



January 2014

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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.

Stay Connected



Join Our Mailing List!

Community Health Network of CT Foundation turned 10 years old in 2013!



Many heartfelt thanks to all in the CHNCT Foundation community for your continued support of our organization throughout the years. As we move into 2014, know that we consider you an integral part of our success and look forward to our continued partnerships. Wishing you health, happiness and prosperity in the New Year!



Join us for 2014
A MODERN TEA
A HEALTH AWARENESS EVENT FOR MEN & WOMEN

2014 A Modern Tea: Take Care of Yourself In The New Year!

Now that the gift-giving and hustle and bustle of the holidays are over, let's talk about doing something good for YOU. A Modern Tea is a great way to help you refocus on health and well-being in 2014. This wellness event for men and women features robust health information, health screenings,

demonstrations, tea sampling of renowned Harney & Sons Fine Teas, wine tasting, spa services, stress-free shopping in our Heart Boutique, skincare consultations and make-up applications in our Beauty Bar, entertainment and much more.

Space is limited so don't miss this opportunity to start the year off right by taking care of YOU. Register today at www.amoderatea.org or by calling 203.949.4134

CHNCT Foundation New Board Members

Officers:

John V. Federico, M.D. Chair

CHNCT Senior Vice President & Chief Medical Officer

Attilio V. Granata, M.D., Vice-Chair

CHNCT Medical Director, Clinical Quality

Sylvia B. Kelly, Secretary

CHNCT President and CEO

Ibrahim Benitez, Treasurer

CHNCT Senior Vice President & Chief Financial Officer

Directors:

Arvind Shaw

Chief Executive Officer, Generations Family Health Center

Katrina H. Clark (Retired)

Former Executive Director, Fair Haven Community Health Center

Marian Evans, M.D.

Adjunct Faculty Member, Southern CT State University-
Department of Public Health

Kathleen Byrne

Vice President, Global Transaction Services,
Royal Bank of Scotland (parent bank of Citizens Bank)

Suzanne Lagarde, M.D.

Executive Director, Fair Haven Community Health Center



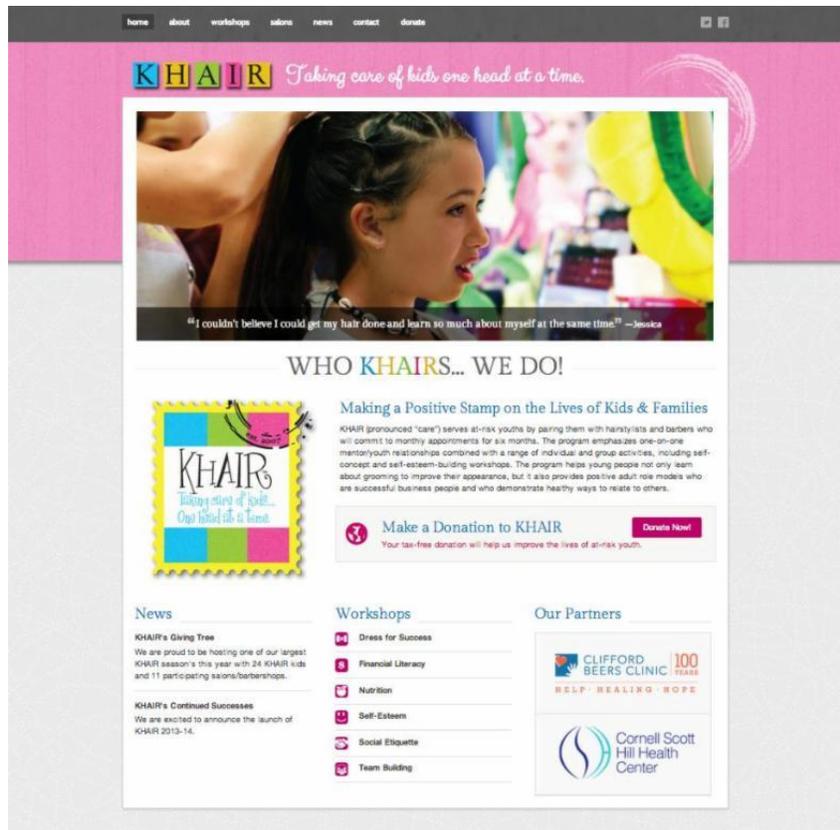
The KHAIR program has amazing supporters and we are always looking for more people who will KHAIR. Are you interested in donating to KHAIR? Here are some ways you can help:

- Donate your time as a KHAIR Salon/Barbershop
- Donate your time as a KHAIR workshop presenter
- Donate your space for KHAIR social development workshops
- Donate transportation for KHAIR Kids to get workshops and hair appointments
- Donate beauty products and tools for KHAIR Kids
- Host a fundraiser to support KHAIR
- Make a financial donation of \$50 or more

