



# 2011 | ANNUAL REPORT



## 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 age 60 and older. The programs we fund strive to elevate the well-being of older adults and enable them to live healthier lives.

### Our focus is 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 to reduce the fear and risk of falls and increase mobility, strength and balance.

#### Intergenerational Collaboration

Mentoring, tutoring and volunteer activities that enrich the lives of multiple generations.

#### Vibrant Lifestyles

Programs that promote chronic disease self-management and prevention, exercise and nutrition, social and recreational activities, and civic and community engagement.

## In 2011, the Tufts Health Plan Foundation:

- Contributed nearly \$2.8 million to more than 80 programs focused on helping older adults live healthier lives.
- Was awarded a three-year, \$225,000 grant from the Robert Wood Johnson Foundation's Partners Investing in Nursing's Future (PIN), a national initiative to help address the long-term shortage of nurses across the country.
- Sponsored a third 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*. Massachusetts Senior Action Council was the social innovator.
- Continued to support ITN*GreaterBoston*, a volunteer-supported door-to-door, arm-through-arm transportation service for older adults and visually impaired individuals, as it prepared for its first ride.
- Continued its collaboration with Brandeis University's Massachusetts Health Policy Forum to work with academic, government and community health organizations to make Massachusetts a model for healthy aging.
- 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 the National Council on Aging Day at the Gerontological Society of America Conference held in Boston.

## Board Members

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## Staff

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Kristyn McCandless  
*Program Coordinator*

Kayla Romanelli  
*Program Coordinator*

Dear Friends,

On behalf of the Tufts Health Plan Foundation's board of directors and staff, we are pleased to present our 2011 annual report. In the third year of our healthy aging initiative, we continued our grantmaking activities, program building and policy efforts as we worked toward our goal of improving and enriching the quality of life for older adults in Massachusetts and Rhode Island.

During 2011, we awarded nearly \$2.8 million in grants to more than 80 organizations throughout the two states. We continued to support our four focus areas of caregiver support, fall prevention, intergenerational collaboration and vibrant lifestyles. From teaching older adults how to prevent falls, creating caregiver resources, developing encore career opportunities and supporting intergenerational tutoring programs, we have funded organizations making an impact not only in the lives of older adults, but also in their communities as a whole.

In 2011, the foundation continued its efforts to bring together thought, policy and community leaders with the goal of making Massachusetts a model for healthy aging. We helped launch a volunteer-based transportation model, ITN*GreaterBoston*. Working with The Volunteer Family, the foundation also initiated a youth philanthropy program through which a diverse group of area high school students will learn about philanthropy and then undertake a healthy aging grantmaking process. The foundation continued its work with the Robert Wood Johnson Foundation's Partners Investing in Nursing's Future (PIN) initiative to help address the long-term shortage of nurses in our communities.

In 2012, we will continue to address the needs and challenges of our aging society and will continue to work with organizations dedicated to providing older adults the tools for healthier living. We thank our board members, review committee, staff and partners for helping us to achieve our vision of a healthier, happier and more engaged older adult citizenry.

David Abelman  
President  
Tufts Health Plan Foundation

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



GRANTEES

**Caregiver Support**  
Education Development Center

**Fall Prevention**  
Ocean State Center for Independent Living

**Intergenerational Collaboration**  
Available Potential Enterprises

**Vibrant Lifestyles**  
Hebrew SeniorLife

PROGRAMS

**Social Innovation Forum**  
Massachusetts Senior Action Council

**Partners Investing in Nursing's Future**

**ITN*GreaterBoston***

**Massachusetts Health Policy Forum**

FINANCIALS

Statements of Financial Position

Statements of Activities and Changes in Net Assets

Dollar Amount Awarded

Complete List of 2011 Grants

“ I left the series having connected with a group of supportive partners in this journey, with a renewed compassion for those caring for their loved ones and with the resources to make an impact on my community. ”

– 4C Participant



## A Community for Caregivers

When Ned Rimer’s father was diagnosed with cancer in the 1990s, Ned was pulled quickly into the complex and confusing world of the caregiver. He needed to make sense of the health care system, ensure the continuity of his father’s care, confirm that different professionals were communicating about his father’s case, plan for his father’s death and support his mother’s new role as a caregiver. Ned became committed to improving the care for elders who have chronic and life-threatening illnesses.

His commitment led to creating Chronic Care Community Corps (4C), a project of Education Development Center, in the fall of 2008. 4C’s mission is to build the capacity of communities by providing meaningful support to family caregivers. By capturing the wisdom of past, present and future caregivers in community-based seminars along with complementary web-based learning, 4C equips seminar participants with tools, strategies and information to support families caring for a loved one proactively. As a community capacity-building organization, 4C aims to address caregiver and care-recipient challenges through one primary philosophy: Friends and colleagues can offer families very meaningful support at critical junctures during an illness journey.

