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 longer, healthier lives.
Why Healthy Aging?

Aging is a normal part of life, and we are living longer and longer. We do not, however, just want to live long lives. We want to live long, healthy lives. To understand true healthy aging, it's important to acknowledge the many components of older adult health, including physical, mental and emotional well-being.

As we age, we face new sets of challenges in order to maintain healthy bodies and minds, and to lead high-quality lives. To meet these challenges, older adults need access to resources that can help them live well, while also enabling them to offer their wealth of knowledge and experiences to our communities.

Both to meet the needs of our communities in Massachusetts and Rhode Island and to address the challenges and opportunities of an aging society, the Tufts Health Plan Foundation's healthy aging focus works to enable older adults to spend more years in good health and engaged as vital members of our communities. We fund programs that work with older adults to develop and maintain optimal physical, mental and social well-being and function in older adults through four funding areas:

**Vibrant Lifestyles**
Exercise, nutrition, and chronic disease prevention and management; social and recreational activities; and programs that promote civic and community engagement.

**Intergenerational Collaboration**
Older adults and younger generations enriching each others' lives through mentoring, tutoring and volunteer activities.

**Fall Prevention**
Exercise and education for older adults that will reduce the incidence and fear of falls and increase mobility, strength and balance.

**Caregiver Support**
Training, education and resources to support caregivers and care recipients.

The Tufts Health Plan Foundation supports older adults to enable them to contribute their experiences and knowledge to their communities. Ultimately our goal is to help older adults live longer, healthier lives.

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**Highlights**

In 2009, the Tufts Health Plan Foundation:

- Launched its Healthy Aging program, a portfolio focused on improving the lives of adults 60 and older; awarding more than $2.3 million to nearly 80 programs.
- Expanded beyond the Commonwealth of Massachusetts to include programs that serve the state of Rhode Island and its communities.
- Co-sponsored a conference with Brandeis University’s Massachusetts Health Policy Forum titled Healthy Aging in the Commonwealth: Pathways to Lifelong Wellness, attended by more than 300 community leaders.
- Was awarded 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.
- Matched $23,717.16 in donations made by Tufts Health Plan employees during the Workplace Giving campaign for a total contribution of $47,435. The monies were shared among several local agencies that focus on nutrition, homelessness, job skills, youth empowerment and other areas of social support.
- Sponsored a new Social Issue Track with Root Cause’s Social Innovation Forum to select and support an innovative program that promotes healthy aging called The Promise of Healthy Aging: Fostering High Quality of Life Among Older Adults.
Dear Friends,

In 2009, the Tufts Health Plan Foundation launched its Healthy Aging initiative, an ambitious strategy designed to help older adults live longer, healthier lives. Today, I am pleased to report the significant strides we have made in supporting and developing effective programs that elevate the physical and mental well-being of older adults.

During 2009 we awarded more than $2.3 million in grants to nearly 80 organizations throughout Massachusetts and Rhode Island. This being the first year of our healthy aging focus, we had much to learn. We continuously used that learning to refine our grant guidelines and review processes, all with the target of improving our own performance, becoming a stronger partner to community organizations, and, most important, enhancing the lives of older adults.

2009 was also a year of geographic expansion, as we brought our grantmaking activities to the great state of Rhode Island. Our Rhode Island programming will grow over time, as the Tufts Health Plan Foundation’s presence and reputation, and our knowledge of the Ocean State community, develop.

A true highlight of the year was our December healthy aging conference sponsored in conjunction with the Massachusetts Health Policy Forum. The conference attracted more than 300 attendees, including the policy, thought and community leaders most dedicated to healthy aging causes. This conference was just the beginning of our efforts to make a difference from an educational and advocacy platform, in addition to our grantmaking activities.

In 2010 and beyond, we will continue to address the health challenges and opportunities of an aging society. We will work with our partners to identify and build strong programs and to better measure their impact. Most important, we will strengthen our existing bridges, and we will build new ones, all with the aim of providing a path toward healthy aging.

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 2009 annual report, which outlines our grantmaking activities, collaborations, and policy efforts to improve and enrich the quality of life for older adults.

