



2010 Annual Report

TUFTS  Health Plan
FOUNDATION

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The Tufts Health Plan Foundation's mission is to promote healthy lifestyles and the delivery of quality care in our communities.

The foundation's focus is healthy aging — improving the lives of adults 60 and older. Through the programs we fund, we hope to elevate the well-being of older adults to enable them to live healthier lives.

We focus on the following four areas:

Caregiver Support

Training, education and resources to support caregivers and care recipients.

Fall Prevention

Exercise, education and infrastructure for older adults that will reduce the fear and risk of falls and increase mobility, strength and balance.

Intergenerational Collaboration

Older adults and younger generations enriching each other's lives through mentoring, tutoring and volunteer activities.

Vibrant Lifestyles

Evidence-based chronic disease management prevention, exercise and nutrition programs, social and recreational activities, and programs that promote civic and community engagement.

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Health Policy Analyst and Program Associate

Kristyn McCandless

Program Coordinator

In 2010, the Tufts Health Plan Foundation:

- Continued its healthy aging initiative, contributing over \$2.3 million to more than 65 programs focused on helping adults 60 and older live healthier lives.
- Co-sponsored a conference with Brandeis University's Massachusetts Health Policy Forum titled *Massachusetts as a Model for Healthy Aging*, to announce a plan for building a healthy aging movement in Massachusetts.
- Matched donations made by Tufts Health Plan employees during its Workplace Giving campaign. The monies were shared among Community Health Charities of New England, Community Works, and United Way of Massachusetts Bay and Merrimack Valley.
- Sponsored a second Social Issue Track with Root Cause's Social Innovation Forum to select and support an innovative program that promotes healthy aging, called *Healthy Aging: Pathways to Lifelong Wellness*.
- Supported earthquake relief in Haiti by contributing to Partners in Health: Stand With Haiti through a donation and an employee-match campaign.
- Continued a two-year matching grant from the Partners Investing in Nursing's Future – a partnership between the Robert Wood Johnson Foundation and Northwest Health Foundation – to expand efforts to address the nursing workforce shortage among multiple stakeholders in Massachusetts, New Hampshire and Rhode Island.



A Letter from David Abelman

Dear Friends,

In 2010, the Tufts Health Plan Foundation continued with its ambitious strategy designed to foster healthy aging among older adults in Massachusetts and Rhode Island. We are pleased to present this report, detailing the significant strides we made in the second year of our healthy aging initiative.

During 2010 we awarded over \$2.3 million in grants to more than 65 organizations throughout the two states. These grants provided support in our four program areas: Caregiver Support, Fall Prevention, Intergenerational Programs and Vibrant Lifestyles. Throughout these pages you can see examples of the programs we support and the great healthy aging work being done in the Massachusetts and Rhode Island communities.

This year also marked important strides in the development of our policy work and agenda-building. In September, together with the Massachusetts Health Policy Forum, we announced the creation of three expert subcommittees in the areas of Healthy Aging Communities, Healthy Aging Programs and Public Awareness. These dedicated volunteers, working with a steering committee of thought and community leaders, are developing specific project plans designed to make Massachusetts a national model for healthy aging.

In 2011 and beyond we will continue to address the needs and challenges of our aging society. We are motivated by the idea that “growing old,” means that you are still growing. We will continue to work with organizations dedicated to this concept. And we will continue to work with organizations dedicated to providing older adults with the tools for healthier living.

A handwritten signature in black ink that reads "David Abelman". The signature is fluid and cursive, with a long horizontal line extending from the end.

David Abelman
Executive Director
Tufts Health Plan Foundation

Dear Friends,

The Tufts Health Plan Foundation's board of directors and staff are pleased to present our 2010 annual report. The past year continued our grantmaking activities, program building and policy efforts, all with a goal to improve and enrich the quality of life for older adults in Massachusetts and Rhode Island.

