



## Foundation Becomes First in State to Implement Cooking Matters, Formerly Known as Operation Frontline

The Foundation was awarded a three-year, \$100,000 grant to implement Share Our Strength's Cooking Matters program, which was formerly called Operation Frontline. The Foundation is the first organization in the state to implement the program.

"The CHNCT Foundation has worked diligently over the past several months to bring Cooking Matters to the state of Connecticut," said John V. Federico, M.D., Chairman of the Foundation. "We not only recognize the significance of our being the only organization to introduce this potentially life changing program to the state, but also the impact it can have on many of its neediest residents. I am truly proud of the Foundation's efforts in securing this grant."

Share Our Strength's Cooking Matters program connects families with food by teaching them how to prepare healthy, tasty meals on a limited budget. Professional chefs and nutritionists volunteer their time and expertise to lead hands-on courses that teach adults, teens and kids how to purchase and prepare nutritious foods in healthful, safe and tasty ways. This knowledge can mean the difference between feeding families for just one night, and making sure they have the knowledge, skills and resources to prepare healthy meals for a lifetime.

With six specialized nutrition curricula, Cooking Matters takes a cooking-centered approach to nutrition and household budgeting. Each class includes a hands-on meal preparation, led by a chef who teaches participants that cooking healthy can be simple, enjoyable, delicious and affordable. The courses

cover basic nutrition, food safety and food budgeting so that participants are able to plan and prepare low-cost nutritious meals for themselves and their families. In addition, adult and teen participants receive groceries at each class session so they can practice what they learn at home.

Since 1993, Cooking Matters and its hundreds of volunteers have helped more than 60,000 low-income families in communities across the country learn how to eat better for less. Today, 84 percent of students in the program graduate, taking with them improved nutrition practices, eating habits, and cooking and food budgeting skills.



SHARE OUR STRENGTH'S  
**COOKING  
MATTERS**<sup>TM</sup>  
NO KID HUNGRY

*Cooking Matters Connecticut is currently funded by Share our Strength, The Annie E. Casey Foundation and The Knox Foundation.*

For more on Cooking Matters, please visit [www.chnctfoundation.org](http://www.chnctfoundation.org)

# 6th Annual Cornell Scott Memorial Golf Classic

# LAKE OF ISLES

FOXWOODS  
RESORT ♦ CASINO

Save the Date:  
August 22, 2011



David White, *President*, Coordinated Transportation Solutions, Inc. and teammates



Coordinated Transportation Solutions, Inc. and teammates



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CHNCT employees pledged more than \$5,000 in 2010 to the Foundation. These funds will be utilized to support the different health care initiatives throughout the state. Donors to the CHNCT Employee Giving Program in 2010 are:

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Thank you to all employees who help the Foundation continue the tradition of caring!

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Annual Golf Classic  
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CHNCT EMPLOYEE CONTRIBUTIONS

# Fifth Annual Cornell Scott Memorial Golf Classic is Greatest Success to Date

Attracting its largest crowd yet, the Cornell Scott Memorial Golf Classic raised more than \$38,000 at the fifth annual tournament held on Aug. 23, 2010 at Lake of Isles at Foxwoods Resort Casino. The golf classic brought in more than \$10,000 than last year's event making it the most successful tournament to date. Proceeds from this year's tournament will be used to advance, support and promote programs and activities that improve the health status of people living in Connecticut.

## Golf Classic Diamond Sponsor Highlight



coordinatedtransportationsolutions

Based in Ansonia, Connecticut, Coordinated Transportation Solutions ("CTS") is a not-for-profit organization founded in 1997, managing Medicaid, Medicare Advantage (dual-eligible), and Workers Compensation Non-Emergency Medical Transportation programs for Managed Care Organizations, and state and local governmental agencies. CTS provides specialized transportation programs including out-of-district Special Education transportation to numerous Connecticut Boards of Education.

Annually, CTS arranges nearly one million trips and processes over 400,000 customer phone calls in Connecticut, New York and Massachusetts. CTS Consulting offers expertise in transportation coordination planning and brokerage operations serving high profile clients nationwide. CTS is proud to be a growing company in Naugatuck Valley providing high quality, comprehensive and cost-effective transportation management and consulting services.

## KHAIR Evaluation Reveals Program's Continued Successes

Programs that strengthen social confidence and self-esteem are considered key to the transition of children with behavioral health problems. Many of these children are often at risk for early pregnancy, STDs, and alcohol and drug dependency. The Foundation proposed a bold approach to this issue with the creation of its KHAIR program.

