Continuing the Tradition of Caring
Our Purpose
The Community Health Network of Connecticut Foundation, Inc. (CHNCT Foundation) was founded in 2003 as a public, charitable organization concerned with the health of Connecticut residents.

Our Mission
Our mission is to advance, support, and promote programs and activities that fundamentally improve the health status of the people of Connecticut.

Our Goal
To support nonprofit activities of community health centers and other nonprofit organizations that promote health care services to families in Connecticut.
Share Our Strength is a national program with a goal of ending childhood hunger in America by ensuring all children get the healthy food they need every day. Share Our Strength founded Cooking Matters on a unique model of collaboration between Share Our Strength and local program partners that leverages the strengths of all involved. Share Our Strength provides professional-level curricula and instructional materials, training, evaluation, and national leadership support while local program partners provide hands-on, grassroots-level resources, program customizations, and relationships that are best addressed on the local level. This collaborative program model makes Cooking Matters uniquely effective, efficient, and sustainable among national nonprofit education programs.

Community Health Network of CT Foundation is the only lead partner in Connecticut for Cooking Matters. Cooking Matters 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 healthy, 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.

**Our Programs**

**Share Our Strength’s Cooking Matters®**

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**Culinary Instructors**

Teach adults, teens, and kids how to shop for and prepare healthy, low-cost foods. They combine their own knowledge and experience with the lesson plans and recipes provided in the Cooking Matters curricula. Chef volunteers have worked professionally as chefs for at least two years, and are usually either graduates of, or are enrolled in, a two-year culinary training program.

**Nutrition Instructors**

Teach adults, teens, and kids how to make healthy choices. They use the lesson plans and instructional materials provided in the Cooking Matters curricula, as well as their own expertise. Nutrition volunteers are typically graduates of, or are enrolled in, a dietetics program, or have at least two years experience working in a nutrition or dietetics position.
The chefs, nutritionists, and support volunteers who donate their time and extraordinary talents to help low-income families develop the skills they need are the heart of the Cooking Matters program.

Cooking Matters CT collaborates with neighborhood social service agencies where the courses are held. These sites are places where low-income families seek services and often include schools, housing programs, Head Start centers, and Women, Infants, and Children (WIC) clinics. Hosting Cooking Matters courses is an easy way for these community agencies to expand the services they offer to their clients. By utilizing existing facilities and relationships in its service delivery model, Cooking Matters CT leverages both its own resources and those of the host sites.

In addition to providing critical nutrition education services, Cooking Matters courses enhance the community agencies in other ways. They provide a vehicle for these agencies to reach out to their communities and attract new clients. They are able to do so because the classes are fun and interactive, and are held in a non-threatening manner. Community members that come to an agency to attend a Cooking Matters course often begin to receive additional services, such as help accessing federal nutrition programs and other public programs, which include WIC, Supplemental Nutrition Assistance Program (SNAP), Federally Qualified Community Health Centers (FQHCs), and City Housing Authority locations.

The program provides six-week sessions, two-hour sessions, and turnkey resources, such as Cooking Matters at the Store tours. Cooking Matters at the Store is an interactive, guided grocery store tour that teaches adults to make real changes to their food shopping habits by helping families learn how to make healthy food choices on a limited budget. This facilitator-led tour has its roots in the grocery store and is a critical learning experience in our cooking-based courses for adults and teens.

Cooking Matters CT also offers educational tools and resources that build on the proven success of our signature cooking courses. These resources are particularly useful for supporting educational outreach in communities that aren’t currently being served by an existing Cooking Matters program.

For more information, contact us at: cookingmattersinfo@chnct.org or call 203.949.4184.

Visit our website for an up-to-date look at what’s new this year! www.cookingmattersct.org

Support Volunteers

Help before, during, and after classes. Duties may include shopping for food, handing out and collecting class materials, helping with set up and clean up, or taking photos during class to help record the Cooking Matters course experience.
OUR PROGRAMS

KHAIR

KHAIR (pronounced “care”) is a program aimed at boosting self-esteem levels in at-risk teens via a two-part model: life skills training and personal appearance coaching. The KHAIR program is comprised of three core initiatives: KHAIR Classic, KHAIR My Best Me, and KHAIR at the Salon.

