

Issue 10, Summer 2016

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NEWS BRIEF



Community Health Foundation's annual fall health expo, Healthy Families, is Tuesday, October 4 from 5-7 pm at the Hollenbeck Bayley Arts and Conference Center, 275 S. Limestone, Springfield. This free public event provides information and resources that you can use to get and stay healthy. Healthy Families '16 features exhibits, demos and health panel discussions hosted by local doctors and health care professionals. **Save the date – October 4 –** and plan now to stop by Healthy Families '16!

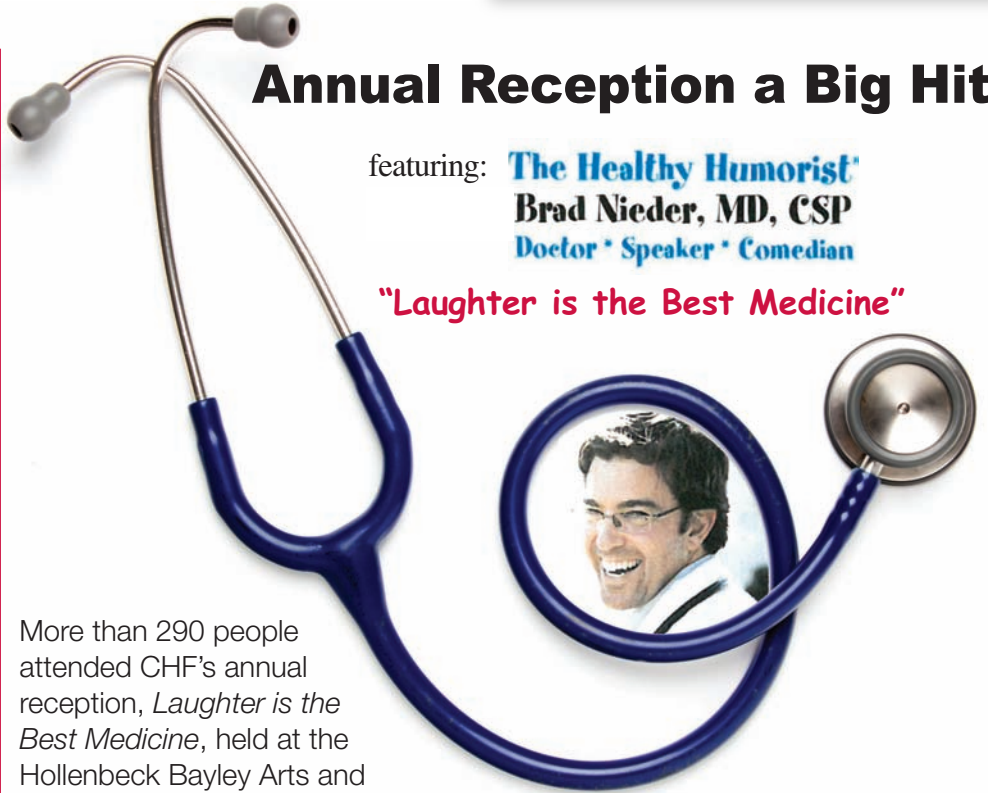
foundation focus is published by Community Health Foundation.

Editor: Joy Rogers. Please email comments, story ideas or other contributions to rojgers@mercy.com. If you prefer not to receive this publication, please let us know.

Annual Reception a Big Hit!

featuring: **The Healthy Humorist**
Brad Nieder, MD, CSP
Doctor * Speaker * Comedian

"Laughter is the Best Medicine"



More than 290 people attended CHF's annual reception, *Laughter is the Best Medicine*, held at the Hollenbeck Bayley Arts and Conference Center on March 16.

Dr. Brad Nieder, the Healthy Humorist, shared his message of healing through humor. He encouraged us to embrace laughter in our daily lives in order to lead healthier lives. The event featured a social hour with live music by **Terry Van Auken**.

James Peifer, Chairman of the Community Health Foundation Board of Trustees, and **Joy A. Rogers**, CHF executive director, shared foundation news at the reception including the growth in the foundation's community grant program which provided more than \$125,000 to support non-profit

organizations working to prevent obesity, to prevent and manage chronic diseases, to promote healthy births and healthy sexuality and to fight mental health disorders and substance abuse.

In addition, CHF's 2015 unreimbursed community benefit of \$531,936 included community and family education events and programs, classroom offerings, community grants and clinical health services.

