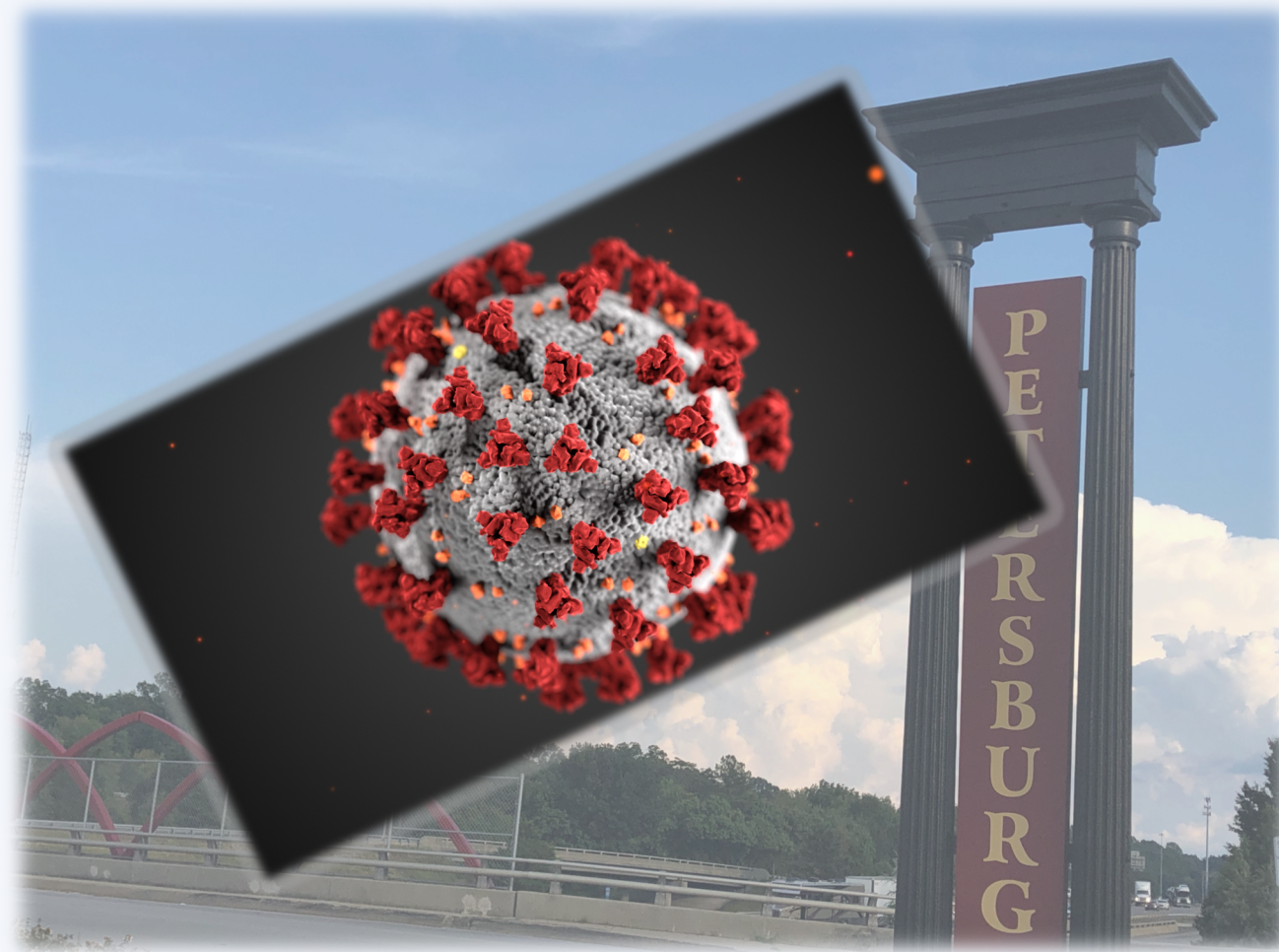




PETERSBURG WELLNESS
CONSORTIUM
COMMUNITY ENGAGEMENT, COLLABORATION, AND PARTNERSHIPS

Annual Report 2020



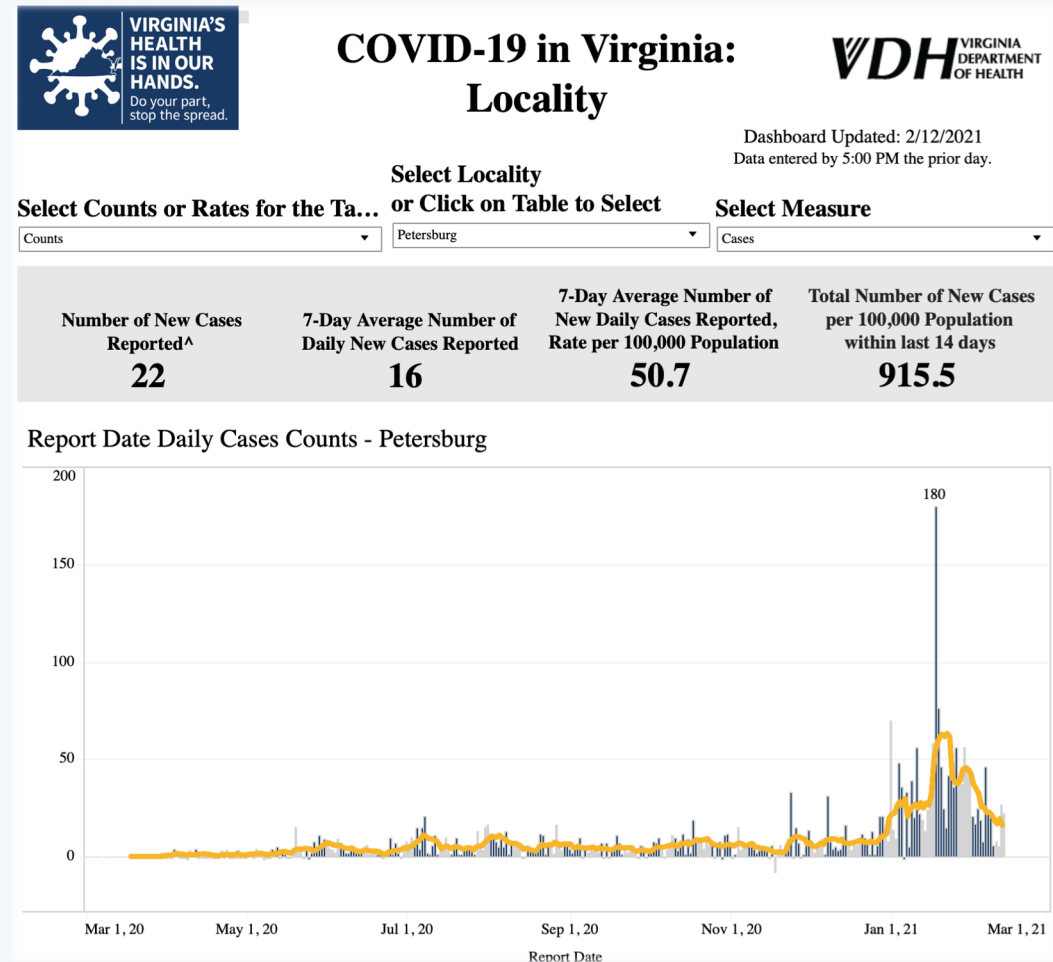
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Like every other organization in the U.S., the work of the **Petersburg Wellness Consortium** was affected by the arrival of the COVID-19 pandemic.

PWC began 2020 strong, with an eye toward expanding the high level of community engagement reached in 2019. Those efforts shifted significantly in March when the national emergency was declared, and face-to-face interactions as we knew them changed for the unknowable future.

This year's Annual Report highlights the ways PWC continued operating under the year's historically challenging conditions.



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Community Engagement



On January 25th, PWC Vice-Chair Annie Mickens led a workshop at Greater Faith AME Zion Church on the role that faith leaders can play in reducing the level of Adverse Childhood Experiences (ACEs) in the community.

That evening, PWC Board Member Robert Noriega (Oral Health Work Group Co-Chair) attended the Sports Backers' Fitness Warriors Annual Warrior Nation Celebration. He accepted a grant for the Petersburg Public Library to purchase fitness equipment, and was on hand when PWC Chair Theresa Caldwell received the prestigious Raymond D. Patterson Award for community service.

