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Training by EMS Institute, CT & NY

"If someone cyberbullies they should lose their internet for 3 months and have to say sorry to the person they bullied everyday!"

- 7th Grade Student,
Salisbury Central School, CT
Cyberbullying: Understanding & Addressing Online Cruelty



Parents as Teachers, CT

"... a 27 year old Hispanic male from Millerton, NY, said that he had never gone for any health care. He was referred and scheduled for an appointment with a Spanish-speaking Nurse Practitioner at Hudson River Healthcare and later told us that he was feeling so much better now that he had a doctor to see and talk to about his health".

- Solange T. Muller, MPH,
Immigrant Study Consultant, NY
Immigrant Health Study



FCH Prescription Assistance, NY

"Housatonic Valley Regional High School is very fortunate to have McCall Foundation's substance abuse education program. The messages about making positive choices and the benefits of making good decisions are powerful."

- Mary Ann C. Buchanan, Ed.D.,
Assistant Principal, Housatonic Valley Regional High School, CT
Character Counts



Expanded Dental Services
- Taconic Hills School District, NY

"... I would like to thank you for funding the in-school dental program. The educational component ... not only informs the children, but alleviates their fears."

- Caren Bunce, R.N., Lee H. Kellogg School, Falls, Village, CT
School-based Preventive Oral Health

2009 Annual Report



Foundation for Community Health Staff and Board Members



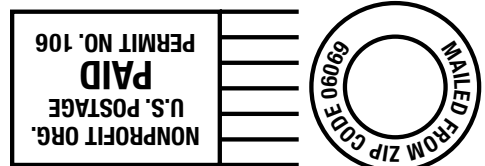
FOUNDATION
for
COMMUNITY HEALTH

Prevention, Access, Collaboration

Foundation for Community Health

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www.fchealth.org

POSTAL PATRON



Foundation for Community Health
155 Sharon Valley Road
Sharon, CT 06069

Message from the Executive Director

Dear Neighbor,

The Foundation for Community Health (FCH) has been investing in people, programs and strategies to improve your health and the health of your community for the past seven years and we would like to take this opportunity to share some of our most recent work with you.

The Foundation for Community Health not only serves *your* town, but many of the surrounding towns located in the northwest corner of Connecticut and the greater Harlem Valley in New York (see the map below). Our primary work has focused on improving local Oral Health, Mental Health and Access to Services by making grants, conducting research, building coalitions, and raising awareness about needs and services through communications and advocacy work.



Since inception, the FCH has awarded over \$3 million in grants that have helped many in our community. For example:

- The FCH Prescription Assistance Fund has distributed \$677,700 to-date to help middle class families and seniors buy needed medications.
- The in-school dental programs in Region 1 School District in CT and the Taconic Hills School District in NY have provided over 500 youth annually with free oral health preventive services.
- Over 400 adults annually have utilized the mobile dental van in Amenia.
- Hundreds of youth have attended school-based prevention education programs.
- Thousands per year make use of the local door-to-door transportation services.

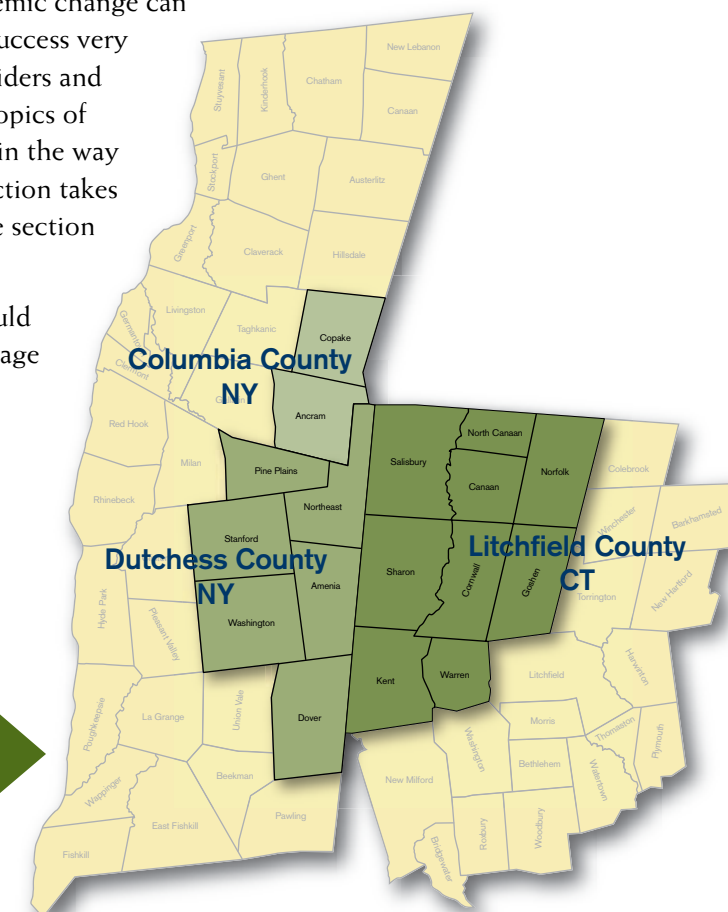
You will find a complete list of the grants we made in FY 2009 later in this report.

