

BEDFORD COUNTY EARLY HEAD START BEDFORD/FULTON COUNTY HEAD START

2022 ~ 2023 ANNUAL REPORT



What's inside?

We are pleased to share with the community the Bedford/Fulton Head Start and the Bedford Early Head Start Annual Report for the 2022-23 program year. As per the requirements of the Head Start Program Performance Standards and the *Improving Head Start for School Readiness Act of 2007*, the report includes statistics and information regarding school readiness and child outcomes, health, nutrition and family engagement information as well as budgetary expenditures and other pertinent program highlights. The information within this report shows the positive impact we make in the community!

Pg 2: Message from Director

Pg 3: Mission, Vision, and Monitoring

Pg 4: Community Snap Shot & Employee Years of Service

Pg 5: Benefits of Head Start & Early Head Start

Pg 6: Kindergarten Readiness

Pg 7: Annual Child & Family Stats

Pg 8: Parent & Family Engagement

Pg 9 & 10: School Readiness

Pg 11: Financial Statement

Pg 12: Partners

LETTER FROM THE DIRECTOR:

During the course of the 2022-2023 program year, ALSM's Bedford/Fulton Head Start and Bedford Early Head Start (BFHS/BEHS) programs developed goals and strategies to overcome the barriers that emerged from the global pandemic. We remained committed to quality services for children and families and a work environment that supported staff wellness. Changes to our organizational structure and program design were implemented in 2022. We continue to monitor to ensure that the changes have had a positive impact on services. In 2023 face-to-face interactions returned with families as part of our family engagement plan. BFHS/BEHS continue to monitor our services and build the data collected into our continuous quality improvement. I would like to share a quote from Dolly Parton, who sponsors the *Imagination Library*, a book gifting program that provides free high quality books to children from birth until they begin school. "We cannot direct the wind, but we can adjust the sails." BFHS/BEHS has and will continue to adjust the sails.

Tonya Carson

Director—ALSM Children's Service's

HEAD START MONITORING

ALSM's BFHS/BEHS programs received a Notice of Award as a result of a successful five year competitive grant proposal submitted in October 2019. Funding for the current grant continues through December 31, 2024.

BFHS/BEHS received its Focus Area 2 (FA2) federal monitoring review in November 2022. Our program was found to be in compliance with many strengths identified in meeting the requirements of the Head Start Program Performance Standards (HSPPS) or Public Law 110-134, *Improving Head Start for School Readiness Act of 2007* within all areas reviewed; Program Design and Management, Education and Child Development Services, Health Program Services, Family and Community Engagement, Fiscal Infrastructure and ERSEA.

Our most recent financial audit did not produce any findings to report

About Children's Services:

Children's Services is part of Allegheny Lutheran Social Ministries (ALSM), a not-for-profit organization with services that span the generations. ALSM Children's Services programs, including Head Start and Early Head Start, are motivated by a strong set of organizational beliefs and values including the following: Quality, Inclusion, Empowerment, Collaboration, Learning, Advocacy, Wellness, Nurture,

Diversity and Continuity.

We are dedicated to helping parents build on their strengths to improve the quality of life for their children and families. We also believe in and are committed to the importance of quality birth-to-school-age services.

We see the achievements of our program as the result of the combined efforts of our staff, parents and community.

We work together to make our program the best that it can be.

Vision Statement

We support ALSM's mission through an integrated and coordinated department for Children's Services that maximizes the quality, diversity and potential of our programs for meeting the current and future needs of the communities we serve.

We pledge to continue to work in partnership with families and these communities to identify and respond to their changing needs through the promotion of services, resources, referrals, education and advocacy.



Mission Statement

We are a comprehensive, family-oriented program of dedicated, compassionate facilitators who motivate families to help themselves and their children reach their full potential in an ever-changing environment. We work in partnership with families to build children's and parents' strengths, promote their self-esteem, and encourage self-sufficiency and life-long learning. We guide and support parents as their children's primary nurturers and educators. We provide individualized services to prepare each child for success in school and life.

We will continue to work in partnership with families and communities to identify and respond to their changing needs and the needs of their children through provision of services, resources, referrals, education and advocacy.