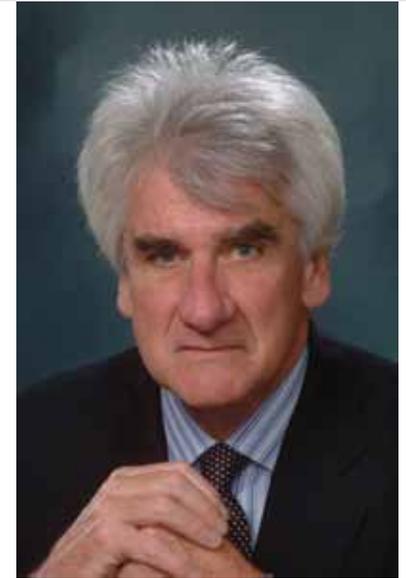
Our efforts impact not just the older adults participating in programs we support, but also many other people in the community. From tutoring a child to starting an encore career in civic engagement, we see older adults becoming more engaged with others and with their communities. Indeed, many of the programs we fund enable older adults to participate in cultural, social and civic affairs.

Much of our work focuses on evidence-based programs, proven to enhance wellness, manage chronic disease, reduce falls, and improve nutrition and eating habits. Through these programs older adults are able to maintain and even improve their health. And we continue our efforts to provide tools and respite to family caregivers who provide such dedicated care to those they love, often with little outside support.

The Tufts Health Plan Foundation strives to make Massachusetts and Rhode Island the preeminent healthy aging communities. I thank our board members, review committee, staff and partners for helping the foundation toward its vision of a healthier, happier and more engaged older adult citizenry.



Thomas P. O'Neill III
Board Chairman
Tufts Health Plan Foundation



A Letter from
Thomas P. O'Neill III

About the Grantees and Programs

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According to the Family Caregiver Alliance, about 44 million Americans provide 37 billion hours of unpaid care for adult family members.¹

In 2007, the estimated economic value of family caregivers' unpaid contributions was at least \$375 billion.²



Skill-Building Supports for Caregivers at Community Action Committee of Cape Cod & Islands Inc.

Skill-Building Supports for Caregivers distributes educational materials through training sessions held in community settings; these are attended by formal and informal caregivers of frail seniors. Training includes distribution of two DVDs, a companion handbook and follow-up to meet caregiver needs. The target population is family members responsible for providing in-home caregiving for homebound older adults.

For example, Mr. Smith's wife's doctor had recommended a gait belt to aid her when walking. Mr. Smith was very grateful when he attended the skill-building workshop. The mobility segment addressed "using a gait belt," instructions for which he had not been given prior to attending. Up until the workshop he felt like he had been literally pulling his wife around.

In another example, a woman who was caring for her mother-in-law was very excited about the yoga and relaxation component of the skill building workshop. She felt that the relaxation techniques demonstrated were activities she could do with her mother-in-law and began working with the trainer directly.

^{1,2} Family Caregiver Alliance, "Caregiving," http://caregiver.org/caregiver/jsp/print_friendly.jsp?nodeid=2313 (accessed March 9, 2011).

FALL PREVENTION

Safe Steps for Seniors at Northeast Hospital Corporation—Addison Gilbert Hospital

Safe Steps for Seniors is a new fall risk-reduction group exercise and education program serving adults 60 and older in the Cape Ann community; it is conducted at Addison Gilbert Hospital in Gloucester, Mass. It was designed to facilitate increased community mobility and reduce the life-altering consequences of falls in the aging population on Cape Ann.

Group exercise classes were conducted for up to 20 participants per group, twice a week for 12 weeks, incorporating strength training, flexibility, agility and balance exercises. Guest speakers from Northeast Health Systems provided education on pharmacy, vision and footwear as they affect fall risk. Participants were all provided with an exercise video created during the grant (using participants from the class) to allow continuation of the exercise group independently at home. Participants in the class have now advocated for themselves and initiated a pay-for-service exercise class through Northeast Hospital Corporation focused on strength, balance and endurance.

One participant wrote that when she came into the class she could not walk without a cane or stand on her right leg. After the class was completed she could do both, noting, “Now I feel 100 percent safer when I am walking.” Another participant remarked, “Working with a group encourages you to come regularly and challenges you to try harder.” She also noted, “You benefit from tips from others, as well as from seeing them gain confidence in their mobility.”

