



thefamilycenter

VIRTUAL CENTER



Heart to Heart

I know you, like me, want the best for your children. This past year has been tough on us. I have struggled with the stress of daily decisions I have had to make to try to keep my children healthy. Some days, I wish we could snuggle all day and just be safe. But as a teacher, I know how important it is that they learn through experiences, play with children their age, and build trust with other caring adults. I can't keep them snuggled up at home forever, but I can do my best to give them a healthy start.

From our poll last month, I know you want to know ways to keep your children healthy too and I can't wait to share what I've learned with you. We'll start this month with a helpful way to get insurance and the immunization schedule.

First Start is humbled to now be connected to over 1700 families and community members, and we grow more every day. Thank you for gathering with us virtually each month for the past year as we supported each other.

Here's to a healthy 2022!

-Nicole

Meet The Family Center Director



Hi! My name is Nicole Nicholson. I am so excited to be working with The Family Center, because I am a parent and I grew up in the Franklin County area. I know our community needs a place where we can come together to share the challenges and celebrate the joys that come with raising a family. I have been a teacher and director in Early Childhood Education for over 14 years. I am so excited to walk together on our parenthood journey. Want to know more?

[Visit The Family Center Website](#)



Interested in FREE gas?

Do you know someone who would benefit from receiving this newsletter? Complete referrals for your family and friends and receive a \$10 Sheetz gift card per referral!

Submit your referral [here](#).

We hear you!

Our last poll asked about what topics interested you most. Here's what you said:

1 in 4 of you would like to find ways to keep your child healthy!

Other requested topics:

- Supporting my child's mental health
- Programs in my community for children and families

Healthy children are ready to learn

Does your child have health insurance?

We know insurance can be confusing, so check out Keystone Outreach Enrollment Navigators. This service is available to ANYONE in the community- not just patients of Keystone Health! With one of the following programs, you and your family will have coverage. Participating medical plans include Pennsylvania Medicaid, CHIP, and Pennsylvania's state-based exchange, Pennie. Call today! Open enrollment ends January 15th for some coverage options.

Visit the Keystone Navigators

Is your child up to date?

The pandemic has affected a lot of our regular checkups and well child checks. Not sure if your child is up to date on their immunizations? Here is a chart to help you out!

Immunization schedule for infants and children



Your health matters, too!

Community COVID-19/Flu Vaccine Clinic



Join us for a FREE Community COVID-19 Vaccine/Flu Clinic!

Hosted by WellSpan Health in partnership with Trinity Episcopal Church, the Pfizer Vaccine and flu vaccines will be offered to the public in doses on the date below.

Saturday, January 8, 2022 | Noon - 3:00 p.m.

Trinity Episcopal Church, 58 S 2nd St., Chambersburg, PA 17201
By appointment, walk-ins welcome

COVID-19 boosters are available to patients who are ages 18 and older, at least six months after their Pfizer-BioNTech or Moderna primary series.

COVID-19 boosters are also available to patients at least two months after they received the single-dose Johnson & Johnson.

Why should I consider getting this booster?

The COVID-19 vaccine booster helps to protect your immunity to COVID-19. Over time, protection that you received from your initial vaccine decreases and the booster shots help to "boost" your immunity to COVID-19 especially as different COVID-19 variants develop.

Pre-register using the following link:

<https://forms.office.com/r/7SnvxfTenm> OR scan the QR code to the right



Ages 18 and up are welcome. You will need to stay a minimum of 15 minutes after your vaccine to be monitored. *No insurance required.

Questions? Please email bnizama@wellspan.org or call 717-267-6430



We invite you and your family to embrace winter, keep moving and stay healthy!

Join today to learn more about physical activity, healthy eating and stress management during the winter months. Winter STREAK runs from January through March, so you can keep up a "streak" of physical and mental well-being activities!

Winter STREAK Workshops:

All workshops are 30 minutes and take place at 12:00 p.m. and 5:30 p.m. for each date listed below.

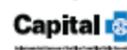
- ✓ 1% More | January 5
Do 1% more to achieve results
- 📅 Creating a Winter Wellness Inventory | January 19
Setting goals with intention and purpose
- 🚶 Exploring the Wonders of Winter | February 2
Learn what, when, and how to exercise safely during the winter months
- 🍲 Transforming Winter Comfort Food Cooking Demo | February 16
A healthy transformation of 2 recipes - Zucchini Lasagna & Pumpkin Roll
- 🍷 Savor the Flavor with a Twist | March 2
Explore healthy ingredients to lighten up your favorite comfort food dishes
- 🏠 Maximize your Health | March 16
At-home workout exercises and tips to live well



Access resources, register for prizes, and learn more about upcoming Winter STREAK workshops at www.winterstreak.org or scan the QR code.

WellSpan Health, in collaboration with our community health coalitions across the region: Healthy Adams County, Healthy Berks County, the Community Health Council of Lebanon County, Healthy York, Healthy Lancaster Hub, is the community to participate in the "Winter STREAK" wellness programs.

Presented by:



CASD Registration

Chambersburg Area School District is now accepting applications for children turning 5 before September 1, 2022.

Registration Page

Stay tuned!

We will work with our schools to let you know when registration begins for Waynesboro, Greencastle, Tuscarora and Fannett-Metal districts.

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First Start Partnerships *for* Children & Families

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871 Stanley Ave, Chambersburg, PA 17201 | 717-263-8019 | familycenter@firststartpartnerships.org