COMMUNITY SNAPSHOT

The Head Start Program Performance Standards require programs to conduct a full Community Assessment at least once during the five year grant period. The most recent full assessment was conducted in the summer of 2019 with updates since then. The assessment provides data regarding community strengths, needs and resources.

BEDFORD COUNTY

The total population according to the 2022 U.S. Census Quick Facts is 47,577.

According to the 2022 US census quick facts, there are 2,371 children under the age of 5% of the total population.

FULTON COUNTY

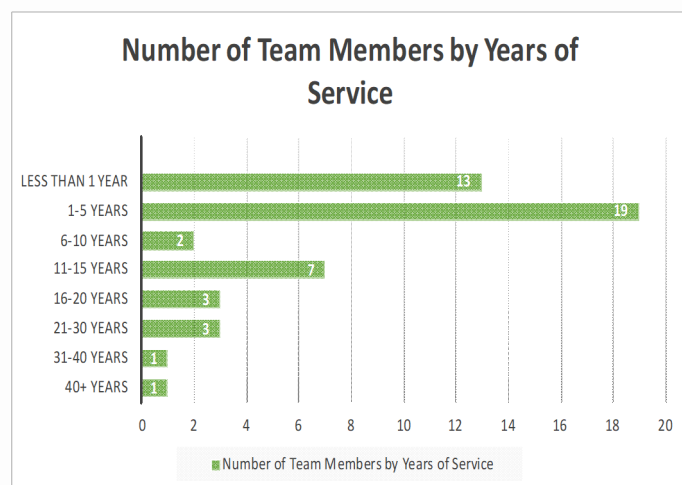
The total population according to the 2022 U.S Census Quick Facts is 14,533.

According to the 2022 census data, there are 683 children under the age of five or 4.7 % of the total population.



Bedford Fulton Head Start and Bedford Early Head Start is very blessed to have many individuals on our team who have dedicated their career and efforts to working with the children and families in our program. In 2022-2023, 10.2% of our team had been with ALSM Children's Services for at least 20 years and 20.14% between 10 – 20 years. This stable base of experience and knowledge of the Head Start/Early Head Start program and the performance standards through these dedicated employees ensures that our team delivers quality services to the families and children in our community. In 2023, we were able to grow our Children's Services team by 13 new members that continue to offer quality early childhood experiences along with 36 additional experienced coworkers for the 2023-2024 school year.

Our staff wellness program is able to offer recognition to our team members for their dedication and years of service through various appreciation efforts throughout the program year. Our Head Start and Early Head Start staff team members have a combined 338 years of experience.



EARLY HEAD START

Early Head Start's programs are available throughout Bedford County and are designed to provide the same kinds of comprehensive child development and family support services as Head Start to families with children under age three and pregnant women.

Early Head Start's services include home visits, health and nutrition services and referrals to other social services that may be needed.

Early Head Start's family focus is designed to help parents be better parents and help their children have a better start on a successful life.

HEAD START RESEARCH INDICATES...

Children having had Head Start services are:

More likely to:

- Have improved intellectual cognitive skills.
- Be healthier.
- Have enhanced self-esteem.
- Exhibit good social/emotional skill development.

Parents involved in Head Start:

- Have increased self-confidence.
- Have increased involvement with their children.
- Are more knowledgeable about their child's learning and development.
- Are more likely to continue involvement when their child enters the public school system.
- Are more aware of community resources.
- Feel they have more control over their lives.

HEAD START

Head Start is a federally funded child and family development program that promotes the school readiness of income-eligible children from three to five years of age. The program strives to enhance the cognitive, social and emotional development of each child in a learning environment that supports each child's growth in language, literacy, mathematics, science, social and emotional functioning, creative arts, and physical skills. Head Start services are available throughout Bedford and Fulton counties.

Head Start also provides children and their families with health, educational, nutritional, social and other services that are determined based on family needs assessments. At least 10 % of enrollment opportunities are made available for children with disabilities, regardless of income.

Head Start recognizes the importance of family-focused early intervention and strives to build upon the strengths of each family. Services and opportunities for children and families are provided through Head Start's major service areas including:

Education: Provides a variety of developmentally appropriate learning experiences to foster intellectual, social and emotional growth through the center, combination and home-based options to prepare your child for school.

