

2013 newsletter



KHAIR: Fifth Year Anniversary

CHNCT Foundation's innovative KHAIR program celebrated its fifth anniversary earlier this year. KHAIR, which stands for Kid's Hair and is pronounced "care" is a program that seeks to boost self-esteem levels in at-risk New Haven-area youths.

KHAIR launched in 2007 as a program that offered monthly care appointments to youths who were receiving behavioral health treatment. The program's goal was to boost their self-esteem by making them feel better about their appearance and by providing them with a new outlet in which they can express themselves. The program developed over the years and a workshop series was added in the summer of 2009.

The workshops were designed to provide teens additional tools to help elevate their self-esteem and self-image. Workshop topics include etiquette, nutrition, financial planning, team building and dress for success.

"I am truly impressed by the evolution of the KHAIR program over the past five years," said Dr. John Federico, CHNCT Foundation Board Chair. "What started as one woman's dream to help children in need has transformed into a life-changing program that has helped dozens of young people in the New Haven area."

The fifth anniversary event also served as a graduation ceremony for the most recent KHAIR session. More than 60 youths have graduated since the program's start. Youths are referred to the program by clinicians at Clifford Beers Guidance Clinic and Cornell Scott-Hill Health Center.

SALONS

- Hair's Kay Beauty Salon
- Rimage Salon & Spa
- Luvana Leslie Salon
- Maximum Care & Beauty
- AKAD'S Salon
- Allure Beauty & Barber Concepts
- Jo Bruno Hair
- Paul Mitchell The School (North Haven)

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Helping Hands
Community Thrift Store & Furniture Bank

KHAIR Fundraiser

CHNCT Foundation has partnered with Helping Hands Community Thrift Store & Furniture Bank, LLC in a unique fundraiser and we need your help in making it a success! Please clean out your attics, closets, and basements and bring your items to Helping Hands. Talk to friends who are down-sizing, moving, or just generally want to de-clutter. Items should be gently used, clean, and free of rips or tears. Remember, the better the quality, the more we'll benefit.

To arrange for free pick up of your furniture in the greater New Haven area, call Helping Hands Pick Up at 203.782.4800. They also pick up outside of greater New Haven, please call for details.

Of course, for us to reap the greatest benefit, Helping Hands Thrift Store needs customers! Take a trip to their Orange location and North Haven store to see why we've chosen to partner with them. Besides providing items at "reasonable prices, a clean environment, and friendly sales people" "this place sparkles". There's something for everyone: treasure hunters, crafters, recyclers, antique collectors, "vintage" lovers.

Let's turn your donated items into cash for CHNCT Foundation. All proceeds benefit the KHAIR program.

Drop-Off Locations:

- 52 Richards St.
West Haven Warehouse
203.782.4800
- 77 State St.
North Haven Store
203.691.5529
- 334 Boston Post Rd.
Orange Store
203.298.0499
- Tzedakah House, LLC,
8 Lunar Drive
Woodbridge (rear of Bldg.)
203.387.2266

Cooking Matters Connecticut has Banner Year



Cooking Matters Connecticut continued to expand its reach across the state in 2012, as it secured new partnerships and was awarded grants totaling more than \$100,000.

Cooking Matters partnered with **New Haven Farms** to teach Cooking Matters for Adults with diabetes and pre-diabetes. New Haven Farms promotes health and community development through urban agriculture. Participants were referred to the program by **Fair Haven Community Health Center**, who encouraged them to pick and introduce fresh produce into their diets. Cooking Matters conducted two series at the farm. Participants learned how to harvest the fruits and vegetables, and were shown how to prepare them in healthful ways. Each participant was given a bag of produce so they could practice the newly learned healthy habits at home.

“Many of the patients at the Fair Haven Community Health Center suffer from diet-related chronic diseases and many also come from farming backgrounds in Central and South America,” said **Katrina Clark, Executive Director of Fair Haven Health Center and CHNCT Foundation Board Member.**

“Cooking Matters, New Haven Farms and FHCHC have joined forces to enable referred patients and their families to farm, receive nutrition education, and take home farm harvests on a weekly basis throughout the growing season. We love working together - FHCHC’s clinicians are pleased to be able to refer their patients to innovative disease-prevention programs, and Cooking Matters and New Haven Farms exist to prevent disease and boost health through urban agriculture.”

Cooking Matters was also the recipient of two major grants, totaling nearly \$100,000. **Hartford Foundation for Public Giving** awarded Cooking Matters a three-year, \$75,000 grant, which will be used to further the program in Hartford County. The Hartford Foundation is the community foundation for the 29-town Greater Hartford region, dedicated to improving the quality of life for area residents.

The Women’s Initiative of the United Way of Greater New Haven also awarded Cooking Matters a \$20,000 grant to expand healthful cooking and food education in New Haven County.

Other funders include **Share Our Strength** and the **Walmart Foundation**.

