



Healthcare4every1 Campaign, CT



Training by EMS Institute, NY/CT



Taconic Hills School District
Oral Health, NY



Non-Profit Learning Program, NY/CT



Kids on the Block, NY



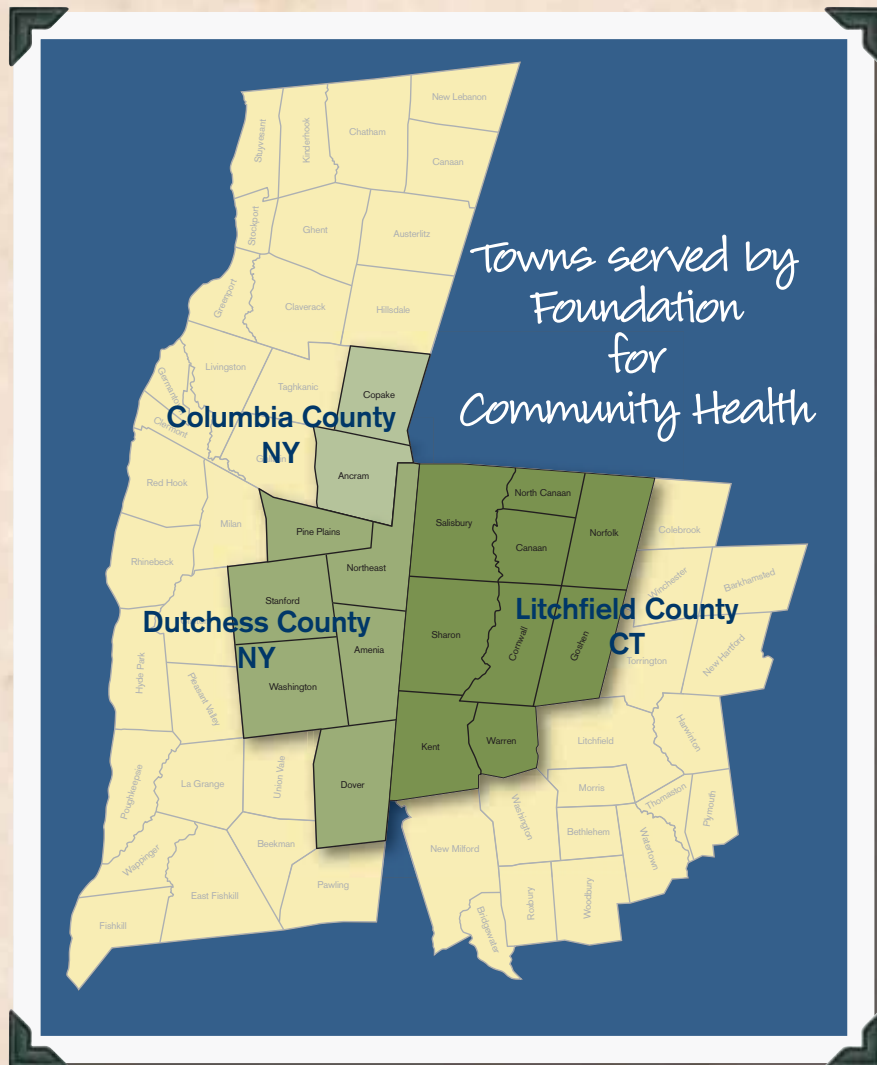
FOUNDATION
— for —
COMMUNITY
HEALTH

Prevention, Access, Collaboration

Annual Report 2008

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Message from the Executive Director

Dear Neighbors,

Photo albums are a collection of snapshots that together present a visual record of our families, friends, and life's adventures, both big and small.

In putting together the Foundation's annual report for this year, we decided to use this format to help you better visualize some of the impact of our work and investments over the past year and more. Words may describe our work and the processes involved in our specific activities, but pictures can best *bring to life* some of the most promising achievements of our work.

