



# Project H.O.P.E. of Cleveland

*Health Outreach for Prevention and Empowerment*

DECEMBER 2016

“With respect and dignity, we empower and educate those in need to access health care.”

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Denise Proboski, LISW  
*Director*

## Podiatry Program Receives Equipment

As a part of our community health outreach services, Project H.O.P.E. coordinates a **free monthly podiatry clinic** to raise awareness about foot care and to prevent the adverse effects which chronic conditions, such as diabetes, can have on the legs and feet. Guests receive a blood pressure reading and foot soak offered by students from Miami-Jacobs Career College and The Breen School of Nursing at Ursuline College along with an examination and basic foot care services provided by podiatry residents from St. Vincent Charity Medical Center.

With generous grant support provided by the Hanger Charitable Foundation and individual donations received from Mary Gallik, Joan Kolb, and MaryAnn & David Nicolay, Project H.O.P.E. has been able to purchase foot care supplies and equipment, including four portable chairs with foot rests, to maintain and enhance our clinics. The chairs have been a valuable addition, allowing guests to sit comfortably while the podiatry residents are easily able to view their feet and offer education regarding what guests can do to maintain or improve foot health such as:

- Conducting routine examinations of the feet using a mirror.
- Wearing proper, supportive shoes.
- Avoiding the use of lotion between the toes.
- Using warm water (instead of hot).
- Drying feet properly.
- Practicing good nutrition and avoiding smoking.



*Over the past year of foot care programming, 175 examinations were conducted for participants.*

## Project H.O.P.E. Promotes Liver Health

The liver has well over 500 functions including cleaning the blood of toxins, processing what you eat and drink into energy and nutrients, and producing bile for digestion. **EVERYTHING** you eat, drink and breathe is filtered through your liver. You cannot live without your liver.

Approximately 5.5 million Americans have chronic liver disease or cirrhosis—most frequently caused by exposure to Hepatitis B and C viruses, alcoholism, and obesity. Among African Americans, chronic liver disease is a leading cause of death.

In partnership with The School of Nursing at Cleveland State University, The Breen School of Nursing at Ursuline College, and St. Vincent Charity Medical Center, Project H.O.P.E. was able to host a Liver Screening open to all residents of the community in November. Every participant received a free blood test to check liver function. Volunteer nurses reviewed the lab results with participants the following week and recommended follow-up steps. We were honored to be joined by Rev. Darnella Allen from Liver Education Advocacy & Prevention Services who provided guests with education regarding liver health and offered supportive services.

## PROJECT H.O.P.E. WISH LIST

Donations of unopened toiletries, cleaning supplies, and paper products are always welcomed and are used to create “care kits” for guests attending health screenings.

We frequently use:

- Travel-size Shampoo, Conditioner and Body Lotion (unopened bottles only, please)
- Lip Balm
- Deodorant
- Bar Soap
- Toothpaste
- Toothbrushes
- Mouthwash
- Dental Floss
- Hand Sanitizer
- Bottled Water
- Dish Soap
- Laundry Detergent
- Tissues
- Toilet Paper

Call Denise at 216.391.7557 to arrange for a drop off of donations.

Thank you in advance!

## YES! I want to support Project H.O.P.E. of Cleveland in eliminating barriers to accessing health care!

Please, accept my tax-deductible donation of \$ \_\_\_\_\_. (Please, make checks payable to Project H.O.P.E. of Cleveland)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

- Please keep my donation anonymous       Please contact me about volunteer opportunities
- My employer matches gifts — enclosed is a matching gift form

You can also donate on-line at [www.projecthopeofcleveland.org](http://www.projecthopeofcleveland.org). Thank you for your support!

## Prescription Medication Assistance Available

Project H.O.P.E.'s **Prescription Medication Assistance Program** provides residents of the City of Cleveland with temporary emergency financial assistance to purchase prescriptions vital to controlling chronic conditions and maintaining mental and physical health. The program goal is to prevent lapses in doses of medically necessary prescription medications and the potentially hazardous health consequences of missed doses.

Prescriptions that Project H.O.P.E. frequently assists with purchasing include antibiotics, mental health medications, and medications to control chronic conditions such as high cholesterol, heart disease, diabetes, seizure disorders, asthma, and COPD. Staff also work with guests to navigate through the barriers they face in obtaining their prescriptions such as job loss resulting in a loss of employer-provided health benefits; lack of insurance coverage during the Medicaid application process; Medicare spend-down requirements; high-deductible insurance plans requiring patients to pay substantial co-pays; sudden illness necessitating the short-term use of medications; and limits on the types of items insurance will cover. Over the past year, **120 guests received a total of \$10,580** (average \$88 per person served) in assistance to purchase prescription medications.