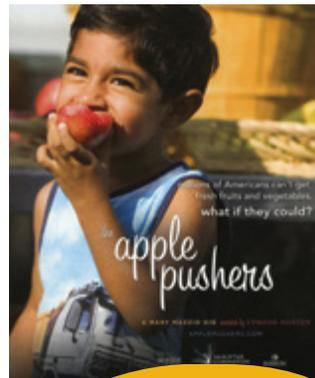
Cooking Matters Connecticut operates solely on donations. Should you choose to donate to the Cooking Matters program, please know that a small donation of \$25 will cover the cost of one food demonstration at a Cooking Matters class. A donation of \$50 will pay for one child to attend a six-week Cooking Matters course. And lastly, a donation of \$100 will cover the cost of an entire Cooking Matters course. Please visit www.cookingmattersct.org for more information on donor opportunities.

Cooking Matters CT Holds First Annual Conference: Why Cooking Matters

In 2012, CHNCT Foundation focused on the national concern for nutritional health. With a \$5,000 award from the United States Office of Women’s Health, the “Why Cooking Matters Conference” was held at the West Campus of Yale University.

Congresswoman Rosa DeLauro, the event’s keynote speaker, addressed the extent of poor nutrition among underserved populations in the United States, the uneven implementation of food policies in states, and the importance of community engagement in addressing the issues of hunger. Participants also viewed *The Apple Pushers*, a film that examines food insecurity and obesity through the eyes of immigrant street vendors of fresh fruits and vegetables in New York City.

Workshop speakers represented the following organizations: Yale Rudd Center for Food Policy and Obesity; Yale University Culinary Division; Witness Project CT; End Hunger CT; Connecticut No Kid Hungry; Urban Policy Strategies; New Haven Food Policy Council; and Cooking Matters CT.



Congresswoman Rosa DeLauro and Dr. John F. Federico, CHNCT Foundation Board Chairman



Chef Ronald DeSantis | Director of Culinary Excellence Yale University

Mini Grants for Federally Qualified Community Health Centers

The following organizations were awarded Mini Grants in the amount of \$3,500:

Charter Oak Health Center, Hartford: To Your Health! Project

Charter Oak Health Center will hire a consultant to provide branding and materials for community outreach workers and other employees to build awareness of the health center. Some examples include: how to access services; how to manage chronic diseases; information about the Healthy Start program for pre-natal and post-partum women; and more. Charter Oak hopes to make its brand more recognizable in order to attract new clients.

Cornell Scott-Hill Health Corporation, New Haven: Engaging Our Kids In Care

The center will engage poor, distressed and underprivileged children and families living in the greater New Haven area in care. The multilingual and multicultural health center staff will utilize a continuum of engagement methodologies with children and families from the greater New Haven area so they have access to appropriate, timely and ongoing care. Engagement methodologies will include education and outreach provided by staff in one-on-one group interaction. Multi-media approaches, such as text messages, videos, brochures, posters, public service announcements, and telephone applications may be utilized to connect with children and families. By engaging children in care now and by building partnerships with them, the center is teaching and empowering them to be proactive and involved in all aspects of their health care.

Fair Haven Community Health Center, New Haven: Creating a Marketing and Communications Plan on a Shoestring Budget

Fair Haven Community Health Center has set a goal for the upcoming year to increase the number of patients it serves in the community. This grant will allow the health center to obtain the consulting services of "Catchafire," a non-profit organization that matches non-profits with various experts who donate their time on a pro bono basis. These consultant services will help the center create a marketing and communications plan on a shoestring budget. The grant will enable the health center to improve its communications and outreach efforts with the dual goals of: 1) reaching out to existing and potential patients to increase access to care and increase our numbers; and 2) introducing the health center to a larger pool of potential supporters, employees, and policy makers who will come to understand and appreciate the role of the Fair Haven Community Health Center.

Generations Family Health Center, Willimantic: Outreach Utilizing Social Media

Generations Family Health Center seeks to embrace social media and other new technology, and utilize it as a marketing/outreach tool with its patients, funders, referral sources and potential donors. This grant will allow Generations to hire a social media expert, who will help the center understand, develop, launch and maintain an effective social media communications plan.

Optimus Health Care Inc., Bridgeport: The Tdap Immunization Program

The goal of the proposed program is to protect vulnerable newborns from Pertussis "Whooping Cough" by offering a Tdap immunization program to caregivers of newborns. The Tdap Immunization Program consists of an immunization program to be implemented at the Main Street Health Center – Pediatric Department and at the East Main Pediatrics, both in Bridgeport. Optimus Health Care, Inc. will use the grant to purchase Tentus, diphtheria, and acellular Pertussis (Tdap), a booster version of Dtap, targeted to adults. By vaccinating caregivers with Tdap vaccine, Optimus will prevent pertussis (whooping cough) among its newborns and adults.

Southwest Community Health Center, Bridgeport: Improvement of UDS Measures in Internal Medicine

This grant will fund eight in-service programs, four on diabetes and four on hypertension, presented by a committed clinical team on a quarterly basis over the next year. Patients who fall below the expected clinical measures or would benefit from additional education are eligible for participation in these group sessions. Since many patients do not acknowledge the consequences of non compliance, the focus of the educational sessions will be to reinforce the importance of taking medication, proper nutrition and healthy life habits, including regular follow up with their provider. The sessions will target a different group of patients identified with uncontrolled diabetes and hypertension each quarter.