The seminar series explores the following topics: roles of the community—family and informal caregivers, health care professionals, and friends and neighbors; the context of health care today; family meetings and goals of care; continuity of care during the arc of an illness; and difficult conversations during illness. Once trained, 4C community members support friends or colleagues they know who are caregivers and offer more meaningful support, as defined by the caregiver, through listening, inquiry, perspective taking, goal setting and resource identification. 4C helped train more than 100 people in 2011. The people, however, in their lives helped by their actions, words and presence are easily fivefold the number of seminar participants.

◀ Chronic Care Community Corps Seminar  
Photos Courtesy of Ned Rimer

## Home Assessments Help Prevent Falls

The Ocean State Center for Independent Living (OSCIL) was created as a direct result of the independent living movement that started in the late 1960s when a group of Berkeley students with severe disabilities recognized that their options for self-determination were greatly limited by the existing medical and rehabilitation systems. In 1972, Berkeley activists established the first Independent Living Center in California, which began promoting the philosophy of independent living. OSCIL was founded in 1988 as a "full Center for Independent Living."

OSCIL provides a range of independent living services to enhance, through self-direction, the quality of life for persons with disabilities and to promote integration into the community. OSCIL is governed by an active board of directors comprised largely of people having disabilities, who play a major role in setting policy and programming. OSCIL's Home Sweet Accessible Home Project focuses on helping seniors prevent falls and injuries in their homes through independent living assessments and the acquisition of assistive devices and/or home modifications to address access and safety issues.

The success of Home Sweet Accessible Home can be traced to three key points: (1) individual home visits and assessments to observe how a person is able to function day-to-day in the home setting; (2) the active role consumers play in the process from beginning to end by identifying barriers, setting goals to independence and becoming invested in the process; and (3) an experienced staff, who possess expertise in identifying adaptive equipment and home modifications to address barriers to access and safety concerns. In 2010, OSCIL provided direct services to 414 individuals. In addition, OSCIL received 1,993 calls for information and referrals services, and more than 4,000 individuals were served through various outreach and informational outlets including OSCIL's website and quarterly informational newsletter, group presentations, interactive displays, informational exhibits and bus shelter signage statewide.

“ One program participant reports she is now able to get up into a standing position without worrying about falling, she is walking more and the fluid in her legs (from edema) has been much diminished. ”

– OSCIL Survey

A Consumer of OSCIL ►  
Photo Courtesy of OSCIL





## Passing Knowledge from Generation to Generation

Ten years ago, in collaboration with Nuestra Raíces, a grassroots agricultural and community development organization, Fertile Ground was created to teach gardening and leadership skills to young Williamsburg children and to help stem the stark rise of childhood disease related to diet and nutrition.

In 2009, Fertile Ground established an intergenerational foodways project connecting Williamsburg seniors to the elementary school gardening program. Seniors teach kids about farming, gardening and food preservation techniques past and present. Elders form relationships with students, become active members of their community and know that their knowledge is valued. Through this program, seniors and youth have built accessible gardens at the elementary school and local senior center and now garden these spaces together. Some seniors benefit from the increased activity, and others enjoy added fruits and vegetables in their diets. All participants have noted that they feel more engaged in and supported by their community. As a result, seniors are finding new ways to remain physically and mentally active, build meaningful relationships with local kids, and gain youthful energy.

Fertile Ground’s intergenerational gardening program serves approximately 25 seniors plus 160 elementary school kids, their teachers and, indirectly, their families. Senior participants are generally between 60 and 85 years of age. One participant became a Master Gardener, volunteering her time in the school garden as part of her training. She loves kids and gardening and is thrilled to share one of her passions with children in town. According to a program survey, one participant said, “Basically, I love the idea of people growing their own food. I love to see children learning that they can do this too. ...I had been away from little kids since my own grew up—so it is nice getting to know this new generation in town, learning their names and having them know me, and saying hello when we meet on the street or in other places.”