We hope to create a shift in the way our community thinks about aging. “Growing older,” by its own terms, remains a time of growth. Aging can be a time of opportunity and positive new challenges. Older adults in our community are demonstrating that growing older means volunteering, civic engagement and staying active. Emphasis in promoting positive, healthy aging is catching on and is dispelling myths and negative stereotypes that have been so prevalent in our society.

Evidence-based programs on nutrition, effective management of chronic diseases and fall prevention are some of the interventions that the Tufts Health Plan Foundation has focused on this past year. Additionally, older adults can access opportunities to participate in social, economic, cultural and civic affairs through our partnerships with senior centers, assisted living facilities, transportation providers and community organizations throughout Massachusetts and Rhode Island. Finally, through our funding we have also sought to address the needs of the more at-risk older adult population by funding programs that support caregivers, improve home safety and assist the elder homeless.

In the second year of our healthy aging focus, the Tufts Health Plan Foundation continues to strive to make Massachusetts and Rhode Island the preeminent healthy aging communities. We thank our board members, review committee, staff and partners for helping us reach our vision of a community that values healthy, productive aging.

Thomas P. O’Neill III
Board Chairman
Tufts Health Plan Foundation
Grantee Profiles

- Living Vibrantly Through Physical Fitness
- Living Vibrantly Through Social Engagement
- Intergenerational Collaboration and Healthy Aging
- Fall Prevention
- Caregiver Support
Living Vibrantly Through Physical Fitness

We all know it: Exercise is good for us. No matter our age, one of the most important things we can do to maintain our health is regular, physical activity. As we get older, exercise becomes even more important and the old saying “use it or lose it” becomes even more true. And regular physical activity helps to manage chronic conditions such as heart disease and osteoporosis, improve cognitive and physical function, and enhance one’s overall quality of life.

Researchers at the University Medical Center Rotterdam, the Netherlands, used 46 years’ worth of data from the Framingham Heart Study and calculated the effects of low, moderate or high levels of physical activity on people age 50 and older. They suggested that “following an active lifestyle is an effective way to achieve healthy aging.”

Although many of us will be relatively healthy as we age, the prevalence of chronic illness is high among older adults and is likely to increase as we live longer. Regular physical activity can lead to independence; better mobility, fitness; better management of chronic diseases; and, ultimately, a more vibrant lifestyle as we age.

“I have lost approximately 17 pounds. My blood pressure and diabetes are within normal limits. I have more energy to do things with my family and friends.” – Arlene Lopes, Fit-4-Life participant

Kit Clark Senior Services – Fit-4-Life

Arlene Lopes is a 74-year-old participant in Kit Clark’s Fit-4-Life, an evidence-based physical activity and nutrition counseling intervention program designed to reduce the significant and prevalent burden of age-associated chronic disease, and provide concrete support for healthy aging among older adults. Arlene joined Fit-4-Life after having gained weight over the years and being diagnosed with high blood pressure and diabetes. A certified fitness trainer leads and supervises participants in aerobic and strengthening exercises, and provides individualized and group exercise prescription to address seniors’ specific needs.

Living Vibrantly Through Social Engagement

Cultural, social and recreational programming can be a vital part of the well-being equation as we grow older, improving cognitive and mental health, and decreasing isolation and depression. Social activities can range from walking clubs to bird watching or fall foliage group trips to getting together for a weekly bridge game.

Since human beings are social by nature, it is no surprise that social engagement contributes positively to cognitive function, one’s outlook on life, and an overall sense of belonging and camaraderie. These feelings contribute to a higher level of function and engagement in life.

