



# COMMUNITY HEALTH NETWORK FOUNDATION™

Newsletter

December 2006

## **Community Health Network of Connecticut Foundation, Inc. Joins Fight in #1 Killer of Women**

*Local Activities Were Part of Nationwide Effort to Educate  
Women About Heart Disease*

What is the #1 killer of women today? Heart Disease. This silent killer initiated a partnership between Community Health Network of CT Foundation and the U.S. Department of Health and Human Service's Office on Women's Health, Region I, to raise awareness in Connecticut communities across the state. Their mission was to bring the National Heart Lung and Blood Institute's Heart Truth Campaign information to Connecticut communities through a variety of faith-based organizations with the assistance of local health care centers.

According to Sylvia Kelly, Chair of The Foundation Board, "Our Heart Truth health displays were a great opportunity to reach out to women in our community and alert them regarding their personal risk factors for heart disease. We decided to target the faith-based organizations because we knew that people were seeking advice on medical treatment from their faith-based organizations. Using the health centers that are located in these urban areas was the key to the campaign with their established presence in these communities."

This initiative included providing local health care centers with educational materials that people could take home with them. The Region I Office of Women's Health has supported this work with a contract for \$4,900.00 to The Foundation, and The Foundation added an additional \$1,500.00 towards the initiative.

"We were looking for a domino effect with this campaign," stated Tressa Spears, Executive Director of The Foundation. "The more people we can educate, the more likely the message will spread and filter into the communities. This is just the beginning of our initiative on heart health awareness."

## **Golf Tournament**

We wish to express our sincere thanks and appreciation for those individuals and corporations that supported our 1st Annual CHNCT Foundation Golf Classic. The results exceeded our expectation. We are happy to announce that \$24,500.00 was raised to support our health care initiatives for children and families statewide.

The 2nd Annual CHNCT Foundation Golf Classic will take place at the TPC again on August 27, 2007.

Please contact Tressa Spears at 203-949-4105 for more information.

## **About The Heart Truth Campaign**



A nationwide campaign — The Heart Truth — is underway to raise awareness that women need to protect their heart. This national campaign is building awareness of women's heart disease and empowering women to reduce and prevent their risk. It is reaching women with important heart health messages in community settings through a diverse network of national and grassroots partner organizations.

For more information about women and heart disease, including materials such as The Healthy Heart Handbook for Women and fact sheets about women and heart disease, please visit <http://www.hearttruth.gov> or call the NHLBI Health Information Center at 301-592-8573.



See pages 2 and 3 for additional Golf Tournament pictures

## The Community Health Network of Connecticut Foundation, Inc. announce the recipients of their 3rd Annual mini-grant awards.

Over ten years ago, nine different Connecticut Community Health Centers founded CHNCT, Inc. The CHNCT Foundation, the sister entity to CHNCT, Inc., now serves the remaining seven Community Health Centers (CHC).

The process of awarding the seven grants through this Foundation program consists of submitting a proposal. The first year, each CHC was awarded \$1,000.00. The grants were previously used for projects such as: oral health education, medical record updates, employee trainings, supplies, computers, and much needed new medical equipment.

This year, The CHNCT Foundation is proud to announce that the grant has been enhanced to award each CHC with \$3,500.00. The monies provided are to benefit each CHC as follows:

**Charter Oak, Hartford, CT** – Charter Oak will use the funds to upgrade to a new Network Server for the Physician Computer Network (the current practice management system for the agency). The system is used for patient enrollment, scheduling, billing, data management and the statistical reports required by their funders. This grant will help them purchase the critically needed piece of equipment.

**Fair Haven Community Health Center, New Haven, CT** – Fair Haven Community Health Center will utilize the funds to contract with a consultant/facilitator for training employees on how to improve their cultural competence and help the center to enhance the value of diversity in

the workplace and the patients they serve. “The goal is to make all staff accountable for maintaining an environment where the benefits of diversity can flourish.” (from proposal by Denise Page, President, DreamCatchers, LLC.)

**Generations, Willimantic, CT** – Provide Customer Service Training to employees to allow the health center to provide the highest quality of care to their patients. The goal of the Customer Service Training Program is to explore opportunities to engage staff in professional development activities and strengthen/improve interactions with colleagues and patients. Customer Service Training will allow staff to focus on the key components associated with good service delivery to help build a better team environment.

**Hill Health Center, New Haven, CT** – Provide patient medical interpretation services through the Language Line Service. The service provides telephone interpretation for their patients who have limited English proficiency. Nearly half of their 28,000 patients fit into this category. Most of these patients speak Spanish. However, in the past four months they have needed interpreters for patients who speak Vietnamese, Somali and Arabic. This service will provide telephone interpretation within minutes. It can also be used by the support and clerical staff for making appointments, clarifying instructions and giving directions.

