

555 Union Blvd., Suite #7, Allentown, PA 18109 Phone: 610-443-1595 ~ www.thechc.org

2020-2021 Annual Report

2020-2021 Board of Directors

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MISSION STATEMENT

'We give people, especially youth, the knowledge and tools they need to make better-informed and more positive life choices.'

PRESIDENT'S MESSAGE...

It is with gratitude and honor that I begin my term as Board President of the Center for Humanistic Change for the 2021-22 fiscal year. I am thankful for the opportunity to head the governance for such a wonderful organization, and grateful for the Board leadership which preceded me. We extend our sincerest thanks to outgoing President, Lara Ruesch, for her many years of volunteer service. We also appreciate the participation of other outgoing board members. The newly elected officers for 2021-2022, Ken Charette (VP), Ed Campbell (Secretary), and John Mohr (Treasurer), as well as the incoming full board, will work to support CHC in all of its endeavors.

The organization is a leader in offering critical education and resources to help individuals overcome challenges with resilience and to achieve personal growth. With a dedicated and caring staff, CHC is forging the way as not only a program provider, but also a problem solver.

~ Sean Linder, President, 2021-2022 Board of Directors

EXECUTIVE DIRECTOR'S MESSAGE...

The past two years were an unexpected challenge for the world, for our nation and for our community. The pandemic caused many people to experience great losses... of loved ones, jobs, learning opportunities, and even trust. Through it all, CHC continued providing its prevention education,



mentoring and life skills programs to address the most urgent needs of children, adults and families in crisis. While many schools operated virtually and in hybrid environments, the focus remained on academics, and access to students for inperson prevention programming decreased. Nevertheless, CHC continued to deliver programs however possible. We answered the clarion call to reach people wherever they were. We saw an increase in the need for parenting programs as parents searched for ways to cope with the stress of their child being home from school, and to understand their child's behavior and support them in their learning. Schools turned to CHC's social-emotional learning programs more than ever before, during a time when children were struggling to manage their emotions and increased anxiety in uncertain times.

In February 2021, I readily accepted the baton passed on by our retiring and revered executive director, Arlene Lund. With eagerness and experience, I look forward to leading the organization and its talented team through this pivotal time and beyond. Our promise is to remain fully accessible and adapt our delivery styles as needed to provide effective virtual and in-person programming for every kind of school and community scenario, so that people receive the support they need to succeed in the classroom, at work, at play, and in life. I invite you to reach out to us at any time.

~ Kristen Hettrick, Executive Director

ALCOHOL, TOBACCO AND OTHER DRUG USE PREVENTION AND LIFE SKILLS PROGRAMS

A Continuum of Prevention Service Across the Ages

Single-Session Programs

- Choices, Chances, Changes
- Current Drug Trends (Focus on Alcohol, Tobacco and Vaping)
- Cyber Gambling Awareness Program
- HOPE (Heroin and Opioid **Prevention Education**)
- HOPE for HS Students
- HOPE for the Workplace
- HOPE for Older Adults
- Mock Teen Bedroom
- SOS Signs of Suicide
- **Stanford Tobacco Prevention** Toolkit (Single & Multi)
- The Vaping Epidemic

Small Groups - Life Skills

- Botvin Life Skills (LST): Grades 3-12
- I Can Problem Solve: Ages 4-12
- Lifeskills for Littles (Weekday Club): Grades K-8
- FISH (Families in Separate Households): Grades 2-6
- Healthy Choices Healthy Relationships: Grades 10 12