Transition: Provides children and parents with information and educational opportunities to prepare them for entrance into the public school system.

Disabilities Services: Ensure that children with disabilities receive the full range of developmental services in an inclusive environment.

Health & Nutrition: Emphasizes the importance of early identification and treatment of health problems and comprehensive health care.

Mental Health: Recognizes the importance of providing mental health and psychological services to children and parents to encourage emotional and social development.

Parent Engagement: Recognizes parents as the primary educator of their child and the most important influence on their child's lives, parental engagement is encouraged at all levels.

Social Services: Provides a wide range of education and training opportunities connecting families and valuable resources in our community.



Preparing Children for Kindergarten:

Important goals for the Bedford/Fulton Head Start and Bedford Early Head Start programs are to prepare the children for kindergarten. We want to prepare not only the enrolled children for kindergarten but also their parents.

- Home visits focus on the parent being the child's first and best teacher.
- All educational domains are covered with the children and parents on home visits.
- The Creative Curriculum and Teaching Strategies Gold Assessment Tool is used in classrooms to promote learning and assess children's progress.
- Parents As Teachers is used to track milestones of development for Home-Based services.
- Individual portfolios are compiled including a sampling of the children's work from both home visits and classroom. Parents are presented with this portfolio at the end of the program year.
- I Am Moving, I Am Learning focuses on gross motor skills and children making healthy choices. Activities are implemented in each classroom and during home visits.
- Conscious Discipline is an evidence-based, trauma-informed approach to social emotional learning. This curriculum promotes strategies to help adults and children to self-regulate and problem solve.
- Classrooms focus on providing a safe and healthy learning environment where many opportunities for teacher-initiated and self-directed play allow children to explore and develop a sense of curiosity and love for learning.
- Individualization occurs for all children during the entire class day, as well as during home visits.
- Positive Behavior Interventions and Supports (PBIS) has been implemented into our program to increase social and emotional competencies in children and address challenging behaviors in early childhood.

Tell me and I forget. Teach me and I remember. Involve me and I learn."

Benjamin Franklin

Transition:

During the 2022-2023 program year, children and parents were provided resources, materials, and activities to support the transition. Parents received information and resources on preparing their children both for preschool and kindergarten. Information was provided on the Bedford/Fulton County Head Start and Early Head Start Facebook parent page as well as handouts given to children and families.

At 30 months old, children and families in Early Head Start were given resources and information to help the families choose a preschool program best for their child. Also included with these resources were information on toilet training, options for preschool, school readiness goals, a copy of the book, *Chica Chica Boom Boom*, and a memory game.

Every child leaving Head Start and entering kindergarten, received a kindergarten-themed book (*The Kissing Hand*) and a backpack filled with school readiness activities, books, and manipulatives.

Head Start teachers completed a developmental checklist for each child entering Kindergarten. These checklists were forwarded to the school districts for Kindergarten teachers to review and use for planning purposes.

Children who have an IEP and receive specially designed instruction from the IU08 or IU11 were given a transition meeting with the school district administration, the intermediate unit and Head Start staff to help to make their transition to Kindergarten as smooth as possible.

"My Child has learned so much. He is counting higher and recognizes more letters and shapes. He has also made amazing friendships and started showing empathy which is a GREAT personal accomplishment for him"

~ Early Head Start Parent

2022~2023 Bedford/Fulton County Head Start Indicators:

- 98 children received Head Start services.
- The average monthly enrollment was at or above 77%. (Funded enrollment is 173, but we did not meet those numbers due to the Covid-19 pandemic.) Our program conducted extensive recruitment efforts throughout the year, such as; contacting past and current parents, reaching out to other community resources, posting ads and flyers and advertising with yard signs.
- Enrolled children receive a vision, hearing, and speech screening along with a weight, height, and body weight index, with follow-up guidance provided.
- 95.9% of the children had a medical home.
- 70.4% of children received preventive dental care. 70.4% had a dental home. 51.6% of children received a dental exam (Covid-19 impacted our ability to utilize a mobile dentist and delayed children in receiving a dental exam).
- 86.7% of the children were up to date with immunizations. 84.6% were up to date for Periodic Screening, Diagnostic and Treatment. (EPSDT)
- 18% of all children enrolled were identified as having a disability.
- 100% of all children enrolled were categorically eligible.
- 139 families received Head Start services.

