

# HEALTH FAIR IMPACT REPORT- SEPTEMBER 2017

## STATISTICS:

**7,000** pounds of food given to **139** families in need.

**11** organizations shared information and resources.

**63** volunteer man hours provided.

**15** people received free blood pressure screenings.

**16** patients seen by Premier Chiropractic.

**Three** referrals made for Jobs for Life employment readiness program.

**More than 1,000** free diapers given by Chesapeake Diaper Bank.

**Four** appointments made for Safe Harbor Christian



*Two Free State ChalleNGe Academy volunteers assemble a bag of food for a woman.*

The EPICENTER is proud to have hosted another successful Health Fair and Food Giveaway for the month of September on Friday, September 8<sup>th</sup>. As they do every month, the Maryland Food Bank and Tabitha's House partnered with us to provide 7,000 pounds of food for 139 families in need. Numerous volunteers teamed up to package the food, including several Mountain Christian Church members and 20 young men from the Free State ChalleNGe Academy.

“It was very eye-opening to help,” said a Free State ChalleNGe Academy volunteer. “I knew there was a need, but volunteering really showed me what I can do.”

In addition, representatives from nine different community organizations set up tables during the Fair. Some shared free products or services such as diapers, toothbrushes and toothpaste, chiropractic care, and blood pressure screenings.

“We saw lots of folks with high blood pressure,” said J. Sue Henry, a nurse from University of Maryland Upper Chesapeake HealthLink. “It was great to be able to counsel them.”

Other representatives provided information on different community resources such as Safe Harbor's counseling services and The EPICENTER's Employment Readiness program. Some set up appointments with clients.

“I spoke with a woman who felt very discouraged at first because a criminal record had prevented her from finding work in the past,” said Karl Staab, the Employment Readiness Specialist for our Employment Readiness program. “I assured her that we could help her, and it was amazing to see how much that gave her hope.”



*11 different organizations shared information and resources.*

## AN “EPIC” TALE- KAREN

The day of the September Health Fair, The EPICENTER got a very special visit from a very special guest—and even better news.

Karen had come to The EPICENTER regularly to take showers through our Come in out of the Cold shower program, which provides free showers for men and women in need most Monday and Friday mornings. She had been living out of her car while working to find employment and a second chance in life.

One day, Karen stopped coming to take showers. Right before Friday’s Fair, however, she returned to tell us that she had not only found employment but a place to live.

“Your services mean so much to the community, especially when society looks down on those who are experiencing homelessness,” said Karen. “To go somewhere where people care about and believe in you—that was worth more to me than the showers themselves.”

Karen landed her job after Angela Ward, who works with The EPICENTER as a certified Recovery Coach, informed her of the position. Karen now calls Angela “her angel,” though Angela insists that Karen deserves the credit for her success.

“We all partner together at The EPICENTER to make sure people have what they need,” said Angela. “I’m honored to have been able to help, but Karen is the one who worked to get where she is now.”

The EPICENTER team wishes Karen our most heartfelt congratulations. For more information about our Come in out of the Cold shower program, our Employment Readiness Program, or the other services we provide, please stop by during our office hours or visit [epicenteredgewood.org/programs](http://epicenteredgewood.org/programs).



*Karen credits our Angela Ward, a certified Recovery Coach, with helping her secure a job and home.*

## THE EPICENTER THANKS ALL WHO SHARED THEIR RESOURCES AND SERVICES DURING THE SEPTEMBER HEALTH FAIR AND FOOD GIVEAWAY:

Maryland Food Bank

Tabitha’s House

Free State ChalleNGe Academy

Mountain Christian Church

Harford County Health Department- Maryland Children’s Health Program

Harford County Health Department- Cancer Prevention Program

Karl Staab (Employment Readiness Specialist for The EPICENTER’s Employment Readiness program)

Empowering Minds

Safe Harbor Christian Counseling

Birthright

Main Street Children’s Dentistry and Orthodontics

Chesapeake Diaper Bank

Certified Home Nursing Solutions

University of Maryland Upper Chesapeake HealthLink

Premier Chiropractic