A YEAR OF ADJUSTMENTS AND ACHIEVEMENTS

~ PROGRAM HIGHLIGHTS ~

- CHC served 3.356 students in Second Step, an evidence based program which increases school success and decreases problem behaviors by promoting social-emotional competence and self-regulation. The skills-focused, social-emotional learning curriculum strengthens students' ability to learn, have empathy, manage emotions, and solve problems to reduce impulsive/aggressive behaviors.
- STEP trained 143 parents. This is a program which provides skills training for parents of children ages 6-12 years of age. The course is designed to help parents better understand children's behavior and misbehavior; learn to develop child confidence; practice positive listening; and give encouragement. The sessions use roleplay to dramatize examples of both ineffective and effective parent-child interaction, and provide opportunities to discuss personal experiences.
- CHC's **Current Drug Trends** program served 1,037 people. This program identifies and explores personal values and risk factors regarding alcohol, tobacco, and other drug use and provides accurate information on current drug trends and their effects. Adults learn how to talk to children about drugs and alcohol, how to build refusal skills, and how to find help when facing a problem.
- HOPE served 2,312 people. The Heroin and Opioid Prevent Education program provides information on the growing concern around the heroin and opioid epidemic. Participants learn about opioids and heroin; signs and symptoms of opioid/heroin use; the effects of use on one's health, relationships, and their future; and where to find local resources to help the person with a substance use disorder.
- CHC's signature Mock Teen Bedroom program reached 1,408 people. This adults-only education program provides a hands-on opportunity to learn how to identify drug paraphernalia; the ways drugs and drug use can be disguised; current local drug trends; the most-up-to-date information on those trends/drugs; ways to talk to children about drugs and alcohol; and how/where to find help.
- Sixty nine percent (69%) of our programming was with children and teens.



Sell SC N SC

Multi-Session Programs

- Botvin Life Skills (Student and Parent Training)
- Project SUCCESS/Crossroads (PSCR) Mentoring
- **PATHS** (Promoting Alternative Thinking Strategies)
- Keep a Clear Mind
- Project Toward No Drug Abuse
- Safe Dates
- Second Step
- STEP/STEP Teens (Systematic Training for Effective Parenting/ Teens)
- Small Group Life Skills
- Stanford Tobacco Prevention Toolkit (Single & Multi)
- Strengthening Families
- Strong African American Families (SAAF)
- Teaching Students to be **Peacemakers**
- The Blues Program
- Too Good for Drugs/Violence

IDENTITY STATEMENT

The Center for Humanistic Change prepares people to meet life's challenges.

We believe that individuals equipped with knowledge and life skills are more likely to make positive, healthy choices in their lives.

We offer evidence-based and custom-designed education focused primarily on building resiliency and preventing substance abuse, that gives people the knowledge and skills they need to make better choices.

We serve elementary, middle, and high school-aged youth, as well as parents and educators, and employees at workplaces throughout Lehigh Valley, Pennsylvania.

WE EDUCATE

We "train the trainers" and offer programs especially designed for parents and educators. We teach parents how to communicate more effectively with their children and to recognize the signs of alcohol and substance abuse, dating violence, and cyberbullying. We also offer custom-designed training for schools, businesses, and community organizations on topics ranging from alcohol, tobacco, and other drug use prevention, relationship and family skills, personal life skills, and violence and bullying prevention.

WE SUPPORT

We support at-risk students by teaching them the necessary skills to cope with challenges they face. We work with schools to identify students whose alcohol, substance abuse, or mental health issues are becoming barriers to their success – and then help these students get back on track.

WE LEAD

We track local and national trends to ensure our programs are relevant and reflect evidence-based best practices. We also take a leadership role in bringing together people from all sectors of the Valley to collectively address the issues of alcohol and substance abuse.

COVID-19 Response

In a report released in April 2020 by *World Vision*, researchers explored the feelings of youth between the ages of 8-17 about the COVID-19 pandemic. "Across all 13 countries, reflections were largely the same: children and youth are experiencing massive shifts in their lives due to school disruption, social distancing, and increasing poverty. For example, 71% of respondents said they felt isolated and lonely due to school closures, while 91% said they were facing anxiety, anger and worry as a result of the outbreak."

While the United States was not part of that study, children in America are dealing with parallel emotions, and the Center for Humanistic Change sees the impact of these invariable challenges with the students and families we serve. People are experiencing high levels of stress, anxiety and conflict. This can lead to increased depression, anger, and alcohol and substance abuse, as we've seen with the rise in heroin and opioid abuse locally and on a national level.