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Community Engagement



On February 18th, PWC Board Member Shirley Dobie (Oral Health Work Group Co-Chair) was on hand for a health fair at Walnut Hill Elementary School, where she helped students and their families understand the impact of smoking on oral health.

During PWC's February 25th meeting, Board Member Debbie Jones (Chronic Disease Work Group Chair) gave a healthy eating presentation. She made time after the meeting to answer questions from members like Petersburg Family YMCA Executive Director Marco Callender. PWC Meetings are (were) held at the Petersburg Y.

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The 2020 Youth & Family Resource Guide



PWC's second Youth & Family Resource Guide was released. It is also available on our website.

Special thanks to the PWC special committee members who worked for several months to develop the comprehensive publication: Theresa Caldwell, Marco Callender, Tiffany Carter, Elizabeth Di Stasio, Rachel Hunley, Beverly King, Valerie Liggins, Monique Lindsey-Howell, Morgan Maxwell, Annie Mickens, Jennifer Murphy-James, and Jeff Suho.

The guide would not have been possible without the incredible support of The Cameron Foundation, City+Schools Partnership Early Childhood Workgroup, Crater Health District, Fit4Kids, Healthy Start Loving Steps Community Action Network, Petersburg Family YMCA, Petersburg Healthy Options Partnerships (PHOPS), and the Southside Trauma-Informed Community Network (STICN).

