



## Community Health Network of Connecticut Foundation

OCTOBER 2019

### Welcome to Fall!

The team at the CHNCT Foundation is excited to bring you the latest news about our programs.

In this newsletter you'll have the opportunity to meet our Cooking Matters class managers and receive an update on our Golf Tournament.

Our Fall KHAIR program began on Saturday, October 12, with graduation scheduled for Saturday, November 16. We'll have a full update in our next newsletter. To learn more about our KHAIR program, you can reach our program coordinator Amber Taylor at [ataylor@chnct.org](mailto:ataylor@chnct.org) or 203-949-4134.

Finally, we're happy to share with you Cooking Matters' Baked Apple recipe. This easy recipe is great for dessert, an after-school snack, or as a treat for any fall gathering. They can also be reheated in as little as 60 seconds.

Enjoy!



Patricia A. Scussel  
Executive Director

PS: Save the date! Our 15th Annual Golf Tournament will be held **Monday, August 24, 2020** on



Try this delicious Cooking Matters fall treat  
Baked Apples



Community Health Network  
of Connecticut Foundation  
Annual Golf Classic  
*Honoring the Memory of Cornell Scott*

## 2019 Golf Classic a Success!

The CHNCT Foundation, Inc. is pleased to announce that the 2019 Community Health Network of CT Foundation Golf Classic was another success!

Held at one of New England's premier courses - Lake of Isles at Foxwoods Resort Casino, this year's tournament raised nearly \$55,000 with 120 golfers participating, including 20 corporations. Since 2005, the tournament has raised nearly \$570,000 for programs and activities that improve the health status of people living in Connecticut.

The team from ExecuSpace Construction Corporation took the first place honors this year, with the team from Avella BriovaRx taking second, and the team from Olsen Construction taking third.

Funds raised at this Golf Classic enable the CHNCT Foundation to award grants that positively impact the behavioral and nutritional health programs at seven Federally Qualified Health Centers throughout Connecticut: Charter Oak Health Center, Cornell Scott-Hill Health Center, Fair Haven Community Health Center, Generations Family Health Center, Inc., Optimus Health Care, Inc., Southwest Community Health Center, and Staywell Health Center. In addition, the CHNCT Foundation awards community donations to eight non-profit organizations throughout the state of Connecticut.

Thank you to Webster Bank for their continued support as our Diamond Sponsor and to Jocelyn Maminta from WTNH - News 8 for serving as our guest MC.



Webster Bank's Jeff Klaus along with MC Jocelyn Maminta.



First Place team: ExecuSpace Construction Corporation.



## Meet Our Cooking Matters Class Managers

The Cooking Matters CT program is able to reach more than 1,000 people each year thanks to our class managers who, under the direction of Cooking Matters CT program manager Nargis Karampurwala, MPH, work tirelessly to bring Cooking Matters throughout the state. Meet our team:

**Kellie Gilbert** has a BS in Allied Health - Public Health Promotion, from the University of Connecticut. She began volunteering for Cooking Matters CT during her senior year of college. In 2014, not long after graduating, the CHNCT Foundation hired her as a Nutrition Instructor/Class Manager for Cooking Matters CT. She teaches diverse populations how to read labels, cook, shop, and eat healthy on a budget. Kellie also serves as a Community Health Educator for CHNCT, going out into the community presenting their nutritional programs at health fairs and other community events. She also helps to connect HUSKY Health Program members with health and community resources to address Social Determinants of Health. She loves interacting with people and learning about various cultures' food and cooking styles. Her favorite part of spending six weeks with each class is the feedback she gets about how the knowledge and skills they are taking away with them is already improving their health and having a positive impact on their lives.

**Karen O'Hare-Charles** is the newest member of the Cooking Matters team. She is a registered dietitian who is passionate about teaching people to shop for and cook healthy meals on a budget. As a dietetic intern, Karen worked for Cooking Matters of Massachusetts where she first fell in love with the program. Her favorite series to teach is Cooking Matters for Parents because she loves to see parents gain the confidence to handle picking eating behaviors over the six-week course. Karen also works for UConn Health delivering nutrition education throughout Connecticut to children and adults. In her spare time, she loves cooking, biking, and skiing.

**Laurie Stiles** started working for Cooking Matters in 2017, serving participants in the Western Connecticut area. She lives in Norwalk with her husband and 3 teenagers. Laurie is a Nutrition and Dietetics Technician, Registered (NDTR), and holds an Associate's of Science degree in Nutrition. Cooking and nutrition education have long been her passions, and she is grateful to have the opportunity to share them with her community.

**Michael Tedone** is a registered dietitian from Wethersfield. He holds a Bachelor's Degree in Nutritional Sciences from the University of Connecticut. One of his most fulfilling experiences was completing a nutrition internship while studying abroad in London. During this time he was able to provide nutrition services to clients living with HIV. He is passionate about utilizing food and nutrition to positively influence communities around him. In his free time Michael loves to share his cooking and baking creations with family and friends."

**Gina Vecchitto** has been an integral part of Cooking Matters since 2016. She comes with a different educational approach having worked for the U.S Army and being trained in Yoga and Mindfulness. This past year her main focus has been working with participants who have special needs and developmental challenges. "It can be a very challenging group to work with based on the curriculum to cover and the student's abilities, limitations, and needs. The main goal of working with these populations is to create an environment of learning and building new and existing skills and abilities that instill greater confidence, curiosity, motivation, and ease." Gina strongly believes in continued education which motivates her to attend workshops and trainings on nutrition, yoga and mindfulness. In her free time she loves to travel and experience different cultures.

For more information on Cooking Matters, contact Nargis at 203-303-3908 or email [nkarampurwala@chnct.org](mailto:nkarampurwala@chnct.org).

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