As a very local and proactive foundation, we believe that systemic change can only be achieved in partnership with others. This makes our success very dependent on how well we know our community and its providers and how successful we are at bringing them together to work on topics of shared interest. Some of our biggest successes have cost little in the way of dollars, but have created circumstances in which positive action takes place. You will see a description of some of these efforts in the section entitled *Working in Our Community*.

We hope that you will find this report informative. If you would like to read more about the Foundation, please visit our web page at www.fchealth.org.

Sincerely,

Nancy L. Heaton
Executive Director



Towns served by Foundation
for Community Health

Gifts & Planned Giving

To learn about donating to the Foundation, setting up a donor fund or leaving a legacy that will enable us to continue our efforts of improving the health and well-being of the people in our community far into the future, contact Nancy Heaton at 860.364.5157 or nancy@fchealth.org

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Working in Our Community

In addition to funding almost \$600,000 for health and human service projects in 2009, the Foundation spearheaded a number of activities and educational programs aimed at improving access to healthcare for people living in our community.

Ongoing Community-based Projects:

Transportation – The Foundation has been exploring alternative solutions to transportation issues in our service area. A task force was formed with interested parties to identify and discuss options for developing collaborative and multi-municipal transportation services in northeast Dutchess County. Nelson/Nygaard Consulting Associates was commissioned by the Foundation to conduct a transportation feasibility study of eastern Dutchess. The findings and recommendations will be used to enhance existing transportation and for planning new services. We are working with the Dutchess County Department of Planning & Development, Transportation Council, and providing them with the study results to help design routes and schedules that will serve our area.



Healthcare Reform Presentation at FCH

Bi-Lingual Mental Health Support – In view of the limited bi-lingual mental health services available in our area, we have conducted some outreach and consequently organized a committee of service providers to explore possibilities to address this issue. We are currently reviewing and evaluating models that would help develop culturally and linguistically sensitive mental health services.

Enhancing Access to Healthcare – We are involved in a collaborative effort with local service providers to develop and implement solutions that will help patients to navigate and efficiently use our healthcare system.

Immigrant Health Study – The Foundation commissioned Solange Muller, MPH, Coordinator of Hudson River HealthCare's Cultural Competence Team, to conduct a study with the purpose of improving access to primary health care and to early detection and cancer screening services for recent immigrants to eastern Dutchess County.

Educational Presentations:

OPENWIDE – Oral Health Program to Engage Non-Dental Health and Human Service Workers in Integrated Dental Education – May 14th. Presented in collaboration with the Office of Oral Health, Connecticut Department of Public Health, for childcare workers to be able to recognize and understand oral diseases and conditions so that they would be able to engage in anticipatory guidance, prevention interventions and to make appropriate referrals for improved oral health with their students.

Healthcare Reform Presentation – June 18th. A presentation by Juan Figueroa, President of the Universal Health Care Foundation of CT, explaining healthcare reform efforts in Connecticut, was co-hosted with the Berkshire Taconic Community Foundation.

Immigrant Law for Service Providers – June 24th. An informational session for service providers, in collaboration with Catholic Charities Community Services of Poughkeepsie, New York, on immigration policies and laws.

Benefit Programs – July 24th. An informational presentation by the Western CT Area Agency on Aging about programs and services for seniors to providers administering the Foundation's Prescription Assistance Fund.

Poverty Law Seminar – September 15th. A seminar, presented by Statewide Legal Services of Connecticut, to help health and human service providers understand legal aid programs in Connecticut.