^{1,2} National Council on Aging, “Healthy Aging Fact Sheet,” http://www.ncoa.org/assets/files/pdf/FactSheet_HealthyAging.pdf (accessed March 9, 2011).



According to the National Council on Aging, every 18 seconds someone aged 65 and above falls.¹

Among older adults, falls are the No. 1 cause of fractures, hospital admissions for trauma, loss of independence and injury deaths.²

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According to the United States Department of Labor, of all of the age groups in the United States, people over the age of 65 volunteer a median of 96 hours annually, the highest of any group.¹

A research study of this population showed that volunteers were more likely to report a greater sense of well-being and purpose to their lives than non-volunteers.²



Generations Together at Jewish Community Housing for the Elderly

Jewish Community Housing for the Elderly's intergenerational program, *Generations Together*, currently provides mentoring and tutoring opportunities that nurture meaningful connections between older adults and younger generations. Residents are provided the opportunity to volunteer in programs that include literacy and preliteracy activities with innercity and suburban preschool and elementary students, preschool fitness, knitting and sewing projects, mentoring of medical students, and holiday celebration events that involve mothers and their young children.

Jordan, 100, participates in a preschool literacy program. He is legally blind. During the program, one preschool girl asked him to play a game. He replied that he was unable to join her because of his blindness. Understanding the situation, she said, "That's no problem, I'll be your eyes!" The following week, she brought in a game that her mother had selected with Jordan in mind. The game involved senses other than sight.

Later in the year, Jordan had pneumonia, which resulted in his absence for more than a month. The children frequently asked when he would return. Coincidentally, on the day that the children were making get-well cards for him, Jordan was taking a short walk in the building with his son. They passed by the room where the children were coloring. When the children weren't looking, JCHE's program director quietly invited him to visit with the children. When he entered the room, the children were overjoyed. Without any instruction from the program leaders, the children understood that their friend was fragile and that they needed to respond accordingly. With much joy, each child gently approached Jordan and gave him their get-well cards along with heartfelt hugs. After this joyous gathering, Jordan's son said, "This is better than any medicine that any doctor could have given my father!"

¹United States Department of Labor, "Volunteering in the United States." <http://www.bls.gov/news.release/volun.t02.htm> (accessed March 9, 2011).

²Angela Haupt, "Volunteering Does a Body Good," U.S. News & World Report, November 2010, 72.

VIBRANT LIFESTYLES

Case Management for Healthy Seniors at Community Health Center of Cape Cod

14 The *Case Management for Healthy Seniors* program offers a case-management approach to improving health for patients 60 and older with one or more chronic diseases. The project uses My Life, My Health, a Chronic Disease Self-Management Program developed at the Stanford University Patient Education Research Center. This program provides patients, many of whom have one or more chronic illnesses, with tools to address their nutrition, medication, physical activity, pain management and emotional needs. In addition, a nurse case manager works with older adults to coordinate primary and specialty care, offer wellness classes — including group exercise/physical activity classes — and provide nutrition education sessions with menu planning and shopping assistance.

Mr. B., 75, has several chronic conditions, including diabetes, depression, hyperlipidemia, hypertension and peripheral vascular disease. At the center, he felt that the most important part of his experience was what he learned from everyone in the group, understanding that he's in charge of his own destiny and that even chronic pain is not insurmountable. "If you use the tools, and apply them ... you don't have to end up under a rock; you don't have to hide," he said.

Since the group ended, Mr. B. has acquired a new chronic disease diagnosis, early emphysema. He stated that because of his experience with the group, he has an increased commitment to work with his provider to improve communications about his illnesses, symptoms and progress. He has increased his exercise and is getting outside more often. "The best tool I learned was to set goals. I talked with the other folks who were in the group, and we learned we're not alone. Knowing that we all had similar concerns helps our ability to deal with them."



The goal of the Community Health Center of Cape Cod is to provide access to high-quality, consistent, culturally-competent, compassionate and affordable primary care, mental health services, and dental care for all in need on Cape Cod, the Islands and the surrounding area, regardless of ability to pay.

