

5th Anniversary COMMUNITY HEALTH NETWORK FOUNDATION™

Newsletter

January 2010



Continuing the Tradition of Caring

It has been more than five years since Community Health Network of Connecticut Foundation, Inc. (Foundation) was designated as a public, charitable organization. During that time, it has given nearly \$125,000 to Federally Qualified Health Centers (FQHCs) throughout the state.

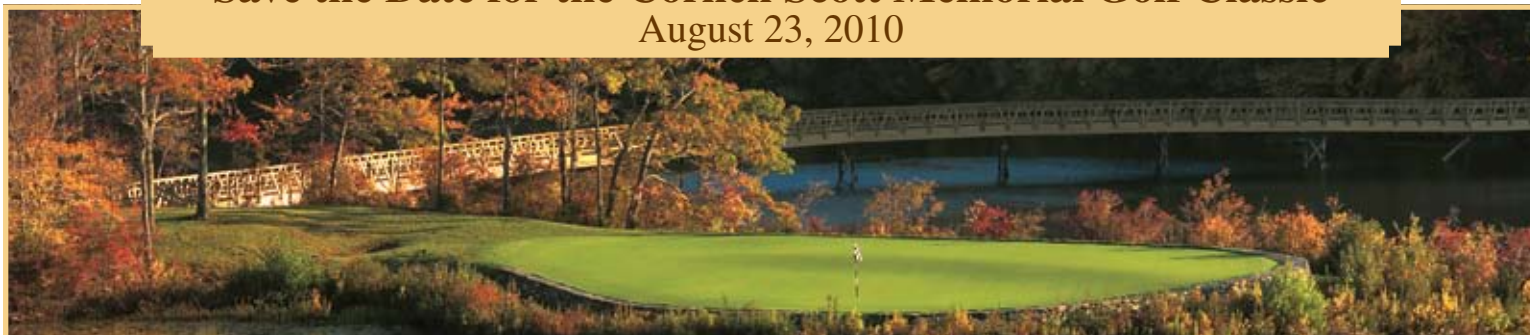
The Foundation was created in 2003 after Community Health Network of Connecticut, Inc., the state's only community-based, not-for-profit health care organization, recognized it would be able to provide more support to likeminded organizations if it had a nonprofit entity. In the years since, the Foundation has supported FQHCs, coalitions between community health centers and nonprofit organizations, and expanded its commitment to health care services for low-income and uninsured families throughout the state.

The Foundation provides mini grants each year to several FQHCs statewide, which have used a portion of the nearly \$125,000 awarded to support health education, update medical records, for employee training, to provide over-the-phone interpreters, and to perform cultural competence training among other things. For more information on the 2009 awardees, please look inside.

In the years to come, the Foundation looks forward to partnering with likeminded organizations in effort to develop programs that will produce solutions to Connecticut's health problems. The Foundation envisions a state where all people have the ability to live healthy lives.

And lastly, the Foundation would like to recognize its new Board Chairman, John Federico, M.D. Dr. Federico also serves as CHNCT's medical director.

Save the Date for the Cornell Scott Memorial Golf Classic
August 23, 2010



5th Annual Cornell Scott Memorial Golf Classic
at

LAKE OF ISLES

FOXWOODS
RESORT ♦ CASINO

Save the Date: August 23, 2010



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CHNCT Employee Contributions: At Community Health Network of Connecticut, Inc., (CHNCT) we believe in making a difference in our community. This means giving a little of ourselves to improve the quality of life for all of us. CHNCT employees pledged more than \$5,000 in 2009 to the Foundation. These funds will be utilized to support the different health care initiatives throughout the state.

Donors to the CHNCT Employee Giving Program in 2009 are:

*Lois Avery
Aida Ayala
Joyce Beatty
Karen Bellemare
Mary Ann Cyr*

*Gail DiGioia
John Federico
Marianne Hird
Antoinette Turner*

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*Jane Piper
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Thank you to all employees who help the Foundation continue the tradition of caring!

Cornell Scott Memorial Golf Classic

For its fifth year, the Cornell Scott Memorial Golf Classic will be held at one of the top-rated, private courses in the country – Lake of Isles' South Course.