“I’ve expanded myself. I don’t have to be just stuck here in a senior home. I’m happier. I hope I’m in Una Voce until I’m physically not able to go anymore.” – Peg Reilly, age 73, Una Voce intergenerational chorus member

SCM Community Transportation’s Door2Door to the Arts

Peg Reilly moved within the last year to a seniors’ community in Somerville, Mass. It was a challenging transition. In Maine, she had rich community arts experiences, and even sang in the choir at a children’s hospital. She joined Community Music Center of Boston’s Una Voce chorus, taking an SCM Door2Door to the Arts van to the rehearsals. SCM’s Door2Door enriches the lives of older adults by offering an impressive array of arts and cultural activities and social engagement opportunities by solving the transportation barrier via door-to-door service.
Intergenerational Collaboration and Healthy Aging

From reading coaches in a Revere elementary school to volunteers of all ages making weekly one-on-one visits to the homes of isolated seniors to old and young working together to build a community garden, Intergenerational Collaboration builds meaningful ties that connect people, foster cooperation and understanding among generations, encourage knowledge transfer, and provide participants with a purpose and a chance to make a difference.

With increased longevity comes a corresponding risk of physical and cognitive impairments that can lead to limited social interaction and social isolation. Activities that bring generations together and help maintain vitally important relationships can improve the well-being and quality of life for older adults. By providing social connections and meaningful reasons to stay active, intergenerational programming offers older adults opportunities to continue being contributing members of our society.

Older adults who regularly volunteer with children burn 20 percent more calories per week, experience fewer falls, are less reliant on canes and perform better on a memory test than their peers.¹


Generations Incorporated Reading Coaches

Generations Incorporated delivers intergenerational literacy programs to the children of Greater Boston. It is an affiliate of Experience Corps, a national program that engages older adults as literacy tutors in public school settings. Nearly 350 Experience Corps members currently serve with Generations Incorporated, and in 2009 they provided 75,000 volunteer hours of tutoring to more than 2,000 students. A study released in 2009 found that Experience Corps members are stronger, less isolated, have better physical and mental health, and greatly enjoy their service.²


Photo: Pat Patricelli, reading coach, with Vershawn Patterson
Fall Prevention

For older adults, falls are common and often life-altering events. According to the Centers for Disease Control and Prevention, more than one in every three adults age 65 and older falls each year. One in 10 will suffer a serious injury such as a broken hip. Falls are also the leading cause of injury death among this age group, accounting for more than 15,000 fatalities and 1.8 million emergency room visits.¹

Many older adults are aware of the risks for significant injuries following a fall and may develop a fear of falling. Fear of falling may lead to avoiding activities. This in turn contributes to losing independence, deconditioning and ultimately a higher risk of falling. It is important to note, however, that there are steps that can be taken to reduce the risk of falls. Fall prevention studies cite the importance of managing a number of factors, including medications, vision, strength and balance, environmental hazards, and fear of falling.² For some people, such programs can be life-changing, leading to increased mobility and participation in a variety of activities.

By 2020, the annual direct and indirect cost of fall injuries is expected to reach $54.9 billion.³

VNA & Hospice of Cooley Dickinson Inc. – Strength in Numbers

The Strength in Numbers program addresses all of the most commonly identified physical and environmental factors that affect an elder’s risk of falling. Presented in a series of weekly hour-long sessions or a condensed two-hour format, Strength in Numbers is based on all five fall prevention areas: education, exercise, medication, vision and home safety/modification. It also incorporates elements of other evidence-based programs such as A Matter of Balance and Strong for Life.⁴ Participants receive individual risk assessments along with support to further address their needs.

⁴ Boston University, Health and Disability Research Institute. A Matter of Balance and Strong for Life are evidence-based programs developed at the Boston University Roybal Center, http://bu.edu/hdr/products/
Caregiver Support

With the dramatic aging of the population, we will be relying even more on families to provide care for aging parents, relatives and friends for months and years at a time, most of whom have one or more chronic conditions and who wish to remain in their own homes and communities as they age.3

The enormous pressures and risks of family caregiving are a reality of daily life for millions of American families and pose great strain on caregivers, many of whom are themselves elderly. Caregivers often find themselves searching for resources to support them in their role, while juggling job, family and other responsibilities. This often leads to stress, anxiety, anger, depression and a host of other issues for caregivers themselves. Because of the multifaceted role that family and informal caregivers play, they need a range of support services to remain healthy, improve their caregiving skills and remain in their caregiving role, which ultimately benefits the well-being of the care recipient. Support services include information, assistance, counseling, respite, caregiver and family counseling, and support groups.