The program is made possible through the generous support of individual and corporate donors and private foundations including The Elisabeth Severance Prentiss Foundation, the Sisters of Charity Foundation of Cleveland, and the United Black Fund of Greater Cleveland, Inc. If you or someone you know is in need of assistance, please call **(216) 391-7557** for more information.

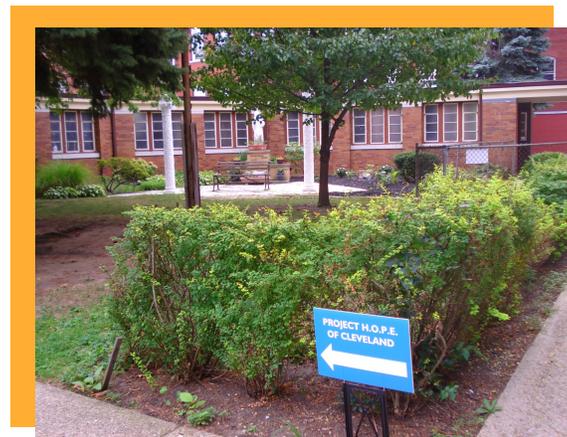
### HAVE A LOT OF MEDICATIONS TO KEEP ORGANIZED?

Consider completing a Vial of Life kit available for free at [www.vialoflife.com](http://www.vialoflife.com) to keep at home, or with you in your purse or wallet, in case of an emergency. The Vial of Life is a smart way to organize your important medical information, such as your list of medications, to assist emergency personnel in administering the proper medical care. When you cannot speak for yourself, the Vial of Life can speak for you.



# Greetings from the Board of Project H.O.P.E.

We would like to take this opportunity to thank all of you for supporting Project H.O.P.E. in 2016! The list of Project H.O.P.E.'s accomplishments for the year is long and inspiring. First off, we served **483** guests during our program year (July 2015 through June 2016)—providing health education, blood pressure monitoring, diabetes and cholesterol testing, flu immunizations, a kidney screening, foot care, prescription medication and dental payment assistance, vision care services, exercise classes, and bus passes for medical appointments. To provide these services, we leveraged in-kind donations of time from health care professionals including nurses and doctors; podiatry residents; nursing students, medical team assistant students, community health worker students, and their faculty advisors; pharmacists; a fitness instructor; accountants; and many other volunteers who have taken an



interest in helping persons in need access health care resources. We also hosted a successful Sixth Annual Wine & Beer Tasting Fundraiser (thank you again if you attended or supported the event) which raised over \$19,500 in funding for Project H.O.P.E. Finally, our most important and rewarding accomplishment has been hearing the gratitude in our guests' comments about the benefit Project H.O.P.E. has brought to their lives. "Deborah" is just one example.

"Deborah" came to us after she had been laid off from her job and lost her employer-provided insurance benefits. She had applied for Medicaid, but did not qualify. Without insurance or an income, she was having difficulty affording her thyroid medications. Project H.O.P.E. assisted with her prescription costs and gave her a referral for a local non-profit employment training program. During her job search, "Deborah" began attending some of our other health outreach programs such as foot care. Within two months, she called Project H.O.P.E. excited to tell us that she had found a new job, and she was able to afford her medications again on her own.

## **None of this could have been accomplished without your support!**

And none of it could have been accomplished without the excellent work of our departing Director Denise Proboski. Mrs. Proboski has been available on a daily basis to individual guests to assess and work on fulfilling their health care needs. She has been the lead in establishing and maintaining relations with our many partner organizations. She, along with sweat equity from the Board, prepared our new location at St. Aloysius Parish and subsequently has created a strong working partnership with the Pastor and staff of St. Aloysius parish and its school. She has written grant proposals that have successfully brought in over \$23,000 in the last 12 months. Her skill set has greatly benefitted Project H.O.P.E. during this last year and a half of change. She has been an inspiration with which to work, and she will be greatly missed. Please, join me in thanking her for her service to Project H.O.P.E. and wishing her well in her future endeavors.

The years ahead hold an uncertain future for the Affordable Care Act which could mean an even greater need for the services of Project H.O.P.E. The Board is committed to making sure Project H.O.P.E.'s programs are available now and into the future for our present and future guests. Currently, the Board is accepting resumes in the search for a new Program Director. Please, spread the word. The job description is posted on our website [www.projecthopeofcleveland.org](http://www.projecthopeofcleveland.org). We are also launching a Board Development effort. If you are interested in learning more about becoming a Project H.O.P.E. Board Member, please contact us via email at [project.hope@sbcglobal.net](mailto:project.hope@sbcglobal.net). Most of all, take a moment to read this newsletter and be assured of our gratitude for your commitment to making Project H.O.P.E. of Cleveland the vibrant opportunity it is.

Merry Christmas and Happy New Year,

Joseph Daprano M.D.

Chairman of the Board



**HEALTH TRIVIA:** The liver is a vital organ that processes what you eat and drink into nutrients your body uses and filters out harmful substances from your blood. Can you complete this sentence?