You will find, for example, three photos on the covers depicting the results of our efforts over the last few years to increase access to oral healthcare and disease prevention services. Elementary school children throughout the Region #1 School District in Connecticut and the Taconic Hills District in New York are learning how to better care for their teeth and are also receiving clinical oral health services. The Dental Van in Amenia, New York, is a first step in working with Hudson River HealthCare to provide dental services in our area for all those with or without the ability to pay for such services.

Other outcomes of the Foundation's work depicted in the cover photos include:

- Many of your community volunteers are trained or recertified annually by our local EMS Institute at convenient locations and at a reasonable cost.
- Spanish speaking community health "promotores", or outreach workers, gather monthly to learn about specific health topics and how to guide their friends and neighbors to the services they need.
- Local agencies design and implement innovative ideas to better reach youth with healthy messages and prevention programs.
- Professionals gather yearly to hear an expert on an interdisciplinary health topic relevant to our community.
- Hundreds of local residents are able to access transportation regularly to non-emergency medical appointments, shopping, and recreational outings.

I am very proud of the work that the Foundation for Community Health has accomplished during its first five years of operation and it is exciting to be able to actually see some of the positive impact we have already had on our communities.

Sincerely,



Nancy L. Heaton, MPH
Executive Director



Grantmaking

The Foundation for Community Health is dedicated to improving the health and wellbeing of the residents of the northern Litchfield Hills in Connecticut and the greater Harlem Valley in New York.

During the past year, the Foundation granted nearly \$800,000 to local organizations toward this mission. Since its inception in 2003, the Board of Directors of the Foundation for Community Health has invested nearly three million dollars into our community to support community-based health services, strategies and initiatives.

We have worked closely with our local community members to engage them in identifying issues as well as ideas for addressing these issues. Over the past five years, we have strived to become an integral part of our community . . . a community that is made up of small towns and villages, each with its own distinct qualities, while sharing the characteristic of being generally rural in nature. One concern, that is unquestionably shared by all, is that of being able to access quality health services.

This section describes what we have accomplished over the past year in addressing our priority areas. The specific grants funded in FY2008 are listed in the following section.

Mental Health/Behavioral Health

2008 Grants Total: \$152,700

In our ongoing assessment of needs, the Foundation for Community Health has determined that there continues to be a tremendous need for mental health and substance abuse services in the towns we serve. We have worked closely over the years with local providers of community-based mental health and substance abuse services to enhance their ability to provide effective behavioral health services in our communities. Specifically, the Foundation has sought to:

- strengthen the ability and capacity of providers to deliver quality services
- strengthen communication and coordination of services among providers
- promote and support interdisciplinary training and the adoption of “best-practices in both prevention and early intervention services.”

This year, the Foundation funded an organization to pilot a program that reaches out with local case management and job training services to those living with severe and prolonged mental illness in the northwest corner of CT. This funding was provided after several years of considering how best to design a program that would assist those who want to stay in their home communities to develop to their fullest potential.

Prevention is a key focus for us at the Foundation, and to that end, we have recently supported the formation of Regional Prevention Education Networks, one in NY and the other in CT. The goal of these Networks is to bring together all of those working with youth in the field of prevention education in order to have them collectively identify and then address the many issues confronting our youth today. We are especially interested in the issues that put youth at risk for behavioral problems, substance abuse, unhealthy relationships, and ultimately for poor educational outcomes.

Access to Services

2008 Grants Total: \$199,526

Transportation: \$85,000

General Access: \$114,526

Access is the issue that impacts all other identified health needs.

Of the many factors that influence and affect one's access to services, the most commonly identified issue in our service area is transportation. Other factors, such as: lack of knowledge of available services, lack of financial resources to pay directly for services or for insurance, lack or shortage of providers (particularly those accepting Medicaid), and cultural and language barriers, also affect local access.

We at the Foundation see ourselves as advocates for rural issues affecting access. So in addition to funding several local transportation services, we have spent time trying to educate state and county legislators and other funders about rural health and how to improve rural health delivery systems.

An example of a rural approach to providing health services is that many of our Emergency Medical Services (EMS) are run by volunteer-based organizations. In fact, there are at least 18 different EMS/Ambulance squads in our area that utilize volunteers. Recognizing the value of this service, for several years we have funded the activities of the regional EMS Institute at Sharon Hospital which provides support and training services to these dedicated squads.