Of those caring for someone aged 65+, the average age of caregivers is 63 years, with one-third of these caregivers in fair to poor health.3

Century Health Systems – Caregiver Care Program

Century Health Systems’ Caregiver Care Program is designed to assist caregivers who are overwhelmed by taking care of a loved one. The program consists of a series of group educational sessions that teach technical skills as well as how to address the mental and physical health needs of overstressed caregivers. This mix empowers caregivers and helps them build an effective network of people who understand the demands of informal caregiving. In addition, home health aides provide respite care during the sessions, enabling caregivers to fully participate in the program.
Community

- Social Innovation Forum and Hearth
- Investing in Nursing’s Future
- Making a Difference for Our Neighbors to the South
Social Innovation Forum and Hearth

Hearth, an organization working to end elder homelessness, was selected as a 2009 Social Innovator by the Cambridge-based Social Innovation Forum for its unique approach to addressing elder homelessness in Greater Boston. The organization was chosen for the Promise of Healthy Aging category, which was sponsored by the Tufts Health Plan Foundation.

The Forum was launched by Root Cause to help organizations like Hearth that have field expertise, innovation and an entrepreneurial spirit to develop the business framework and skills required to make a lasting social impact and grow to capacity.

"We believe that Hearth is demonstrating an innovative and highly effective solution to end elder homelessness," said Susan Musinsky, director of the Social Innovation Forum. "We are thrilled to have had the chance to help them refine their model and make a lasting impact in Boston."

As a Social Innovation Forum Innovator, Hearth’s Outreach Program received funding from the Tufts Health Plan Foundation and participated in a 12-month program that provided the organization with consulting services, executive coaching and introductions to a network of venture philanthropists looking to support innovative nonprofits in Greater Boston. As a result of this plan developed through SIF, funding for Hearth’s outreach program went from $56,000 in 2008 to $134,000 in 2009, with six new foundations supporting outreach. Hearth continues to work toward the important goal of adding more case managers to the outreach team to work with homeless and at-risk elders.

Each year, Hearth works with more than 250 homeless elders who seek permanent housing. Of the elders who enter the program over a one-year period, 76 percent have a physical disability, 45 percent suffer from a mental-health-related disability and as many as 55 percent struggle with some type of substance abuse.

“"You can’t have health if you don’t have housing. You can’t have mental health if you don’t have a home.””

– Ellen Feingold, Hearth founder
Investing in Nursing’s Future

Nurses make invaluable contributions to our health care system. The next generation of nurses will be critical to providing the preventive and primary care, chronic disease management, and coordination that health care reform will require. While more work needs to be done, Massachusetts is taking several important steps toward this goal and is opening pathways that other states may follow.

A partnership started in 2005 between the Massachusetts Department of Higher Education and the Massachusetts Hospital Association examined reasons behind the state’s nursing workforce shortage. Research identified several limitations on the capacity to increase enrollment and graduation of more nursing students, including lack of clinical training opportunities, a shortage of nurse educators and a need to redesign nursing education to meet the increasing demands of current and future health care environments.

In collaboration with this team, in 2009 the Tufts Health Plan Foundation was awarded a two-year, $250,000 matching grant from 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. This three-state effort, Creativity and Connections: Building a Regional Nursing Education Framework, is now working to increase nursing faculty through scholarship funding, increase nursing program capacity through utilization of a computerized centralized clinical placement system, and redesign nursing education to meet future health care needs based on a set of core competencies for all nurses of the future.

While some communities have seen a temporary easing of the nursing shortage due to the recession, the U.S. nursing shortage is projected to grow to 260,000 registered nurses by 2025. A shortage of this magnitude would be twice as large as any nursing shortage experienced in this country since the mid-1960s.¹


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“ Nurses are the nation’s most direct link to patient safety and quality of care. This unique partnership of the philanthropic community helps identify new approaches that go well beyond what any one foundation could do alone.