“Keeping me engaged weekly with new activities for my baby is exciting with my Home Visitor!”
Early Head Start Parent

2022~2023 Bedford County Early Head Start Indicators:

- 37 children and 4 pregnant women received Early Head Start services.
- The average monthly enrollment was at or above 88%. (Funded enrollment is 175, but we did not meet those numbers due to the Covid-19 pandemic.) Our program conducted extensive recruitment efforts throughout the year, such as; contacting past and current parents, reaching out to other community resources, posting ads and flyers and advertising with yard signs.
- Enrolled EHS children receive an age-appropriate vision, hearing, weight, height, and body weight index screening with follow-up guidance provided.
- 100% of children and pregnant mothers had a medical home. 81% of children are up-to-date on a schedule for Early Periodic Screening, Diagnostic and Treatment (EPSDT).
- 97.2% of Early Head Start children were up to date with immunization.
- 81% have a dental home, and 54% received a dental exam (Covid-19 impacted our ability to utilize a mobile dentist and delayed children in receiving a dental exam).
- 14% of all children enrolled were identified as having a disability.
- 100% of all children enrolled were categorically eligible.
- 3% receiving public assistance cash benefits and 3% in foster care. 5% of the children were over-income.
- 63 families received Early Head Start services.

Parent Engagement Highlights 2022-2023

There are many opportunities throughout the year for parents to become involved:

- Policy Council: Leadership, decision-making, conflict resolution, and budgeting, are just a few of the skills practiced by parents who volunteer to participate. Sub-committees review program budgets, policies/procedures, and program planning.
- Volunteering: Provides parents the opportunity to volunteer and support classrooms in many ways, including: from working on homework with children to helping prepare supplies that are utilized in the classroom.
- Ready Rosie as parent engagement piece.
- Parents participate in-home visits by planning individual activities with parental input.
- Professional development opportunities were offered to current parents who were interested in obtaining their CDA certificate or GED (General Equivalency Certificate), or CDL.
- Parents receive information and tools to allow them to develop smoke-free homes. Families that smoke are offered information on ways to quit and are referred to additional support services.
- I Am Moving, I Am Learning involves parents in increasing the time their children spend doing physical activities. It encourages adults to be role models for being active while promoting healthy nutrition choices daily.



Field Trips

We believe that parents are the key to their child's development, and we support parents in teaching their children how to learn in everyday locations and environments. Therefore the EHS families were invited on several field trips and group socialization events to encourage parent relationships with their children. Some of the field trips included Drive In movies, Downtown on the Farm, Hospitality at Spring Farm and a Fishing Rodeo.

Parent Socials and Parent Cafés

Parents were able to come together to share child development practices through our Parent Social and Parent Café experiences. This much-needed parent shared time is valued as parents get to know, and lean on one another to support guidance through the challenges and rewards of parenting young children. Parent Social events also introduce parents in the program to community supports that are available to all family members.

Goals for Parent, Family, Community Engagement Framework

To amplify our focus on positive Family Engagement Outcomes, our families set goals in Parent and Community Engagement that builds on family strengths promote self-esteem, encourage self-sufficiency and support lifelong learning for all family members.

Some of our goal areas include:

- Increased home visit completion rates through effective tracking and reporting.
- Increased focus on family and community volunteer efforts to increase non-federal share donations.
- Increased use of technology to meet the family communication needs including parent-friendly apps and online family engagement systems.
- Improvements on strategies for meeting with parents which will include ensuring that environments are inviting and family-friendly and virtual options are offered.