The KHAIR Classic initiative aims to increase self-esteem in at-risk youth by pairing them with a hairstylist/barber who provides complimentary hair services. In addition, participants also attend life skills workshops to help bolster their self-esteem. All salon/barbershops provide complimentary hair services and take-home products during the program period. Workshop topics include:

- Dress for Success
- Financial Literacy
- Nutrition
- Self-Esteem
- Social Etiquette
- Team Building

KHAIR My Best Me is a two part, hands-on session for at-risk teens. The purpose of the workshop is to provide youths with practical tools, assisting them in improving their self-confidence, as well as learning how to maintain their personal appearances. The session includes hands-on beauty coaching by a salon professional.

KHAIR at the Salon is a 2-hour workshop designed to reduce the access or knowledge barriers to professional salon services. Participants are provided a guided salon tour and the opportunity to safely navigate within that environment. This session includes an introduction to salon products, styling tools, and the do’s and don’t’s of do-it-yourself beauty and grooming services.

Our Mission:

Making a Positive Stamp on the Lives of Kids and Families

KHAIR’s mission is to help children by giving them the opportunity to be treated with respect and kindness and encourage them to be the best that they can be. The program emphasizes one-on-one mentor/youth relationships.

Our Programs

KHAIR

Taking care of kids... One head at a time.
combined with a range of individual and group activities, including self-concept and self-esteem building workshops. The program helps young people not only learn about grooming to improve their appearance, but also provides positive adult role models who are successful business people, and who demonstrate healthy ways to relate to others.

**KHAIR**

**Why KHAIR is Important**

Statistics have shown that violence, poverty, racism, poor education, poor health, and family problems, among other issues, touch many children in our communities. These issues not only hurt kids emotionally, intellectually, and spiritually, but also affect the way children feel about themselves and how they see their place in the world. KHAIR addresses these issues head on.

“I couldn’t believe I could get my hair done and learn so much about myself at the same time.” —KHAIR Graduate

“The clients become alive in the KHAIR program, and self-confidence peaks. I have seen kids with serious social anxiety blossom.” —KHAIR Clinician

“At first I couldn’t believe it. I was like this is great. It was all aspects rolled into one – dress for success, learning financial abilities, and an etiquette course. It was so well rounded. My daughter got really excited about it, and so did I.” —KHAIR Kid Parent

For more information, contact us at: khaireinfo@chnct.org or call 203.949.4023.

Visit our website for an up-to-date look at what’s new this year! www.wekhair.org

“Young people need support, freedom of expression, guidance, motivation, and exposure. They need to feel safe, valued, and empowered. Through the KHAIR program, they get all of this, and more.”

—Karianne Holness, Hair’s Kay Beauty Salon

**Advisory Council Members:**

Jacqueline Buster  
Community Health Network of CT

Gabrielle Hall  
Clifford Beers Clinic

Elizabeth Herlihy  
Greater New Haven Chamber of Commerce

Karianne Holness  
Hair’s Kay Beauty Salon

Community Health Network of Connecticut Foundation, Inc. — 5
CHNCT Foundation administers a vibrant series of special events to raise awareness and funds critical to our programs. These events offer unique opportunities for new and existing partners to connect with the mission of the Foundation.

A Modern Tea

Since A Modern Tea began in 2003, we have outgrown two locations due to the overwhelming popularity of our event, educating and entertaining more than 1,000 guests over the years. We credit this to our beneficial health workshops and the variety of activities available to attendees.

A Modern Tea is CHNCT Foundation’s annual event, designed to raise health awareness among women and men. To that end, we invite presenters who are leaders in the prevention and treatment of chronic diseases and who illustrate why staying informed about important health issues and their triggers is essential.