The Center for Humanistic Change will continue to be flexible and responsive to meeting the needs of our schools and the community during these trying times. As we work to foster resilience in the people we assist, we also generate it within our organization by supporting and helping each other face our daily initiatives. As COVID-19 troubles persist, CHC will continue to reach out with critical programming and resources. Visit our website for current information and our community resources guide, and share with those who would benefit from our services.



www.thechc.org

We are here for you!

PROGRAM IMPACT ~ Making A Difference, One Student at a Time

Prevention Programs Make a Difference - We know prevention education works, because we measure changes in knowledge and attitude through pre- and post-surveys. Our evidence-based programming has been tested and proven to make a difference in the lives of those served. However, it is often through our focused time and face-to-face interaction with students and adults that we learn about the fuller impact we make in their lives. Here are a few successful stories:



- One of CHC's caring mentors worked with a kindergartner whose family was struggling through divorce, causing the child to withdraw, hide feelings and look to her mother for permissions before responding during virtual meetings. By taking time with the child each week, sharing a personal story about shyness and family separation, and using age-appropriate materials about divorce, the mentor created a trusting relationship with the student who became more conversational, open to discussing feelings, and responsive without needing external prompts.
- An elementary parent asked CHC staff for help in controlling her child's outbursts of anger. The student was well mannered in school, but this behavior would happen at home, and punishment was ineffective. During mentoring sessions, it was discovered the child didn't like to lose, particularly when playing games, and his temper was triggered when things didn't go his way. As the student opened up during sessions, the mentor learned that the child didn't know how to express his creativity. He especially wanted to learn to cook, and the mother never knew that. The mentor shared calming and mindfulness exercises with the student, and the family began to cook together which turned into positive experiences and averted time from frustrating video games. After just two months, the student felt in control of his emotions, and expressed a desired goal to become a chef when he grows up.
- CHC staff often face the challenges of family cultures who resist counseling, but sometimes Project SUCCESS is the only form of support to which parents will agree. One student reached out to a CHC mentor for help after identifying as gay without family acceptance. The mentor quickly recognized the student could be headed toward depression. With a deeper method of intervention needed, the mentor worked on building trust with the parents who finally were willing to seek school-based mental health services for their child through the hospital network. The persistence of the mentor and time taken to build trust with the family enabled the student to get the help that was needed.

COMMUNITY IMPACT ~ Meaningful Partnerships

CHC and Northampton County Drug and Alcohol cohosted an online Addiction and Recovery Forum on September 22, 2020, which featured three wonderful speakers:

- **Brian Sabo**, CRS and Director of the Hope Center, shared his own journey through addiction and recovery in his talk, *The Power to Overcome Substance Use Disorder*. The Hope Center, located in Bethlehem, offers recovery support, including AA and NA meetings, family support gatherings, and Certified Recovery Specialist trainings.
- **Rhonda Miller**, CFRS, is the Executive Director of Speak Up for Ben, Inc. and Oasis Community Center, located in Bethlehem. Rhonda's talk, *Speaking Up: Changing the Dialogue to End the Stigma Epidemic*, focused on the need to lessen stigma around substance use in order to break down barriers to recovery. Oasis programs, including Adult Children of Alcoholics, grief groups and SMART Recovery, to name just a few, focus on the needs of family and friends affected by substance use.
- **Beatriz Messina**, LSW, MSW, Assistant Professor and Counselor at Northampton Community College, provided *Why Youth Recovery Programs are Essential*. Beatriz spoke about the specific recovery needs of older teens and young adults. As Director of the NCC Collegiate Recovery Program, she works with students who are in recovery and looking for a supportive environment within the college campus culture.

Nearly 200 people participated in the five hour program that also included question and answer sessions with local Certified Recovery Specialists. Attendees included people working in the substance recovery field, school counselors and administrators, and employees of various social service agencies and non-profit organizations.

Videos of the three featured speakers are available on the CHC website: www.thechc.org/resources/videos.html.

