

## In This Issue

[A Modern Tea](#)

[Cooking Matters](#)

[Golf Classic](#)

## About Us

CHNCT Foundation was founded in 2003 as a public, charitable organization concerned with the health of Connecticut residents. Our mission is to advance, support, and promote programs and activities that fundamentally improve the health status of the people of Connecticut.

## Ways to Donate

We are a 501(C)(3) organization. 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. Please [click here](#) to learn more.

## Stay Connected



# CHNCT Foundation Congratulates its 2014 KHAIR Graduates!

Another Successful KHAIR Season! "*How Big Your Brave Is?*"



On January 27th, we celebrated the completion of our eighth KHAIR season, with participant graduation. This year eighteen amazing teens completed the six-month program. The evening included dinner, live entertainment (performed by the KHAIR graduates) and special presentations at Amarante's Sea Cliff in New Haven. Guests included parents, friends, referring clinicians, KHAIR stylists, the KHAIR Advisory Council and CHNCT Foundation Board Members.

This marks the second year that our graduation has included original performances by our participants. Each year they continue to impress and pull on our heart-strings with their talent and bravery. We heard inspiring reflections on how they've gone from low self-esteem to feeling good about themselves. In addition, there was a musical duet by a flutist and violinist, a trio who sang "Heaven Sent" and a finale performance inspired by the song "Be Brave."

KHAIR is a self-esteem boosting program for at risk-youth. We meet this year's participants shy, withdrawn and unsure. They left us receiving standing ovations.

We want to thank all of our program constituents who support and make this program possible each year:

- KHAIR Salons
- Clifford Beers Guidance Clinic
- Cornell Scott Hill Health Center
- KHAIR Advisory Council
- KHAIR Workshop Facilitators

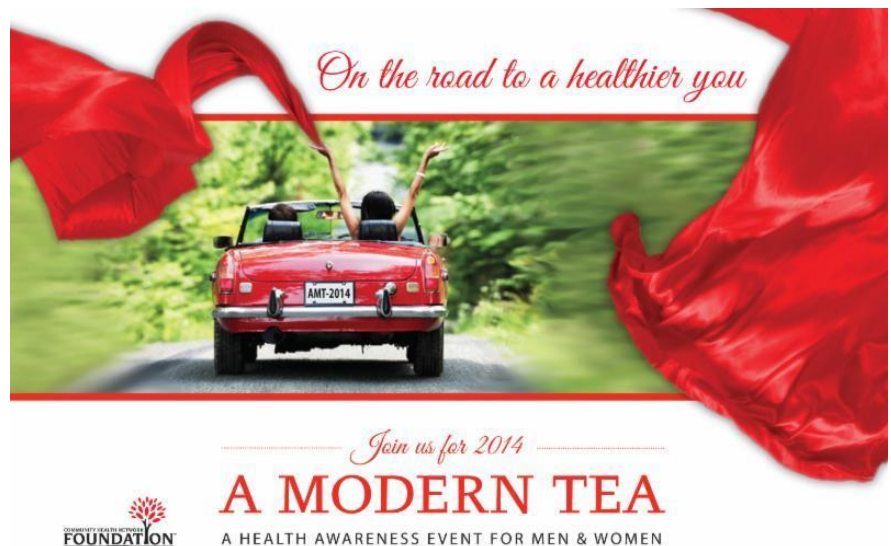
#### **Our Financial Partners**

Jo Bruno Hair, Gap (Hamden, Connecticut) and People's United Bank.

#### **Our KHAIR Graduation Sponsors**

Yale University and Brenner, Saltzman & Wallman LLP

*KHAIR is a program aimed to increase self-esteem in at-risk youth by pairing them with a stylist/barber. Participants also receive life skills training. To learn more about the program or to donate to KHAIR, please visit us at [www.wekhair.org](http://www.wekhair.org)*



## **Back by Popular Demand!**

This month we will be bringing you the A Modern Tea Weekly Spotlights. Weekly Spotlights feature highlights of the tea for A Modern Tea mailing list subscribers. Not on the A Modern Tea list?

Sign up today by texting "AMODERNTEA" to 22828.

The 2014 A Modern Tea will take place on March 15th at the beautiful New Haven Country Club, Hamden, Connecticut. The registration fee includes lunch, entertainment, workshops, complimentary massage and Reiki services and access to our exclusive Heart Boutique.

