



Junction Spotlight

Mission: Transforming Lives Through Faith and Action

January 27, 2021 - Vol 2

COVID-19: Due to restrictions some of our programs have been paused.

HEALTHY LIVING PAYS

The Healthy Living Pays (HLP) program encourages children, youth, and families to adopt healthier lifestyles by giving them the tools needed to succeed. Participants enroll in a wide variety of classes and programs and must commit to attending 3 classes each quarter. Participants are assessed for healthcare and health insurance needs. As a Certified Application Counselor (CAC) organization for the Patient Protection and Affordable Healthcare Act, Stafford Junction screens individuals and families for eligibility to federal health insurance subsidies. The program then assists with either enrollment in a government sponsored health insurance plan or assists them with other options available to them.

The HLP program focuses on preventative health care by facilitating health care access and by hosting educational seminars and screenings designed to prevent illnesses. In addition, the program promotes healthy food choices by offering cooking classes and nutritional seminars. We also plan, promote, and provide transportation for trips to local farmer's markets so our participants have access to fresh fruits and vegetables. Stafford Junction is also a site for the Mobile Food Pantry which is held every fourth Wednesday of the month.



Recovering from Walking Club



After School Exercise

STORIES OF IMPACT

Josepha a hard working mother of two commuted long hours using the Fred bus to get to work. Josepha was getting extremely fatigued and felt something was wrong with her health. Unfortunately, she could not afford medical care. Josepha enrolled in our program and visited our Nurse's Station. She was screened for blood pressure and sugar levels. Our volunteer registered nurse found her blood pressure to be high and recommended she seek professional assistance.

Due to Josepha's legal status, she did not have access to affordable insurance. Through our HLP program, she was referred to the Fredericksburg Christian Health Center. Our program manager assisted her with the application process, and Josepha was able to enroll in one of the clinic's programs. She had her first appointment and was diagnosed with high blood pressure and put on medication. Stafford Junction provided transportation and assisted her with translation services. Josepha knew something was wrong with her health, but she was not aware that her condition was the commonly known "silent killer". Josepha says that The Stafford Junction Nurse's Station changed her life. As a participant in our HLP program she learned that nutrition plays an important role in her medical condition. She also enrolled in the YMCA self-monitoring High Blood Pressure Program. Because Josepha is one of our Healthy Living Pays clients, she was given a portable blood pressure monitoring device at no cost.