



**HEALTHY NEIGHBORHOODS
HEALTHY FAMILIES**





HEALTHY NEIGHBORHOODS HEALTHY FAMILIES
ECONOMIC DEVELOPMENT



A Successful Tax Season!

During the 2021 tax season, Healthy Neighborhoods Healthy Families worked on the South Side to help qualifying families file their personal income taxes at Community Development for All People's (CD4AP) new Community Engagement Center, along with five other locations across central Ohio. The team helped prepare over 100 federal and state tax returns in 13 weeks. They helped friends and neighbors access over \$200,000 in refunds, tax credits and stimulus payments. Across all central Ohio locations, the HNHF team prepared 469 filings with a refund, credit and stimulus total of \$1 million. By offering this service free of charge, clients saved an estimated \$200,000 in tax preparation fees.

Thank you to our community partners, including CD4AP, the Reeb Center, Celebrate One, Step One, the United Way and the South Side Thrive Collaborative. Most importantly, thanks to everyone in the community who entrusted us with such an important responsibility. We look forward to serving you again in 2022! You can stay updated by checking our website at www.614filefree.org.

Grow Your Career: Patient Access Representative Workplace Skills Course

The Workplace Skills training program at Columbus State prepares students for employment at Nationwide Children's Hospital as Patient Access Representatives.

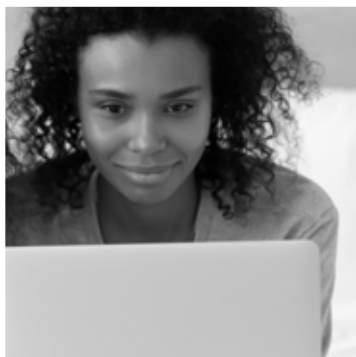
This program teaches participants how to use computers and office technology, communicate professionally and deliver high-quality customer service—skills that are critical to success in the patient access representative role. After successfully completing the program, all participants are eligible to interview for the Patient Access Representative position at Nationwide Children's, putting them into a living wage job in the high-growth health care sector.

During this course students will:

- Learn computer skills, typing and data entry
- Increase knowledge of medical terminology and how to use it in a health care workplace
- Gain and practice the communication skills necessary to defuse challenging situations
- Learn the skills of decision-making based on evidence and prioritization in a professional environment
- Develop the skills of listening and response that will ensure good care for patients and their families
- Become aware of tone, proxemics and cultural diversity when working with others
- Learn ethics and confidentiality in health care settings

Classes take place September 13 through October 22 on Mondays, Wednesdays and Fridays from 5:30 to 8:30 p.m. at the Residences at Career Gateway, 747 E. Whittier St.

To get started, email HNHFWorkforceDev@NationwideChildrens.org



Free Job Training and Coaching

Available in person and online

Do you need a job? Do you need work readiness training? We can help! Free, in-person and online training options are available to help you get a job and grow your career. Classes are available each month!

We will help you:

- Find out what you're good at
- Create your resume
- Develop career goals
- Learn new skills
- Find the perfect job
- Potentially earn more money

To get started, email

HNHFWorkforceDev@NationwideChildrens.org

Training classes are supported by Nationwide Children's Hospital, Goodwill Columbus, Community Development for All People, United Way of Central Ohio, The Columbus Foundation, Chase Bank and Buckeye Health.

Postcard Changes Life of a Nationwide Children's Employee



Local Resident's Story Comes Full Circle Thanks to Healthy Neighborhoods Healthy Families

It all started with a postcard.

In 2014, Dominic Wade-Holliman received a postcard from Nationwide Children's Hospital advertising a free Healthy Neighborhoods Healthy Families (HNHF) job assistance workshop and resume class.

Dominic, who was 21 at the time, was working as a part-time salesman, but wanted a job with an organization where he had more opportunities to advance. He jumped at the chance to attend the workshop, where he met Lina Lee, a recruiter who provided advice on his resume and cover letter.