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“Our program is about helping connect people to resources, ideas and networks and provide training, events and networking opportunities to foster opportunities for older adults to remain engaged both civically and socially.

The program’s success is based on the sheer demand for our service and that older adults have so much to give back to our communities.”

—Carol Greenfield, the founder of Discovering What’s Next



VIBRANT LIFESTYLES

Transition to Encore Careers at Discovering What's Next

The *Transition to Encore Careers* program promotes healthy aging by connecting older adults to work that provides personal meaning, social impact and continued income. Serving hundreds of people annually, the program empowers and trains Encore Navigators as volunteer peer leaders who help older adults navigate the complex array of professional and personal opportunities post-midlife. The program also holds an annual Encore Careers Summit, which in 2010 attracted more than 200 people from across New England and beyond, and featured Ellen Goodman, Pulitzer Prize-winning columnist, author, speaker and commentator.

Don, 65, had a career in commercial printing and was looking for professional opportunities beyond retirement. He participated in the *Transitions to Encore Careers* pilot program, working with one of Discovering What's Next's Encore Navigators. The navigator helped him assess his skills and focus on his interest in working on behalf of elders. At DWN's Encore Summit in November 2010, Don networked

with fellow participants and was introduced to a volunteer opportunity to get Action for Boston Community Development's tax counseling program up and running. He found it challenging and rewarding and he had the opportunity to use some of his contacts from his earlier work to help market the program. Don hopes this will eventually lead to a part-time paid position in elder services but is now enjoying the volunteer opportunity.

Irene, 63, had a career in IT financial services and retired as a vice president in 2009. She participated in DWNs' pilot program, which resulted in an Encore Career teaching adult English as a second language. She intends to start volunteering and receive more training, and hopes to obtain a part-time Encore position in two years. Meeting with an Encore Navigator was extremely helpful to Irene. She was encouraged to create a new resume, benefited from the exercise of telling her story and now has a clear pathway for pursuing her Encore Career.

VIBRANT LIFESTYLES

Get Fit Stay Fit for Life at YMCA of Greater Boston

Get Fit Stay Fit for Life is a comprehensive exercise and wellness program at both the Wang YMCA of Chinatown and West Roxbury YMCA. The program offers a variety of group exercise classes, individualized fitness training, water exercise, swimming, yoga, Tai Chi, walking, health screening and social events, with the goals of improving fitness and overall health. The program serves a diverse population of older adults, totalling 200 people annually, and covers the cost of a YMCA membership for a six-month period.

After having had two knee replacements over the last eight years, Gwendolyn, 71, joined the West Roxbury YMCA Seniorcise program. This program has greatly increased her stamina, energy and pain-free joint range to levels that she had not experienced since her youth. Gwendolyn recalled when a friend had to push her in a wheelchair on a visit to the Museum of Fine Arts Boston. Walking or even standing was a challenge. Fast-forward 15 years to November 20, 2010, at the grand opening of the new Art of the Americas Wing at the museum. This time, Gwendolyn drove her neighbor

to the train station; they traveled to Ruggles Station and walked to the museum. Following the ribbon-cutting ceremonies, they toured the facility for the next three hours. She enjoyed every pain-free moment and movement of the day.

Mrs. Yee, 77, a Chinese immigrant, has known about the Wang YMCA in Chinatown for more than 25 years. A friend told her to enroll in the Healthy Habits Program, a senior health and wellness program that teaches people how to swim and exercise and meet other Chinese seniors who do not have a regular place to go and socialize. Mrs. Yee gave it a try. She wore a bathing suit in public for the first time at the pool, breaking cultural taboos and her fear of the water. The morning swim classes allowed her to make new friends. She liked the stationary bikes and the rowing machines, as well as the active older adults exercise program and instructions. She slowly started feeling better, gained better stability, and began to smile more. She averaged four workouts per week and despite her disbelief that she could not commit to the attendance requirements, she amazed herself by fully participating in all that she could.