KHAIR (pronounced "care") is the Foundation's program that targets girls and boys, ages 12 to 17, who are being treated for serious behavioral health problems. The program links one of these children with a hairstylist or barber in the community who commits to providing free hair care at least once a month for the period of one year. During these monthly visits, the child and her or his hairstylist or barber—all of whom have been trained by the program supervisors on becoming a youth mentor—will discuss health promotion, nutrition, hygiene and social skills. The participants will also attend five workshops designed to boost their self-esteem and self-image – Nutrition; Etiquette; Financial Planning; Team Building; and Dress for Success. All of the KHAIR participants have diagnostically reached a stage where a transition into the community, school and home would help their treatment.

A recent evaluation revealed that of the 13 children who participated in the 2009-2010 session, 93 percent fully participated and 75 percent graduated and completed follow-up evaluation tests. Using the Rosenberg Self-Esteem Scale, the Foundation was able to compile evidence that proves the KHAIR program is providing these children the skills they need that will help them more easily transition back into the community, school and home.

Pre- and post-tests for the nine children who completed the program were assessed to determine changes in self-esteem. Of the ten questions, five offered questions that were positively worded and five that were negatively worded to ensure an equitable and reliable distribution of rating of perceptions of self-esteem.

Students completing the pre-test for self-esteem received an overall score of 14. Any score below 15 is considered to define problems with self-esteem. The post-test data show a remarkable increase in self-esteem to 29, which is far above the required 15 points to demonstrate high self-esteem. These findings were corroborated with interview reports from parents and hairstylists.

There is clear and compelling evidence that KHAIR—with its unique link to community hairstylists as mentors—is effective for the target population. As the research indicates, when children receive mentorship that they perceive as positive; i.e. getting hair care and life skills, they are more likely to feel better about themselves and their ability to transition into their communities.

*KHAIR is funded through the Unilever Foundation and in-kind services through Coordinated Transportation Solutions, Inc.*





A Modern Tea  
2.5.11

HEART  HEART

## Foundation Continues to Promote Heart Health Awareness with Annual Event – A Modern Tea

Heart disease continues to be the leading cause of death in American women, while knowledge and action remain the key elements to its prevention. The Foundation's annual event, A Modern Tea, was designed to raise heart health awareness while providing an informative and fun afternoon that delights the five senses.

The 2011 A Modern Tea is scheduled for Saturday, Feb. 5, 2011 at the New Haven Lawn Club in New Haven. Tickets are \$30, and can be purchased by visiting [www.chnctfoundation.org](http://www.chnctfoundation.org) or by calling 203.949.4134.

The 2011 A Modern Tea features a painting created by Laerta Premto. Laerta is a 2008 graduate of the esteemed Hartford Arts School at University of Hartford. A native of Albania, Laerta's love of the arts began as a child. Inspired by the Renaissance and Classical periods, Laerta is an accomplished illustrator and designer who gravitates toward painting with oils. She often travels internationally for inspiration. Her works have been displayed in numerous galleries statewide. For more information on Laerta and to view samples of her work, please visit [www.laertapremto.com](http://www.laertapremto.com)

The 2011 A Modern Tea will feature its popular Heart Boutique, where guests can buy jewelry, handbags, clothing and more; the Wellness Room, where guests can enjoy a hand, back, or neck massage as well as Reiki sessions; informative workshops such as "Sugar Rush" Heart Health and the healing properties in teas; wine tasting; a fashion showcase; and more. Dr. John A. Eleftheriades, chief of cardiothoracic surgery at Yale University, will be the event's keynote speaker. Dr. Eleftheriades will also present a workshop on the difference between a woman's heart when compared to a man's.

*For more information on the 2011 A Modern Tea, please visit our website at [www.chnctfoundation.org](http://www.chnctfoundation.org)*



Glennie Harris, Owner of Uzima Wellness, provides a hand massage in the wellness room.



Savvy Tea of Madison



Mother and Daughter enjoying their heart healthy meal.