Lina took an immediate liking to Dominic. And she knew he was serious about his career when he sent her an updated resume the very next day.

She sent him a few prospective jobs, and before he knew it, Dominic was arriving for his first day as a constant attendant in Big Lots Behavioral Health Services at Nationwide Children's. His job included watching patients who were at risk for hurting themselves.

"Sometimes the kids just needed someone to talk to," he says. "Even my small role was helpful to those patients."

He loved his job, but still aspired to move up within the organization. He learned of an opening in the Radiology Department as a patient access representative, where he worked while he completed his bachelor's in Healthcare Management at Franklin University. Upon graduating, he applied for other positions at Nationwide Children's that fit his degree.

"I didn't want to leave the hospital. I wanted to give it a chance because it took a chance on me," he says.

Today, he works as an outreach coordinator for practices in central and southern Ohio, and Kentucky through Partners For Kids. Thanks to the Healthy Neighborhoods Healthy Families program, his story has come full circle. It all started with a postcard. Now one of his main responsibilities is encouraging well visits – by sending postcards to patients.

"If someone looks at it and takes action, it all comes back to that," he says.

Housing: The “Vaccine” Every Child Needs

Vaccines work by kicking the immune system into gear to fight against infection. They are effective because they often fight against multiple types of infection, they have long-lasting effects, and they benefit both the individual receiving them as well as the community by preventing the spread of disease.

But there is also a nontraditional type of vaccine: housing. The “Housing Vaccine,” as described by Boston’s Dr. Megan Sandel, shares similar properties with traditional childhood vaccines.

Why Is Safe and Affordable Housing So Important for Children?

The decreased exposure to street violence, lead exposure, injuries and mold are a few of the ways that secure housing protects children. It also protects in indirect ways. Parents of families that are homeless or who don’t feel secure with their housing situation are much more likely to be depressed and anxious. Thus, they are less likely to be involved in their children’s schooling or fully present for parenting.

Parents of families who suffer from housing insecurity may also have to work a variety of low-income jobs and be less available for their children, especially if they struggle with transportation. In short, housing insecurity and homelessness are associated with risks in the home and risks to the parent-child bond which are critically important for young children and adolescents and their health.

What Are the Effects of the Housing Vaccine?

The Children’s Health Watch, a group of emergency departments from around the country, assessed pregnant women or women with young families and found that secure and stable housing is associated with positive child development for several years.



Finally, housing-first initiatives benefit children and families receiving stable housing but also benefit society at large. Children born into families that are in stable housing are more emotionally and behaviorally capable when they enter kindergarten and less likely to require special education or shelter interventions. The cost of eviction and homelessness to the city of Columbus alone is between \$13 and \$30 million per year due to lost taxes and shelter.

Although we have much to learn, the housing vaccine protects children in multiple ways for long periods and benefits both children and society. It is one of the important reasons that Nationwide Children’s Hospital partners with Healthy Homes, Community Development for All People, United Way of Central Ohio and the city of Columbus, and others, to increase the availability of homes and rental properties for South Side families.

Learn more at healthyhomesco.org



HEALTHY NEIGHBORHOODS HEALTHY FAMILIES
COMMUNITY ENRICHMENT



All You Have to Say is "Tony"

Some people gain such popularity and respect that they become known by only one name. Beyonce. Prince. Adele. Oprah. At the corner of Parsons and Whittier, amidst the bustle of the Free Store, the All People's Fresh Market and Church for All People, just such a person lives, a person so well-known that a first name alone gets the job done. Tony.

"Oh, yes," says Free Store Director Dessaree Watters. "All you have to say is Tony and everyone knows who you are talking about. From the IGA down to the Dollar General, everyone on Parsons knows and respects Tony. It's great to have someone like him here."

Desiree sees the reverence people have for Tony every day as they work together at Church and Community Development for All People (CD4AP).

Although you won't hear it spoken out loud often, Tony does, in fact, have a last name. It's McGraph.

He also has an official job title at Church and Community Development for All People – Caretaker.