At the YMCA of Greater Boston, the program participants and graduates have become inspirations to others on how to enjoy a healthier life, and demonstrate that it is never too late to begin living a healthier lifestyle.



FEATURED PROGRAM

Partners Investing in Nursing's Future

In 2009, the Tufts Health Plan Foundation was chosen as one of 19 foundations nationwide to receive funding from the Robert Wood Johnson Foundation Partners Investing in Nursing's Future, a national initiative to help address the long-term shortage of nurses across the country. The two-year, \$250,000 matching grant funded a three-state collaboration in Massachusetts, New Hampshire and Rhode Island titled "Creativity and Connections: Building a Regional Nursing Education Framework." This collaborative effort focuses on increasing nursing faculty through scholarships, increasing nursing program capacity through the use of a computerized centralized clinical placement (CCP) system and redesigning nursing education to meet future needs in health care.

2010 marked the second year of this matching grant, which has helped "put both nursing educators and students into classrooms, increase the workforce and ensure enough nurses are at the bedside when we need them," according to Massachusetts Hospital Association's Senior Vice President of Clinical Affairs Karen Nelson, R.N.

To date, as part of this collaboration, the Tufts Health Plan Foundation has awarded 36 scholarships to master's and doctoral nursing students in partnership with the Massachusetts Hospital Research and Education Association. In addition, 104 health care facilities and 92 nursing programs are participating in the CCP program, filling 2,837 placements. Lastly, a gap analysis was conducted in the three states to examine nursing school curricula and the education of nurses, and where curricula would need to be redesigned to ensure that nursing education is preparing nurses to meet the demands of the current and future health care environment.

FEATURED PROGRAM

Enhancing Organizational Capacity

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In 2010, the Tufts Health Plan Foundation worked with the Social Innovation Forum for a second year to sponsor an issue track on healthy aging. The chosen innovator was Generations Incorporated in Boston, Mass. Generations Incorporated unites older adults and youth in partnership to strengthen individuals and communities. It does this by recruiting, training and supporting hundreds of older adults to serve as literacy volunteers to thousands of children who are not proficient readers.

Throughout the year SIF engaged its network of consultants to work with Generations Incorporated in the areas of public speaking, strategic planning, measurement and evaluation, and business development to further enhance its organizational capacity, business plan and marketing strategies. Through a series of one-on-one consultations and trainings, meetings with potential donors and an

opportunity to present at the Social Innovation Forum's annual Showcase Event, Generations Incorporated was able to realize its potential as an award-winning program in the Boston area. Specifically, Generations Incorporated was able to make 30 new connections in the community that led to 10 new donors and other in-kind resources. These resources helped it to recruit 65 new volunteers, enabling the organization to increase the number of schools where volunteers serve from 13 to 16. Contributions from SIF's in-kind partners led to a website audit, professional staff training and retreat, executive coaches and more. In addition, Executive Director Mary Gunn was given an opportunity to speak at the TEDx Boston conference, an annual event that showcases revolutionary ideas, spreading the word about Generations Incorporated's innovative and proven work to more than 600 attendees.





FEATURED PROGRAM

Massachusetts as a Model for Healthy Aging

In 2009 the Tufts Health Plan Foundation began a partnership with the Massachusetts Health Policy Forum to develop policy and public education approaches aimed at building a healthy aging movement in Massachusetts. An initial conference was held in December that year to outline the essential components of healthy aging, as well as policy and program approaches that address the health and social needs of older adults.

One year later the foundation teamed up again with MHPF to form the Healthy Aging Steering Committee, bringing together a coalition of policy experts, representatives from the Massachusetts Department of Public Health and the Executive Office of Elder Affairs, as well as the state legislature, academia, the provider community and grassroots organizations that work with older adults. This committee met several times throughout the year, focused on laying out the key elements of an action plan for a broad state initiative to promote healthy aging.

In September 2010 a second conference was held to announce a plan for moving forward with three subcommittees in the areas of healthy aging communities, healthy aging programs and public awareness. The subcommittees will formulate action plans, which the steering committee will then incorporate into an overall plan to make Massachusetts a national model for healthy aging.