— Susan B. Hassmiller, R.N., Ph.D., F.A.A.N., senior adviser for nursing, Robert Wood Johnson Foundation
Making a Difference for Our Neighbors to the South

When the Tufts Health Plan Foundation began focusing on healthy aging in 2009, it also included programs serving Rhode Island. Tufts Health Plan was an already well-established corporate citizen, so it was a seamless transition for the foundation to support Rhode Island programs that complemented its mission while addressing the issues and concerns of our aging population.

Rhode Island is home to more than 202,000 adults 60 and over — 19.2 percent of its total population. This ranks Rhode Island third among the New England states in population of adults 60 and older.¹

The needs of older adults in Rhode Island are the same as those of seniors everywhere else. Older adults need to manage their chronic diseases, and many have more than one. They need to exercise and eat nutritious foods. They need social engagement and activities that help them to participate in the community.

In 2009, the Tufts Health Plan Foundation supported programs statewide that helped older adults live independently in their homes, prevent falls and injuries, monitor their medication and take advantage of other services to help them live more enriched lives.

U.S. Census data reported that more than 14 percent of individuals living in Rhode Island in 2008 were 65 and older — nearly 2 percent more than the U.S. population.²


“...The Rhode Island Department of Elderly Affairs supports programs that enhance the wellness of seniors, promotes their independence and dignity, and keeps them connected to their communities.”

– Corinne Calise Russo, director, R.I. Department of Elderly Affairs
Finding the Pathways to Lifelong Wellness

In December 2009, in collaboration with Brandeis University’s Massachusetts Health Policy Forum, the Tufts Health Plan Foundation held its first conference on healthy aging, Healthy Aging in the Commonwealth: Pathways to Lifelong Wellness. The conference was attended by more than 300 participants, including policy experts, academic leaders, government officials and representatives of organizations that serve older adults across the state. An issue brief authored by Walter Leutz, associate professor at the Heller School for Social Policy and Management at Brandeis University, outlined the essential components to healthy aging, identifying programs and policies that support healthy aging in the state and nationally. According to Dr. Leutz’s findings, to achieve healthy aging, older adults will:

- Be proactive about health
- Be socially engaged
- Be physically active
- Feel safe and secure
- Have good diets

And ... communities will support older adults to achieve these goals

The goal of the forum was to raise awareness of issues affecting older adults and to bring together policy makers, practitioners, advocates and others to discuss barriers as well as pathways to better health and improved quality of life for older adults. A subsequent policy brief was released, summarizing the conference findings.

The Tufts Health Plan Foundation is continuing this work with the MHPF and a group of aging, program and policy experts for a “call to action” conference in 2010.

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1 Leutz, Walter. 2009. Policy Brief: Healthy Aging in the Commonwealth. Figure 1, page 2.

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“Eighty percent of older adults have at least one chronic condition, and 50 percent at least two. The time is now to recalibrate our policy and program approaches, from costly medical treatment when people’s conditions worsen to a focus on prevention and wellness.”

– Nancy Whitelaw, director, Center of Healthy Aging, National Council on Aging

Keynote speaker, Healthy Aging in the Commonwealth: Pathways to Lifelong Wellness
Statements of Financial Position

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<tr>
<th>Year Ended December 31, 2009</th>
<th>Year Ended December 31, 2008</th>
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Statements of Activities and Changes in Net Assets

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<th>Year Ended December 31, 2009</th>
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<td>Net Assets at the End of the Year</td>
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Number of Grants Awarded by Program Area

- Vibrant Lifestyles 36 Grants
- Fall Prevention 14 Grants
- Intergenerational Collaboration 8 Grants
- Other 14 Grants
- Caregiver Support 7 Grants

Dollar Amount: Requested vs. Awarded

- Vibrant Lifestyles $6,892,263
  - Amount Requested $1,307,468
  - Amount Awarded $2,037,074
- Fall Prevention $2,037,074
  - Amount Requested $437,327
  - Amount Awarded $179,250
- Intergenerational Collaboration $916,600
  - Amount Requested $179,250
  - Amount Awarded $538,463
- Other $1,911,214
  - Amount Requested $141,650
  - Amount Awarded $141,650
- Caregiver Support $238,252
  - Amount Requested $538,463
  - Amount Awarded $238,252
**2009 Grants**

**Vibrant Lifestyles**

**Action for Boston Community Development (ABCD) (Boston)**
The Stay Strong Initiative: A community model of evidence-based wellness services for seniors, including Healthy Eating Plus (nutrition education), Matter of Balance (fall prevention) and Healthy Exercise Plus (continuation of MOB and Healthy Eating Plus).