And, indeed, Tony takes care of many things at CD4AP. He keeps the building clean. He moves the tables and chairs into place for everything from community meals to Sunday worship. He greets volunteer groups who come to serve in the organization's many outreach programs. He helps unload deliveries made to CD4AP, including donations to the Free Store.

Perhaps his most important work – keeper of the peace – does not show up anywhere in his job description, however.

"If there is, let's say, a challenging situation, when Tony shows up, it just goes away," says Desiree. "People respect him that much."

Spend some time around Parsons and Whittier and you will see for yourself. The people who visit CD4AP's programs are often dealing with stressful situations in their lives. But Tony has a knack for guiding people back from the edge.

Ask him about what seems like a supernatural ability to de-escalate tensions, and he replies with typical modesty.

"It ain't no magic or secret," he says. "You have to just talk to folks. Be fair, keep it simple and listen. That's all."

Watch Tony in action, though, and you realize he doesn't just turn on this approach in the heat of the moment. He talks and listens to people constantly. He builds relationships with everyone during calm times. Almost every day of the week, you can see Tony getting to know people who are new to CD4AP or checking in with people who are regular visitors. People know he understands them. They trust he will treat them with respect and kindness.

"All you have to say is Tony and everyone knows who you are talking about. It's great to have someone like him here."

– Dessaree Watters, Free Store Director

(Continued)

As natural as Tony's gifts seem, he will tell you he hasn't always been this way. After graduating from Eastmoor High School in 1968, Tony says he took a "pretty rough road." Tony's wife of 37 years, affectionately known in the community as Miss Faye, recognized the need to smooth out the rough path she saw her husband travelling. So, she invited him to a new church in the neighborhood she had been attending. He agreed to try it out.

"I've never been a big churchgoing kind of guy, but it felt comfortable. I liked the people," he says.

What was taking shape at that church at that time was the seed that eventually grew into the Church and Community Development for All People. When a part-time custodian's position opened, Tony saw an opportunity to travel that smoother road. He applied, and they hired him almost immediately.

That was 19 years ago. A lot has changed since then. For starters, Tony has become the full-time caretaker. As the church grew, there was always something to do. So, Tony just spent more and more time working.

"I just kind of made myself full-time. No one really asked me to. I just did it because I enjoyed it. One day, I told Pastor John that I might need to start making a little more money on account of I was working almost every day," he says, recalling a conversation with Church for All People's pastor, Rev. John Edgar. "Nobody really said anything. A few weeks later, I just noticed a difference in my paycheck. I guess that's when I officially went full-time."

*"I just kind of made myself full-time.
No one really asked me to.
I just did it because I enjoyed it."*

— Tony McGraph, South Side Resident



Other things have changed as well. The ministry outgrew its original laundromat space and moved across the street to its current location at 946 Parsons. There are now two worship services on Sunday and several others throughout the week. The staff now numbers about 40 paid employees and hundreds of volunteers. The Free Store serves thousands of people each year. The produce market distributes over 1.5 million pounds of food per year. CD4AP now takes up both sides of Parsons Avenue on the block between Whittier and Stanley. What started as a backroom ministry has blossomed into a small campus.

When asked if the dramatic changes have been a challenge, Tony takes a long, thoughtful pause. "You know, they aren't really what I would call challenges. Everything is kind of the same as it always has been, just a little bigger." After another pause, he adds, "My job is the same as always. Dealing with folks."

After almost 20 years, Tony wouldn't change a thing about CD4AP.

"I like everything about this place," he says.

There are many others in the community who would agree with that sentiment. And if you asked them to name what they like most about this place, more than a few would need just one word – Tony.



HEALTHY NEIGHBORHOODS HEALTHY FAMILIES
COMMUNITY ENRICHMENT

Save the Dates! Live PlayStreets Set to Return in 2021

Healthy Neighborhoods Healthy Families is planning to hold in-person PlayStreets events on the South Side this summer and fall.

