



COMMUNITY HEALTH NETWORK
FOUNDATION

CS



CORNELL
SCOTT
memorial
golf classic

*Net proceeds to benefit
health care initiatives for
underprivileged children
and families that promote
health and wellness.*

Monday, August 22, 2011

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Cornell Scott
Memorial
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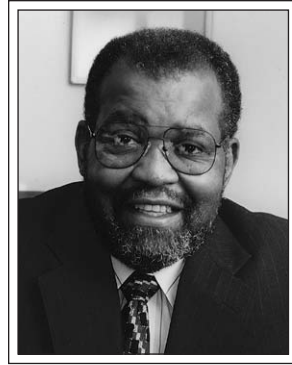
The Foundation's Gone Social

We're working to increase our presence through social media by using Facebook, Twitter and LinkedIn. We really want to spread the word on how the Foundation is increasing heart health awareness through A Modern Tea, raising teenagers' self-esteem through the KHAIR program and supporting Federally Qualified Health Centers and other community organizations with proceeds raised at the annual Cornell Scott Memorial Golf Classic. We also would like to bring awareness to our latest initiative, Cooking Matters CT, in which we connect families with food by teaching them how to prepare healthy and delicious meals on a limited budget, and Fresh Start, Eat Smart, our community nutrition education workshop.

Please join our Facebook community by clicking "Like" on our page at www.facebook.com/chnctfoundation. If you prefer, you can follow us on Twitter at www.twitter.com/chnctfoundation or connect with us through LinkedIn. You can also scan one of the QR codes on the left side of this page with your smartphone to connect with us that way. Whatever your preferred method, we would greatly appreciate if you would join one or more of our social media communities. That would allow us to extend the Foundation's reach to your friends and families, their friends and families, and so on.

Together we can spread the word.

Cornell Scott



Community Health Network of Connecticut Foundation, Inc. in 2009 renamed its annual golf classic after Cornell Scott, a founding member of the Foundation and also a longtime board member.

Mr. Scott joined the Hill Health Center at its inception in 1968 as its Director of Training and Education. In 1972, he was appointed its Executive Director. He maintained that position until his passing.

Mr. Scott died on Aug. 25, 2008 after a long illness. He was 73 years old.

Mr. Scott's 40-year tenure at the Hill Health Center was marked by a steady development of services, sites and programs aimed at the New Haven area's low-income population. He earned a national reputation for his work with the National Association of Community Health Centers, Inc. Mr. Scott was president of the Association in the 1980s when the country's health center program faced extinction in the U.S. Congress. His work is attributed with helping to preserve national funding, which led to the growth of community health centers across the nation.

To honor Mr. Scott's legacy, the Hill Health Center was renamed the Cornell Scott-Hill Health Center in 2009.

FRESH START, EAT SMART



In effort to promote the importance of good nutrition while bringing attention

to the nation's obesity epidemic, the Foundation has begun offering nutrition education workshops to community organizations at an affordable cost.

Fresh Start, Eat Smart is an instructional cooking workshop in which participants learn how their health is directly impacted by the foods they eat. During these hands-on workshops, participants will be educated on the basics of the five food groups, the difference between good and bad fats, as well the high amount of sugar consumed by an average person. The goal of Fresh Start, Eat Smart is to make families more cognizant of the nation's high obesity rates, the factors that lead to its cause and how they can prevent it from affecting their families.



A MODERN TEA



A Modern Tea is the Foundation's annual event designed to raise heart health awareness. The Foundation's

goal is for its participants to leave the event with a greater sense of the warning signs for heart disease, and the steps they can adopt and share with someone who they care about. We want our guests to use A Modern Tea as a conversation starter. Because even though heart disease is a silent killer, it doesn't mean we have to be quiet about it.

The 2012 A Modern Tea will be held on Saturday, March 17 at the New Haven Lawn Club in New Haven.



COOKING MATTERS CT



Share Our Strength's 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 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.

The Foundation first launched Cooking Matters CT in Hartford in June 2010. It launched its New Haven program in 2011 and plans to launch in Bridgeport in 2012.



KHAIR



KHAIR 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. The participants will also attend workshops designed to boost their self-esteem and self-image: Nutrition; Etiquette; Financial Planning; Team Building; and Dress for Success. These workshops are led by experts in the field. All of the KHAIR participants have diagnostically reached a stage where a transition into the community, school and home would help their treatment.





Laurie Perez

Emmy award-winning reporter Laurie Perez joined the Fox CT News Team in 2000. A native of South Windsor, she's thrilled to be working in Connecticut covering stories that affect the communities and people she loves.

Prior to Fox 61, Laurie worked as a reporter at WSPA-TV, the CBS affiliate in Greenville, South Carolina. While there, she covered the search for Olympic bombing suspect Eric Robert Rudolph, and reported for the CBS Network and CBS Evening News on the August '99 shooting spree in Atlanta's financial district, tornadoes in the South, and numerous other national stories. Her first job was reporting at the CBS affiliate KEPR-TV in Kennewick, Washington.

Laurie has a master's degree in journalism from Northwestern University in Chicago. She earned her undergraduate degree at Tufts University and is a graduate of the Loomis Chaffee School.

Laurie is a member of the National Association of Hispanic Journalists.

In Washington, South Carolina and here in Connecticut, Laurie has been honored for her writing and interviewing. She has been nominated the past three years in a row for the Emmy for Best Overall Reporter in New England.

Laurie is the host of Fox 61's weekly politics and current affairs show "The Real Story."

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PORSCHE

Mini Grants & Community Sponsorships

MINI GRANTS

Using proceeds from its annual golf tournament, the Foundation annually awards federally qualified health centers (FQHC) mini grants and makes donations to community organizations. Proceeds from the 2010 Cornell Scott Memorial Golf Classic were awarded to the following FQHCs and community organizations:

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 (MTM) component. Charter Oak Health Center 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. The health center will offer a weight management group for patients on a regular basis. 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.

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.

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. 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. 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.

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.

Staywell Health Center, Waterbury

\$3,481 – Prenatal Program

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.

COMMUNITY DONATIONS: \$500 EACH

AIDS Interfaith Network, Inc. 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. 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. The counselors 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. 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 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 provides health cooking classes that 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 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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