



CHNCT FOUNDATION

NEWS

MARCH 2019

Happy Spring!

The team at the CHNCT Foundation is excited to bring you the latest news about our KHAIR and Cooking Matters programs. In this newsletter you'll learn more about this past fall's KHAIR program, as well as about new sessions we're offering the teens. We're also excited to share with you, thanks to a partnership and funding from Trinity Health - St. Francis Hospital & Medical Center a six-week Cooking Matters program is now available for view online. Thank you to our friends at Hartford Public Access Television (HPATV) who worked on this with us. Looking to try a new recipe? Our Cooking Matters Jambalaya will hit the spot.

Enjoy!



Patricia A. Scussel
Executive Director

PS: Save the date for our 14th Annual Golf Tournament: **Wednesday, August 14** at Lake of Isles at Foxwoods!





Try our hearty and healthy [Cooking Matters Barley Jambalaya Recipe](#)



Spring News



KHAIR Program graduates 14 and introduces 3 new exciting components!

We celebrated 14 students who successfully completed the six-week program. Thank you to our partners Clifford Beers and Cornell Scott Hill-Health Center and our tremendous team of volunteers for their support to continue to make the program successful.

[Read the full story here](#)



New Cooking Matters Video Collaboration Series to be completed this spring!

Cooking Matters Connecticut collaborated with Trinity Health - St. Francis Hospital & Medical Center and Hartford Public Access Television (HPATV) for the purpose of filming a six-week class series to promote the program. It will also serve as a useful tool for participants!

[Check out episode 1 here](#)

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