In summer of 2019, hundreds of our neighbors joined us on Whittier Street for fun, games, petting zoos, bouncy houses, food, water balloons, bike rodeos, and more.

Please know we will follow all recommended health precautions to ensure that the events are safe for children and parents alike.

Stay tuned to [NationwideChildrens.org/HNHF](https://www.nationwidechildrens.org/HNHF) for details!

MARK YOUR CALENDAR!

**August 28,
September 25,
October 23**

11 a.m. to 2 p.m.

**Whittier Avenue,
in front of Residences
at Career Gateway**



South Side Thrive Update

South Side Thrive Collaborative is an initiative dedicated to helping South Side residents live healthy, fulfilling lives. The Collaborative brings together human service organizations, businesses and neighborhood groups to find ways to work together and promote housing stability, economic mobility, health and civic involvement.

Later this summer, South Side Thrive Collaborative will launch several new initiatives to support low- and moderate-income residents in the South Side. These initiatives include a new website, with an interactive community resource guide to locate information on local programs and services; the Neighborhood Navigator program to directly link residents with social services to address basic needs as well as find new opportunities for growth; and community workshops that support residents in building skills to adapt and thrive in challenging times.

Get connected to the South Side Thrive Collaborative. Follow us and get all the latest news!

Facebook:
South Side Thrive



Instagram:
@South_Side_Thrive



South Side Thrive
Collaborative



HEALTHY NEIGHBORHOODS HEALTHY FAMILIES
HEALTH & WELLNESS



4 Ways to Make a Safe Summer: Positive Parenting – Part 1

Parents face many challenges and enjoy many successes in the daily caring for their children. Of course, this also opens every parent up to a daily mix of emotions.

Along with the mix of emotions, there are also a mix of approaches to meeting the challenges and promoting the successes. One of the approaches to caring for children is called Positive Parenting. Positive Parenting focuses on giving care that deepens connections with our child, builds their skills and helps prevent problem behaviors.

Positive Parenting involves five basic principles. The first principle - Creating a Safe, Interesting Environment – might help everyone enjoy spending time together. This one is especially important when parents and children spend more time together during the summer break from school. It could be a key to helping everyone have a safe and happy summer.

What do we mean by a safe, interesting environment? Here are four things you can do to make this happen for your family:

1. **Pay attention to where your child is each day.** Make sure you know what they are doing and who they are spending time with both inside and outside the home. Commit to helping your child spend time in places where you know they will be safe and secure.
2. **Come up with things to do that spark your child's curiosity, promote their development and prevent boredom.** Rotate toys so your child doesn't get bored playing with the same items over and over. Encourage your child to play with open-ended toys like Legos, animal figures and other materials around the house (think of things like empty egg cartons and toilet paper rolls) for endless make-believe fun. Open-ended activities foster creativity and imagination. When children stay busy and active with these kinds of activities, they are less likely to get into things they shouldn't. In turn, parents are less likely to say "no," "don't," "quit" and "stop."
3. **Teach and model safety rules in the community.** These include things such as how to safely cross the street and finding safe places for bike riding.
4. **Review with your child what to do if they feel unsafe or uncomfortable around another child or adult.** Identify dependable adults in their lives that they can talk to for help.

Of course, once summer ends, keep up with these strategies. They can help families stay safe and have fun together all year round. Keep an eye out for the next HNHF newsletter for the second Positive Parenting principle, Having a Positive Learning Environment.

For more information on positive parenting strategies or to participate in free classes, visit [NationwideChildrens.org/TripleP](https://www.NationwideChildrens.org/TripleP)



HEALTHY NEIGHBORHOODS HEALTHY FAMILIES EDUCATION



Fun with Reach Out and Read

Reach Out and Read is a free program where, each month, a new, carefully selected book will be mailed in your child's name directly to your home. The first book is always the children's classic "The Little Engine That Could™." Best of all it is a FREE GIFT to your child through our partnership with local organizations! There is no cost or obligation to your family.