Lake of Isles' South Course is a 36-hole, Rees Jones-designed golf club located across the street from Foxwoods Resort Casino. The course has a 7,300 yard layout and winds its way through 900 acres of wooded countryside and around a 90-acre lake, according to its website.

Managed by Troon Golf, a worldwide leader in upscale golf course management, development and marketing, Lake of Isles offers the ultimate golf experience.

At the Cornell Scott Memorial Golf Classic, players will not only have the opportunity to play on the Lake of Isles' private, members only course, but they will also be able to take advantage of the its 50,000 sq. ft. clubhouse, state-of-the-art indoor and outdoor practice facility and its locker room facilities, all in addition to Troon Golf's superior service and impeccable course conditions.

The Cornell Scott Memorial Golf Classic is the Foundation's largest annual fundraising event. In 2009, it raised more than \$28,000, which was used to fund its mini grants, given to Federally Qualified Health Centers, and community donations.

The tournament is scheduled for Monday, August 23, 2010. For more information on becoming a sponsor or a player, please contact Tressa Spears Jackson at 203.949.4101 or tspears@chnct.org.

For more information on the Lake of Isles, please visit www.lakeofisles.com.



Continuing the Tradition of KHAIR-ing Self-esteem program partners with Unilever and Dove's Campaign for Real Beauty

The Foundation's KHAIR program had a tremendous 2009. Not only did it continue to branch out into Hartford County, but it also formed a partnership with Unilever, allowing it to collaborate with Dove's Campaign for Real Beauty.

In its third year, the KHAIR program pairs teenagers with either a hairstylist or barber who in turn commits to providing the teen with a haircut once a month for the period of one year. This service, along with product and hair maintenance tips, is provided at no cost to the teen.

The Unilever grant will fund the KHAIR program's workshop series, which was launched in August 2009. The workshops are designed to provide teens in the KHAIR program additional tools to help elevate their self-esteem and self image. Workshop topics include etiquette, nutrition, financial planning, team building and dress for success. DOVE will also present its renowned self-esteem and body-image workshop, which is part of its Campaign for Real Beauty, a global effort designed to widen today's stereotypical view of beauty.

The Foundation's KHAIR program was unveiled three years ago as a partnership between the Clifford Beers Clinic, Community Health Network of Connecticut, Inc. and the Foundation. In 2008, it formed a partnership with The Village for Children and Families, allowing the program to expand into Hartford County

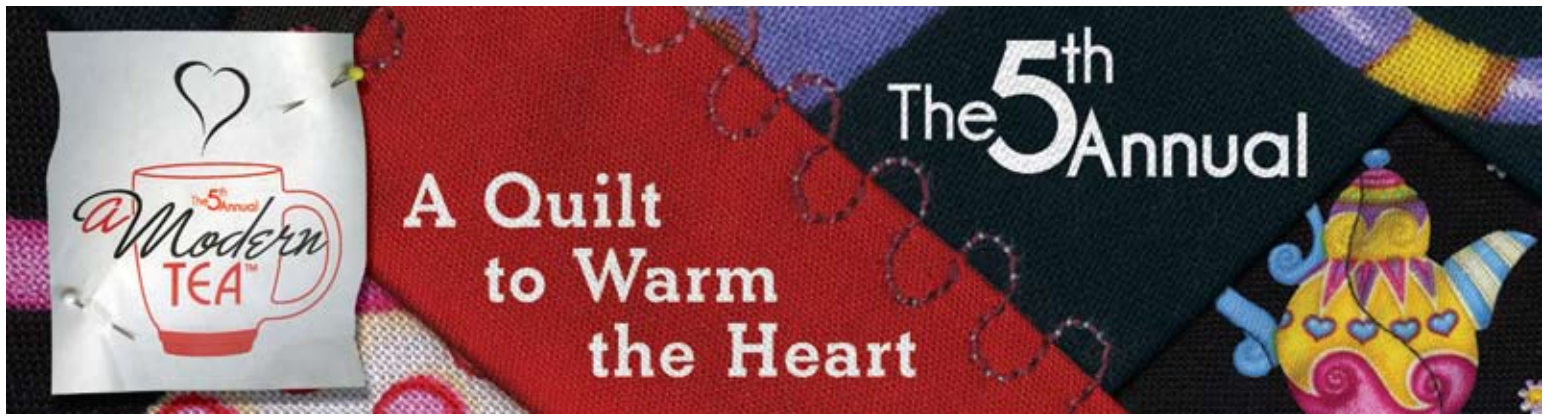
KHAIR program transportation provided by Coordinated Transportation Solutions.



