Dear Friends,

While gentrification continues to spread in East Harlem, the needs of the community are still great. Families who come to LSA face poverty, food insecurity, eviction and homelessness, poor housing conditions, chronic health problems, and limited educational opportunities.

Everything we do at LSA aims to help families move past these barriers to well-being and toward a more promising future.

Over the past year, we have strengthened partnerships and worked to improve the quality and reach of our programs in many ways:

• A strategic plan, crafted with extensive feedback from the community, staff and supporters, led to a realignment of programs, divided into two clusters: Community Health and Wellness and Family Support.

• East Harlem has long been an immigrant neighborhood, and our programs have responded to shifting policies by increasing outreach to this population. Our efforts have included connecting families with legal help and providing resources such as financial literacy, emotional support and other workshops to meet the needs of the community.

• Third grade is a critical milestone for children — students who are performing below grade level at third grade struggle to catch up and are at a greater risk of dropping out of school over time. With this in mind, we restructured our afterschool program to focus on children in kindergarten through third grade who are struggling academically. We ramped up the one-on-one tutoring that students receive and introduced socioemotional support that builds confidence and social skills in children.

• Our Nursing and Environmental Health Services have strengthened partnerships with Harlem Hospital, Mount Sinai, Metropolitan Hospital and Boriken Neighborhood Health Center to ensure that our clients are receiving integrated care to manage chronic health conditions and prevent emergency room visits.

• Our Preventive Services, a program in contract with the NYC Administration for Children’s Services, continues to receive high ratings from the administration for its work to stabilize families and protect children.

All that we do is possible through the efforts of our talented staff, dedicated board members, volunteers, and the many donors who support our programs.

As we look to the future, we invite you to join us in our mission to help the most vulnerable achieve the wellness and strength they need to move forward. Volunteer, donate and spread the word about our work with families. Our greatest strength is in you — our supporters!

Sincerely,

Scott DePetris  Reada Edelstein
Board Chair  Chief Executive Officer

MISSION
LSA Family Health Service, founded by the Little Sisters of the Assumption, strengthens and empowers vulnerable families and children by meeting their basic needs for food, healthcare, education and a safe home, in the belief that affirming families in their own dignity improves the entire community.

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Wendy Miron  Director, Parenting and Child Development
Gloria Morton  Director, Corporate and Foundation Relations
Lucia Russett  Director, Advocacy and Food Pantry
Nilsa Walsh  Director, Family Support and Preventive Services
Year in Numbers

FAMILIES SERVED: 2,130
INDIVIDUALS IMPACTED: 7,000+

CLIENT PROFILE
$18,779 is the average household income
77% live below the federal poverty level
38% of families have children 4 years old or younger
35% of families live “doubled up” in households with more than one family

ENROLLMENTS BY PROGRAM
(clients may be enrolled in more than one program)

- Advocacy/Food Pantry: 41%
- Nursing/Certified Home Health Agency: 13%
- Parenting and Child Development: 19%
- Preventive Services: 4%
- Early Intervention*: 4%
- Environmental Health Services: 9%
- Other Family Services: 10%

2016 PROGRAM IMPACT

- 1,996 people on average per month were fed by our Food Pantry
- 4,633 total home visits to provide nursing, environmental health, child development and family support services
- 5,058 lbs of fresh local produce were distributed through collaboration with Just Food and HPNAP/United Way NYC
- 153 individuals were served by the Legal Aid Society immigration legal clinic held at LSA
- 96% of infants receiving home nursing visits attained appropriate developmental milestones
- 80% of high-risk parents in the Parenting and Child Development program showed stronger parenting skills
- 81% of children in our summer enrichment program improved at least one reading level, 15% improved 2 or more reading levels
- 98% of at risk children served were kept out of foster care
- 1,047 home visits were made to keep children out of foster care
- 80% of school children in our Environmental Health program had fewer or no urgent care or emergency room visits as a result of asthma

*Early Intervention was phased out as a LSA program in September of 2016.
Community Health and Wellness Programs

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

Environmental Health Services
Environmental Health Services improve health and well-being by helping families remove asthma triggers from their homes.