Another way of improving rural health access is to support outreach programs that tailor their programs to meet the needs of the target population where they live. This past year we have supported such outreach to the senior population on the topic of diabetes and to the Spanish-speaking population with information about immigration law, basic health education, and accessing health services.

Oral Health

2008 Grants Total: \$149,309

This funding seeks to improve the overall oral health of our communities by strengthening disease prevention efforts, increasing awareness of the importance of good oral health and supporting local efforts to increase access to dental services.

We have focused our prevention efforts this year on supporting two large in-school prevention programs that target youth in elementary school. These programs provide the children with engaging prevention education, as well as free cleanings, sealants and either treatment or referrals to treatment. By ensuring that our youth have good oral hygiene skills and sealants at a young age, we feel we can prevent not only much pain and suffering in the future, but also the costs of oral health care services and the cost of lost productivity due to care and pain.

In its efforts to expand local dental services, the Foundation has provided funding to establish local practices at two area Federally Qualified Health Centers. These community health centers are mandated to see everyone, regardless of ability to pay, by offering payment schedules that are based on a sliding scale according to income.

Lastly, the Foundation is interested in advocating for a more responsive local delivery system. Our funding of the Coalition for Oral Health Initiative (COHI) includes developing and supporting local "oral health champions" as well as encouraging area dentists to consider becoming Medicaid providers under the new and improved Medicaid dental program.

Donor Restricted Funds

Prescription Assistance Fund

2008 Grants Total: \$150,000

The Foundation for Community Health's Prescription Assistance Fund helps individuals and families pay for their prescription costs. In order to qualify, individuals or families must be ineligible for Medicaid and their earnings have to be at or less than 300% of the Federal Poverty Level (e.g. \$60,000 annually for a family of four). The funding assistance is capped at \$250 per month per person.

Applicants in Connecticut apply for the assistance through their respective town social service department. Applicants in Dutchess County, New York, apply at the Dutchess County Community Action Partnership and applicants residing in the New York towns of Ancram and Copake apply at the Columbia County Healthcare Consortium.

Medical Education Fund

2008 Grants Total: \$2,816

The Medical Education Fund at the Foundation for Community Health is dedicated to enhancing the knowledge of the health and science professionals serving our communities. The Fund holds an annual dinner lecture on a health topic that directly affects our communities.

The First Four Hours: An Evidence Based Approach to Obesity was the title of the May 8, 2008, medical education event presented by Dr. Lisa Sanders, Assistant Clinical Professor at the Yale School of Medicine and contributing writer to the Sunday Magazine of the New York Times. The presentation, held at the Wake Robin Inn in Lakeville, CT, included guidelines for developing a systematic approach to the assessment of overweight patients and identifying strategies that would help them to develop healthy diets that could be sustained. The focus was on promoting effective and useful lifestyle changes.

New Opportunities & Program Development

2008 Grants Total: \$109,500

The Foundation feels that it is important to be receptive to new ideas that may not conform to our current funding guidelines or community service efforts. Each year, the Foundation sets some funding aside in order to be able to respond to an issue or request that is outside of our priority areas. This often provides us with a unique "opportunity" to directly address or to learn more about a specific matter or emerging need in our communities. These funds may also help a grantee to leverage for additional funding.

An example of an award in this category is our \$100,000 investment to enable our local population to have a voice in Connecticut's very serious attempt at healthcare reform. To that end, we decided to support local community organizing and educational outreach efforts that bring people together to learn more about the issue, to share their stories, concerns and ideas, and to understand the options being presented.

Mental Health/Behavioral Health

Capacity Building

Council on Addiction Prevention & Education of Dutchess County, Inc. (CAPE) — Poughkeepsie, NY	\$16,700	Regional Prevention Education Network To develop a prevention education network in eastern Dutchess County to better identify/address issues confronting youth today that put them at risk for behavioral problems, substance use/abuse, unhealthy relationships, school drop outs, etc.
Housatonic Youth Service Bureau, Inc. — Falls Village, CT	\$30,000	Regional Prevention Education Network To develop a prevention education network in northwestern Connecticut to better identify/address issues confronting youth today that put them at risk for behavioral problems, substance use/abuse, unhealthy relationships, school drop outs, etc.
Prime Time House, Inc. — Torrington, CT	\$56,000	Rural Mental Health Initiative To expand case management services into northwestern CT to identify, engage and work with individuals with severe mental illness to connect them to services and employment opportunities.