Pictured, left, Dr. Lauren Smith, medical director and chief medical officer, Massachusetts Department of Public Health, speaking at the 2010 Healthy Aging Conference.

Photo by Ed Kelley

About the Details

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2010 FINANCIALS

Statements of
Financial Position

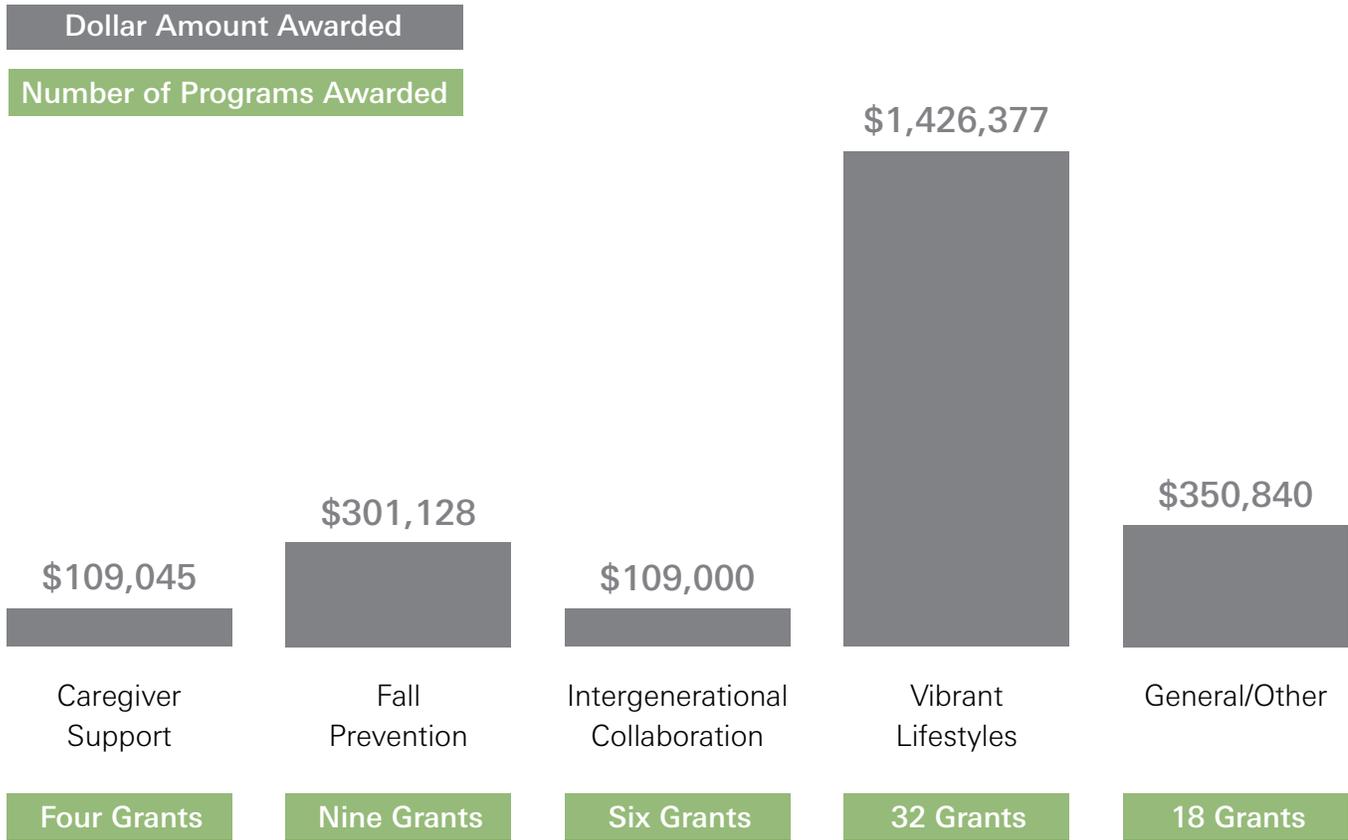
	Year Ended 12/31/10	Year Ended 12/31/09
Assets		
Cash and Cash Equivalents	7,990,176	3,250,836
Investments	49,592,850	46,180,265
Interest Receivable	202	712
Total Assets	\$57,583,228	\$49,431,813
Liabilities and Net Assets		
Grants and Accounts Payable	77,533	64,921
Due to Affiliates	26,063	45,309
Total Liabilities	\$103,596	\$110,230
Net Assets — Unrestricted	\$57,479,632	\$49,321,583
Total Liabilities and Net Assets	\$57,583,228	\$49,431,813