Nursing, through our Certified Home Health Agency (CHHA), provides direct nursing care to patients at home. The program specializes in maternity outreach — prenatal, postpartum, newborn & pediatric care.

INNOVATION AND RESEARCH

Early Learning: New York University is working with families in the Parenting and Child Development program to research family makeup and its impact on parent-child bonding and language development. The aim is to create and pilot a new intervention program that will promote parent-child language interactions during common, everyday activities at home.

Greening and Asthma Prevention: The Environmental Health program is participating in several national and local studies that investigate the relationship between environment and public health. One study evaluates the health benefits of renovating affordable housing with “green” materials and technologies. Another study is looking into the impact of asthma management support for high-risk adult asthmatics. Finally, in partnership with Columbia University Mailman School of Public Health and the New York Academy of Medicine, the program is participating in a study focused on the prevention and control of mold, which can trigger asthma symptoms and other adverse health conditions.

Reaching Immigrants: Our Advocacy program partnered with the Mexican Initiative for Deferred Action (MIDA) to do grassroots outreach in the community in order to provide immigration resources to eligible individuals. Data was collected to learn how DACA (Deferred Action for Childhood Arrivals) affects the lives of those who obtain it.

Tracking Health Trends: Two MD-MPH students from Icahn School of Medicine at Mount Sinai are looking at Nursing data from 2012 to 2015 to help us understand health trends in our patient population. Thanks to a grant from the Sills Foundation, LSA embarked on a 3-year capacity-building project to develop agency-wide and program specific metrics to better measure impact and to implement best practices in the use of data systems to capture key information.

YAZMIN initially came to LSA for food. She was soon referred to our Parenting and Child Development program for her 10 month old, and our Environmental Health Services for her oldest son, Charle, who suffers from asthma. The family received regular visits to help with pest control, a new bed and play pen, storage bins and education on how to improve the air quality of their apartment.

“We’re very happy because I see that Charle’s asthma is improving. He used to have a lot of problems, a lot of allergies. LSA really helped to improve our quality of life and the quality of life of our children.”
Family Support Programs

Parenting and Child Development works with parents to keep very young children (up to age 3) developmentally on track and provides academic enrichment and support to school-aged children in grades K-3.

Preventive Services is a support program that strengthens family functioning to avoid placement of children in foster care.

The Sharing Place Thrift Store is a popular destination for good quality, bargain-priced clothing and housewares. In addition, the store provides free emergency clothing to clients in immediate need.

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2016 FINANCIAL REPORT Year Ending December 31, 2016

LSA’s leadership team continues the ongoing commitment to control costs while strategically managing growth. LSA’s 2016 deficit was offset by a reserve fund supported by major donors from the Board of Trustees. 2017 budget projections show a surplus of $11,000. Operating income for 2016 consisted of 60% in contributions from events, foundations and individual donors. Seventy eight percent of revenue was spent on programming, 10% on management and general operations, and 12% on fundraising, communications and volunteer services and activities.

OPERATING REVENUE

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<tr>
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<td>Foundations</td>
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<td>Thrift Store</td>
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<tr>
<td>Individual Donations</td>
<td>18%</td>
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<tr>
<td>Government</td>
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<tr>
<td>Investments/Other Income</td>
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<td>In-Kind Services</td>
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<tr>
<td>Programs</td>
<td>78%</td>
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TOTAL: $5,011,794

OPERATING EXPENSES

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TOTAL: $5,907,713

78% of funds raised in 2016 were spent on programs for families.

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38% of families in LSA programs have children 4 year old or younger.

In 2016, our pantry distributed 5,058 lbs. of local produce through Just Food and HPNAP United Way NYC.
Our Supporters

We extend our sincere thanks to all who gave under $1,000 but are not listed in the printed report due to space limitations. Special thanks to those who made in-kind contributions or generously donated items to The Sharing Place Thrift Store.