“ Beets. Potatoes. Radishes. They’ll try everything raw now. Anything green too. ”  
 – Williamsburg Parent

Photos Courtesy of Amanda Merullo



## Healthier Choices for Better Living

A balanced and nutritious diet can reduce the burden of heart disease, prevent osteoporosis, combat the onset of chronic health conditions, and reduce hospital stays and readmissions. Despite the critical role nutrition can play in overall health, many older adults, particularly those suffering from poverty or social isolation, lack the information and resources necessary to maintain a healthy lifestyle. For many, the idea of changing their eating habits can be overwhelming. Their multiple challenges include the lack of good nutrition information, limited access to healthy foods, and few resources to overcome the cost of fresh fruits and vegetables. Perhaps more important, many have developed poor eating habits throughout their lives and lack the confidence or tools to change them. Hebrew SeniorLife's (HSL) Healthy Eating for Successful Living in Older Adults Program helps seniors overcome these barriers in order to better manage their nutritional habits.

Program participants meet regularly as a group for six weeks to learn ways to make healthier food choices that address their own health and lifestyle needs. They also develop skills to improve portion control, understand labels and practice moderation. Through weekly goal setting and support from their peers, participants apply these skills to start making small, incremental behavior changes that can lead to substantial changes in the way they feel and in their overall health. "Healthy Eating for Successful Living and other wellness programs empower older adults to take a more active role in managing their chronic health conditions. Once seniors get into these programs, they start to see how small steps each day lead to major changes in how they feel," says Jennifer Raymond, director of evidence-based programs at Hebrew SeniorLife.

“ I learned I could take small steps rather than giant leaps to reach my goal. For me, this was BIG. Now I am more realistic, change a little at a time and am able to continue instead of giving up. ”

– HSL Healthy Eating for Successful Living participant

Participant at HSL's Healthy Eating Program ►  
Photo Courtesy of HSL





To maximize the reach of the Healthy Eating Program, HSL holds regular trainings for staff and volunteers from aging and disability organizations throughout Massachusetts. These trainings allow agencies to offer Healthy Eating as often as needed to meet the demands of seniors in their communities. As of the end of 2011, more than 255 Healthy Eating leaders have been trained to offer the intervention at senior centers, councils on aging, housing sites, nutrition programs and academic centers throughout the commonwealth. These leaders have reached seniors from Nantucket to Berkshire County and all points in between. Programs have been offered in English, Spanish, Vietnamese and Russian, with additional culturally competent translations on the way. Through these collaborative efforts, more than 2,400 older adults have participated in and benefited from this program. Recent surveys of participants who completed the program in 2011 reflect many realized benefits: 98 percent of participants continue to work on nutrition or physical activity goals after the workshop; 93 percent are still using goal setting and problem solving to achieve these goals; 89 percent have made changes in their diet and, perhaps most impressive, 85 percent report realizing some health benefit as a result of making these lifestyle changes, with benefits including lower blood pressure, blood sugar or cholesterol levels.

Many Healthy Eating graduates are so motivated to continue working toward health improvements that they eagerly seek additional healthy aging programs. Because of strong community partnerships with Elder Services of the Merrimack Valley, Ethos, Franklin County Home Care, Action for Boston Community Development and countless other agencies, these graduates can continue on the path to better health through programs like Chronic Disease Self-Management, Diabetes Self-Management, A Matter of Balance, Healthy Ideas and Enhanced Wellness.

These initial results hold promise for the role of community healthy aging programs in improving the health of older adults while reducing health care costs. "The nation's rapidly growing senior population currently is confronting an array of debilitating and life-threatening diseases and disabilities. Our goal is to help seniors continue to maintain their independence and improve their quality of life through increased exercise, improved nutrition, enhanced social engagement and increased motivation to self-manage chronic illness," says Robert Schreiber, M.D., chief medical officer at Hebrew SeniorLife.