Prevention/Early Intervention

Astor Home for Children, Inc. — Poughkeepsie, NY	\$10,000	Parent-Child Interactive Therapy Train the Trainer To improve effectiveness of the agency's parent training and support services.
The McCall Foundation, Inc. — Torrington, CT	\$10,000	Character Counts & Insight Groups To fund two age-appropriate, substance abuse prevention programs for Housatonic Valley High School and at least three elementary schools in northwestern CT.
Mental Health America of Dutchess County, Inc. — Poughkeepsie, NY	\$10,000	Kids on the Block To fund a nationally recognized educational puppet theater program that provides a safe and fun environment in which children learn a variety of health and life skills as well as increasing their awareness and understanding of differences among people.
Susan B. Anthony Project, Inc. — Torrington, CT	\$10,000	Community Education and Outreach Project To fund a program providing prevention education in the Goshen and Warren school systems about bullying/teasing, dating and domestic violence and sexual assault.
Women's Support Services, Inc. — Sharon, CT	\$10,000	Respect: Promoting Healthy Relationships in Region #1 Grades 5-8 To fund an education program helping students understand the components of healthy and unhealthy relationships while introducing positive ways of respecting and interacting with each other.

Increase Access to Services

Access to Services

Catholic Charities Community Services, Archdiocese of New York, Inc. — Poughkeepsie, NY	\$25,000	Access to Case Management for Immigrants in NE Dutchess County To initiate and establish legal immigration and case management services for residents in northeast Dutchess County.
EMS Institute, Inc. — Sharon, CT	\$25,000	Capacity Building Fourth year of capacity building support to focus on recruitment, retention, expanding training abilities and to develop a plan to increase operating revenue.
Geer Adult Day Center, — Canaan, CT	\$14,000	Just One Call To enhance dispatching and transportation services in northwestern CT.
Greenwoods Counseling Referrals, Inc. — Litchfield, CT	\$19,526	Improving Access to Mental Health Care in NW Corner Towns To improve access to free clinical mental health assessments, referrals and financial assistance for residents of the northwest corner in CT.
New Milford Hospital, Inc. — New Milford, CT	\$25,000	Diabetes Outreach & Management for Seniors To prevent or delay the onset of diabetes and to assist seniors with disease self-management.
Noble Horizons, Inc. — Salisbury, CT	\$1,000	HealthWise 2008 General support for a health fair providing free health screenings to all attendees. (Approximately 300 + men, women, and children annually)
Somos La Llave del Futuro, Inc. — Millerton, NY	\$5,000	Somos Salud To support a training program for local volunteers to become health promoters for the Spanish speaking community in northeast Dutchess County.

Transportation & Convening

Columbia County Community Healthcare Consortium, Inc. — Hudson, NY	\$20,000	Children & Adults Medical Transportation Service (CARTS) <i>To increase medical transportation services in Copake and Ancram, New York.</i>
Friends of Seniors of Dutchess County Corp. — Poughkeepsie, NY	\$25,000	Transportation Program Expansion <i>To expand a volunteer driver program for seniors into Dover, NY.</i>
Geer Adult Day Center, — Canaan, CT	\$20,000	Transportation Program <i>Ongoing support of transportation for non-emergency medical appointments and to convene meetings of local transportation providers to better coordinate services.</i>
North East Community Center — Amenia, NY	\$20,000	Care Car <i>To support a transportation program serving primarily Millerton, Amenia, Wassaic, and Dover Plains with some service in Pine Plains and Copake.</i>