Mark your calendar now as you don't want to miss next year's reception - please join us on March 15, 2017 at the Hollenbeck Bayley!

See pictures from the event on page 4

CHF Board Awards \$111,000 in Community Grants

One way Community Health Foundation supports health and wellness programs in Clark and Champaign Counties is with its community grant program. CHF's grant priorities are: 1) healthy living, 2) reproductive health, 3) mental/emotional health and substance abuse help and 4) safety net services. Thousands of residents benefit from the programs supported each year by the community grants program. CHF extends special thanks to its grant

committee, which is comprised of CHF Board members and community members. These dedicated volunteers have the challenge of reviewing all grant applications and recommending grant awards. Grant committee members include: **Adele Adkins, Cathy Balas, Christina Conover, Lily Daugherty, Mark Elliott, Virginia Estrop, Wendy Ford, Anne Holtz, Robyn Koch-Schumaker, Doug Lineberger, Daragh Porter-Wobbe, Sheila Rice and Ted Vander Roest.**

2016-17 Grants

A total of \$111,400 was awarded to the following organizations. Please visit the CHF website, www.community-health-foundation.org, for more information about these programs.

- Alzheimer's Association - \$2,500 for Clark County Connection**
- Big Brothers Big Sisters - \$10,000 for Camp Oty'Okwa**
- Champaign County Drug Free Youth Coalition - \$5,000 for Botvin Lifeskills classroom program**
- Community Mercy Med Assist - \$10,000 for Prescription Assistance**
- Dayton Children's Hospital - \$5,000 for Needy Patient Fund for Clark and Champaign Counties**
- Deaf Community Resource Center, Inc. - \$3,000 for Deaf Community Healthier Living**
- Interfaith Hospitality Network of Springfield - \$5,000 for Alcohol and Other Drug Counseling**
- McKinley Hall - \$5,000 for children's programming**
- National Society to Prevent Blindness - \$5,000 for Healthy Eyes**
- Oesterlen Services for Youth - \$6,000 for upgrades to the Life Skills Development Center**
- Ohio State University Extension - \$2,900 for Health Nuts Mini Camps**
- On The Rise - \$7,000 for operating support**
- Planned Parenthood - \$5,000 for Springfield operating support**
- Pregnancy Resource Clinic - \$5,000 for early prenatal care**
- Project Woman - \$4,000 for community advocacy and education**
- Recovery Zone - \$5,000 for Leading in Recovery**
- Rocking Horse Center - \$8,000 for Flu Vaccine Initiative**
- Springfield Christian Youth Ministries - \$6,000 for Girlpower Afterschool**
- Springfield Promise Neighborhood - \$5,000 for Springfield Promise Grows**
- United Way of Clark, Champaign and Madison Counties - \$5,000 for 2-1-1 Information and Referral**
- Wellspring - \$4,000 for FAST Family Food**



Families use slow cookers to prepare healthy meals.



Selling their produce in the Promise neighborhood.



Lincoln Promise students start seeds.

Thanks for Giving!

Community Health Foundation is very appreciative of those who make a gift to support its mission to preserve reproductive services, to promote health and wellness and to advocate for quality healthcare through grant making and education.

Community Health Foundation sincerely thanks the following individuals and organizations for their generous gifts received from Nov. 1 through June 30, 2016.

Adele and David Adkins
Advanced Nephrology & Hypertension
Tammi Angle
Patti Ark
Cathy and Don Balas
Robert and Ann Bare
Bill and Deanna Brougher
Cole Acton Harmon Dunn
Randall and Tamara Comer
Sue and Kevin Creager
Ellillian J. Daugherty, M.D.
Della Selsor Trust
Karen Duncan

Andy and Joan Elder
Mark Elliott and Kathy Limes
Dana and Cheryl Engle
John and Rosie Federer
Claudia Fett
Pat Field
Ms. Peg Foley
Wendy and Eddie Ford
Mrs. Sheri Furry, in memory
of Grace Graffis
Dr. Alan and Bonnie Gabbard,
in memory of Richard Tapogna, M.D.
James Gianakoupolos, M.D.
Mark Grimes
Herschel Haulman
Health Now Books, LLC
Robert and Anne Holtz

Who's WHO? 2016

CHF is honored to have **Mark Elliott** serve as a board member and as a member of its executive committee. When asked in 2012 to join the board, Mark was happy to as he believes Community Health Foundation provides an important community service in providing access to reproductive health services and in helping to represent the community's interest in the hospital system, Mercy Health, and in our local hospitals, Springfield Regional Medical Center and Mercy Memorial Hospital.