The liver is the \_\_\_\_\_ largest organ in your body.

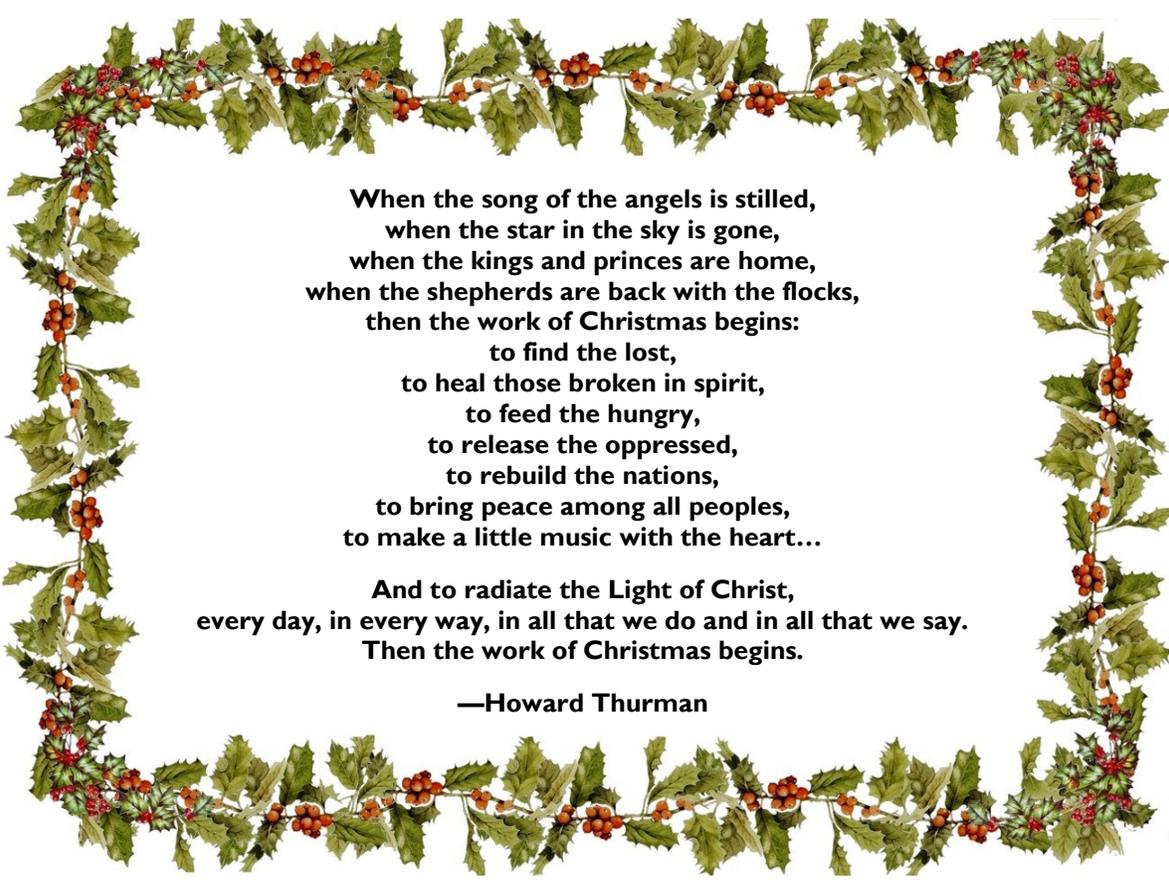
The first person to email the correct response to [project.hope@sbcglobal.net](mailto:project.hope@sbcglobal.net) will receive a \$10 Starbucks Gift Card.

**Project H.O.P.E. of Cleveland, Inc.**

10932 St. Clair Avenue  
Cleveland, Ohio 44108

**TO:**

Since 1993, Project H.O.P.E. has provided free basic health screenings, evaluations, education and medical referrals to those who cannot receive proper medical care due to a lack of health insurance and other barriers to obtaining health care. Our mission is to provide a temporary health care safety net for individuals in need while educating and empowering them to manage their own health, always respecting the dignity of each person we serve. For more information, call (216) 391-7557, email [project.hope@sbcglobal.net](mailto:project.hope@sbcglobal.net) or visit our website at [www.projecthopeofcleveland.org](http://www.projecthopeofcleveland.org).



**When the song of the angels is stilled,  
when the star in the sky is gone,  
when the kings and princes are home,  
when the shepherds are back with the flocks,  
then the work of Christmas begins:  
to find the lost,  
to heal those broken in spirit,  
to feed the hungry,  
to release the oppressed,  
to rebuild the nations,  
to bring peace among all peoples,  
to make a little music with the heart...**

**And to radiate the Light of Christ,  
every day, in every way, in all that we do and in all that we say.  
Then the work of Christmas begins.**

**—Howard Thurman**