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About Us

CHNCT Foundation was founded in 2003 as a public, charitable organization concerned with the health of Connecticut residents. Our mission is to advance, support, and promote programs and activities that fundamentally improve the health status of the people of Connecticut.

Ways to Donate

We are a 501(C)(3) organization. All donations are 100% 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. Please [click here](#) to learn more.



Thank you for your continued support of this one-of-a kind health awareness event. Our Modern Tea 2014 was a tremendous success and we could not have done it without you! We sold out again this year. We appreciate your enthusiasm and interest in improving your health literacy and lifestyle.

[Click Here](#)
for pictures and highlights of our 2014 event!

Remember, awareness is the best route to action. Why not be in the driver's seat on your journey to better health? Choosing to include healthier habits into your lifestyle can make a positive contribution to your overall health status and sense of well-being.

Stay Connected



We are excited to announce that our Salon Spotlight for KHAIR this month is [Rimagé Salon & Spa](#) located in New Haven, Connecticut. Rimagé Salon & Spa has been in our KHAIR salon network for several years helping us provide hair services and mentorship to at-risk teens. In Season 8, they turned up their giving by providing five stylist's; serving five KHAIR kids! Leonard ("Lenny"), the owner and master stylist, also volunteered his time to a KHAIR client during the six month program. To learn more about Rimagé Salon & Spa and see a full list of our [Khair Salons,click here.](#)

KHAIR (pronounced "care") serves at-risk youths by pairing them with hairstylists and barbers who will commit to monthly appointments for six months. The program emphasizes one-on-one mentor/youth relationships combined with a range of individual and group activities, including self-concept and self-esteem-building workshops. The program helps young people not only learn about grooming to improve their appearance, but it also provides positive adult role models who are successful business people and who demonstrate healthy ways to relate to others.

For more information about our teen self-esteem program, visit us at www.wekhair.org.

Stay Connected



New London's *Ledge Light Health District (LLHD)* is one of Cooking Matters of CT's newest Satellite Partners and they are doing extraordinary work influencing and empowering youth to take control of their health.

LLHD received a grant through a local state agency to improve policies, systems and environmental conditions that affect health. Through the ACHIEVE New London County initiative, they are working with the Child and Family Agency School-Based Health Center to develop a new clinical weight management system of care. The funding will be used to run the "The SWAT Team", a 6-week Student Wellness and Activity Training for middle school-aged youth that engages them in fitness, nutrition and cooking education programming. Nurse practitioners at affiliated school-based health clinics refer children to participate in this program who are in the 95th percentile or higher, or "at-risk" for cardiovascular disease for weight among youth their age.

Interested in Becoming a Cooking Matters of Connecticut Satellite Partner?

The Cooking Matters of CT's satellite model was a great fit for The SWAT Team programming. LLHD has the resources, space and healthcare professionals to implement the Cooking Matters of CT's curriculum along with the training and administrative support of Program Coordinator Terry Young.

The satellite partnership is an excellent way for community partners, who have a volunteer base or nutrition, culinary and/or health professional, to offer programming for their clients utilizing their own resources. The satellite partner also assumes the responsibility of participant recruitment, securing a space suitable for offering programming and purchasing the food for the course. Cooking Matters of CT provides all of the administrative support: Program materials (Cooking Matters of CT curriculum, giveaways, course paperwork, etc.), and staff/volunteer support and training. This was a natural fit for LLHD, and Cooking Matters of CT is pleased to be supporting The Swat Team.

If your organization is interested in becoming a Satellite Partner, please contact Terry Young at tyoung@chnct.org.

*Thanks for reading!
See you next month!*



Sponsorships are now open for the 2014 CS Golf Classic!

Want to provide your company with major exposure to local and regional businesses? Interested in contributing directly to the important and beneficial programs here at the CHNCT Foundation? Sign up to become a 2014 Sponsor for the Cornell Scott Memorial Golf Classic being held at the Lake of Isles Golf Course near Foxwoods Resort Casino. Large or small, your contribution will go a long way in supporting a great cause. See all of our sponsorship opportunities by clicking [here](#).

Community Health Network of Connecticut Foundation, Inc.
<http://www.chnctfoundation.org> | 203.949.4101
11 Fairfield Blvd., Suite 1
Wallingford, CT 06492