



# LSA Family Health Service

Founded by the Little Sisters of the Assumption in 1958

The Little Sisters of the Assumption Family Health Service, Inc. (LSA) is a neighborhood-based nonprofit committed to offering human services to the underserved, marginalized and poorest families of East Harlem. Founded in 1958, our roots go back to 1891, when the first Little Sisters of the Assumption arrived here from Paris to nurse the poor in their own homes with respect and dignity.

In 2016 over 2,100 families, representing more than 7,000 individuals, benefited from LSA's holistic, multi-service model of supporting families in their struggle to emerge from crisis, poverty or illness. LSA's health and social service programs are aligned in two broad clusters:

## Community Health & Wellness

Advocacy & Food Pantry  
Environmental Health Services  
Home Nursing

## Family Support

Parenting & Child Development  
Preventive Services

**The Sharing Place Thrift Shop** provides LSA families with emergency clothing and small household items. It is a popular destination for community residents needing good quality, bargain-priced clothing.

## Core Client Demographics

- The majority of LSA's clients live in East Harlem, with 77% living below the federal poverty threshold
- 75% are of Hispanic heritage; 50% of clients identify Spanish as their primary language (7% list indigenous languages like Mixteco or Nahuatl as primary)
- 92% of adult clients (18+) are women
- 23% of all clients are children ages 0-4
- Average client income is \$18,779
- 35% live doubled- or tripled-up in apartments
- 45% need food from LSA's food pantry

## Program Numbers

- Over 3,600 program enrollments, with some families or individuals enrolled in multiple programs
- Nurses made nearly 2,000 home visits (most are for maternal and infant care)
- Community health workers made 313 visits to improve home air quality
- 72% of children served by LSA Environmental Health had fewer asthma-related emergency room visits.
- The Food Pantry fed 1,900 monthly (mostly families with young children)
- 98% of 257 children in LSA's Family Support Preventive Services were kept out of foster care.

## Community Partners

Over 80 community partners, including:

- Immigration services providers
- Hospitals, medical centers, health clinics
- Head Starts/Early Head Starts
- Community centers and high schools
- Cultural, legal, religious organization

## Key Funders

Achelis-Bodman Foundation  
New York Immigration Coalition  
Robin Hood Foundation  
Maternity and Early Childhood Foundation

Alfred E. Smith Memorial Foundation  
Pinkerton Foundation  
Deerfield Foundation  
Odyssey Re Foundation



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Our programs offer a special focus on families and young children, and emphasize the building of trusting, caring relationships between staff and clients. Home visits by specialized staff, such as skilled nurses, social workers, and environmental health workers, complement on-site program work.

## Core Programs

### COMMUNITY HEALTH & WELLNESS

**Advocacy & Food Pantry** programs help poor families meet their immediate need for food and address the longer-term issues that keep people in poverty.

**Environmental Health Services** serve asthmatic children in East Harlem whose illness can be improved by mitigating triggers in the indoor air environment. We do this through hands-on home-visits by skilled environmental workers, family training and community workshops.

**Nursing**, through our Certified Home Health Agency (CHHA), provides direct nursing care to patients at home. The program specializes in Maternity Outreach (prenatal and postpartum care and follow-up care to newborns), parenting and breastfeeding classes, and supporting wellness and nurturing relationships between mother and child.

### FAMILY SUPPORT

**Parenting & Child Development** works with parents to keep very young children (up to age 3) developmentally on track through home visits and socialization groups, and provides academic enrichment and social/emotional supports to school age children in grades K-3.

**Preventive Services** is a family support program that strengthens family functioning to avoid placement of children in foster care. Key program components include counseling, referrals for specialized treatment, help with parenting and daily life management skills, and follow-up with education, health care, housing, entitlements, and more, based on the needs of the family.

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**The Sharing Place Thrift Store** is East Harlem's popular destination for those in need of good quality, bargain-priced clothing and housewares. It's where anyone with a meager budget can shop with dignity, meet their neighbors, build community, and learn about LSA's programs.

For more information about our programs, visit [littlesistersfamily.org](http://littlesistersfamily.org).