Nikki Burnett, Regional Vice President, American Heart Association



Dr. Eleftheriades, Chief of Cardiothoracic Surgery Yale University School of Medicine Lunch Keynote Speaker

# MINI GRANTS AWARDED FOR SIXTH YEAR IN A ROW

*Community Health Network of Connecticut Foundation, Inc. has awarded grants to the following Federally Qualified Health Centers:*

**Charter Oak Health Center, Hartford - \$3,500 - Diabetes Self - Management Education Program**

The center will expand the capacity of its current Diabetes Self-Management Education program by adding a Medication Therapy Management component. According to the American Pharmacists Association, Medication Therapy Management (MTM) is "a partnership of the pharmacist, the patient or their caregiver, and other health professionals that promotes the safe and effective use of medications and helps patients achieve the targeted outcomes from medication therapy." At COHC, MTM services will be provided by a post-doctorally trained pharmacist who completed a one-year residency in therapeutically managing medications prescribed by licensed independent practitioners for in- and outpatient populations. COHC patients will experience improved health outcomes through individualized health education and treatment plans and service coordination assistance of MTM. COHC embraces an emphasis on the importance of pharmacy services being an integral part of primary health care.

**Cornell Scott-Hill Health Corporation, New Haven - \$3,500 - Weight Management Program**

The center will increase their health education and health promotion efforts related to weight management. Two of the top ten reasons for a primary care visit to the health center are hypertension and diabetes. Obesity, diet and lack of exercise are significant contributors to these conditions. The health center will offer a weight management group for patients on a regular basis. They will offer a series of once a week groups for six weeks followed by a once monthly follow up with weigh-in. The health center will provide educational materials and healthy snacks, as well as incentives for participation. NCEs offers dishwasher safe melamine portion plates for both children and adults that will be utilized as a tool to reinforce healthy eating. Also, nutrition place mats will be utilized in weight management education. In addition, they will expand upon their current library of resources for weight management and purchase additional exercise videos. The health center will also have two registered dietitians trained in Adult Weight Management, as well as in Pediatric and Adolescent Weight Management through the American Dietetic Association Certificate of Training Program. Follow up sessions will include weigh-ins, sharing of experiences, questions and answers, and the award of certificates and incentive items.

**Fair Haven Community Health Center, New Haven - \$3,500 - Reducing Anxiety and Pain in the Pediatric Setting During Painful Procedures**

The purpose of this project is to reduce anxiety, pain and fear in the pediatric outpatient setting during painful procedures such as giving immunizations, removing sutures or drawing blood on our young patients. During pediatric visits, the health center will introduce various distraction techniques with the goal of reducing both parental and patient anxiety and fears of the procedures. They will target pediatric patients from newborns to 18 year olds and their parents who go to Fair Haven Community Health Center for medical care. The health center estimates that the target population will be 75 percent Latino, 15 percent African American and 10 percent White. In order to achieve their goals, they will conduct a number of activities including pain relief measures, distraction techniques, parent education and clinical staff training. It is well documented that painful procedures cause a high amount of anxiety among children and parents, leading to significant amounts of stress both during the visit and for subsequent visits. The effect of these experiences can be long lasting. Through this project, they will be able to reduce the psychological and physiologic responses and improve perceptions, thus giving parents skills to use in their

own future medical care, as well as in the future medical care of their children.

**Generations Health Center, Willimantic - \$2,800 - Rebranding Campaign for Across the Smiles, Northeast Mobile Van; and Across the Smiles, Windham Cargo Van**

Generations purchased a 45-foot mobile dental van in 2002, known as Across the Smiles. The Across the Smiles Northeast dental van visits more than 35 schools and community sites across the northeast corner of the state, providing more than 3,000 annual van visits. In January 2008, Generations started its newest program to provide preventive oral health services in the town of Windham with the Across the Smiles Windham program. Generations utilizes portable equipment to provide preventive dental care in Windham schools, Head Start, Migratory and Early Childhood Education programs in the town of Windham, as well as community sites. From January 2010 through June 2010, 894 visits were provided by Generations' Across the Smiles Windham program at Windham Public Schools and community sites. Rebranding with new signage on both the Across the Smiles Northeast and the Across the Smiles Windham will serve as a method of letting people know about the oral health services and provide the center with a place and the equipment to provide oral health services to medically underserved individuals in rural eastern Connecticut.

**Optimus Health Care, Inc., Stamford - \$3,500 - Patient Education to Facilitate Health Care Access**

The health center will develop a series of videotapes to be produced and aired in four waiting rooms at Optimus Health Care, Inc.'s Stamford Community Health Center located in Stamford. This series will be taped primarily in English and Spanish, and CDs will be translated in Haitian, Creole and Polish. Translated copies will also be provided at no cost to patients. The goal of the proposed project is to improve the delivery of care by providing patient education on the appropriate manner to access care. The tapes will focus on teaching patients how to access health care at the health center and how to access specialty care at Stamford Hospital. The patient education will provide basic information that will facilitate access to care, but will also educate patients on the important concepts of continuity of care, informed consent, and having a medical home. The tapes will also discuss how to prepare patients for their medical visit.