2009 Grants

Capacity Building

Community Mental Health Affiliates, Inc. (CMHA) — New Britain, CT

\$30,000

Council on Addiction Prevention & Education of Dutchess County, Inc. (CAPE) — Poughkeepsie, NY

\$20,000

Housatonic Youth Service Bureau, Inc. (HYSB) — Falls Village, CT

\$20,000

Prevention/Early Intervention

Beginning Year's Children's Center (operated by United Methodist Homes of Sharon) — Sharon, CT

\$7,500

The McCall Foundation, Inc. — Torrington, CT

\$7,500

Mental Health America of Dutchess County — Poughkeepsie, NY

\$7,500

Women's Support Services — Sharon, CT

\$7,500

Transportation & Convening

Columbia County Community Healthcare Consortium, Inc. — Hudson, NY

\$20,000

Geer Adult Day Center — Canaan, CT

\$34,000

Immigrant Forum

\$500

North East Community Center — Millerton, NY

\$12,000

Increase Access to Services

Catholic Charities Community Services, NY Archdiocese — Poughkeepsie, NY

\$15,000

EMS Institute, Inc. — Sharon, CT

\$25,000

Sharon Fire Department, Inc. — Sharon, CT

\$500

Universal Health Care Foundation of Connecticut — Meriden, CT

\$50,000

Mental Health/Behavioral Health

Technology Upgrade: To unify and upgrade CMHA's technology infrastructure.

Regional Prevention Education Network, Phase II: To continue developing/improving a prevention education network in eastern Dutchess County to identify/address issues confronting youth today that put them at risk for behavioral problems, substance use/abuse, unhealthy relationships, school drop outs, etc.

Regional Prevention Education Network, Phase II: To continue to develop a prevention education network in northwestern Connecticut to identify/address issues confronting our youth that put them at risk for behavioral problems, substance use/abuse, unhealthy relationships, school drop outs, etc.

Parents as Teachers: To fund a parent educator program that combines group work and one-on-one home visits in its curriculum.

Character Counts: To fund age-appropriate, substance abuse prevention programs for Housatonic Valley High School and the district's elementary schools in Northwestern Connecticut.

Kids on the Block: To fund a nationally recognized educational puppet theater program in which children learn a variety of health and life skills, as well as, increasing awareness and understanding of differences among people in a safe & fun environment.

Cyberbullying: Understanding & addressing online cruelty in Region 1 School District for Grades 5-8: To develop, conduct and evaluate cyberbullying prevention education presentations in Region 1 schools for Grades 5-8.

Access to Services

Children & Adults Medical Transportation Service (CARTS): Ongoing support to increase medical transportation services in Copake and Ancram, New York.

Transportation Program: Ongoing support of transportation in northwestern Connecticut for non-emergency medical appointments.

Immigrants: Your Rights & Responsibilities: To co-host a Spanish language informational forum in eastern Dutchess County.

Care Car Program: Ongoing support of a transportation program serving primarily northeastern Dutchess County.

Oral Health Initiative

Columbia Memorial Hospital — Hudson, NY

\$24,400

Community Health and Wellness Center of Greater Torrington — Torrington, CT

\$40,000

CT Dept. of Public Health — Hartford, CT

\$3,000

Hudson River HealthCare, Inc. — Peekskill, NY

\$90,000

Maria Seymour Brooker Memorial, Inc. — Torrington, CT

\$22,520

Expanded Dental Services – Taconic Hills School District: Support of an expansion of the in-school dental program to include Head Start, Kindergarten and grades 1-4 including screenings, cleanings, sealants, treatments and parent education.

Dental Services: To support final construction costs at the Health and Wellness Center.

OPENWIDE: Support for printing of dental care curriculum materials for older adults.

Dental Van: Third year of funding dental services in a mobile van at the community health center facility in Amenia, NY.

School-based preventive Oral Health: To conduct a 3rd year of school-based dental services for Region 1 School District in CT, Grades K-8, providing education, screenings, sealants and referral for treatment services.

Prescription Assistance Fund

Columbia County Community Healthcare Consortium, Inc. — Hudson, NY

\$ 13,650

To fund the FCH Pharmaceutical Assistance Fund.

Dutchess County Community Action Partnership, Inc. — Dover, NY

\$ 75,750

To fund the FCH Pharmaceutical Assistance Fund.

NW Connecticut Council of Governments — Warren, CT

\$ 60,600

To fund the FCH Pharmaceutical Assistance Fund.

Medical Education Fund

Medical Education Event

\$2,593

Personalized Medicine: Hype or Help?: An educational event presented for the medical, science and academic community.

New Opportunities & Program Development

CT Council on Philanthropy — Hartford, CT

\$1,800

Annual Contribution: To support their work and to maintain access to the latest information for the Connecticut grantmaking community.

Grantmakers in Health — Washington, DC

\$2,500

Annual Contribution: To support their work and to maintain access to the latest information for the health grantmaking community.

Financials

	December 31, 2009 (unaudited)	December 31, 2008 (audited)
Value of Assets 12/31	\$20,660,961	\$17,250,208
Income Net Fees*	\$4,575,517	(\$6,051,242)
Grants Awarded	\$565,220	\$761,535
Program Expense	\$227,051	\$190,007
Administration Expenses	\$102,475	\$99,823

*The Foundation also receives regular income from approximately \$6 million held in trust by others.

Donor Restricted Funds