Thank you!

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Pandemic-Strengthened Partnerships

We did not see each other the way we always did, but PWC joined other organizations in continuing to work together for the greater good of the community we serve.

For example:

- Our e-newsletters shared valuable resources throughout the year. Special thanks to PWC Secretary Rachel Hunley for her hard work on the e-newsletters!
- Our website's Resources tab was expanded to include an expanded list of valuable supports. Special thanks to our website manager Rachel Beck-Berman!
- We stepped-up our engagement with the Southside Trauma-Informed Community Network's (STICN) virtual events.



Other Resources and Support

Health and Fitness

- Pathways: <https://www.pathways-va.org>
- YMCA At-Home Workouts: <https://www.ymca.net/your-y-at-home-staying-active>
- Fitness Warriors free video workouts: https://www.youtube.com/playlist?list=PLC4lyertGTSguyKGkaRdx5s26_5GwyGb
- VA Diabetes Council: <https://virginiadiabetes.org>

Trauma and Resilience

- Suicide Prevention Lifeline, 800-273-TALK (8255), suicidepreventionlifeline.org
- American Foundation for Suicide Prevention, asp.org
- National Domestic Violence Hotline: 800-799-7233 (SAFE), <https://www.thehotline.org/help/>
- Petersburg Domestic Violence Task Force: Contact-Christopher Bernhardt, Managing Attorney Central VA Legal Aid Society 804-518-2128. Call for concerns about family violence or evictions prior to 4/6/2020. <http://cvlas.org>

Youth and Families

- ROBERT explains social distancing coronavirus to kids (Playmobil): <https://www.youtube.com/watch?v=5DIOGKpMNs4>

Left: 6/18 screenshot of STICN-hosted conversation following the screening of the film "Cracked Up."

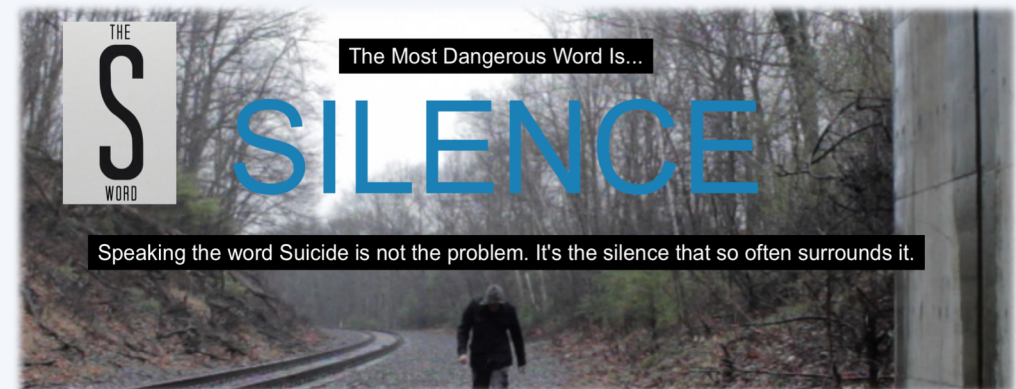
Above/above left: Resources shared in various PWC e-newsletters.

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The S Word

PWC hosted its own major virtual event on September 29th. A special screening period was made available to us by the makers of *The S Word* documentary, which was followed by a community conversation. Our event featured Markita Madden from the Virginia Chapter of the American Foundation for Suicide Prevention, who added valuable insight to the conversation.



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ADMINISTRATION & WORK GROUPS

The Board met 7 times during the year, and there were 3 General Body Meetings. One of the General Body Meetings was *The S Word* Community Conversation.

PWC found it challenging to maintain our membership connections, and the Board saw fit to allow everyone the space to develop ways to manage the new realities brought about by the pandemic.

Work Groups remained active, meeting virtually at the call of the co-chairs.

Special Thanks to VCU Oral Health Project (Dr. Mosavel), Department of Health Behavior and Policy, DentaQuest Partnership!



FINANCES

*Membership dues collected: \$90.00

*Funding received: \$359.76

*Funding for dinner meetings: \$00.00

*Funding for community projects: \$250.00 STICN
2019 Holiday Meeting support.

*Website design/maintenance: \$1,392.85

*Youth Resource Guide design: \$375.00

*Year-end balance: \$14,369.78

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PWC's GOALS FOR 2021

*Launch virtual General Body Meetings in the spring.

*Utilize annual theme of *Good Grief*, host first evening event with the theme as the focus. Expand virtual community engagement efforts.

*Complete 501 (c)(3) non-profit status, development strategies with Pathways (Fiscal Sponsor), updated Work Group project funding process.

*Continue onboarding of new Board Members; develop future organizational leaders.

* Expand community partnerships, especially with Petersburg Healthy Options Partnerships (PHOPS).



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