**Optimus Health Care, Inc., Bridgeport, CT** – Optimus Health Care, Inc. is implementing a smoking cessation program for the mentally ill at its Stamford, CT satellite

sites with funding from the CT Department of Public Health. They would like to expand the program to include other patients of the center struggling to quit smoking. The availability of the CO Monitor at their two other main locations for Adult Medicine will greatly enhance the promotion and medical care support of the smoking cessation program. Through this they hope to help 50 additional patients quit smoking in one year.

**Southwest Community Health Center, Bridgeport, CT** – The organization continues to move towards the opening of their new state-of-the-art health center facility located at 968 Fairfield Avenue in Bridgeport. For this undertaking they are seeking to expand their outreach in the community with a marketing campaign through the development of new departmental brochures, distribution of marketing items and mailings to targeted neighborhoods.

**StayWell Health Center, Waterbury, CT** – Support the Community Programs Department 9-week prenatal group. The goal is to help reduce pre-term birth and low birth weight babies. They also plan to have a child development based field trip. This offers the opportunity for isolated families to experience a positive activity with their children at a location that would otherwise be out of their reach. The funds will also provide lunch and the entrance fee to the chosen location. They will also purchase 11 new chairs for their new waiting room.

## Highlights from the 2006 Golf Tournament



# The Second Annual *A Modern Tea*

On February 3, 2007 the second annual *A Modern Tea* will be held at The Hartford Club in Connecticut. *A Modern Tea* coincides with the American Heart Association's Go Red for Women Day, which is celebrated on Friday, February 2, 2007. Proceeds for this event will go to benefit and support The Community Health Network of CT Foundation's Heart Health Initiatives.

*A Modern Tea* is not your typical tea party; however, it's an afternoon tea that aims to delight the five senses. Invitees include doctors, health care providers and community leaders to carry the message of heart awareness to their respective audiences. By featuring the various elements that can contribute to healthy lifestyles—thus healthy hearts; we are able to convince our participants that informing women about heart disease and its triggers is crucial to the health of our communities.



The afternoon will showcase “fitness stations” that will focus on the following areas:

- A contemporary Jazz trio to set the stage for a relaxed and invigorating afternoon;
- Aromatherapy testing and display where people can learn about the importance of scent and how it affects our moods;
- Hand and Chair massage – because it's important to be pampered;
- A group salsa lesson – to energize the cardiovascular system;
- A fitness trainer – to discuss the benefits of regular cardio workouts;
- An educational “Food Fact” station – featuring a test tube display of fats, salts, and sugar grams found in commonly eaten foods;
- Health inspired tea sandwiches to sate the palate;
- An accessory boutique – because, as you know...women often find relief from stress by purchasing beautiful things;
- A Red Wine Tasting – featuring red wines high in antioxidants that are good for your health;
- And a sampling of teas from around the world that are also high in antioxidants.

Please contact Jackie Buster at 203-949-4006 for information on the Modern Tea.

## \$ Community Health Network of CT Employee Contributions

At Community Health Network of Connecticut, Inc., we believe in making a difference in our community. This means giving a little of ourselves to improve the quality of life for all of us. CHNCT employees pledged a total of \$6,300.00 to The Foundation in 2006. These funds will be utilized to support our different health care initiatives throughout the state.

The 2006 Contributors to The Foundation are:

- Marisol Alvarez
- Lois Avery
- Aida Ayala
- Karen Bellemare
- Anthony Bruno
- Jacqueline Buster
- Karen Carbone
- Kevin Colvin
- Bill Currie
- Louis D'Auria
- Barbara DeRienzo
- Mary Ellen Dobruck
- John Federico
- Myrian Garcia
- Barbara Holloman
- Susan Hudobenko
- Rosemary Johnson
- John Kaukas
- Sylvia Kelly
- Benedices Lopez
- Steven Mackinnon
- Victoria McNeil-Brock
- Dodi Michaud
- Maureen Onofrio
- Jane Piper
- Tressa Spears
- Richard Spencer
- James Sumler

Thank you!



## Newsletter Contributors:

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## Board of Directors

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# Annual Fund Program

The Community Health Network of CT Foundation is a 501(C)(3) organization supporting programs and activities that fundamentally improve the health status of the people of Connecticut. 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.

## Donation

Your donation to The CHNCT Foundation will help Connecticut become a healthier state. To designate your donation for a specific fund or purpose, please include a description of how you'd like your donation to be used. To make a donation on behalf of or in memory of another person, please submit the person's name.

Send all donations to:

CHNCT Foundation, Inc.  
11 Fairfield Boulevard  
Wallingford, CT 06492  
Attn: Annual Fund

visit us at  
[www.chnctfoundation.org](http://www.chnctfoundation.org)



*Season's Greetings*