PROGRAM IMPACT ~ Measuring Results

<u>Student Assistance Program</u>: CHC served **93 of the 93 schools** in Lehigh County and **55 of the 55 schools** in Northampton County with liaison services, technical assistance, material dissemination, newsletters and other communications, team maintenance, and evaluation services through the Student Assistance Program (SAP). CHC's Commonwealth Approved Training Program certified **125 new SAP professionals**.

Project SUCCESS/Crossroads Mentoring Program: The PSCR staff mentored 614 students from 31 schools throughout the Lehigh Valley, many of whom were remote students during the school year. Some of the 2020-2021 results showed these student improvements: 49% understood another's point of view; 49% communicated better with peers; 47% sought help from adults; and 56% resisted or said "no" to peer pressure. Complete data on attendance, grades and disciplinary incidences was limited due to the impact of the Covid-19 pandemic.



<u>Other Programs</u>: CHC conducts pre- and post-surveys to determine the impact of prevention education. Program results are analyzed to determine if there is a significant difference in knowledge score and attitude shifts between the pre- and post-surveys; meaning their attitudes improved and knowledge increased. These results are part of a fuller evaluation that considers factors such as the level of pre-survey knowledge and attitudes, and the regularity and consistency of prevention education among the population. The following is a sampling of 2020-2021 results.

Knowledge Gains and Attitude Improvements:



- Second Step, an evidence-based multi-session program for elementary school students, had a knowledge increase of 33%.
- **Choices-Chances-Changes**, a single-session informational program, had a knowledge increase of 49.7% and an attitude improvement of 14.2%.
- **Current Drug Trends**, a single-session informational program, had a knowledge increase of 64.7% and an attitude improvement of 3.9%.
- HOPE for High School Students, another single-session program, had a knowledge increase of 32.4% and an attitude improvement of 11.7%.
- The Addiction and Recovery Forum targeting high school and college youth, had an attitude improvement of 16.8%.
- The **Fetal Alcohol Spectrum Disorder (FASD) conference**, offered annually to the general public, had a knowledge increase of 82.1% and an attitude improvement of 18.5%.

Program Participant Totals 2020-2021				
Population	Lehigh County	Northampton County	Other Counties	TOTAL
Elementary (ages through 11 years)	2,178	3,031		5,209
Secondary (ages 12-20 Years)	4,086	1,497	40	5,623
Adults (ages 21 and older)	3,185	1,444	217	4,846
TOTAL	9,449	5,972	257	15,678

We are grateful for the time and talents donated by our volunteers! The organization was gifted with 130 hours of service from 29 volunteers, valued at \$3,710.20. ES = Elementary School IS = Intermediate School MS = Middle School

COMMUNITY IMPACT Clients Served in 2020-2021

HS = High School SD = School District CS = Charter School

A Clean Slate Recovery Center Abe's Six Pack Ada B Cheston ES Air Products Alburtis ES Allentown Housing Authority Allentown Learning & Achievement School Allentown SD Allentown Victory Church Arts Academy Charter ES Avona ES Bangor Area HS **Beer Brothers** Beer Company Bethlehem Area SD **Bethlehem Catholic HS** Beverage & Smoke **Blank Slate Church** Blue Moon Beverage **Boom-A-Rang Beverage** Boy Scout Troop 439 Boys & Girls Club of Easton **Budget Beverage Building 21** Casa Guadalupe Catasauqua MS Cedar Crest Student Nurse Assn. Central ES Change on Main **Chestnut Hill Church** Children's Clinic of Lehigh Valley Col John Siegfried ES Colonial Intermediate Unit 20 Corey & Kimberly's Ride D & R Beverage **DeSales University** Donegan ES Dorneyville Beverage Drew's Beverage Barn **Dual Language CS** East Penn SD East Side Family Beverage Easton Area HS Easton Area MS Easton Arts Academy **Easton Beverage** Easton Community Center Edward Tracy ES