**Southwest Community Health Center, Bridgeport - \$3,500 - Improvement of UDS Measures in Internal Medicine**

The health center will provide eight in-service programs – four on diabetes and four on hypertension – which will be presented by a medical provider, nutritionist and nurse on a quarterly basis over the next year. Patients who now fall below the expected clinical measures are eligible for participation in these group sessions. Since many patients do not acknowledge the consequences of non-compliance, the focus of the educational sessions will be to reinforce the importance of taking medication, proper nutrition and healthy life habits, including regular follow up with their provider. Southwest will distribute portable BP analyzers so that hypertensive patients, who participate in the in-service groups, can monitor their blood pressures at home and keep a diary to bring to their next appointment. Another step to improve HgbA1c rates is to provide A1C testing in the Internal Medicine departments at the time of the clinical visit. This funding will also go toward the costly test strips to perform this CLIA waived test in the departments. It is Southwest's plan to achieve an increase in the percentage of adult patients 18 years and older with diagnosed hypertension whose most recent blood pressure was less than 140/90 to 75 percent and increase the percentage of adult patients with type 1 or 2 diabetes whose most recent HBA1c is < = 9 percent to 86 percent.

**Staywell Health Center, Waterbury - \$3,481 - Staywell Health Center, Waterbury**

StayWell Health Center is currently the primary prenatal care provider for uninsured pregnant patients. They provide these services for patients on a sliding fee scale based on their income. There is a schedule that would reduce to a percent of the full fee. However, most patients are unable to pay even the lowest amount. These patients are provided all of their prenatal care on-site regardless of their payment history. The health center plans to serve a minimum of 25 patients with these funds. The number will depend on a patient's ability to pay a portion of the total \$139.25 fee for both services. Ultrasounds will be provided by Naugatuck Valley OB-Gyn and Specialists in Women's Health. Prenatal lab work will be completed by Clinical Laboratory Partners. The results will be documented in the medical record and shared with the necessary providers for appropriate medical care.

## 2010 Community Funding Six Donations of \$500 each

**AIDS Interfaith Network, Inc.** (AIN) is an agency where clients and their families affected by HIV/AIDS receive free and confidential care and services. They recently developed a new program called the AIDS Interfaith Network Peer Educator Program. This summer teens signed onto the AIDS Interfaith Peer Educator program to raise awareness about HIV and AIDS. The students educate other teens about sexually transmitted diseases and urge them to get tested.

**The Network Against Domestic Abuse of North Central CT, Inc.** The Network operates a confidential, 24-hour crisis hotline seven days a week. Assistance includes information, referrals, crisis intervention, counseling and requests for shelter. The Network maintains a 15-bed emergency shelter for women and children involved in a domestic violence crisis. They provide women and their children with shelter, support, information and referrals. Women and children can stay up to 60 days.

**The New London Community Meal Center, Inc.** The New London Community Meal Center, Inc. was established in 1985 in the New London area. It was created to respond to the needs of New London's most vulnerable residents by providing nutritious meals in a kind, hospitable and clean environment. The organization currently provides lunch five days a week and dinner six days a week, including Saturday dinner served by a downtown New London church.

### **Feed the People Food Pantry**

Feed the People Food Pantry is an Outreach Ministry of Claytor's Ministry. Educational workshops are focused on empowering residents to make changes in their spending habits. Information on budgeting, menu planning, shopping tips and nutrition are covered. They teach the residents of Bridgeport and its surrounding towns the importance of eating healthy.

### **Roslyn Milstein Meyer LEAP Community Center**

The healthy cooking classes that are being taught at the Roslyn Milstein Meyer LEAP Community Center currently has 27 students, ages 7-12, enrolled. The classes teach the children food preparation, cooking skills and menu planning. In addition, they are also encouraged to try new foods and to make healthy food choices. The children will also contribute to a LEAP cookbook at the end of the program session.

### **Freshplace**

Freshplace is a new fresh food pantry serving Hartford's Upper Albany neighborhood. They provide fresh produce, dairy, meat and other staple items to low-income families, as well as comprehensive intake and referral services to address the root causes of the need for hunger relief.

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## ANNUAL FUND PROGRAM

The Community Health Network of Connecticut Foundation, Inc. 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 percent tax deductible under U.S. law.

SEND ALL DONATIONS TO:

CHNCT Foundation, Inc.  
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Tressa Spears Jackson  
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*Season's Greetings*

There is no time more fitting to say

*"Thank You"*

and wish you a New Year of  
health, happiness and prosperity.