Statements of Activities
and Changes in Net Assets

	Year Ended 12/31/10	Year Ended 12/31/09
Revenues		
Contributions	10,062,500	62,500
Investment Return	701,113	856,028
Total Revenues	\$10,763,613	\$918,528
Expenses		
Grants	2,328,940	2,387,447
General and Administrative Costs	553,287	514,463
Total Expenses	\$2,882,227	\$2,901,910
(Deficit) Excess of Revenues Over Expenses	\$7,881,386	(\$1,983,382)
Net Assets at the Beginning of the Year	\$49,321,583	\$51,304,965
Unrealized Gain	\$276,663	—
Net Assets at the End of the Year	\$57,479,632	\$49,321,583

2010 FINANCIALS

Dollar Amount Awarded



2010 GRANTS

Caregiver Support

Century Health Systems

(Natick)

Elder Care

**Community Action Committee
of Cape Cod & Islands**

(Hyannis)

Skill-Building Supports for Caregivers

Educational Development Center Inc.

(Newton)

Chronic Care Community Corps (4C)

Winchester Hospital

(Winchester)

Family Caregiver Program

Fall Prevention

Cape Cod Healthcare Foundation (VNA)

(Hyannis)

Fall Prevention and Safety for Seniors and Caregivers

Cornerstone Adult Services Inc.

(Warwick, R.I.)

Enhanced Fall Prevention

Natick Visiting Nurse Association

(Natick)

Balance Matters

Northeast Hospital Corporation

(Gloucester)

Safe Steps for Seniors

Ocean State Center for Independent Living

(Warwick, R.I.)

Home Sweet Accessible Home

Overlook Visiting Nurse Association Inc.

(Charlton)

Medication Management Neighborhood Programs

Somerville-Cambridge Elder Services Inc.

(Somerville and Cambridge)

A Collaborative Effort Between SCES and Cambridge Health Alliance To Prevent Falls Among Seniors in the Cambridge Somerville Communities

VNA & Hospice of Cooley Dickinson Inc.

(Northampton)

Strength in Numbers Fall Prevention Education for Seniors

Westbay Community Action Inc.

(Warwick, R.I.)

Elder Safety

Intergenerational Collaboration

Available Potential Enterprises Ltd./Fertile Ground

(Williamsburg)

Williamsburg Intergenerational Gardening Program

Community Music Center of Boston

(Boston)

Una Voce (One Voice)

Generations Incorporated

(Boston)

Reading Coaches

2010 GRANTS

Jewish Community Housing for the Elderly

(Brighton)

Generations Together

Little Brothers — Friends of the Elderly

(Jamaica Plain)

Intergenerational Matching Program

Mattapan Food and Fitness Coalition

(Mattapan)

Mattapan Elders Accessing Local Produce (Meal Pro)

Vibrant Lifestyles

Action for Boston Community Development (ABCD)

(Boston)

The Stay Strong Initiative

AIDS Action Committee of Massachusetts

(Boston)

Positive Aging/Lasting Strength (PALS)

All Out Adventures

(Easthampton)

Outdoor Recreation for Seniors

Arthritis Foundation Inc.

(Warwick, R.I.)

Walk With Ease

Brockton Neighborhood Health Center

(Brockton)

Managing Chronic Diseases in the Elderly

Community Health Center of Cape Cod

(Mashpee)

Case Management for Health Seniors

Developmental Evaluation and Adjustment Facilities Inc. (DEAF)

(Boston)

Healthy Lifestyles for Deaf Seniors

Discovering What's Next

(Newton)

Transition to Encore Careers — Building Pathways to New Opportunities

Elder Services of the Merrimack Valley Inc.

