



2025 ANNUAL REPORT

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OUR MISSION

Healthy Chesapeake is committed to building a culture of wellness that supports, sustains and advocates for a healthier Chesapeake.

Letter from the Chairman of the Board and Executive Director

Did you know that the phrase “Many hands make light work” can be traced back to a proverb written by the English playwright John Heywood in the 16th century? Mr. Heywood wrote, “A burden that is shared becomes lighter.” This evolved to William Shakespeare’s “Many hands make light work” in 1594. As we think about the wording of the proverb today, it is more accurate to say that “Many brains, hearts, and hands make the work lighter.” This celebrates both teamwork and collective effort.

This is quite evident in the work that was accomplished in 2024-2025. We will share one example. Chesapeake Regional Healthcare’s new Mobile Medical Clinic started with discussions among the members of The Rotary Club of Chesapeake about the need for improved access to preventative healthcare. This was followed by a call to Healthy Chesapeake about what the need looked like across the city, what issues and/or disease should be addressed, and what locations for mobile services provide the most benefit. Chesapeake Regional Healthcare’s leaders were fully on board to evaluate the opportunities, explore ongoing cost commitments, and add this to their services to support the underserved and under-resourced neighborhoods to provide high quality, compassionate care to all citizens, regardless of their ability to pay, their race, their living situations, etc. A grant was successfully written by The Rotary Club and Healthy Chesapeake to Rotary International, and the Mobile Medical Clinic had a soft launch in October of 2024, with a robust rollout in January of 2025.

The whole concept was embraced by sites that partnered to welcome the new Mobile Medical Clinic across the City. Many thanks to the first three sites – ForKids, the Chesapeake Cares Center that provides resources to people experiencing homelessness, and the Dr. Clarence V. Cuffee Community Center. They were instrumental in helping work out the kinks of the new service! The Mobile Medical Clinic sites now include Buffalow Family and Friends, the Ahoy Acres Shoppes on Airline Boulevard, CHIP-SHR’s Sankofa Center, and the Church of St. Therese. Sites for the service will continue to grow in 2025.

In addition, Healthy Chesapeake reached out to the leaders at Chesapeake Integrated Behavioral Healthcare to discuss bringing harm reduction efforts together with the Mobile Medical Clinic so that both physical and mental health could be addressed. CIBH’s Harm Reduction – the PEAKE team (Promoting Empowerment, Acceptance, Knowledge, and Engagement) - goes out with the Clinic as well! That service will expand this coming year with CIBH’s own mobile clinic arriving!

Many brains – Many hearts – Many hands. The teamwork and collaboration that makes the work lighter. All to make the world brighter and healthier for both individuals as well as the City of Chesapeake.

May our work in 2025-2026 be equally impactful.

All our best,



Brian C. Martin, Ph.D., MBA
Chairman of the Board



Phyllis C. Stoneburner, MBA, BSN, RN, NEA-BC⁴
Executive Director

Our Team

BOARD OF DIRECTORS

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Joint School of Public Health initiative*

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Health Sciences at Old Dominion
University*

Ingrid “Jo” Phillips

Chesapeake Citizen

Amanda Powell

*Executive Director of Operations
Alive Church*

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*Licensed Clinical Psychologist
Chesapeake Psychological
Associates*

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Chesapeake Citizen

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*Sheriff
City of Chesapeake*

Jaleh Shea

Chesapeake Citizen

Mark G. Solesky

*Police Chief
City of Chesapeake*

Jaylene Trueblood

*Assistant Director of Care
Coordination Programs
Chesapeake Integrated
Behavioral Healthcare*

Nancy M. Welch, MD, MHA, MBA

*Health Director, Chesapeake
Health Department*

STAFF

Phyllis Stoneburner

Executive Director

Teresa Licato

*Healthy Chef
Program Manager*

Susanna Petersen

*Strategic Development
Manager*

Cathy Rosenberger

*Administrative Services
Manager*

Danielle Porzig

*CARE
Program Manager*

Mattie Owens-Caroon

Assistant Kitchen Manager

Makenzie Lee

Lead Cook

Shawn Ryan

Line/Prep Cook

Laura Puckett

HUB Coordinator

Our Partners

Healthy Chesapeake *convenes multiple stakeholders* to achieve health equity by addressing health disparities and health inequities.