School Readiness

Our program uses the online Teaching Strategies Gold (TSG) Assessment Tool for Center-Based and Desired Results Developmental Profile (DRDP) to assess each child's developmental level and progress. These assessment tools are aligned to the Head Start Child Development and Early Learning Framework and the Pennsylvania Early Learning Standards. Three times per year, each teacher or parent-child educator elects for each developmental objectives for each child on their caseload. Various developmental objectives are organized into areas of development and learning such as: Approaches to Learning, Social and Emotional Development, Language, Literacy, Cognitive, Math, and Motor Development. This information is used by each teacher and parent-child educator to plan for and implement an individualized education program for each child. Following each determination period, outcomes are analyzed to ensure that our children are making progress within the objectives. Child outcomes are also used to guide the instruction and training of staff. School readiness goals are established within each domain of learning for both the Early Head Start and Head Start programs. These goals are developed from assessment information based on the needs of the children. School readiness goals are assessed in an ongoing manner and changed according to the needs exhibited by the children. An important part of our program is to ensure that parents have an understanding of their child's goals and how they can be working with their child to meet and exceed their individualized goals. Our program is dedicated to having our children be prepared for kindergarten. The outcome results indicate that our Head Start and Early Head Start programs are helping our children go to school with a solid educational foundation and are ready to continue their learning.

Early Head Start School Readiness (2022-2023)

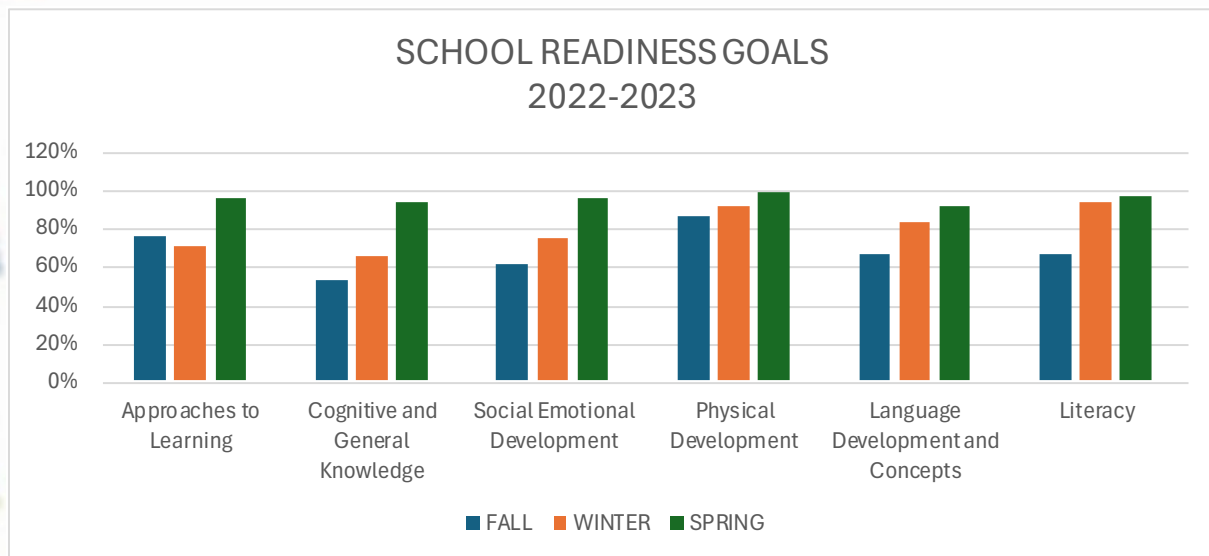
During the 22-23 school year, Early Head Start students showed substantial growth in all School Readiness Goals domain areas from baseline data in the fall to the final report after the spring designation period. After a year of home based services all Early Head Start children finished each domain in the "exploring later" progress zone indicating that these children are learning skills needed for kindergarten readiness.

Early Head Start School Readiness Goals	FALL 2022	SPRING 2023
Literacy:		
Phonological awareness	10%	43%
Social Emotional Development:		
Children will form and maintain positive relationships with adults and children	24%	52%
Physical Development and Health:		
Fine Motor strength and coordination	15%	43%
Language:		
Uses language to express thoughts and needs	10%	43%
Cognitive and General Knowledge:		
Number concepts and operations	19%	38%
Approaches to Learning:		
Positive approaches to learning	38%	52%

Head Start School Readiness Goals

The Program year saw Positive Growth to meet our School Readiness Goals within the Classroom Environment. Cognitive and General Knowledge showed the greatest growth. Our goal was for children to demonstrate increased knowledge in using number concepts and operations, shapes and spatial relationships which are words such as besides, behind and under. The cognitive and General Knowledge Goal was met with a 41% increase throughout the year. Also worthy of recognition was the growth in Social Emotional Development. We focused on children being able to form and maintain positive relationships with adults and children and increase their ability to have a good relationship with others in social settings. The data shows an increase of 34% during the program year.

