



► Brennan Rogers School of Communications and Media, New Haven

## COOKING MATTERS CONNECTICUT

Cooking Matters teaches individuals how to provide healthy foods for their families despite what limited resources they may have. Workshops were held at 26 sites across the state throughout 2011. The program had a 90 percent graduation rate among children and a 77 percent graduation rate among adults.

"I am very proud of how far Cooking Matters has come in such a short period of time," said Tressa Spears Jackson, Executive Director of the Foundation. "This is a much needed program in the state of Connecticut and I am pleased to know that we are able to provide these essential resources to some of the state's neediest residents."

In addition to more than doubling its graduation rate from 2010 to 2011, Cooking Matters also expanded into a new region in 2011: Bridgeport. Throughout the year, Cooking Matters held workshops in Hartford, New Haven, Manchester, Middletown and Bridgeport.



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

### COOKING MATTERS WOULD LIKE TO THANK THE FOLLOWING ORGANIZATIONS THAT SUPPORTED THE PROGRAM IN 2011.

#### FUNDERS

Annie E. Casey Foundation  
Frederick A. DeLuca Foundation  
PepsiCo  
Share Our Strength  
The Knox Foundation  
Walmart  
Whole Foods Market, Bishops Corner

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Greater Bridgeport Area Prevention Program  
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Katherine Brennan Rogers School

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(Satellite location)  
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# 6<sup>th</sup> Annual Cornell Scott Memorial Golf Classic

LAKE OF ISLES  
FOXWOODS  
RESORT + CASINO

SAVE THE DATE  
August 20, 2012



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THE FOUNDATION WOULD LIKE TO  
THANK THE FOLLOWING SPONSORS,  
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# \$3,500 MINI GRANTS AWARDED

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

## Charter Oak Health Center - Hartford

Charter Oak Health Center is developing and plans to implement a series of health education and nutrition classes for its patients. With these funds, it will create a demonstration kitchen where this new series of classes will be held. In addition, it will develop and implement the following classes: Weight Management; Wellness and Weight Loss; Post Gastric Diet; Smarter Fast Food Selections; Table Talk; Smart Eating; Learn the Benefits of Fiber; Be a Better Cook; Eating Street Smart; and Diabetes Education. The monies from this mini grant will support the costs of refreshments, video tapes, educational materials, printing and other supplies.

## Cornell Scott-Hill Health Corporation - New Haven

The "I am!" project is designed to remove one of the significant barriers to healthcare for the homeless—the lack of documentation. Specifically the program is designed to assist homeless individuals in obtaining the documentation necessary (birth certificates and the like) to apply for and receive healthcare services (among other services). This grant will improve the access to care for approximately 120 homeless individuals.

## Fair Haven Community Health Center - New Haven

The center needs to come into better compliance with regard to patient education on the concept of Person-Centered Medical Home, as well as other issues regarding patient involvement and patient-centered care. The funds will be used to develop and implement a plan to notify patients about the importance and concept of a Person-

Centered Medical Home, including selecting a primary care provider. Care coordination is patient and family-centered while promoting self-care skills and independence. It is planned and comprehensive, and coordinates social support and medical services across different organizations and providers.

## Generations Health Center - Willimantic

Generations will be moving into a new facility that will allow for the consolidation of the medical dental, behavioral health services, community programs and administrative services into one building in Willimantic. As a result of this facility growth, Generations will soon be able to serve more patients in all three disciplines at these two new facilities. Specifically, these funds will be used to purchase uniforms to help better identify outreach workers for prospective new patients, items to outfit tables, tabling materials to educate the clients about the services available.

## Optimus Health Care, Inc. - Bridgeport

The health center will develop a series of video tapes for the Patient-Centered Medical Home initiative. The scope of this project would be to serve the health clinic sites located at Park City Primary Care Center and the Stratford Community Health Center. These video tapes would be aired in their waiting rooms, and will be taped in English and Spanish. The goal of the proposed project is to improve the delivery of care by educating patients on the Patient-Centered Medical Home model and on how to more effectively access the practice, including how to prepare for their medical visit and access after hours.

## Southwest Community Health Center - Bridgeport

The center will provide HgbA1c testing to uncontrolled diabetics, intense educational programs and blood pressure analyzers to patients with blood pressures greater than 140/90. The program would provide eight in-service programs – four on diabetes and four on hypertension – which will be presented by a committed clinical team on a quarterly basis over the next year. Southwest will distribute portable BP analyzers to motivated hypertensive patients, who participate in the in-service groups and agree to monitor their blood pressures at home. A diary will be given in order to record their blood pressure and review at their next appointment. It will also teach them how to be an active member in managing their disease to improve their health status.

## StayWell Health Center, Inc. - Waterbury

This grant will assist in funding prenatal ultrasound testing and lab work for uninsured and low-income pregnant patients who are unable to afford the out-of-pocket expense for this vital testing. StayWell is currently the primary prenatal care provider for uninsured pregnant patients in the greater Waterbury area. They provide these services for patients on a sliding fee scale based on their income, which must be proven with a pay stub or other valid document. However, most patients are unable to pay even the lowest amount on the fee schedule. Despite this, these patients are provided all of their prenatal care regardless of their ability to pay or payment history. These funds will serve a minimum of 25 patients.

## Community Funding - Eight Donations of \$500 each

St. Vincent DePaul Mission - WATERBURY

The House of Bread, Inc. - HARTFORD

Caroline House - BRIDGEPORT

The Chester Addison Community Center - STAMFORD

Sickle Cell Disease Association of America Southern Connecticut - NEW HAVEN

CT Autism Spectrum Resource Center (ASRC) - WALLINGFORD

The Covenant Shelter - NEW LONDON

Madison Community Services, Inc. - MADISON



The Foundation knows that its community relationships are its greatest resource. In 2010, the Foundation expanded its focus to include nutrition education through Share our Strength's Cooking Matters program. Cooking Matters is a community-based nutrition, health and wellness program designed to end hunger and reduce obesity in children, youth, pregnant/parenting women and adults.

**In lieu of holding our A Modern Tea 2012 event, the Foundation will put its energy toward growing the Cooking Matters program statewide.** In the holiday spirit of compassion and sharing, please send your generous contribution to Community Health Network of Connecticut Foundation, Inc.

Should you choose to donate to the Foundation, please know that a small donation of \$25 will cover the cost of one food demonstration at a Cooking Matters class. A donation of \$50 will pay for one child to attend a six-week Cooking Matters course. And lastly, a donation of \$100 a year will cover the cost of an entire Cooking Matters course. Please visit [www.cookingmattersct.org](http://www.cookingmattersct.org) for more information.

## YOU CAN DONATE IN TWO WAYS

**1** You can either mail a check to:  
The CHNCT Foundation, Inc.  
11 Fairfield Blvd., Suite 1,  
Wallingford, CT 06492

**2** You can make an immediate donation by visiting our website:  
[www.chnctfoundation.org](http://www.chnctfoundation.org)

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## CHNCT EMPLOYEE CONTRIBUTIONS

CHNCT employees pledged more than \$5,000 in 2011 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 2011 were:

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

## 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:**

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