AARP
ABBA List
Agape Feast Homeless Outreach /
Prince of Peace Catholic Church
Ahoy Acres Shopping Center Businesses & Churches
American Cancer Society
American Heart Association
Atlantic Shores Christian School
Bibbs Firm/Sylver Strategies
Brock Institute for Community and Global Health
Buffalow Family and Friends Community Days
Cambridge Square Senior Apartments
Catholic Charities
Centerwell Senior Primary Care
Chesapeake Care Clinic
Chesapeake Care Homeless Resource Center
Chesapeake Cares Resource Center – Airline Blvd.
Chesapeake Commission on Health & Wellbeing
Chesapeake Customer Contact Center
Chesapeake Fire Department & Emergency Services
Chesapeake Human Services
Chesapeake Integrated Behavioral Health
Chesapeake Juvenile Services
Chesapeake League of Advocates
Chesapeake Master Gardeners
Chesapeake Meals on Wheels
Chesapeake Medical Reserve Corps
Chesapeake Mobile Integrated Health Program
Chesapeake Police Department
Chesapeake Public Library
Chesapeake Public Schools
Chesapeake Redevelopment & Housing Authority
Chesapeake Re-entry Council
Chesapeake Rx
Chesapeake Sherriff's Department
Chesapeake Task Force on Aging
Chesapeake Thrives
Children's Health Investment Program (CHIP) –
South Hampton Roads
Church at Hampton Roads
The Church of St. Therese
Community-Based Public Safety Collaborative

Culinary Institute of Virginia
Deep Creek Ruritan Club
Eastern Region Syphilis Taskforce
First Baptist Church South Hill
Foodbank of Southeastern Virginia & the Eastern Shore
ForKids
Glick Community Relief Foundation
Governor's Pointe Apartments
Grace Worship Center
Hampton Roads Community Foundation
Hampton Roads Health Equity Collaborative
Hampton Roads Workforce Council
Healthier 757
Impact Church SoNo
Just Serve
Kin and Kids Consulting
Kings Kid Youth Development Center
Lawson Family Foundation
Macon & Joan Brock Virginia Health Sciences Eastern
Virginia Medical School at Old Dominion University
Messiah United Methodist Church
Minus 9 to 5 Program (EVMS)
Neighborhood
Norfolk Health Department
Norfolk Southern Corporation
Professional Community Intervention
Training Institute (PCITI)
Project Nana
Rotary Club of Chesapeake
The Sankofa Family Center
Senior Services of Southeastern Virginia
South Norfolk Revitalization Commission
Southeast Virginia Community Foundation
Southeastern Cooperative Educational Program
Southeastern Virginia Training Center
Southside Baptist Church
St. Paul's United Methodist Church
Tidewater Community College
United Methodist Family Services
United Way of South Hampton Roads
Virginia Cooperative Extension
Virginia Department of Health
Warren Farms

Our Impact

This year, Healthy Chesapeake has strengthened our commitment to improving community health and engagement through a variety of innovative programs and events. Our continued focus on access and utilization of healthy foods, diabetes, hypertension, maternal/infant health, and the impacts of poverty promotes healthy living and empowers community members with knowledge and resources for better well-being.

Our library initiatives reached participants through cooking classes, healthy recipes, fresh produce, and resources at events such as the Chesapeake Seed Festival and Black History/Heart Healthy Month. We trained library staff to use Healthy Chesapeake's mobile kitchens, enabling Major Hillard and Indian River libraries to offer cooking classes led by ServSafe® certified staff trained by our Healthy Chef Program Manager.

School Age Program events also facilitated engagement in multicultural and family-centered events. The program distributed fresh fruits, recipes, supplies, and educational materials during multiple Back-to-School events, the Oscar Smith Middle School Resource Fair, Family Fun and Fitness Night at Sparrow Road Intermediate, among other events.

Our Early Childhood program is thriving reaching almost 1,000 members of our vulnerable community. Surveys showed that top needs are supplies, food, rent/utilities, skills, and stress relief. The main health concerns are hypertension and rising cases of preeclampsia/eclampsia.

Successes include early identification and treatment of preeclampsia via a new telehealth program, wide-reaching community events like Baby Expo and Diaper Drives, and effective early referrals through home visitation, connecting families with up to 14 resources including WIC, SNAP, and childcare. The HOPE team has helped women in crisis escape abusive situations. Parent Cafes have expanded through CHIP-SHR, Chesapeake Regional Healthcare, and Chesapeake Public Schools. These efforts have had significant individual and community impact.