◀ Participants at HSL's Healthy Eating Program  
Photo Courtesy of HSL

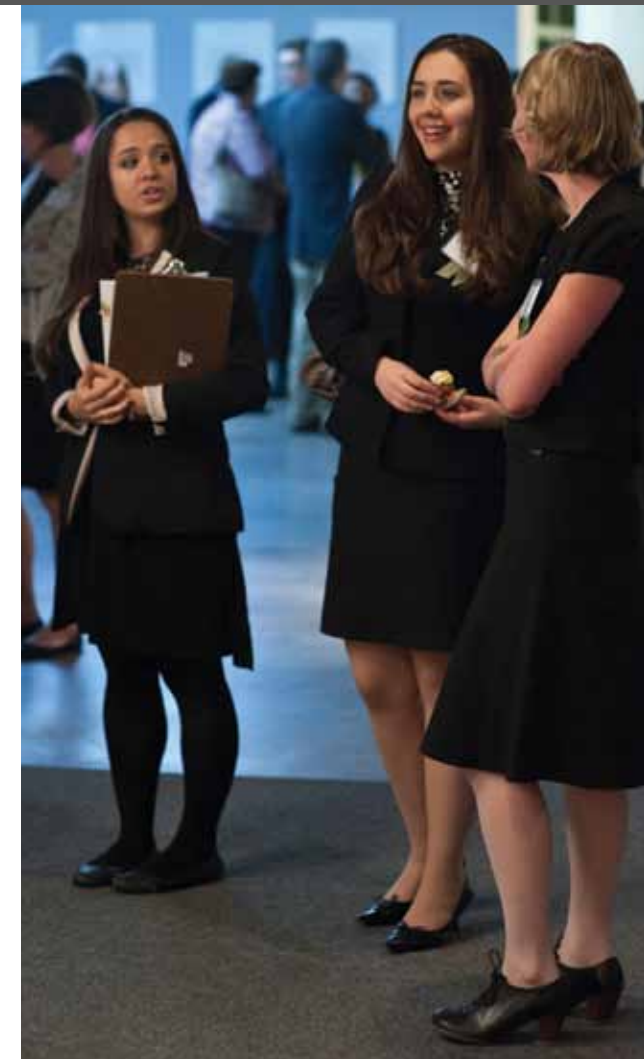


## Civic Engagement as a Path Toward Empowerment

For a third year, the Tufts Health Plan Foundation worked with Root Cause's Social Innovation Forum to sponsor an issue track on healthy aging titled "Healthy Aging: Pathways to Lifelong Wellness." The chosen innovator in 2011 was the Massachusetts Senior Action Council (MSAC) in Dorchester, Massachusetts. MSAC is a grassroots, democratically run organization of low- and moderate-income seniors that improves the quality of life for all older adults in the community through its innovative civic engagement model of empowering members to use their own voices and experiences in addressing public policy and community issues affecting their lives. MSAC's program of outreach and education, personal empowerment, and policy advocacy is providing training and support to more than 1,000 lower income seniors who, as a result, are able to repurpose their skills and life experiences to play new roles as civic volunteers.

Engagement in Social Innovation Forum greatly strengthened the leadership skills of MSAC's executive director, increased its organizational capacity and enhanced its social policy impacts—in effect, taking MSAC to a whole new level of organizational effectiveness. The Social Innovation Forum provided MSAC with an array of services from a network of high-level consultants that MSAC would not otherwise have been able to obtain. These services included business development consulting, public speaking and presentation advising, fund development planning, graphic designing, and a platform and forum for presenting to a new audience of social impact investors.

As a result, MSAC now has a clearly defined social impact operating model, improved performance measurement tools, a three-year growth plan, a formal prospectus to present to additional potential investors and a professional PowerPoint presentation for use with multiple audiences. MSAC already has secured additional funding and new in-kind partners, broadened and diversified its membership, reorganized and increased its staff, and secured its reputation with existing and new funders for organizational effectiveness.



Photos Courtesy of Root Cause's  
Social Innovation Forum ▶



## Collaboration to Address Future Health Care Needs

In 2011, the Tufts Health Plan Foundation again received funding from the Robert Wood Johnson Foundation’s Partners Investing in Nursing’s Future (PIN), a national initiative to help address the long-term shortage of nurses across the country. As one of 11 grantees, the foundation was awarded a three-year, \$225,000 grant for a collaborative effort among academia and the nursing practice communities within Massachusetts, New Hampshire and Rhode Island to create a Regional Collaborative for Inter-Professional Education. The focus will be developing and implementing a program of shared learning, resources, curriculum components and an evaluation methodology for inter-professional education. The Tufts Health Plan Foundation will work specifically with the Massachusetts Hospital Association and all the team members to implement this program.

This tristate collaboration grew out of previous PIN success, involving nursing practice and education leaders who expanded upon the work done in Massachusetts to increase the availability of clinical placements and develop new approaches to educating nurses. As a lead contributor, the Tufts Health Plan Foundation funded a nurse scholars program to help meet the escalating need for nurse educators in Massachusetts and Rhode Island.

This new effort is building upon the recommendations of the recent Institute of Medicine (IOM) report *The Future of Nursing: Leading Change, Advancing Health*, which seeks to prepare the nursing workforce to meet the needs of America’s health care system and the patients it serves and ensure an adequate supply of nurses for a growing, aging population. The IOM report focuses on the fact that patients receive safer, higher-quality care when health professionals work in inter-professional teams, communicate effectively and clearly understand each other’s roles.

