

## OUR APPROACH

Our work is based upon a profound belief in the strength of families. With programs designed to integrate with each other, we seek to help participants develop the skills and confidence to move toward full independence. As a grassroots agency serving East Harlem (96<sup>th</sup> to 132<sup>nd</sup> Streets from Fifth Avenue to the East River), we work to adapt our multi-disciplinary approach to meet the evolving needs of the community.

We welcome persons of every race, color and creed; most of our services are provided in English and Spanish. Clients are referred by hospitals, clinics, schools, city agencies, neighbors and friends. They are never turned away because their care is not reimbursable or because they cannot pay for service.



## OUR PLACE IN EAST HARLEM

As part of our effort to help East Harlem residents articulate their needs and expand their access to resources, we belong to many neighborhood and city-wide organizations, including:

- Council of Family and Child Caring Agencies
- East Harlem Asthma Working Group
- East Harlem Community Health Committee
- East Harlem Zero to Five Network
- Food Bank for New York City
- Human Services Consortium of East Harlem
- Neighborhood Family Services Coalition
- New York City Coalition Against Hunger
- NYC Early Intervention Coordinating Council
- Upper Manhattan Together



## OUR FUNDING

85% of our funds go directly towards programs. Each year our Development Office raises approximately 48% of our operating budget through foundation grants, annual fund gifts, corporate support and an annual benefit. The balance of our income comes from fees for service and government contracts. We are not subsidized by the Archdiocese of New York.



## OUR STAFF

LSA Family Health Service currently employs 59 full-time and 11 part-time staff. The dedication and long-term commitment of our personnel is exceptional: some LSA staff have served for over 20 years. LSA also provides on-the-job training to 5-7 graduate student interns annually.



## GIVING BACK

Volunteers offer vital support in all areas of our work, and the agency could not function as it does without them. In 2007, the **Volunteer Program** included 2 full-time and 42 part-time volunteers who assist the 3,000 families with whom we work.



## BOARD OF DIRECTORS

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(1940-1993)

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The Little Sisters of the Assumption Family Health Service, Inc., founded in 1958, is a nonprofit community-based organization that works with the people of East Harlem to address the physical, emotional, educational and spiritual dimensions of family health.

LSA's home-based and center-based programs are designed to empower those who are most vulnerable and who have least access to the basic necessities of life, in the conviction that the entire community grows when individuals and families are affirmed in their own dignity.



Little Sisters of the Assumption Family Health Service  
333 East 115<sup>th</sup> Street, New York, NY 10029  
Phone 646 672 5200 [www.littlesistersfamily.org](http://www.littlesistersfamily.org)



## HOME-BASED NURSING CARE

Our **Certified Home Health Agency** provides direct nursing care to up to 100 patients at a time, including persons with diabetes or asthma, new mothers and babies, people with disabilities, people living with HIV or AIDS, and the home-bound elderly. Direct nursing care is provided to acute and chronically ill patients of all ages in their own homes. East Harlem leads the nation in pediatric hospitalizations for asthma, with diabetes close behind. The Diabetes Prevention Program, a direct response to the epidemic of diabetes and obesity in the community, includes culture-based healthful nutrition and activities. Our Asthma Prevention Program helps families learn how to protect themselves from indoor environmental triggers for asthma and provides a healthy activities program for children with the disease. The maternity outreach program provides home visits to new mothers and babies; staff also teach parenting classes.



## KEEPING FAMILIES TOGETHER

The **Family Support / Preventive Services Program** works with approximately 75 families a year to strengthen family functioning and to avoid placement of children in foster care. Key to this work is the building of trusting relationships. Program components include counseling, referrals for specialized treatment, help with parenting and daily life management skills, follow-up with education, health care, housing, entitlements, etc. This program is funded primarily through a contract with the NYC Administration for Children's Services (ACS).



## EARLY CHILDHOOD INITIATIVES

The first three years of life lay the foundation for much of a person's adult development. As more than half of East Harlem's children live below the poverty line, they are vulnerable because of poor nutrition, isolation, language barriers and restricted physical space in their homes. The **Early Childhood Program** serves children by establishing trusting relationships with parents, helping them create a safe and healthy environment in which to grow.

Home visiting represents our front line of service. Every year, approximately 300 families from a range of backgrounds develop relationships based on trust and mutual respect with our **Home-Based Child Development** team. Workers assess children's progress, provide developmental guidance, offer support, connect families to resources, and make referrals to other LSA programs.

Each year, more than 200 children under age three are flagged for special attention through the **Early Intervention Program**. Babies and toddlers receive team evaluations by a developmental specialist, a social worker, a speech pathologist, and/or physical and occupational therapists. Treatment plans include home-based and center-based services.

The **Toddler Nursery** provides a warm and stimulating environment to approximately 80 children between the ages of 15-36 months. Children are referred through other LSA programs.



## COMMUNITY LIFE PROGRAM

Building on 49 years of experience providing services to East Harlem families, LSA's center-based **Community Life Program** serves over 500 children and 250 adults annually with classes, group activities and trips aimed at education, socialization, employment and recreation. The building of friendships and self-esteem is an essential facet of program activities.

Classes recently offered, include:

- Adult Basic Education in Spanish
- Community Gardening Group
- Computer Classes
- English as a Second Language
- Free Arts Program
- Pre GED
- Holiday Celebrations
- Parenting Groups
- Nutrition Groups
- Puppetry
- Dance/Exercise
- Tutoring



**Summer Trips** for families to beaches, farms, sports arenas, art festivals, museums and amusement parks have been a hallmark of LSA's community outreach for over four decades.



## FOOD PANTRY & ADVOCACY

Dire situations require immediate action. Our **Food Pantry** is able to provide three days worth of provisions for a family in need. This program serves at least 400 families per month and is often the "open door" through which clients learn about and are referred to other LSA programs. In our **Advocacy** program, we help clients gain access to food stamps, Medicaid, Social Security, housing, legal assistance, job training and immigration services. In addition, program staff and clients reach out to legislators to advocate for the East Harlem community.

LSA's **Education Advisor** provides one-on-one academic counseling for some 60 parent/child groups a year and organizes workshops on topics from summer camps to college scholarships.



## THE SHARING PLACE

On any given day a crowd of shoppers eagerly waits for the doors to open at LSA's thrift shop. **The Sharing Place** is both a store and a program. The popular shop keeps prices low on high-quality donated clothing and household articles. As relationships are formed with customers, referrals are often made to other LSA programs. The shop generates sufficient income to cover its own expenses, and provides on the job training for people in the community.