Who is eligible?

Children under the age of 5 in Franklin County

To participate you must:

1. Be a resident of Franklin County
2. Submit an official registration form, completely filled out by the authorized adult
3. Notify any time your address changes. Books are mailed to the address listed on the account. Note: If the child's address changes, you must contact your friends at the address on this brochure to continue receiving books.
4. Read with your child and have fun!

When Will I Receive Books?

Eight to 10 weeks after your registration form has been received, books will begin arriving at your home and will continue until your child turns 5 or you move out of the covered area. **Sign up at Ohioimaginationlibrary.org**

Sign up for SPARK – Kindergarten Readiness

Do you have a child who will begin kindergarten in the fall of 2022?

Do you live in zip code 43205, 43206 or 42307?

If you answered yes to both questions, join our kindergarten readiness program.

The SPARK Program is FREE and includes books and supplies! We will come to you at your home or a location of your choice. We will work with you and your child to:

- Read books!
- Discover letter sounds!
- Learn new words!
- Do preschool math!
- Write letters and numbers!

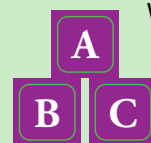
For more information, call Mickie at (614) 355-0714, Tara at (614) 355-0617, Crystal at (614) 355-9892 or email SPARK@NationwideChildrens.org.



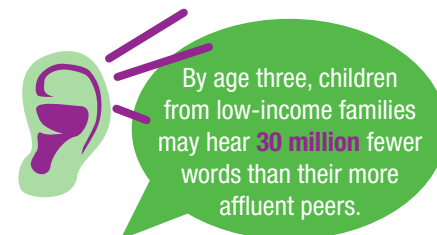
Reading aloud is widely recognized as the **single most important** activity leading to literacy acquisition.

1 : 300

In middle income neighborhoods, the book to child ratio is **13 to 1**, compared to **1 to 300** in low-income neighborhoods



Vocabulary development by **age 3** has been found to predict achievement by third grade.



By age three, children from low-income families may hear **30 million** fewer words than their more affluent peers.

Reach Out and Read, Reading Across the Nation A Chartbook, 2007
Neuman, S. & Dickinson, D. (Eds) (2006) Handbook of Early Literacy Research (Vol. 2) "Why Early Literacy Matters" Governor's Books from Birth Foundation, www.governorsfoundation.org/about/early-literacy



HEALTHY NEIGHBORHOODS HEALTHY FAMILIES EDUCATION



STEM is the Future – Learn More with UBMS

Nationwide Children's Upward Bound Math & Science (UBMS) program provides free, year-round, career readiness programming to potential first-generation college students who are currently in high school.

UBMS is designed to enhance the academic and personal skills of students while preparing them for college admission, retention and graduation. With a STEM (Science, Technology, Engineering, Math) foundation and curriculum, UBMS aims to increase the number of students who pursue postsecondary career opportunities in math and science fields.

If you have a rising 9th, 10th or 11th grade student, they may be eligible for our 2021-2022 programming!

Additional eligibility includes:

- Home school is Marion-Franklin or South High School,
- First-generation college student (no parent/guardian has received a bachelor's degree or higher),
- Family taxable household income for the preceding year did not exceed 150% of the federal poverty level, and
- You have an interest in learning more about STEM education and careers.

If you have an interest in applying, email us at
UBMS2@NationwideChildrens.org.

About Healthy Neighborhoods Healthy Families

The Healthy Neighborhoods Healthy Families (HNHF) initiative, composed of faith-based organizations, community development organizations, workforce development programs, youth-serving nonprofits and local public schools, seeks to create positive health outcomes in the community.

HNHF began on Columbus' South Side, the area around Nationwide Children's, and has proven it can improve community, family and individual wellbeing.

HNHF focuses on five target areas: affordable housing, education, health and wellness, economic development and community enrichment.

Learn more at NationwideChildrens.org/HNHF



COLUMBUS



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Columbus, Ohio 43205

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