Elliott shared that is important that Community Health Foundation is not one dimensional and supports the overall goals of the CHIP—the community health improvement plan---the plan spearheaded by the Clark County Combined Health District and supported by many health care and social service agencies in our community.

Elliott went on to say "I'm really excited about CHF's new oral health initiative; people don't realize how important dental health is to our overall health and employability and quality of life."

Elliott's community involvement is extensive; he's active in Kiwanis and served as the former membership and sponsored youth chair and he recently completed his two-year term as president of the Clark State Foundation Board. He's also a mentor for the Champion City Scholars program and has served as a loaned executive to the United Way.



Mark Elliott

NEWS BRIEFS

New Oral Health Initiative



In an effort to increase the impact on the health and wellness of our community, the Board of Trustees of Community Health Foundation decided to use a portion of its community grant fund to fund or support an initiative project. At its April board meeting, the board elected to fund an oral health project and will commit \$90,000 over the next two years for this project.

The project is not yet determined but a steering group is meeting to define the parameters of the project and to develop an action plan, collaboration and communication plan and evaluation plan.

As the initiative moves forward, CHF will share information via its Facebook page and this newsletter among other communication channels.

Mrs. Kathy Howard
D. Donald Jones
Charles and Dorothy Kelley
Mae A. Kendall
James and Carolyn Kenney
Ravi and Vinita Khanna
Darrell and Michelle Kitchen
Sondra Kramer
Mr. and Mrs. Roger Krohn
Mark Lechner
Eddie and Laurie Leventhal
Matthew and Stephanie McCuiston
Dan and Judy McGregor
Steve and Mary Alice Neely
Paul Parlato
Plato and Tina Pavlatos
Jim and Sandy Peifer

Clare Perks
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Cyndi and Mark Robertson
Rick and Joy Rogers
Ms. Dian Schmid
Mr. and Mrs. Stephen Schumaker
Dr. Jerry and Kay Shell
Dr. David D. and Cynthia D. Smith
The Springfield Foundation
W.A. Stumpf
Mohammed Ullah, M.D.
Diane Van Auker
Ted and Jodi Vander Roest

Sanju Varghese, M.D.
Virginia Warren
Ms. Kitty Wildman
Anonymous (6)

Sponsors:

Advanced Nephrology & Hypertension
Martin, Browne, Hull & Harper PLL
Steve and Mary Alice Neely
Plato and Tina Pavlatos
Planned Parenthood
Springfield Foundation
Springfield Heart Surgeons
Springfield Masonic Community
Sheehan Brothers
Turner Foundation
Wallace & Turner

Annual Reception a Big Hit!

Continued from page 1



Dr. Brad Nieder entertained the crowd.



Jim Piefer, CHF Board President.



Guests enjoy the reception.



Live music by Terry Van Auker



Guests mingle at the reception.

Community Water Fluoridation



Fluoride is a naturally occurring compound which may be added to water deficient in it to add dental benefits. Regardless of the fluoride's source, the American Dental Association says fluoride helps rebuild and protect the surface of teeth which can be broken down when acid produced by bacteria in the mouth creates a hole on the tooth surface. The Centers for Disease Control and Prevention (CDC) estimates fluoride prevents about 25% of cavities.

You may be surprised to learn that the Springfield water supply is not fluoridated. The CDC has determined water fluoridation to be a top ten public health victory. In 2011, the WHO (World Health Organization) determined fluoridation to be the most effective public health measure for the prevention of dental decay, yet our community's water supply is not fluoridated.

A few local communities do add fluoride such as Medway, Northridge and Park Layne.

The Clark County Combined Health District and the Chronic Disease Task Force which was formed from the most recent community health improvement plan have joined forces to promote adding fluoride to the Springfield City water supply. An education and outreach plan is being developed to address this public health issue.

*To preserve reproductive
services, to promote health and
wellness and to advocate for
quality healthcare through grant
making and education.*

CHF's mission:

www.community-health-foundation.org



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ADVOCACY • EDUCATION • SERVICES

Community Health Foundation