The lead partners in the grant for Massachusetts are the University of Massachusetts Worcester Graduate School of Nursing, the University of Massachusetts School of Medicine and the Family Health Center of Worcester. In New Hampshire, the lead partners are Dartmouth-Hitchcock Medical Center, Dartmouth Medical School and Colby-Sawyer School of Nursing, and in Rhode Island, the University of Rhode Island Colleges of Nursing and Pharmacy, the Rhode Island College Schools of Nursing and Social Work, and the Warren Alpert Medical School of Brown University.

## Helping to Fill the Transportation Gap

Recognizing the vital importance of transportation to the life quality of older adults and the growing gap between supply and demand, the Tufts Health Plan Foundation worked with the MetroWest Health Foundation and Health Resources in Action to launch ITN*GreaterBoston* in 2010. ITN*GreaterBoston's* mission is to provide a community-driven, economically viable and consumer-oriented quality transportation service for seniors and adults with visual impairment. In September 2011 the organization opened its first support and service site in Framingham and will open its second in Brighton in 2012. Access to suitable transportation when needed keeps older adults mobile and active and fully engaged in community life. The ITN*GreaterBoston* model is driven heavily by trained, caring volunteer drivers, which allows members to go to any destination within the service area, 24/7/365. Volunteer drivers are coming forward to support the service. They see this as a great opportunity to help address a national need and at the same time build their own ride account for future use when they will need it.

“ Seniors and the visually impaired can stay in control of their lives with ITN*GreaterBoston*. They have the freedom to head to the library, out to dinner or to their doctor when they wish without having to rely on the availability of a family member or friend. It's so empowering for them. They feel less of a burden. ”

– Jean Patel Bushnell  
Executive Director of ITN*GreaterBoston*

## Promoting a Statewide Healthy Aging Agenda

2011 marked the third year for the Tufts Health Plan Foundation's healthy aging grant program as well as its third year engaging with the Massachusetts Health Policy Forum at Brandeis University to promote a statewide healthy aging agenda. In 2010, the foundation formed a Healthy Aging Steering Committee with subcommittees focused on programs, communities and public awareness. Through ongoing engagement with representatives from the Massachusetts Executive Office of Elder Affairs, Department of Public Health, Joint Committee on Elder Affairs, area agencies on aging, community-based organizations, the provider community and other grassroots health advocacy groups, the Steering Committee has provided a focal point for statewide discussion, dissemination, information-sharing and coordination, ultimately forming alliances to strengthen the work of individuals and member organizations. The foundation plans to continue this work in 2012, bringing together statewide partners to advance healthy aging in the commonwealth.

Additionally the foundation began a new partnership with the National Council on Aging to build and sustain self-management interventions (the Stanford Chronic Disease Self-Management Program [CDSMP] and others) into health care payment and delivery systems by 2020.

“The Tufts Health Plan Foundation is playing a key leadership role in building a strong coalition of advocates, eldercare providers, representatives from the state government and members of the academic community. This coalition has charted a vision to promote healthy aging statewide through better coordination of evidence-based programs, through defining best practices to develop healthier communities, and by raising the awareness of this mission with consumers, the medical community, policymakers and the general public,” said David P. Stevens, executive director of the Massachusetts Association of Councils on Aging.