**AIDS Action Committee (Boston)**
Positive Aging/Living Strength (PALS): Four-part program involving managing chronic illness, exercise, nutrition and behavior change to increase health outcomes of older adults infected, affected or at risk for HIV.

**All Out Adventures (Easthampton)**
Fit Wednesdays: Twenty-week series of Wednesday afternoon programs in canoeing and cycling, with specialized equipment for older adults with disabilities and their friends and family members.

**Alliance Foundation for Community Health (Somerville)**
Viv Byen ak Meladi Dyadet – Living Well With Diabetes: Eight-session program to improve diabetes self-management and healthy living practices for Haitian older adults.

**Boston Public Health Commission (Boston)**

**Bristol Elder Services (Fall River)**
Bristol Healthy Lifestyle Workshops: Two evidence-based programs, A Matter of Balance and My Life My Health.

**Bristol Neighborhood Health Center (Brockton)**
Chronic Disease Management for Elders: Culturally and linguistically competent chronic disease prevention and education program with community outreach efforts to Cape Verdean and Latino communities.

**Cape Cod Foundation (Yarmouth Port)**
HOPE (Helping Older People Engage) Initiative: Expand access to, and coordination of, civic opportunities for older adults through an online tool for easy searches of community engagement opportunities and regional ‘drop-in centers’.

**Codman Square Health Center (Dorchester)**
Eat Green and Breathe Easy: Nutrition classes, walking/ exercise groups and Senior Corps, a volunteer work program.

**Developmental Evaluation and Adjustment Facilities Inc. (Allston)**
Healthy LifeStyles for Older Seniors: Health education and wellness classes to help deaf seniors understand how lifestyle choices can affect their health, and to help them learn new behaviors.

**Discovering What’s Next (Newton)**
Transition to Encore Careers: Recruit and train older adults to serve as guides to help connect other older adults with encore career options.

**East End House (Cambridge)**
Young at Heart: Programming for older adults, including exercise classes, a walking club, case management services, health education workshops, the creation of a cross-generational cookbook and nutrition classes.

**Ethos (Jamaica Plain)**
Vibrant Living at Home: Keeping seniors living at home and connected through civic, social, physical and cognitive activities with walking clubs, healthy eating and chronic disease self-management programs, My Way Village (an elder-friendly version of Facebook), speaker’s series, and cultural events.

**Families First Parenting (Cambridge)**
Grandparents Parenting Again: Two-part parenting education workshop for grandparents who are the primary caregivers of their grandchildren.

**Fenway Community Development Corps (Boston)**
Building Partnership to Support Fenway Seniors: Collaboration with the Peterborough Senior Center to provide a series of health and physical activity programs, as well as cultural and educational enrichment programming, including lectures, films and field trips.

**Great Brook Valley Health Center (Westport)**
Chronic Disease Program for Culturally Diverse Older Adults: Chronic disease management for Spanish, Portuguese and African-speaking older adults.

**Heath Inc. (Boston)**
Housing as the Key to Healthy Aging: Outreach program to help older adults connect with the resources they need to manage their illnesses and challenges, participate in their communities, improve the quality of their lives, and find permanent housing.

**Hebrew SeniorLife (Boston)**
Prevention Through Action – Culturally Inclusive Training and Education for Seniors: Three evidenced-based programs in underserved communities throughout Massachusetts: Healthy Eating for Successful Living in Older Adults (nutrition program), Matter of Balance, and Fit for Your Life (exercise program).