Emmaus HS **Epworth United Methodist** Church **Executive Education Academy CS** Eyer MS Fairview Park (Health Fair) Faith Church Faith Community Assembly of God Fed Up Coalition Rally Forks Beer & Soda Fountain Hill ES Francis A March ES Francis D Raub MS Freedom HS Freemansburg ES Governer Wolff ES Grace Deliverance Baptist Church **Greater Shiloh Church** Hanover ES Harrison Morton MS Hays ES Healing Path Psychology Hope Center International UBIC Iron Run Beverage Jefferson ES (ASD) Jefferson ES (EPSD) Kolbe Academy Lehigh Carbon Community College (LCCC) Lehigh County Community **Corrections Center** Lehigh County Dept. of Corrections Lehigh County Jail Lehigh County Juvenile Probation Notre Dame HS Lehigh Learning & Achievement School Lehigh Parkway ES Lehigh Valley Charter HS for the Arts Lehigh Valley Children's Center Lehigh Valley DUI/Highway Safety Task Force Lehigh Valley Hospital Liberty Bell Beverage Liberty HS Lincoln ES (Bethlehem Area SD) Lincoln ES (East Penn SD)

Lincoln Leadership Academy CS Louis E Dieruff HS Lower Macungie MS LV Charter HS for the Performing Arts LVHN Allentown LVHN Muhlenberg Alternative Program Macungie ES Macungie Memorial Park (Health Fair) Marvine ES **Miers Brauerei** Moms of Easton Moravian Academy US Mosser ES Muhlenberg ES Nazareth Area HS Nazareth Area MS Nazareth Area SD Nazareth Carnival **New Bethany Ministries** Newcomer Academy Nitschmann MS Northampton County Drug & Alcohol Northampton County Health & **Human Services** Northampton HS Northampton MS Northampton SD Northeast MS Northern Lehigh HS Northern Lehigh MS Northwestern Lehigh HS Northwestern Lehigh SD **Oasis Community Center** Our Lord's Ascension Polish National Church Palmer ES Parkland SD **Pavlish Beverage** Paxinosa ES PC Beverage Pen Argyl HS Peters ES Plainfield ES Ramos ES

Ritter FS

Roberto Clemente Elementary CS Roberto Clemente Secondary CS Roosevelt ES Salem United Methodist Church Salisbury Township SD Saucon Valley HS Saucon Valley SD Seven Generations CS Shangy's Beverage Shawnee ES Sheridan ES Shoemaker ES Slatington ES South Mountain MS Southern Lehigh MS St. Anne School St. Catherine of Siena Catholic Church St. Lukes Health Network St. Lukes School of Nursing St. Paul Roman Catholic Church St. Thomas More Tara Zrinski Event Temple del Refugio The Barn Church The Nehemiah Wall Trexler MS **Trinity Wesleyan Church Union Terrace ES** United Way GLV - Education Partner Walters Park (Health Fair) Whitehall HS Whitehall-Coplay MS Whitehall-Coplay SD William Allen HS Wilson Area HS Wise Guys Beer Young Life Ministries Youthbuild Allentown



PROGRAM PROVIDERS ~ PROBLEM SOLVERS



The Center for Humanistic Change facilitates interactive experience-based trainings and small groups that engage participants in meaningful learning. Custom programs have been designed in response to the specific needs of schools, community organizations and businesses in the Lehigh Valley.

Many of our evidence-based programs have been approved by the National Registry of Evidence-Based Programs and Practices (NREPP), which is hosted by the Substance Abuse and Mental Health Services Administration (SAMHSA) within the U.S. Department of Health and Human Services (HHS.)

DONOR IMPACT ~ Supporters Making a Difference

<u>\$1000-\$2499</u>

Arlene Lund Ray Venable, in memory of Bob & Mary O'Rourke

\$500-\$999

Kristen Hettrick RC Kelly Law Associates, LLC Donald & Theresa Rives Edward Spitzer

<u>\$250-\$499</u>

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<u>\$100-\$249</u>

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<u>Up to \$99</u>

Maria Alonso-Tomlinson Amazon Smile Anderson Family Trust Anonymous Jim & Patti Argondizzo B. Braun Medical Andrea Bickert Laura Bickert Ciarlello Nancy Bushspice Brandon Chasse Michael Chasse Christine Newes Interiors Martin Cottrell Sandra Duarte Kathleen Elliott Kurt & Gemma Fendler Gary Fields Amy Jo Fields James & Kathleen Halkins Susan Henry



The Board of Directors appreciates the staff and leadership at CHC for another great year of making an impact in the Lehigh Valley one person, one family, one school, one organization, one company at a time.