See what a few of our KHAIR Salon partners have done for us recently:

- **Paul Mitchell the School North Haven:** The student BE Nice Team adopted a KHAIR family and provided them with a complete Thanksgiving dinner basket, including a fresh turkey, potatoes, stuffing, condiments and dessert items.
- **Jo Bruno Hair Salon:** The entire salon team (including the KHAIR Stylists) participated in the salon's holiday giving promotion. Each guest was offered the opportunity to add on a " Lanza conditioning treatment" for \$5 during November and December. All proceeds of this add-on service were to be donated to the KHAIR program. Over 300 services were provided, yielding a \$1,700 donation!

To make a donation today, go to our website www.wekhair.org or contact us by email at khairinfo@chnct.org or by phone 203.949.4023 to discuss how you would like to KHAIR.



KHAIR is a program aimed to increase self-esteem in at-risk youth by pairing them with a stylist/barber. Participants also receive social development training. To learn more about the program or to donate to KHAIR, please visit www.wekhair.org



Cooking Matters is excited to be able to share with community partners - past, present and future - the different ways in which they can engage to offer the valuable assets of Cooking Matters programming to people whom they serve.

Cooking Matters not only offers a variety of curricula in order to serve all people (Cooking Matters for Adults, Teens, Kids, Parents, Families, Childcare Providers, etc), but is now able to offer numerous ways in which the program can be accessed by organizations statewide.

For the first three years in Connecticut, Cooking Matters was a grant-funded program with the ability to reach only a specific amount of organizations and conduct the number of courses allowable based on the funding for a given year. In order to be able to expand the reach of the Cooking Matters

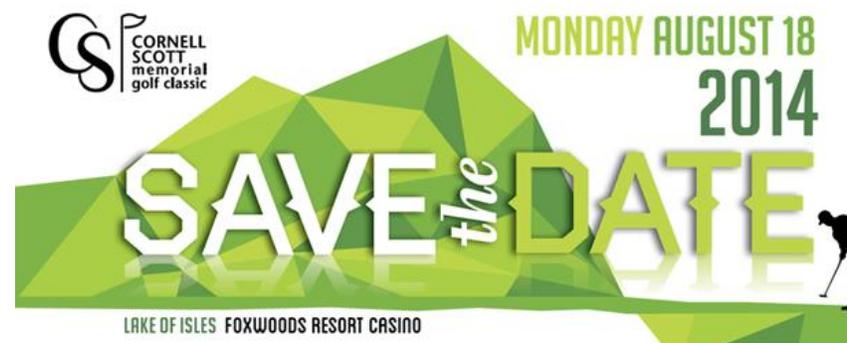
program, two new ways to engage people in need of nutrition and cooking education are being introduced.

In addition to courses offered through grant-funding, Cooking Matters can be implemented through satellite programming. This approach offers community partners an innovative way to deliver the program to their families with support and curriculum from Cooking Matters of Connecticut. The satellite partner assumes the responsibility of recruitment of participants, securing a space suitable for offering programming, staffing the course with appropriate volunteers, and purchasing the food for the course. Cooking Matters of Connecticut provides all of the administrative support: Program materials (Cooking Matters curriculum, giveaways, course paperwork, etc.), and staff/volunteer support and training.

Community Supported Cooking Matters programming started organically in 2013. That is, a community partner wanted Cooking Matters in their local elementary school and had the funding to support the endeavor in their own budget. Cooking Matters of Connecticut took this as an opportunity to learn a new way in which to partner with community organizations and this endeavor went off with flying colors. Cooking Matters of Connecticut is therefore offering the option of Community Supported Cooking Matters in 2014. Community partners decide to assume the financial responsibility for the programming and have the option of paying for program costs out of their existing budget or by writing Cooking Matters into upcoming grants. Cooking Matters staff in turn, fully manages the course from the beginning to the end.

In 2014, Cooking Matters of Connecticut looks forward to continuing to impact families statewide. By offering numerous ways in which we can offer programming in communities, we can empower communities to best decide how to bring this enriching program to more families.

To contact Cooking Matters, CT call Jennifer Frontiero at 203.949.4184 or jfrontiero@chnct.org.



Sponsorship is now open for the 2014 CS Golf Classic!

Interested in contributing directly to programs here at the CHNCT Foundation? Want to provide company exposure to local and regional businesses? Sign up to become a 2014 Sponsor for the Cornell Scott Memorial Golf Classic being held at Lake of Isles golf course near Foxwoods Resort Casino. Big or small, your contribution will go a long way



in supporting a great cause . See all of our sponsorship opportunities by clicking [here](#).

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