**Kelsey Castellon at one of our
KHAIR nutritional workshops**



coordinatedtransportationsolutions



A Modern Tea

It's been five years since the Foundation held its first A Modern Tea. In attendance were close to 100 women (and a few men) that came out to support this heart-healthy endeavor that creates awareness about heart disease and its effect on the community.

Realizing that people often learn healthy habits by practicing them, the Foundation made the decision to create an environment where people could participate in activities that could lead to healthy lifestyles. Hence, aerobic exercise in the form of dance; drinking teas high in antioxidants; relaxation; and stress relief through hand and back massage – all seemed to be a great fit and make for a pleasant opportunity to provide education about heart disease in a non-clinical arena.

Since the inception of A Modern Tea, the Foundation has doubled its original attendance and has linked with Yale-New Haven Hospital to add a heart health lecturer during the luncheon. It has also added workshops and other opportunities for exploring non-traditional exercise and nutrition.

The 2010 A Modern Tea, themed A Quilt to Warm Your Heart, will be held on Saturday, February 6 at the New Haven Lawn Club and will feature a quilt specifically crafted by international artist Ed Johnetta Miller. It will be on hand for viewing alongside Miller, who is world renowned as being one of the most creative and colorful improvisational quiltmakers in the U.S. Her pieces can be found in many museums, corporate and private collections including The National Gallery of the Smithsonian Institution in Washington D.C.; Nelson Mandela's National Museum in Cape Town, South Africa; and Hartford's Wadsworth Atheneum.

The event's address will be given by Dr. John A. Eleftheriades, the chief of cardiothoracic surgery at Yale University. Dr. Eleftheriades will be in attendance to discuss his book *The Women's Heart: An Owner's Guide* and will have a signing afterward. The book discusses unique factors that affect women's cardiovascular health. Dr. Eleftheriades is a former winner of the prestigious "Socrates Award" for his teaching of cardiac surgery.

Tickets cost \$25 and must be purchased in advance. For more information, please visit our website at www.chnctfoundation.org.



Mini Grants Awarded For Fifth Year in a Row

Community Health Network of Connecticut Foundation, Inc. has awarded grants to the following Federally Qualified Health Centers:

Charter Oak - \$3,500 – Charter Oak Health Center will use its \$3,500 grant to develop and produce informational brochures, postcards and magnetized business cards in English, Spanish and Bosnian, all of which will detail its many locations and array of services available. This will allow the health center to expand its reach into the community while increasing access to care. These materials will primarily be used by Charter Oak's Outreach Team in its promotional activities, in which it targets current and prospective patients. This mini grant will specifically fund the graphic design, professional production and printing of these items.

Cornell Scott-Hill Health Center - \$3,500 – Cornell Scott-Hill Health Corporation will use its \$3,500 grant to support its health education and health promotion efforts. Hypertension is one of the top reasons patients visit the health center while obesity, diet, and lack of exercise are significant contributors to these conditions. Therefore, this funding will be used to purchase educational materials focusing on hypertension, obesity, exercise, and diet and nutrition. A portion of the grant will be used to purchase a television and DVD player so the health center could play health education and exercise videos for its patients. It also plans to purchase exercise equipment, including thera-bands, balance balls and stair steps, which will be used in conjunction with the purchased exercise videos.

Fair Haven Community Health Center - \$3,500 – Fair Haven Community Health Center will use its \$3,500 grant to improve hearing screenings for its younger patients. The monies will be used to replace its audiometer machine so it can offer in-house, non-invasive hearing tests. This machine will be adapted for younger children so that they can point to various pictures depending on what they hear. A portion of the grant will also be used to purchase a laptop and supplies for the room that will accommodate its new hearing equipment. As the health center moves toward entering clinical and screening information online at the time of a visit (for the eventual transition to an EMR and a paperless environment), it has deemed it necessary to have laptops available for its staff.