Space is limited and time is running out. Register today by going to [www.AModernTea.org](http://www.AModernTea.org).

*A Modern Tea is a health awareness event for men and women, 21 years and over.*

---

## General Foundation News

Community Health Network of CT Foundation, Inc is a member of Helping Hands Community Thrift Store & Furniture Bank and needs your help in making this fundraiser and resource work for us. When you donate your gently used "stuff" to Helping Hands, they will turn it into money we can use to support our programs. They accept furniture, appliances, house wares, electronics, clothing, books, knick-knacks, VHS tapes, CDs, DVDs and much more.

You can drop off your donations at the Helping Hands Stores:

334 Boston Post Road, Orange  
(diagonally across from CHIPS Restaurant)  
Tele: 203-298-0499

77 State Street, North Haven  
(diagonally across from AGWAY)  
Tele: 203-691-5529

You can also drop your donations off at:

Tzedakah House  
8 Lunar Drive,  
Woodbridge  
Tele: 203-387-2266

Helping Hands will pick up larger furniture and appliance donation for a small fuel charge. Just call 203-782-4800 to arrange for a pick-up.

The Helping Hands Furniture Bank is a great community resource through which people in need can access furniture essentials, including beds, dressers, table and chairs and sofas for a nominal administrative fee.

When you drop off your donations or arrange for a pick-up, please be sure to have it designated to Community Health Network of CT Foundation, Inc. Helping Hands will barcode each item, and when sold, a portion of the sales price is sent to us.

This is an easy way for you to support Community Health Network of CT Foundation, Inc. Just remember Helping Hands when you clean out your closets, basements and attics, and when you are replacing your furniture and appliances. Please spread the word and help us make a difference.

Thank you for your support!



As Cooking Matters of Connecticut embarks on its 4th full year of programming, grant funding continues to be one of the main funding sources that allows program growth in new territories throughout the state. The support of Hartford Foundation for Public Giving grant and Share Our Strength's funding for additional Cooking Matters at the Store will be driving forces behind Cooking Matters of Connecticut's viability and improvement.

Thanks to the Hartford Foundation for Public Giving grant, Cooking Matters was able to provide additional courses outside of the Greater Hartford area. This grant is supporting new courses in Tolland, Vernon and Ellington and will allow for continued programming in Bloomfield, Simsbury, and East Hartford.

The Mayberry Family Resource Center in East Hartford is just one example of additional programming Cooking Matters of Connecticut was able to support. Mayberry Family Resource Center hosted a Cooking Matters for Families course that graduated eight adults and nine youth participants with new skills and confidence around preparing nutritious and budget-friendly family meals. The turnout was so successful that the center is looking to have Cooking Matters come back to serve more families.

Cooking Matters of Connecticut was also recently given the opportunity to work in cooperation with national partner Share Our Strength to reach 750+ individuals through Cooking Matters at the Store (formerly Shopping Matters). Cooking Matters at the Store is a two-hour format that takes participants on an adventure through their local grocery store and provides tips and tools to improve their shopping experience through budget and nutrition education.

This format can provide an organization and/or individual that may

not be able to commit to six weeks the opportunity to engage with the program in a different way. Cooking Matters at the Store is also a great way for organizations to familiarize themselves with Cooking Matters. If your organization would be interested in hosting a Cooking Matters at the Store for your clients, please contact Jessica Matejak at [jmatejak@chnct.org](mailto:jmatejak@chnct.org) for additional information.

Cooking Matters of Connecticut is looking forward to meeting more of Connecticut's inspiring community members and is grateful to the Hartford Foundation for Public Giving and Share Our Strength for supporting Cooking Matters 6 week courses and Cooking Matters at the Store.



## **Sponsorship is now open for the 2014 CS Golf Classic!**

Interested in contributing directly to programs here at the CHNCT Foundation? Want to provide company exposure to local and regional businesses? Sign up to become a 2014 Sponsor for the Cornell Scott Memorial Golf Classic being held at Lake of Isles golf course near Foxwoods Resort Casino. Big or small, your contribution will go a long way in supporting a great cause . See all of our sponsorship opportunities by clicking [here](#).

---

Community Health Network of Connecticut Foundation, Inc.  
<http://www.chnctfoundation.org> | 203.949.4101  
11 Fairfield Blvd., Suite 1  
Wallingford, CT 06492