Healthy Chesapeake also supports the next generation of our workforce by hosting interns, externs, and volunteers and participating in mock interviews. The Executive Director continually serves on and leads multiple community initiatives dedicated to convening various stakeholders within Chesapeake.

Over \$40,000 raised through grants and donations

Over 11,000 served across program initiatives

64,165 pounds of food provided through various programs

Utilizing Feeding America's value of \$1.93/lb. for donated food, this equates to \$123,838

2025 AT A GLANCE

- Participants are 45 to 91 years with a mean age of 65.
- 68.6% African American, 21.6% Caucasian
- 52 participants with 480 visits
- Participants interact with a Nurse Practitioner, Registered Nurse, and/or Social Worker.
- Of the participants, 78% were retired (39.2%), had disabilities (29.4%), or unemployed (9.8%).
- 33.3% and 76.4% were below 125% and 200% of the federal poverty level, respectively.
- A third (33.3%) of the participants lived alone.
- Average HbA1c was 7.9% at baseline and improved to 6.5% throughout the program year. The recommended measure for diabetic patients is $\leq 7\%$ for these participants.

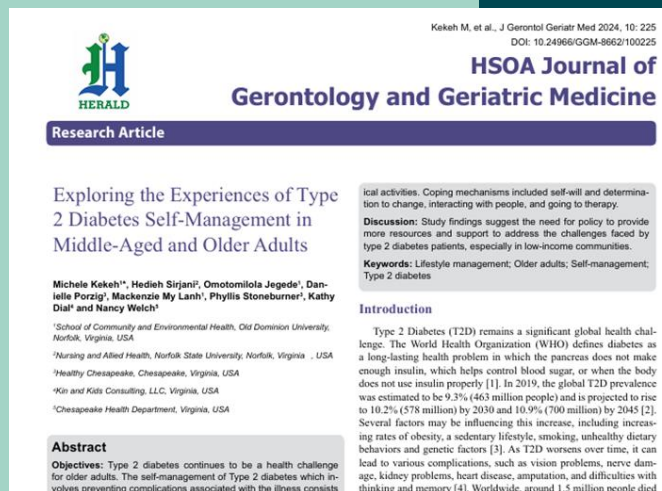
DIABETES & HYPERTENSION MANAGEMENT PROGRAM

Healthy Chesapeake's HUB site, located at Southside Baptist Church, continues to play a pivotal role in addressing chronic health conditions such as diabetes and hypertension. This program operates in partnership with Chesapeake Regional Healthcare, Kin n Kids Caregivers, and the Chesapeake Health Department, and addresses medical, education, transportation, emotional, and social needs of referred participants. Overall, the HUB serves a low-income, medically vulnerable population of older adults with chronic health needs.

Monthly in-home visits are conducted for individuals who are homebound or lack transportation. This initiative ensures the delivery of critical health services and nutritional support to vulnerable community members. It also decreases social isolation. During these visits, biometric data is collected and analyzed for trends, therapeutic interventions are adjusted in collaboration with physicians, and food provisions are distributed.

Utilizing the most conservative reimbursement figures from the Centers for Medicare and Medicaid Services Fee Schedule, the valuation of the free services rendered by the HUB's Nurse Practitioner (382 visits at \$32.35 per visit)¹ and Registered Nurse (228 visits at \$20 per visit)² totals **\$16,917.70**.

The HUB program's research has been featured in an issue of the *Journal of Gerontology & Geriatric Medicine*. The article, titled "Exploring the Experiences of Type 2 Diabetes Self-Management in Middle-Aged and Older Adults," features Dr. Michele Kekeh, PhD, Interim Director for the Center of Global Health at ODU, as the main author with Dr. Nancy Welch, Health Director, Danielle Porzig, Care Manager, and Phyllis Stoneburner, Executive Director among the coauthors, highlighting the collaborative and evidence-based approach to our work.



¹Centers for Medicare and Medicaid Services, Calendar Year (CY) 2025 Medicare Physician Fee Schedule (PFS) Final Rule

²CPT Code 99211: Billing Guide, Reimbursement & Guidelines 2025

Food Connection

INNOVATION IN FOOD INSECURITY



The Foodbank of Southeastern Virginia and the Eastern Shore received a Feeding America grant, enabling collaboration with the HUB to implement universal food insecurity screening and a Food is Medicine program. This initiative reduces barriers participants may face when accessing nutritious food, offering an integrated approach to health and nutrition. Since July 1, 2024, 32,193 pounds of food has been given to HUB participants through this program.