Optimus Health Care, Inc. - \$3,500 – Optimus Health Care, Inc will use its

\$3,500 grant to contract with a certified consultant, who will help it develop and implement a staff training program that will focus on using team work in the provision of medical care. The training program will target medical receptionists, medical assistants, nursing staff and medical providers. A minimum of 50 staff persons will complete four hour education modules on team work. The tailored training program will then be implemented as a pilot at our two health center sites that use Open Access scheduling. The benefits and outcomes of implementing an interactive training program on team work will be the reduction in employee turnover; less duplication of work and rework; improved morale; greater efficiencies in processes; and less miscommunication among staff. More importantly, this training will help us create a more productive and positive culture. To evaluate the training program, a pre- and post test will be implemented with staff. Optimus will work collaboratively with the Southwestern Connecticut Area Health Education Center to identify a competent consultant, develop the learning objectives for the training curriculum and to evaluate the educational modules.

StayWell Health Center - \$3,500 - StayWell's community programs and pediatric departments offer the opportunity for isolated families to experience a positive activity with their children at a location that would otherwise be out of their reach. This occurred only with the Foundation's financial support. With this \$3,500 grant, StayWell and CHNCT celebrate the fifth consecutive year of this successful endeavor. Many of the health center's high risk families do not have the opportunity to enjoy a special day with their children. During this experience, participants learn how to encourage creativity, realize the fun of learning, develop social skills, learn stress relief techniques, all while keeping a connection with the medical home as a resource for child development concerns and parenting guidance. A portion of the grant will also be used to fund an 11-week, curriculum-based prenatal group. The goal of this group is to help reduce preterm birth and low birth weight babies. The sessions include education on smoking cessation, nutrition, bonding with baby, handling stress, labor and delivery, breastfeeding and early infant care. The program provides a strong foundation for women and their partners who may have multiple risk factors as they enter into parenthood. The early education is also intended to reduce poor birth outcomes.

Generations - \$3,380 – Generations will use its \$3,380 grant to hire a graphic design consultant to write, design and take photos of the health center for its program brochures. The brochures will be distributed to referral sources, funders, donors, patients and community partners. Generations expects to utilize these new marketing tools to educate these individuals about the many services it provides and its locations.

Southwest Community Health Center Inc. - \$3,200 - Southwest recently opened its fifth health center site at 968 Fairfield Ave, Bridgeport. This new site is the organization's new primary care headquarters. Southwest has also recently begun provision of services at five school-based health centers. Children in these school-based sites have access to medical, dental and behavioral health services upon enrollment. As it continues to expand its capacity to provide medical, dental and behavioral health services to the people residing in the Greater Bridgeport area, the emphasis will be to broaden its marketing strategies to reach more potential patients in the community. A portion of the grant will be used to for its behavioral health department to purchase laptops, which will assist the staff as they strive to provide comprehensive counseling services to children and adolescents at its School Based Health Center sites.

Donations Provided to Well-Deserving Community Organizations

Community Health Network of Connecticut Foundation, Inc. has given \$250 donations to the following community organizations:

Master's Manna, Inc. is a food pantry program that serves the greater Wallingford area. This donation will provide general operating support so it can continue to serve the basic needs of the community through the food pantry, free medical clinic, soup kitchen, clothes closet and a diaper bank.

Families Network of Western Connecticut, Inc. strives to lower the risk of child abuse and neglect by empowering parents through education and support services. Their mission is to give children a safe and healthy start. Programs include parent mentoring, nurturing parenting groups, home visitation and infant injury prevention.

The New London Community Meal Center Inc. was created in 1985 to respond to the needs of New London's most vulnerable residents by providing nutritious meals in a kind, hospitable and clean environment. The organization currently provides lunch five days a week and dinner six days a week served by a downtown New London church. The New London Community Meal Center served 73,518 meals to 35,000 people in one year.

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Annual Fund Program

The Community Health Network of Connecticut, Inc. Foundation, is a 501(C)(3) organization supporting programs and activities that fundamentally improve the health status of the people of Connecticut. All donations are 100 percent tax deductible under U.S. law.

How can you help?

There are many ways in which you can help us to help those in need.

Donation

Your donation to The CHNCT Foundation will help Connecticut become a healthier state.

Send all donations to:

CHNCT Foundation, Inc.
11 Fairfield Blvd., Suite 1
Wallingford, CT 06492

**To make a donation by
credit card, please visit us at
www.chnctfoundation.org**



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