



Maria (left) of Harrisburg with Sophia, a community health worker.

Meet Maria

Maria was volunteering at the International Service Center’s food bank when she met Sophia, a community health worker with **Contact to Care**.

Maria had not received medical attention for many years and needed several important exams. Without health insurance, she didn’t know where to turn.

Through Sophia’s help, Maria was connected to UPMC Pinnacle’s Kline Health Center where she received her first mammogram and PAP test in more than a decade.

Sophia also connected Maria to a dermatologist at LionCare, a free clinic run by volunteer physicians from

PennState Health Milton S. Hershey Medical Center, who assessed her chronic allergies and prescribed medication to help her discomfort.

During a conversation one day, Maria told Sophia about her struggle to secure medical assistance for her 11-year-old daughter after her coverage was cancelled. Maria’s daughter was born with a speech disorder and requires routine check-ups and therapy.

Sophia began making calls and was able to secure a new prescription for treatment and walk Maria through the process of reapplying for coverage. Maria’s daughter is now back in therapy and able to see her doctor.

“It’s easy to get frustrated when you don’t know the answers,” Maria says. “I’m grateful for Sophia’s help. She treated me with respect and care.”



Contact to Care is a community pilot project in partnership with United Way of the Capital Region, Hamilton Health Center and several health care and community organizations.

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