(Lawrence)

Evidence-Based Programs — Impact on Healthy Aging

Ethos (Southwest Boston Senior Services)

(Jamaica Plain)

Vibrant Aging at Home and in the Community

Franklin County Home Care Corporation

(Turners Falls)

Take Steps to Healthy Aging

Hearth Inc.

(Boston)

Housing as the Key to Healthy Aging and Vibrant Living

Hebrew SeniorLife

(Roslindale)

Prevention Through Action — Culturally Inclusive Training and Education for Seniors

Jewish Family & Children's Service

(Waltham)

Steps for Life

2010 GRANTS

Kit Clark Senior Services Inc.

(Boston)

*Fit-4-Life***La Alianza Española**

(Roxbury)

*Expressive Arts Therapy and Physical Education Program***The LGBT Aging Project**

(Jamaica Plain)

*Healthy Aging Initiative***Newton Community Service Center Inc.**

(West Newton)

*SOAR 55 Volunteering — A Pathway to Vibrant Aging***Northern Essex Elder Transport Inc.**

(Amesbury)

*Volunteer Driver Mileage Reimbursement***Operation A.B.L.E. of Greater Boston Inc.**

(Boston)

*ABLE Community Service Program***The Providence Center**

(Providence, R.I.)

*In Shape Senior***Rhode Island Free Clinic Inc.**

(Providence, R.I.)

*Healthy Lifestyles for Today and Tomorrow***Rogerson Communities**

(Boston)

*Healthy Rogerson***Samaritans Inc.**

(Boston)

*Wellness Approach to Senior Suicide Prevention***SCM Community Transportation**

(Somerville)

*SCM and the Arts***Springwell Inc.**

(Watertown)

*Healthy Aging Initiative***Urban League of Eastern Massachusetts**

(Boston)

*Mature Workers Program***VNS Home Health Services**

(Narragansett, R.I.)

*Chronic Disease Self Management***Water Way Arts for Health and Energy Inc.**

(Brookline)

*Tai Chi for Healthy Aging***Whittier Street Health Center**

(Roxbury)

*Geriatric Case Management and Care Coordination***YMCA of Greater Boston**

(Chinatown and West Roxbury)

*Get Fit, Stay Fit for Life***YWCA of Greater Rhode Island**

(Central Falls, R.I.)

GEM — Gentle Easy Movement

2010 GRANTS

Examples of General/Other Grants

Cambridge Community Foundation

(Cambridge)

*Matching Grants Program — Reaching Out to
Cambridge Seniors*

**Catholic Charitable Bureau of the
Archdiocese of Boston**

(Massachusetts, statewide)

Friends Feeding Families

Greater Boston Food Bank

(Greater Boston)

Brown Bag Program

Health Care for All

(Massachusetts, statewide)

*Health Care for All HelpLine — Connecting Older
Adults to Coverage*

Health Resources in Action

(Massachusetts, statewide)

*Mass in Motion Municipal Wellness and Leadership
Grant Program*

Massachusetts Public Health Association

(Massachusetts, statewide)

Act FRESH Senior

Merrimack Valley Food Bank

(Lowell)

Mobile Pantry Program

Partners in Health

(Boston)

Stand With Haiti

Social Innovation Forum

(Cambridge)

Healthy Aging: Pathways to Lifelong Wellness

Tufts Health Care Institute

(Greater Boston)

Mini-Rotation for Residents

Tufts Health Plan Workplace Giving Campaign

(Watertown)

Community Health Charities of New England

Community Works

United Way of Massachusetts Bay and Merrimack Valley

Veterans Acupuncture Care Metrowest

(Framingham)

Acupuncturists Without Borders

TUFTS  Health Plan
FOUNDATION

tuftshealthplanfoundation.org

705 Mount Auburn Street | Watertown, MA 02472

Editor

Anne Marie Boursiquot King

Writer

Kristyn McCandless

Designer

Kristin Ghansah