	<p>Provides counseling and advocacy for child victims/witnesses of domestic and sexual violence.</p>

<p>Website: www.ccwrc.org Business Hours: M-F, 9:00 a.m.-7:00 p.m.</p> <p>Contacts: Anne Ard, Director Dawn McKee, Director of Education Debra Greenleaf, Director of Counseling</p> <p>Secondary Sites: 116 S. Allegheny Street, 3rd Floor Bellefonte, PA 16823 (814) 355-6477, M W F</p> <p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	
<p>YMCA: State College, Bellefonte, and Moshannon Valley</p> <p>State College Area Family YMCA 677 West Whitehall Road State College, PA 16801 (814) 237-7717 Fax: 814-238-5914 Website: www.scaymca.org</p> <p>Bellefonte Family YMCA 125 W. High Street Bellefonte, PA 16823 Phone: (814) 355-5551 Child Care: (814) 355-1625 Fax: (814) 355-6556 Website: www.bfymca.org E-mail: info@bfymca.org Contact: Howard Long, Chief Executive Officer</p> <p>Moshannon Valley YMCA PO Box 426 Philipsburg, PA 16866 (814) 342-0889 Fax: (814) 342-1928 Website: www.movalleyymca.org E-mail: mel@movalleyymca.org</p>	<p>Wide selection of fitness equipment and activities to support healthy lifestyles and lifelong learning.</p> <p>State College YMCA offers pre- and post-natal exercise programs.</p>
<p>Youth Service Bureau, Centre County</p>	<p>Free and confidential programs to help</p>

<p>410 S. Fraser Street State College, PA 16801 (814) 237-5731 Fax: (814) 237-2228</p> <p>Website: www.ccysb.com E-mail: ysb@ccysb.com</p> <p>Business Hours: M-F, 8:30 a.m.-5:00 p.m.</p> <p>Contacts: Norma Keller, Executive Director Dawn Taylor, Associate Director Andrea Doyle, Associate Director</p> <p>Source: Centre County Council for Human Services, Inc. – Member Agency Directory, 2004</p>	<p>families resolve individual and family conflict, improve communication, and strengthen family functioning. Select programs include:</p> <p><i>Parenting Plus</i> – A parent education program that serves families with children ages 0-10.</p> <p><i>Big Brother/Big Sister</i> – Provides long term, one-to-one relationships for children with trained community volunteers who provide guidance, support, nurture, and direction.</p> <p><i>Bellefonte, Snowshoe, and Philipsburg Youth Centers</i> – After school programs for school-aged youth, focusing on literacy, D & A prevention, and sexual abuse prevention.</p>
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