An additional Food is Medicine pilot program, supported by the EVMS/VHS Brock Institute Health Equity Community Grant, provided nutrition education and gardening opportunities for those in need and included a rooftop garden tour, chronic disease resources, stress-reduction techniques, seed planting,

cooking classes, and more. Survey results (left) reflect the scope and depth of our impact, emphasizing our ability to improve the overall well-being of our participants.

Results from the Food Is Medicine Pilot

90% of families reported improved food literacy, cooking skills, and motivation to try new foods.

75% felt motivated to continue new exercise activities.

100% found learning about agriculture and plant care beneficial.

100% were satisfied with the program and would return.

Note: 63 participants

Healthy Chesapeake made significant strides in expanding the support of Forkids families. In addition to the regular meal service for over 1,400 per week (an amazing 72,000 meals for the year), more than 1,500 additional meals were served to support educational programs, meetings held with visitors and donors, and to amplify the work of Forkids. This partnership highlights our strategic approach to fostering collaborative relationships that amplify positive impact and reinforce collective action in building a healthier community.

We continue to collaborate with St. Paul's United Methodist Church to support their Food Pantry. This year, 31,010 pounds of food from the Foodbank of Southeastern Virginia and the Eastern Shore was delivered to assist approximately 140 families each month.

20 Community Gardens Supported



Community Engagement

COLLABORATIVE EFFORTS TO IMPROVE HEALTH

Healthy Chesapeake is committed to supporting local health fairs with our partners. We provided demos with healthy recipes, fresh produce, educational materials, and activity items to an additional 700 individuals who participated in events including the Commission on Health and Wellness Community Resource Fair, the City of Chesapeake's Employee Wellness Fair, the Southeastern Virginia Training Center Health & Wellness Benefits Fair, and the Chesapeake Re-entry Council's Job & Resource Fair, just to name a few.



Convening our partners provided a unique opportunity to support our seniors. Our program managers have facilitated food donations from other partners to Cambridge Square Senior Apartments and supported the Virginia Cooperative Extension's Agricultural and Healthy Eating classes. Additionally, we supported Chesapeake Thrives senior events by distributing fruit, healthy educational materials, and supplies.

We remain committed to supporting Chesapeake Regional Healthcare's Mobile Medical Clinic. By working together, hours of operation have been adjusted to accommodate community needs, services were expanded much more rapidly than anticipated to add pediatric care, and routine offerings for school and sports physicals were added to meet the critical need of the community. Within the first six months:

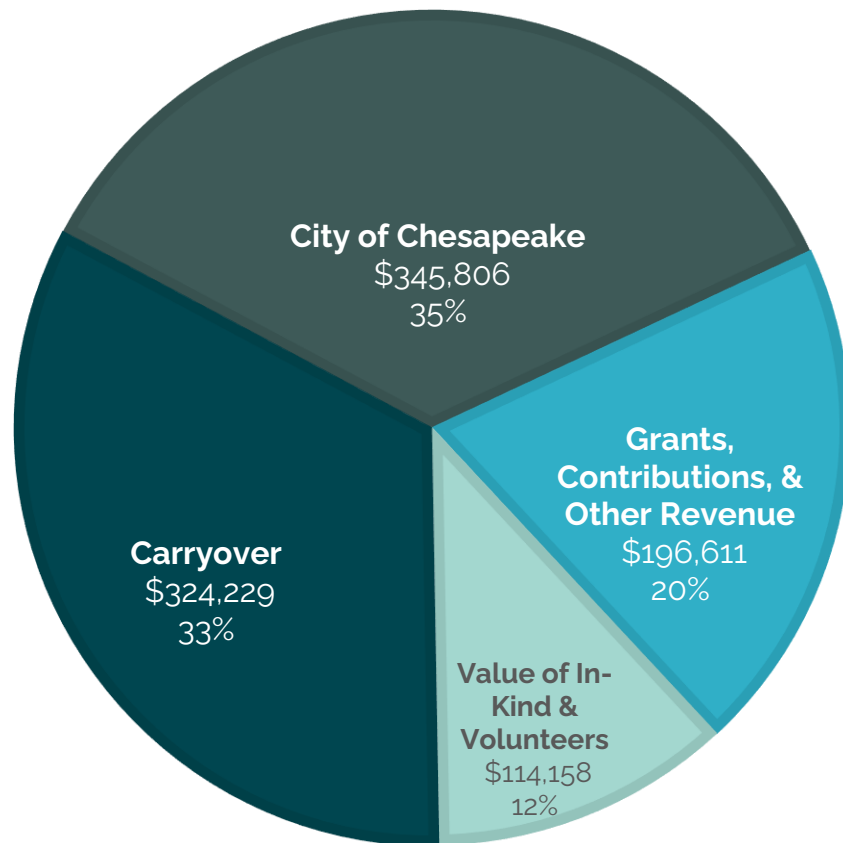
Individual Patients Seen	314
Recipients of Disease Prevention Intervention	139
Screening Tests Ordered	274
Prescriptions Provided	188
Communities Reporting an Increase in Access to Local Healthcare	10
Referrals to Primary or Specialty Care	136