Our literacy goal was supported this year with the implementation of the Heggerty Curriculum. Heggerty develops phonological awareness through systemic language play activities. Literacy had a 30% increase in growth. During our recent School Readiness Review, the program will continue to develop activities to support children's knowledge of the alphabet and number concepts and operations to strengthen growth within those areas of development.



"My daughter was very shy and never wanted to leave my side. The caring staff have helped to bring her out of her shell and make friends. Academically and socially she has excelled with the Head Start program."

~Head Start Parent



FINANCIAL STATEMENT:

2022 Financial Statement for Head Start Services

	Total Programs	Head Start	Early Head Start	CRRSA Funds	ARP Funds	Bedford PKC	Tussey PKC	Family Center
Grants/Federal Share	\$ 2,839,605.67	\$1,744,759.08	\$ 550,290.33	\$ 5,655.88	\$ 39,287.36	\$ 221,511.18	\$ 93,470.17	\$184,631.67
Federal Food Programs	\$ 31,654.78	\$ 27,494.75	\$ -	\$ -	\$ -	\$ -	\$ 4,160.03	\$ -
Non Federal Share	\$ 511,273.74	\$ 408,322.13	\$ 102,951.61	\$ -	\$ -	\$ -	\$ -	\$ -
Other Program Income	\$ 3,000.00	\$ 1,500.00	\$ 1,500.00	\$ -	\$ -	\$ -	\$ -	\$ -
TOTAL FUNDING	\$ 3,385,534.19	\$ 2,182,075.96	\$ 654,741.94	\$ 5,655.88	\$ 39,287.36	\$ 221,511.18	\$ 97,630.20	\$ 184,631.67
Wages	\$ 1,391,680.25	\$ 777,499.11	\$ 293,634.10	\$ -	\$ -	\$ 156,046.16	\$ 57,643.48	\$106,857.40
Fringe Benefits	\$ 458,162.03	\$ 322,986.18	\$ 72,139.76	\$ -	\$ -	\$ 30,141.22	\$ 7,354.83	\$ 25,540.04
Travel	\$ 97,760.83	\$ 79,616.89	\$ 7,127.32	\$ -	\$ -	\$ 2,323.09	\$ 3,367.35	\$ 5,326.18
Occupancy	\$ 155,246.03	\$ 93,488.58	\$ 36,569.37	\$ -	\$ 97.33	\$ 4,480.00	\$ 5,775.10	\$ 14,835.65
Communications	\$ 36,995.66	\$ 21,882.65	\$ 10,052.11	\$ -	\$ -	\$ 778.90	\$ 1,429.52	\$ 2,852.48
Program Funded Capital	\$ 27,650.00	\$ 27,650.00	\$ -	\$ -	\$ -	\$ -		
Program Supplies/Services	\$ 555,481.12	\$ 367,230.72	\$ 113,897.88	\$ -	\$ 20,817.79	\$ 12,937.08	\$ 14,908.80	\$ 25,688.85
Contract Services	\$ 134,560.55	\$ 83,399.70	\$ 18,369.69	\$ 5,655.88	\$ 18,372.24	\$ 4,146.26	\$ 2,365.99	\$ 2,250.79
Non Federal Share	\$ 511,273.74	\$ 408,322.13	\$ 102,951.61	\$ -	\$ -	\$ -	\$ -	\$ -
TOTAL EXPENSES	\$ 3,368,810.21	\$ 2,182,075.96	\$ 654,741.84	\$ 5,655.88	\$ 39,287.36	\$ 210,852.71	\$ 92,845.07	\$183,351.39
Proposed 2023 Funding	\$ 4,026,665.47	\$ 2,454,835.29	\$ 1,081,967.18	\$ -	\$ -	\$ 232,500.00	\$ 87,500.00	\$169,863.00



Collaborations & Partnerships:

Partnerships allow Head Start and Early Head Start enrolled children from working families to receive comprehensive services provided through Head Start/Early Head Start while children are at the center. They also provide families with services and resources to help them become self-sufficient.