Oral Health Initiative

Oral Health

Columbia County Healthcare Consortium, Inc. — Hudson, NY	\$20,038	Expansion of Taconic Hills School District Oral Health Program <i>To expand an in-school dental program to include Head Start, Kindergarten and grades 1 – 4 including screenings, cleanings, sealants, treatments and parent education.</i>
CT Oral Health Initiative, Inc. (COHI) — Hartford, CT	\$10,100	Increasing Access to Oral Health Services in NW CT <i>To develop, implement and evaluate a plan to recruit northwest CT dental professionals to enroll as HUSKY providers.</i>
Hudson River HealthCare, Inc. — Amenia, NY	\$90,000	Dental Van <i>Second year of funding dental services in a mobile van at the community health center facility in Amenia, NY.</i>
Maria Seymour Brooker Memorial, Inc. — Torrington, CT	\$29,171	School-based Preventive Oral Health <i>To conduct a 2nd year of school-based dental services expanding it to include Kindergarten as well as grades 1 – 5 for Region #1 School District in CT providing education, screenings, sealants and referral for treatment services.</i>

Prescription Assistance Fund

Donor Restricted Funds

Columbia County Healthcare Consortium, Inc. — Hudson, NY	\$ 13,650	<i>To fund the FCH Pharmaceutical Assistance Fund.</i>
Dutchess County Community Action Partnership, Inc. — Dover, NY	\$ 75,750	<i>To fund the FCH Pharmaceutical Assistance Fund.</i>
NW Connecticut Council of Governments — Warren, CT	\$ 60,600	<i>To fund the FCH Pharmaceutical Assistance Fund.</i>

Medical Education Fund

Medical Education Event	\$2,816	Evidence Based Approach to Obesity <i>An educational event presented for the medical, science and academic community.</i>
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New Opportunities & Program Development

Berkshire Taconic Community Foundation/Northwest Corner Fund — Great Barrington, MA	\$7,000	Non Profit Learning Program <i>Scholarship for the Millerton, NY, based North East Community Center to participate in an enrichment program assisting non-profits to improve their operation and governance.</i>
Grantmakers in Health, Inc. — Washington, DC	\$2,500	Annual Contribution <i>To support the work and to maintain access to the latest information including trends, policies and technology in the health grantmaking community in order to strengthen the knowledge, skills and effectiveness of our staff and board members.</i>
Universal Health Care Foundation of CT, Inc. — Meriden, CT	\$100,000	Healthcare4every1 Campaign <i>To optimize activities promoting a policy proposal for health care reform that would provide comprehensive, quality and affordable health coverage for Connecticut residents.</i>

Working with the Community

Immigrants Information Forum

The Foundation for Community Health co-hosted a Spanish-language informational forum, *Immigrants: Your Rights & Responsibilities*, in Amenia, NY, on April 27, 2008 at the Immaculate Conception Parish Center. This event, in collaboration with AHORA, Association for Hispanics to Obtain Resources and Assistance, and Hudson River HealthCare, included presentations on immigration law, landlord/tenant issues, labor laws, housing and public safety as well as the sharing of information and literature by eighteen health and human service providers that were at the event.

"I want to be a productive member of the town I live in and I want my children to be good Americans. Today I learned some things that will help me and my family to do this."

– 40 year old male, attending Immigrants Informational Forum,
Amenia, NY



Dutchess County Office for the Aging Informational Forum

The Foundation for Community Health sponsored an informational forum about the Dutchess County Office for the Aging. This was an opportunity for service and health providers to meet with representatives from the Office for the Aging, talk with them, ask questions and hear about their services and benefits for seniors and how they can be accessed. John Beale, Executive Director of the Office for the Aging, gave an overview of their programs; Kathy Jamison, Supervisor of Case Management, talked about NY Connects (EISEP); Nina Lynch, Aging Information Specialist, talked about Medicare Part D, Home Care and Long Term Care and Susan Davidson, Transportation Coordinator, talked about her work. The forum was held on May 22, 2008 at the Immaculate Conception Parish Center in Amenia, NY.



Legislative Breakfast

Transportation . . . Together, We'll Get There! was the title of the Legislative Breakfast Forum sponsored by the Foundation for Community Health on October 15, 2008 at the Pine Plains Lions Community Pavilion in Pine Plains, New York. The event began with an introduction to the town of Pine Plains and a description of their transportation issues by the Town Supervisor, Greg Pulver, and the President of the Lions Club, Peter Hage.