Previous A Modern Tea events included fitness workshops such as Zumba Workout and 30 Minute Fitness Blast, nutrition workshops on anti-aging superfoods, a discussion on Living A Healthy Heart Live by Dr. Anita Kelsey of St. Francis Hospital, and Your Breast Health by Dr. Denise Barajas from Griffin Hospital. In 2014, CHNCT Foundation partnered with The Legacy Foundation of Hartford to target more male guests. All attendees have the opportunity to participate in health screenings throughout the day.

Because guests have conveyed to us what they enjoy, we continue showcasing live jazz in the lounge, a one-of-a-kind shopping experience in the Heart Boutique, tea tasting by master brewer Michael Harney, and complimentary Reiki and massage services.

The event is open to the public and draws women and men from all across Connecticut. In fact, A Modern Tea was spotlighted on News Channel 8’s CT Style in 2013 and 2014.

Proceeds for A Modern Tea benefit the CHNCT Foundation programs KHAIR and Cooking Matters CT.

For more information, contact us at: modernteainfo@chnct.org or call 203.949.4080

Visit our website for an up-to-date look at what’s new this year! www.amoderntea.org
Join us for
A Modern Tea
A HEALTH AWARENESS EVENT
March 21, 2015
New Haven Country Club • Hamden, CT

Special guest, Ali Reed, Reporter,
WTNH News Channel 8

Nikki Burnett, American Heart Association, demonstrates the “Heart Trivia” game.

YALE New Haven Stroke Center provides blood pressure screenings.
Cornell Scott Memorial Golf Classic

CHNCT Foundation will hold its tenth annual golf classic on August 17, 2015 at New England’s number one golf destination—Lake of Isles at Foxwoods Resort Casino.

Lake of Isles is a Rees Jones designed golf course located on 900 acres of picturesque landscape with 36 unique holes carved from the natural countryside that surrounds a 90-acre lake. The challenging South Course offers golfers the opportunity to test their skills while enjoying the ultimate upscale golf experience. Managed by Troon Golf, a worldwide leader in exclusive golf course management, development, and marketing, Lake of Isles has received numerous awards since opening in 2005.

At the Cornell Scott Memorial Golf Classic, players will not only have the opportunity to play on the Lake of Isles’ private, members-only course, but will also be able to take advantage of its 50,000 sq. ft. clubhouse, state-of-the-art outdoor practice facility, and its locker room facilities, all in addition to Troon Golf’s superior service and impeccable course conditions. While enjoying a day out on the green, golfers will have the opportunity to network with other professionals and become partners of the Foundation.

There are a variety of sponsorship opportunities to choose from, each giving businesses a great opportunity to increase their brand awareness while supporting a great cause. We are actively looking for individual and corporate sponsorship partners, and would like your support.

Sponsors are recognized by the Foundation in a variety of ways: promotion with logo artwork and hyperlinks on our website event page, in email blast marketing, and with signs and banners throughout the event.

The annual golf classic has enabled the Foundation to award more than $310,000 to Federally Qualified Health Centers and small community organizations throughout the state to enhance existing programs. These funds have supported parent support programs for children with autism, support services to people living with sickle cell disease, prenatal ultrasound testing and lab work for uninsured and low-income pregnant women, patient education to facilitate health care access, diabetes self-management education, a community dental van, hunger awareness programs, and more.

Cornell Scott was a founder and board member of the Foundation. He dedicated his life to addressing the needs of community health while acting as a passionate advocate for the health care needs of the poor. To honor Mr. Scott’s legacy, CHNCT Foundation’s annual golf tournament was renamed the Cornell Scott Memorial Golf Classic in 2009.