StayWell Health Care, Inc., Waterbury: Prenatal Program

StayWell Health Care, Inc. will use the grant to assist in funding prenatal ultrasound testing and lab work for uninsured and low-income pregnant patients who are unable to afford the out-of-pocket expense for this vital testing. StayWell is currently the primary prenatal care provider for uninsured pregnant patients in the greater Waterbury area. They provide these services for patients on a sliding fee scale based on their income, which must be proven with a pay stub or other valid document. However, most patients are unable to pay even the lowest amount on the fee schedule. Despite this, these patients are provided all of their prenatal care regardless of their ability to pay or payment history. These funds will serve a minimum of 25 patients.

Donations

The following organizations each received a \$500 Community Donation:

- Hall Neighborhood House
- Hillside Food Outreach
- Judah House Inc. - Jessie's Community Garden
- Manchester Ring of Champions Society
- My City Kitchen
- The Litchfield Community Center - Food for Life: Cancer Project
- The Shoreline Soup Kitchens & Pantries
- The Virginia Wells Transitional House for Women



Saturday, Feb. 23, 2013

New Haven Lawn Club
New Haven, Conn.



A Modern Tea

The Foundation is pleased to announce the return of A Modern Tea in 2013. The seventh annual event promises to be our best yet. Our theme - The Year Red Goes Green - signifies a rebirth of sorts, a new beginning. The event will have a new, fresh, organic vibe, all while incorporating many of the great features that keep our loyal guests returning year after year.

The 2013 event will feature **Harney & Sons Fine Teas** in addition to a wealth of new vendors in our popular Heart Boutique. Prominent cardiologist **Dr. Anita M. Kelsey, MD, FACC, FASE** will present an interactive heart check awareness discussion, in which she will assess guests' BMI and blood pressure, and discuss how it affects our hearts. As always, guests will have the opportunity to receive a massage or partake in a Reiki session, attend an informative workshop related to heart health and healthy living, participate in a tea or wine tasting, learn the latest dance moves or simply mingle with friends over a heart healthy lunch. For a full listing of the event's features, please visit our website at www.chnctfoundation.org.

As you know, the statistics are astonishing. More women die of heart disease each year than from every other type of cancer combined. The crux of heart disease, however, is that the killer isn't as easy to recognize. Most women don't even know they're having a heart attack, which is why heart disease is often referred to as being a silent killer.

Our lives are in our hands. We can help prevent heart disease from claiming ourselves, our family, our friends and neighbors by sharing the truth. Together, we can be the difference between life and death.

A Modern Tea is scheduled for Saturday, Feb. 23, 2013 at the New Haven Lawn Club in New Haven, Conn.

Tickets can be purchased online at www.chnctfoundation.org or by calling 203.949.4134.

A Modern Tea is sponsored by Yale-New Haven Hospital and The Community Foundation for Greater New Haven.

Foundation Programs



Cooking Matters CT



KHAIR



A Modern Tea

Make the Foundation a Part of Your New Year's Resolution: Donate Today



Turn over to donate >>>

Your donation to the CHNCT Foundation will help Connecticut become a healthier state. To designate your donation for a specific fund or purpose, please include a description of how you'd like your donation to be used. To make a donation on behalf of or in memory of another person, please submit the person's name.

Donations to the CHNCT Foundation qualify for tax-deductibility under IRS regulations Sec. 501(c)(3)



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Cornell Scott Memorial Golf Classic Raises More Than \$38,000

The Cornell Scott Golf Classic further solidified itself as one of Connecticut's premier charity golf tournaments in 2012. More than 120 golfers descended upon Lake of Isles at Foxwoods Resort Casino on August 20, helping to raise more than \$38,000 for CHNCT Foundation. That brings the Classic's seven year total to more than \$240,000. Proceeds will be used to advance, support and promote programs and activities that improve the health status of people living in Connecticut. In the past, funds have supported parent support groups for children with autism; support services to people living with sickle cell disease; hunger awareness programs, prenatal ultrasound testing and lab work for uninsured and low-income pregnant women and more.

One of the highlights of the 2012 tournament was Michael Palma's incredible drive on Hole No. 6 that settled just three inches from the pin.

The tournament will return to the top-rated Lake of Isles at Foxwoods Resort Casino on Aug. 19, 2013. As always, golfers will not only be able to play on the private South Course, but they will also be able to take advantage of its 50,000 sq. ft. clubhouse, and its state-of-the-art practice facilities, all in addition to Troon Golf's superior service and impeccable course conditions.

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- \$1000
- \$500
- \$250
- \$100
- \$50
- \$25
- Other

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Address _____
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Please cut here.

Please designate my donation for:

- KHAIR
- Cooking Matters CT
- General Fund

Please make check payable to:
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To make a donation by credit card,
please visit us at www.chnctfoundation.org.

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CHNCT EMPLOYEE CONTRIBUTIONS

CHNCT employees pledged more than \$10,000 in 2012 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 2012 were:

Aida Ayala	Mary Ann Cyr	Katherine Herald	Gennifer Negron
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