The forum presented an opportunity for New York and Connecticut legislators and town officials, transportation providers, health and human service providers and FCH staff and board members to share knowledge and experience, discuss alternatives to the status quo and most importantly, to brainstorm new ideas. The event was well attended by representatives from both States including town supervisors and selectmen, NY District 40 Senator Vincent Leibell, CT District 30 Senator Andrew Roraback, Connecticut State Representative Roberta Willis, New York State Assemblyman Marc Molinaro and the Senior Planner with the Dutchess County Department of Planning and Development, Mark DeBald.

The Forum motivated some follow up conversations and meetings that have led to the formation of a Transportation Task Force to work with the Dutchess County Department of Planning & Development as well as to independently explore alternative transportation solutions for eastern Dutchess County. The Task Force members include town officials and administrators, health and human service providers, transportation providers, concerned citizens and FCH staff and board members.



Financial Reports

Foundation for Community Health Financial Reports December 31, 2008 and 2007

Statement of Financial Position

	(unaudited) 2008	(audited) 2007
Assets		
Cash	\$ 427,415	\$ 35,756
Berkshire Taconic Balanced Pool	16,776,515	24,141,194
Prepaid Expense	8,318	2,544
Security Deposit	1,600	1,600
Talmage CRAT	58,174	58,174
Property and Equipment, Net	17,020	18,709
Total Assets	\$ 17,289,042	\$ 24,257,977
Liabilities & Net Assets		
Grants Payable	\$ 404,700	\$ 306,594
Expenses Payable	54,024	52,189
Net Assets (Fund Balance)	16,830,318	23,899,194
Total Liabilities & Net Assets	\$ 17,289,042	\$ 24,257,977

Statement of Financial Activities

Revenue		
Revenue from Trusts ¹	\$ 257,367	\$ 274,258
Contributions and Additions ²	59,722	355,180
Total Investment Earnings	(6,190,277)	2,115,771
Total Revenue	\$ (5,873,188)	\$ 2,745,209
Expense		
Grants	\$ 761,535	\$ 675,061
Program Development	161,577	177,836
Operating Expenses	132,462	100,497
Depreciation Expenses	6,120	
Investment & Financial Services Fee	133,994	146,454
Total Expenses	\$ 1,195,688	\$ 1,099,848
Net of Revenue and Expense	\$ (7,068,876)	\$ 1,645,361



¹ The Foundation receives regular income from approximately \$5.4 million held in trust by others.

² Contributions include: \$5,000 grant from the Public Welfare Foundation; \$15,400 in gifts; \$38,056 from the dissolution of a trust; and \$1,266 in miscellaneous income.

Board Members and Staff

Board Members

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 <p>Nancy Heaton Executive Director</p>	 <p>Gertrude O'Sullivan Director of Communications & Special Programs</p>	 <p>Cailin Welch Office & Grants Manager</p>	 <p>Heidi Kearns Office & Grants Manager</p>
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“A few years ago, many wondered how the charitable assets from the sale of the previous non-profit Sharon Hospital would be put to work to improve the health status of those living within its service area. I think it is safe to say that all of our aspirations have been exceeded by the constructive and high impact work done by the Foundation for Community Health. By focusing on key needs in our communities and by targeting investments to achieve the greatest possible leverage, the Foundation has become a transformational force for the common good. As the Board learns from its successes with each passing year, the mission of the Foundation is furthered in more and different ways. When Dr. Jonas Salk was asked what the greatest reward was for discovering a vaccine for polio, he replied “The greatest reward for work well done is the opportunity to do additional work.” I expect that the Foundation will continue to be so rewarded long into the future.”

– Andrew Roraback
State Senator, 30th District, CT



Medical Education Event, NY/CT



Dental Van, Hudson River Healthcare, NY



School-based Preventive Oral Health, CT



Transportation, Geer Adult Day Center, CT



Housatonic Youth Service Bureau, CT



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