For more information, contact us at: csgolf@chnct.org or call 203.949.4150

Visit our website for an up-to-date look at what’s new this year! www.cscottgolf.org
Our Stats & Program Evaluations

2013–2014 Data

Full-Time Staff – 5
Part-Time Staff – 7
Interns – 2
Volunteers – 120

Cooking Matters Connecticut Program 2013

Participants – 487
Courses – 45
Graduation Rate – 85%

SNAPSHOT OF GRADUATE CHANGES:

By the end of the six-week course, adult and teen graduates reported that:
- 62% are eating more fruits and vegetables
- 61% are eating more whole grains
- 85% improved their cooking skills

Child graduates are:
- 42% more confident that they can make snacks with fruits or vegetables
- 38% more confident that they can talk to their parents about healthy cooking and/or eating out
- 47% more confident that they can make healthy choices at the grocery store and/or eating out

KHAIR Cumulative from 2008–2014

Participants – 103
Graduation Rate – 86%

Rosenberg Self-Esteem Scale – 65%
Improvement of student’s behaviors and sense of self-worth, and self-confidence

Clinician Survey – 90%
Indicated they found children to be significantly improved in self-confidence and behavior
Corporate Partnership Program

When you partner with CHNCT Foundation, you align your brand with an organization that supports children and families across the state of Connecticut. Your involvement will have a direct, tangible, and immediate impact on children, families, and the communities that we serve. Our development staff works one-on-one with our corporate supporters to develop a customized partnership plan to fulfill their corporate social responsibility goals.

Our Corporate Partners Program is designed to showcase a company’s generosity, as well as fully engage employees through unique and compelling involvement opportunities. Your company’s generosity can be showcased through event signage, on our website and social media sites, and in our annual report and newsletters.

Through financial gifts, event sponsorships, and employee involvement, CHNCT Foundation’s Corporate Partners directly impact our annual operating goals, thereby extending the activities that fundamentally improve the health status of the people of Connecticut.

Direct Program Support

A leadership gift of $1,000 or more in the form of a multi-year pledge will enable sustained programming to families across the state of Connecticut. Giving opportunities may be designated to underwrite one or more of the following programs:

- Cooking Matters: Six-Weekly Course
- Cooking Matters at the Store: Two-Hour Tour
- KHAIR Workshops

Cause-Related Marketing

Co-branding ventures can generate significant revenue for our program while providing the Foundation’s audience a choice in your company’s retail marketing and reaffirming your corporation’s commitment to philanthropy.

Executive Networking

Unique opportunities to engage fellow corporate leaders at benefit events that will allow your company to build new relationships and generate business opportunities at the same time. We depend on executive-level support to creatively fuel the growth and sustainability of our vision.

Event & Program Volunteerism

Corporate volunteer groups are needed to assist with a number of critical tasks alongside our annual special events. Company employees are also invited to support program positions to work directly with the children and families throughout the state.

Employee Participation

Unique and compelling involvement opportunities ranging from event to program support. It provides dynamic opportunities to directly engage company employees in the mission of serving others.
Board Development

CHNCT Foundation is always searching for leaders who have skill sets and perspectives that align with our mission and goals.

Desired Skill Sets: Fundraising, Financial Management, Personnel, Marketing, Major Gifts, Capital Campaigns, Special Events

Board Meeting
Frequency:
Quarterly

Board Member Job Description

1. Regularly attends board meetings
2. Makes a commitment to participate actively in committee work
3. Volunteers for, and willingly accepts assignments and completes them thoroughly, and on time
4. Stays informed about committee matters, reviews and comments on minutes and reports
5. Gets to know other committee members, and builds a working relationship that contributes to the organization
6. Is an active participant in the organization’s special events
7. Participates in fundraising for the organization

Contact for Board service: 203.949.4101 or foundation@chnct.org
Board Members

**John V. Federico, M.D.**
Chair

**Abe Benitez**
Director

**Kathleen Byrne, CCM**
Director

**Katrina H. Clark, MPH**
Director

**Marian Evans, M.D.**
Director

**Attilio V. Granata, M.D.**
Vice Chair

**Sylvia B. Kelly, MPA**
Secretary

**Suzanne Lagarde, M.D.**
Director

**Arvind Shaw**
Director

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**EXECUTIVE DIRECTOR**

Tressa Spears Jackson

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