### Subcommittee Co-chairs

#### Healthy Aging Programs:

David P. Stevens - Massachusetts Association of Councils on Aging

Rosanne DiStefano - Elder Services of the Merrimack Valley

#### Healthy Aging Communities:

Emily Shea - City of Boston

Dr. Ann Bookman - Brandeis University

#### Public Awareness:

Deborah Banda - AARP Massachusetts

Chet Jakubiak - Massachusetts Association of Older Americans

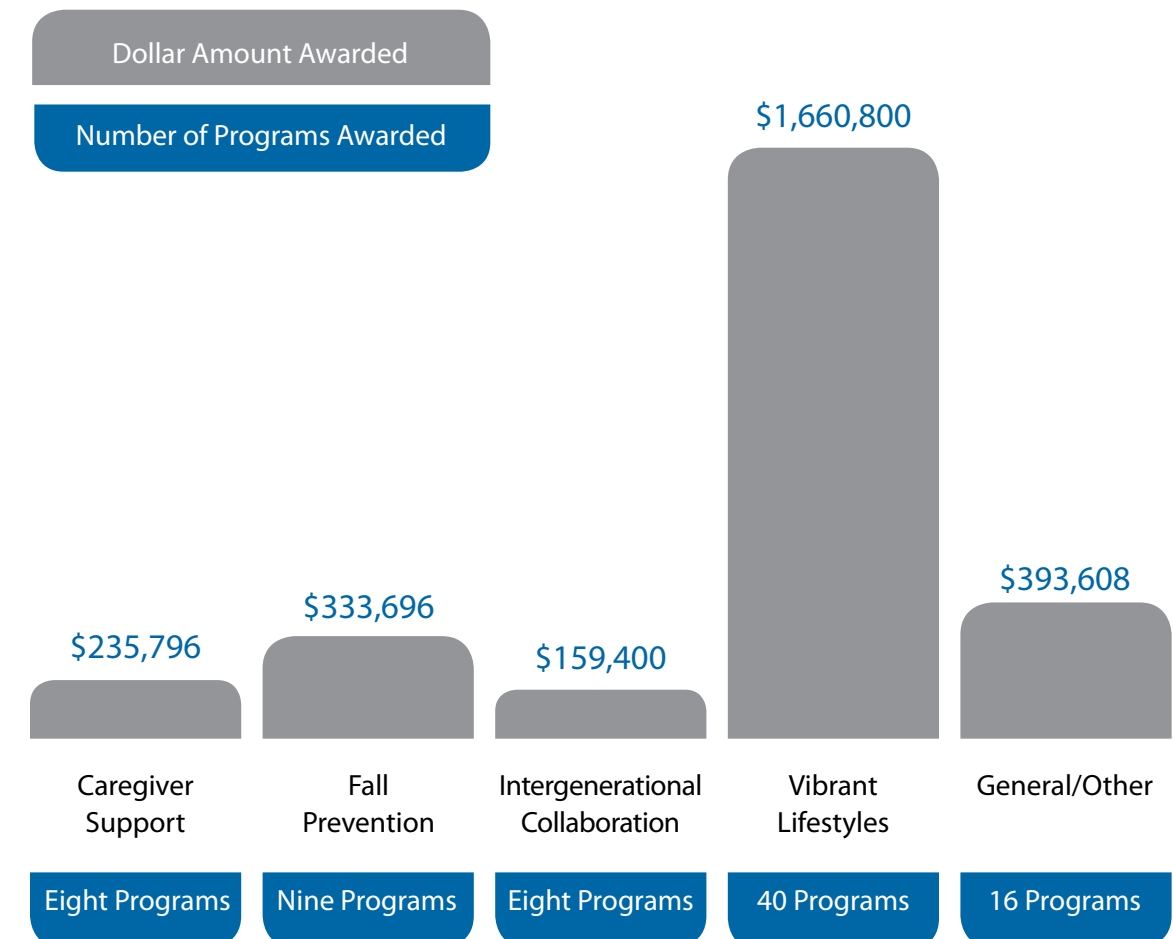
## Statements of Financial Position

	Year Ended 12/31/11	Year Ended 12/31/10
<b>Assets</b>		
Cash and Cash Equivalents	\$8,908,435	\$7,990,176
Investments:		
Equity Securities	16,467,496	7,532,782
Other Invested Assets	46,830,598	42,060,068
Interest Receivable	–	202
<b>Total Assets</b>	<b>\$72,206,529</b>	<b>\$57,583,228</b>
<b>Liabilities and Net Assets</b>		
Accounts Payable and Accrued Expenses	78,950	77,533
Due to Affiliates	58,133	26,063
<b>Total Liabilities</b>	<b>137,083</b>	<b>103,596</b>
<b>Net Assets — Unrestricted</b>	<b>72,069,446</b>	<b>57,479,632</b>
<b>Total Liabilities and Net Assets</b>	<b>\$72,206,529</b>	<b>\$57,583,228</b>

## Statements of Activities and Changes in Net Assets

	Year Ended 12/31/11	Year Ended 12/31/10
<b>Revenues</b>		
Contributions	\$15,150,000	\$10,062,500
Investment Return	2,725,789	701,113
<b>Total Revenues</b>	<b>17,875,789</b>	<b>10,763,613</b>
<b>Expenses</b>		
Grants	2,931,918	2,328,940
General and Administrative Costs	629,753	553,287
<b>Total Expenses</b>	<b>3,561,671</b>	<b>2,882,227</b>
<b>Excess of Revenues over Expenses</b>	<b>14,314,118</b>	<b>7,881,386</b>
<b>Net Assets at the Beginning of the Year</b>	<b>57,479,632</b>	<b>49,321,583</b>
<b>Change in Unrealized</b>	<b>275,696</b>	<b>276,663</b>
<b>Net Assets at the End of the Year</b>	<b>\$72,069,446</b>	<b>\$57,479,632</b>

## Dollar Amount Awarded



## Caregiver Support

### Alzheimer's Disease and Related Disorders Association, Massachusetts/New Hampshire Chapter Inc.

*Support for Informal Caregivers of People with Alzheimer's in Massachusetts*  
Watertown, MA