United Way of Bedford County

The United Way funds our home-based group sessions. Providing enrolled families & the community with learning Opportunities.

Children and Youth Services of Bedford County

We collaborate with the Bedford County Children and Youth Services (CYS) agency providing support to families that have open cases. We work in partnership to assist families involved with CYS to obtain needed health care, keep recommended appointments, complete important goals required to have their CYS case closed and in some cases have staff assist in supervised visitations with families whose children have been temporarily removed from their home. Head Start/Early Head Start also provides services to foster children involved in CYS, when possible.

Central Fulton School District

Participate in collaborative scheduling that allows Head Start enrolled children to attend the district pre-school program and Head Start program.

In One Accord of Bedford County

Love Inc. provided 28 families with Easter Baskets in 2023.

Cumberland Union Rescue Mission

The Rescue Mission provided 45 low income families with food baskets in December 2022. This helped to feed more family members of children enrolled in the Head Start/Early Head Start program during the holiday season.

Early Intervention of Bedford & Somerset County DBHS

Early Head Start is a reliable participant in the Bedford County LICC and the Fulton County LICC and has been for many years.

Representatives from Early Head Start actively collaborate with the other LICC members to participate in ChildFind activities, community fairs and events to increase Bedford and Fulton County residents' awareness of the programs and services our agencies provide. With parental permission, the Early Head Start Disabilities Manager directly refers children in Bedford and Fulton County to the Early

Intervention program in the event developmental delays are indicated on screenings completed by the Early Head Start home visitors. The direct referral process from Early Head Start to the Early Intervention program is managed so that the parent is then contacted by Early Intervention, thus removing the parent from having to contact Early Intervention themselves. In today's day and age of busy schedules and lifestyles, it is often appreciated by families to be assisted in this process.

Fulton County Early Head Start

Head Start works closely with this agency to ensure a smooth transition as children transition from their program into ours. We share referrals and support families in crisis and serve as members on each other's Policy Council.

Fulton County Partnership

Provides support to enrolled families through transportation to medical appointments, sponsor a dental clinic and transport families to work.

Bedford Area School District

Head Start is fortunate to offer classroom services within the Bedford Elementary School. The Administration supports our comprehensive services.

Chestnut Ridge School District

Chestnut Ridge School District has been a partner since 1999, when preschool services for Head Start-enrolled four year olds in the district were provided services through a collaborative effort. Head Start children and families are able to receive the services offered by the district, while benefiting from the comprehensive services provided by Head Start.

Everett Area School District

Since 2012 the Head Start program and the Title I staff at Everett Elementary have been working toward the common goal of helping children within the district be more prepared for kindergarten. Since that time, our staff, their kindergarten and Title I staff have met on a quarterly basis for resource sharing and program updates

Northern Bedford County, Northern Bedford School District

Northern Bedford County School District became an established partner in 2008-2009, when Head Start preschool services for eligible three and four-year-olds were offered within the elementary school. Head Start families were able to receive the services offered by the district, while benefiting from the comprehensive services provided by Head Start.

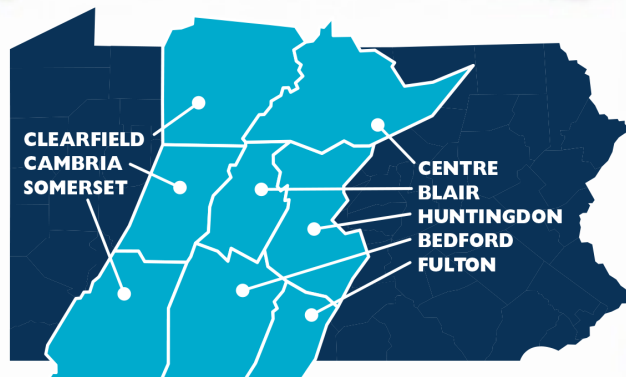
Tussey Mountain School District

The district has partnered with Head Start since 1990 supporting programs and providing staffing within the classroom.



ADMINISTRATIVE SUPPORT OFFICE

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OUR MISSION

*To Serve People Through A Ministry Of Love,
Compassion, And Mercy In The Name Of Our Lord, Jesus Christ*

