Jean B Purvis
Community Health Center
103 Bonnie Drive, Butler, PA 16002
T: 724-841-0980 | F: 724-841-0984 ■ www.butlerhealthclinic.org

2020 CORNERSTONE AWARD WINNER

The Jean B. Purvis Community Health Center is proud to honor our Cornerstone awardee Executive Director - Michael P. Robb, MA

Mike Robb was named Executive Director of Center for Community Resources in August 2005. He is also Executive Director of Alliance for Nonprofit Resources (founded in 2008), the Nonprofit Development Corporation (founded in 2010), and Community Partnership (founded in 2019).

He holds a Bachelor of Arts degree in Psychology and Philosophy from John Carroll University and a Master of Arts degree in Psychology and Counseling from Slippery Rock University. Mike has over 20 years of experience in the nonprofit sector and oversees 600 staff members and 59 programs throughout Pennsylvania.

He was awarded the Pittsburgh Business Time’s Most Admired CEO Award in 2016, as well as the Smart Business Greater Pittsburgh Smart 50 Award in 2014, and the Ernst & Young Entrepreneur of the Year for Western Pennsylvania and West Virginia in 2012.

Mike is a member of the Criminal Justice Advisory Board and the Hearing and Deaf Services of Allegheny and Westmoreland Counties. He spends his free time with his wife, Angie, and his four children, Emily, Caleb, Ian and Macrina. He also is an Elected Public Official in Winfield Township, and coaches soccer at Knoch High School.

Community Cornerstone Event:
Date: April 30th Time: 6:00 PM More info to follow

Jean Purvis, 98, was honored on 2/6/2020 at Heinz Field in Pittsburgh for her longtime volunteerism. The Butler resident will be the oldest as well as the first Butler County resident to receive the Senator John Heinz award by United Way’s Tocqueville Society for her ongoing service to the community. United Way honored Purvis at a reception in the Steelers locker room.

In 2008, Purvis was instrumental in launching the Community Health Clinic of Butler County, which provides free medical care, basic dental care, behavioral health services, and health and wellness education to qualifying county residents.

The health clinic was renamed in 2018 to honor Purvis when the clinic became the Jean B. Purvis Community Health Center.

Purvis is also an active volunteer for several other Butler organizations, including the Butler Health System Foundation, Butler County Historical Society, Butler County Community College Education Foundation, Butler Area League of Women Voters, and Butler County Symphony Association.

CONGRATULATIONS JEAN!!!!

*Article from Butler Eagle*
The MIND Diet:

The MIND diet is a combination of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) eating patterns. Traditional Mediterranean diets consist primarily of whole, minimally processed foods including grains, legumes, vegetables, fruit, nuts and fish. With only small amounts of meat, eggs and dairy products. DASH emphasizes fruits, vegetables and low-fat dairy products. It includes whole grains, poultry, fish and nuts but is limited in fat (specifically saturated fat), red meat, sodium, added sugars and sugar-sweetened beverages. The MIND diet encourages many of the plant-based foods recommended in the Mediterranean and DASH diets, as well as fish and poultry. It also shares the recommendation to limit saturated fats and added sugars. The factors that differentiate the MIND diet come from the focus on daily and weekly recommendations for specific foods and food groups.

<table>
<thead>
<tr>
<th>Food</th>
<th>Frequency</th>
<th>Specifics</th>
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<tbody>
<tr>
<td>Vegetables</td>
<td>2 or more servings per day</td>
<td>At least one serving of leafy green vegetable per day.</td>
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<tr>
<td>Berries</td>
<td>2 or more servings per week</td>
<td>Any type of berry, although blueberries may be potentially more beneficial.</td>
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<tr>
<td>Whole grains</td>
<td>3 or more servings per day</td>
<td>Emphasis on grains that are minimally processed.</td>
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<tr>
<td>Nuts</td>
<td>5 or more servings per week</td>
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<tr>
<td>Beans</td>
<td>4 or more servings per week</td>
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<tr>
<td>Seafood</td>
<td>1 or more serving per week</td>
<td>Focus on fatty fish such as salmon, mackerel, herring and sardines.</td>
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<tr>
<td>Poultry</td>
<td>2 or more servings per week</td>
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A BEQUEST TO THE JEAN B. PURVIS COMMUNITY HEALTH CENTER.

If you have already made a provision for the Jean B. Purvis Community Health Center in your Will or would like to discuss how you can include the Clinic in your estate plans, please, contact

Jim Cunningham, 724-841-0980, ext. 101.