These substantial efforts underscore our commitment to community engagement and supporting initiatives that address critical needs.

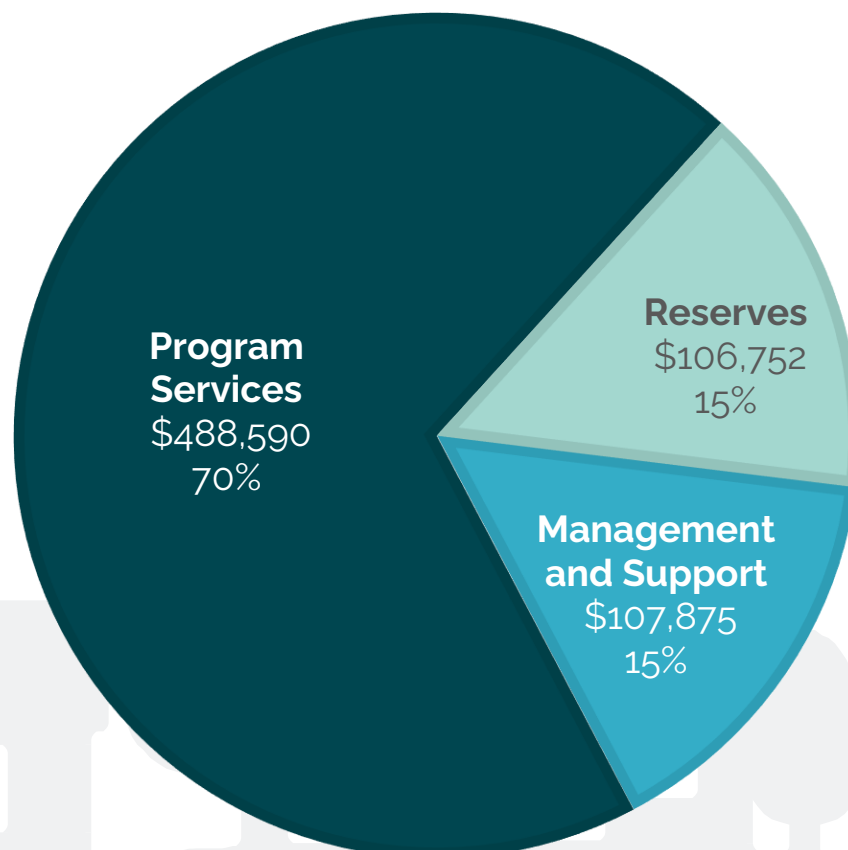


Financials

REVENUE



ALLOCATION OF EXPENSES



*Note: Carryover includes restricted and unrestricted funds.

THANK YOU

Healthy Chesapeake's initiatives have positively impacted the Chesapeake community; enhancing awareness of healthy lifestyle choices and fostering collaboration. By combining education, hands-on demonstrations, and resource distribution, we have laid a strong foundation for continued growth and community empowerment.

Our progress is a testament to the power of collective action and shared purpose. By addressing critical health and social needs, creating partnerships that amplify each other's reach, and implementing innovative programs backed by research, we are making strides toward a healthier and more prosperous community.

"We can't just hope for a brighter day; we have to work for a brighter day. Love too often gets buried in a world of hurt and fear. And we have to work to dig it out so we can share it with our family, our friends, and our neighbors."

~Dolly Parton

Let the work continue.



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*Please contact us for more information and to review
the full evaluation reports of our programs.*

About Healthy Chesapeake

Healthy Chesapeake is committed to building a culture of wellness that supports, sustains and advocates for a healthier Chesapeake. Please visit our website or social media outlets to learn more about our work.

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