Allen Hess Joan Howe Patricia Jackson Kate Joyce Megan Kartchner Rachel Kisselbach Taylor & T.J. Kleffel Karen Kohn Constance Leslie Sandra Lisin Gregory & Linda MacGill Meredith Makoul Gladys Malone Jim McDade Mildred Miller Delia Mitchell Michael Ott Penn State University John Petruzzelli PPL Electric Utilities Corp.

Paula Ream Michael Roche Virginia Sandoval Donna & Helmut Schoen Jonathan Schultz Daniel Schwartzman Patrice Schwartzman Diane Seip Patrice Shelton Maureen Simonetta Suzan Soltani Wendy Texter Elizabeth Thomas Jobin Thomas Amie Tracv Devon Vukovich Richard & Melody Weisman Ian Williams Lisa Wolff

FINANCIAL REPORT: July 1, 2020 - June 30, 2021

CHC's volunteer Board of Directors provides prudent oversight of the finances and assists the Executive Director with financial management, allowing for smart growth that aligns with the agency's mission.

The organization is financially stable. With a strong investment portfolio, the agency's bottom line grew modestly in the 2020-2021 fiscal year.

Eighty-five percent (85%) of government, private and foundation grants, service fees and contribution revenues support direct programming to engage community members in building skills for life's challenges.

Statement of Activities: 6/30/2021 Revenues, Gains and Other Supports



- Government Contracts: \$2,039,634 (78%)
- Grants: \$205,762 (8%)
- = Service fees: \$33,255 (1%)
- Contributions: \$27,330 (1%)
- Investment Income: \$307,492 (12%)

Many thanks to these funders who supported CHC's programs and services with grants and contracts:

Anonymous Foundation Bethlehem Rotary Foundation City of Bethlehem Development Block Grant **Commonwealth Prevention Alliance** Cravola Harry C. Trexler Trust Just Born Quality Confections Lehigh County Department of Human Services, Drug and Alcohol Division Lehigh Valley Dual Language Charter School Martin Guitar Charitable Foundation Northampton County Department of Human Services. Drug and Alcohol Division Northampton County Medical Society Provident Bank Foundation Rotary Club of Allentown Donald B. & Dorothy L. Stabler Foundation Sylvia Perkin Charitable Trust Trumbower Hospital Foundation Two Rivers Health & Wellness Foundation United Way of the Greater Lehigh Valley Wawa Foundation



Statement of Functional Expense: 6/30/2021



- Program Services: \$1,584,137
- Management and General: \$217,977
- Fundraising expenses: \$51,543

For the year ended June 30, 2021, the audit opinion confirmed that the audit was "in accordance with accounting principles generally accepted in the United States of America." The audit was conducted by Campbell, Rappold & Yurasits, LLP, Certified Public Accountants and Advisors.

CHC is registered through the Pennsylvania Department of Charitable Organizations. Registration does not imply endorsement.

Extreme Platinum

• The Richard and Susan Master Family Foundation

<u>Platinum</u>

- ♦ The Carpino Group
- ♦ Morey, Nee, Buck & Oswald, LLC

Bronze

- ♦ Arlene J. Lund, Consulting
- ◆ EZ Micro Solutions, Inc.
- ◆ Jacklyn & Emily Baldwin
- ♦ mohr Digital
- ♦ Pure Light Reinvest
- ♦ The Wolff Family

Although the spring event was virtual, we appreciate the support from our 2021 Highmark Walk sponsors, helping to raise \$11,840!

<u>Gold</u>

♦ CHC's SAP Team

<u>Steel</u>

- Bickert's Buddies
- Hampton Design Group
- Kistler Tiffany Benefits
- The Ferketich Family
- ♦ The Reilly Family
- ♦ The Staib Family