### Bethany Home of Rhode Island Inc.

*Bethany Home Cares*  
Providence, RI

### Community Action Committee of Cape Cod & Islands

*Skill Building Support for Caregivers/Exercise for Wellness*  
Hyannis, MA

### Education Development Center

*Chronic Care Community Corps*  
Newton, MA

### Friends of the Amesbury Council on Aging

*Amesbury Caregiver Essentials (ACE)*  
Amesbury, MA

### MA Association of Older Americans Inc.

*Moving On: Reengaging Older Caregivers in Community Life*  
Boston, MA

### Northern Berkshire Community Coalition

*Caregiver Support Program*  
North Adams, MA

### Old Colony Elderly Services

*It's About Time*  
Brockton, MA

## Fall Prevention

### Community Teamwork Inc.

*Bone Builders and Fall Prevention Enhancement*  
Lowell, MA

### Homefront Health Care

*HIP-SAFE (Homefront Intervention to Prevent Slips & Falls in Elders)*  
Providence, RI

### Natick Visiting Nurse Association

*Balance Matters*  
Natick, MA

### Ocean State Center for Independent Living (OSCIL)

*Home Sweet Accessible Home*  
Warwick, RI

### Somerville-Cambridge Elder Services Inc.

*A Collaborative Effort Between Somerville-Cambridge Elder Services and the Cambridge Health Alliance to Prevent Falls Among Seniors*  
Somerville, MA

### The Carroll Center for the Blind Inc.

*Project Safe Home*  
Newton, MA

### VNA & Hospice of Cooley Dickinson Inc.

*Strength in Numbers Falls Prevention Education for Seniors*  
Northampton, MA

### VNA Care Network Inc.

*Fewer Falls, Safer Seniors*  
Worcester, MA

### Westbay Community Action Inc.

*Elder Safety*  
Warwick, RI

## Intergenerational Collaboration

### Available Potential Enterprises, Ltd. aka Fertile Ground

*Williamsburg Intergenerational Gardening Program*  
Williamsburg, MA

### Best Buddies International

*Best Buddies Intergenerational College Project*  
Cranston, RI

### Community Health Programs Inc. South Berkshire Community Coalition

*Senior Life History Project*  
Great Barrington, MA

### Families First Parenting Programs Inc.

*Grandparents Parenting Again*  
Cambridge, MA

### Generations Incorporated

*Healthy Aging Initiative*  
Boston, MA

### Jewish Community Housing for the Elderly

*Generations Together*  
Brighton, MA

### Jumpstart for Young Children Inc.

*Jumpstart Massachusetts Community Corps*  
Boston, MA

### Mystic Valley Elder Services Inc.

*Reading Partners*  
Malden, MA

## Vibrant Lifestyles

### Action for Boston Community Development

*Stay Strong Initiative*  
Boston, MA

### AIDS Action Committee of Massachusetts

*Positive Aging/Lasting Strength*  
Boston, MA

### All Out Adventures

*Outdoor Recreation for Seniors*  
Easthampton, MA

### Brockton Neighborhood Health Center

*Healthy Aging*  
Brockton, MA

### Cambridge Health Alliance

*Viv Byen ak Maladi Dyabèt—Living Well with Diabetes*  
Somerville, MA

### Cape Cod Volunteers Inc.

*Volunteer Opportunity Centers*  
Yarmouth Port, MA

### Central Massachusetts Area Health Education Center Inc.

*Vibrant Lifestyles: Healthy Aging Across Communities*  
Worcester, MA

### Community Health Center of Cape Cod

*Continued Case Management for Healthy Seniors*  
Mashpee, MA

### Developmental Evaluation and Adjustment Facilities Inc.

*Healthy Lifestyles for Deaf Seniors*  
Allston, MA

### Discovering What's Next: Revitalizing Retirement Inc. in collaboration with RoseMary B. Fuss Center for Research on Aging and Intergenerational Studies

*Transitions to Encore Careers: Expanding the Encore Work Continuum*  
Newton, MA

### Elder Services of Cape Cod and the Islands Inc.

*Healthy Eating for Successful Living in Older Adults*  
South Dennis, MA

### Elder Services of the Merrimack Valley Inc.

*Evidence-Based Programs: Healthy Communities*  
Lawrence, MA

### Ethos (Southwest Boston Senior Services Inc.)

*AgeWell Southwest Boston*  
Jamaica Plain, MA

### Franklin County Home Care Corporation

*Take Steps To Healthy Aging*  
Turners Falls, MA

### Greater Boston Guild for the Blind

*SightCare Diabetes and Low Vision Education*  
West Roxbury, MA

### Hearth Inc.

*Housing as the Key to Healthy Aging*  
Boston, MA

### Hebrew SeniorLife

*Prevention Through Action: Culturally Inclusive Training and Education for Seniors*  
Boston, MA

### Inquilinos Boricuas en Acción Inc.

*Villa Victoria Elder Support Program*  
Boston, MA

### Jewish Family and Children's Service

*Steps for Life*  
Waltham, MA

### Justice Resource Institute Inc.

*HIV and Aging Health Information Project*  
Boston, MA

### Kit Clark Senior Services Inc.

*Fit-4-Life*  
Dorchester, MA

**La Alianza Hispana Inc.**  
*Vibrant Lifestyles: Art Therapy Program*  
Roxbury, MA

**LGBT Aging Project aka Third Sector New England**  
*Healthy Aging in the LGBT Community*  
Jamaica Plain, MA

**Massachusetts General Hospital (The General Hospital Corp.) aka Revere Health Center**  
*Senior Wellness*  
Revere, MA

**Minuteman Senior Services**  
*Healthy Connections*  
Burlington, MA

**Montachusett Opportunity Council Inc.**  
*Linking Initiatives for Vibrant Elders (LIVE) in North Central Massachusetts*  
Fitchburg, MA

**National Council on Aging Inc.**  
*Self-Care Management Alliance*  
Washington, D.C.

**Newton Community Service Center Inc.**  
**SOAR 55:**  
*Volunteering as a Pathway to Vibrant Aging*  
Newton, MA

**Operation A.B.L.E. of Greater Boston Inc.**  
*ABLE Volunteers*  
Boston, MA

**Rhode Island Free Clinic Inc.**  
*Healthy Lifestyles for Today and Tomorrow*  
Providence, RI

**Rogerson Communities**  
*Healthy Rogerson*  
Boston, MA

**Root Cause Institute**  
*Massachusetts CDSMP Business Plan*  
Cambridge, MA

**Samaritans Inc.**  
*Wellness Approach to Senior Suicide Prevention*  
Boston, MA

**SCM Community Transportation**  
*Door2Door to the Arts*  
Somerville, MA

**Social Innovation Forum at Root Cause Institute**  
*2012 Social Issue Track on Healthy Aging*  
Cambridge, MA

**Springwell Inc.**  
*Healthy Aging Initiative*  
Watertown, MA

**The Providence Center**  
*InShape Seniors*  
Providence, RI

**Water Way Arts for Health and Energy Inc. aka Brookline Tai Chi**  
*Tai Chi for Healthy Aging*  
Brookline, MA

**Whittier Street Health Center Inc.**  
*Geriatric Chronic Disease Case Management Program*  
Roxbury, MA

**YMCA of Greater Boston**  
*Get Fit, Stay Fit for Life*  
Boston, MA

## Sample of General/Other Grants

**Action for Boston Community Development (ABCD)**  
*Boston Emergency Fund for Older Adults*  
Boston, MA

**Cambridge Community Foundation**  
*Matching Grant Program: Healthy Aging R.O.C.S. (Reaching Out to Cambridge Seniors)*  
Cambridge, MA

**Health Resources in Action in collaboration with Massachusetts Department of Public Health**  
*Mass in Motion Municipal Wellness and Leadership Grants Initiative*  
Boston, MA

**Massachusetts Public Health Association**  
*Act FRESH Senior 2*  
Jamaica Plain, MA

**Merrimack Valley Food Bank Inc.**  
*Mobile Pantry Program*  
Lowell, MA

**Mount St. Rita Health Centre**  
*Blessings in a Backpack*  
Cumberland, RI

**Northern Essex Elder Transport Inc.**  
*Volunteer Driver Mileage Reimbursement*  
Amesbury, MA

**Project R.I.G.H.T. Inc.**  
*Grove Hall Senior Empowerment Initiative*  
Dorchester, MA

**The Food Bank of Western Massachusetts**  
*Brown Bag: Food for Elders*  
Hatfield, MA

**The Greater Boston Food Bank Inc.**  
*The Brown Bag Program for Seniors in Need*  
Boston, MA

**The Volunteer Family**  
*Tufts Future Philanthropists Initiative*  
Boston, MA

**Tufts Health Care Institute**  
*Practicing Medicine in a Changing Health Care Environment — the Challenges of Caring for Complex and Chronically Ill Patients*  
Boston, MA

**Watertown Community Foundation**  
*WCF Community Building Grants Fund*  
Watertown, MA

TUFTS  Health Plan  
FOUNDATION

[tuftshealthplanfoundation.org](https://tuftshealthplanfoundation.org)

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