Inquilinos Boricosas En Accion (Boston)
Villa Victoria Elder Support Program: Case management services, exercise classes, social recreation opportunities, nutritional education workshops, and arts and crafts for Latino elderly residents of the Villa Victoria affordable housing community.

**Kit Clark Senior Services (Boston)**
Fit-4-Life: Evidence-based physical activity and nutrition counseling program with the goal of reducing the burden of age-associated chronic disease and providing concrete support for healthier aging.

**La Alianza Hispana (Roslindale)**
Art Therapy and Mental Health: Two interventions designed to improve mental health: 1) art therapy with a social worker who has experience in the expressive arts and 2) physical exercises that include calisthenics, tai chi, dance, yoga and walking.

**MGH Revere Health Care Center (Revere)**
Senior Wellness Program: Participants working with a multidisciplinary team to identify risk factors and establish health behavior change goals focused on physical activity, social activation and self-management of chronic disease.

**Mattapan Food and Fitness Coalition (Mattapan)**
Mattapan Elders Accessing Local Produce: Increase older adult utilization of the farmers’ market through access, outreach and classes that highlight how to use farmers’ market purchases and cook for healthy aging.

**Montachusetts Opportunity Council Inc. (Fitchburg)**
Fun ‘n Fit: Vibrant Seniors, Vibrant FITchburg: Addresses obesity and chronic diseases with Seniors on the Move classes (nutrition education, cooking and physical activity), Chronic Disease Self-Management classes, a community garden and food voucher application assistance.

**Northern Essex Elder Transport (Amsbury)**
Volunteer Driver Mileage Reimbursement: Mileage reimbursement for volunteer drivers who provide door-to-door transportation for older adults to medical appointments, essential shopping and social interaction when other means are either unavailable or unaffordable.

**Perkins School for the Blind (Watertown)**

**REACH for Community Health (North Adams)**
New Horizons: Engages senior-focused, community-based organizations to facilitate programming that encourages active aging and better physical health, including nutrition education, exercise sessions, off-site gatherings and wellness screenings.

**Rogerson Communities (Boston)**
Rogerson Fitness First: Twelve-week exercise program for older adults led by an exercise specialist.

**Samaritans of Fall River/New Bedford Inc. (Westport)**
“Yarn” Cats Expression: Proactive suicide prevention services for seniors at a higher risk for suicide.

**SCM Community Transportation (Somerville)**
SCM and the Arts: Access to the arts and cultural activities for older adults who no longer drive and cannot reasonably access public transportation.

**Soar 55 (Newton Community Service Center) (West Newton)**
Volunteering – A Coping Strategy for the Older Unemployed Professional: Recruit, train, place and coach unemployed and underemployed professionals age 60 and over to serve in volunteer leadership and team consulting positions at nonprofit organizations.

**Social Innovation Forum (Cambridge)**
Healthy Aging Social Enterprise Track: Year-long process that identifies, highlights and advances successful organizations in the field of healthy aging through numerous value-added services.

**Stonewall Communities (Boston)**
Stonewall Communities Lifelong Learning Institute: Promote healthy aging for the Boston lesbian, gay, bisexual and transgender community with study groups, workshops and brown-bag lunch presentations.

**Water Way Arts for Health and Energy (Brookline)**
Tai Chi for Aging Bodies: Tai chi classes for older adults, including transportation to and from selected assisted living centers.

**YWCA of Greater Boston (Boston)**
Get Fit, Stay-Fit for Life!: Comprehensive exercise and nutritional education components, counseling and healthy peer groups, and behavior modification techniques to focus on changing lifestyle habits.

**YWCA Southeastern MA (Boston)**
Short-Distance Medical Transportation: Taxi cab travel to medical appointments for low-income, minority, disabled and non-English speaking older adults.
Intergenerational Collaboration

Community Music Center of Boston (Boston)
Umo Voe: Intergenerational community chorus for ages 15-90

Fertile Ground (Williamsburg)
Williamsburg Intergenerational Gardening Program: Gardening activities for seniors and school children.

Friendship Works (formerly MATCH-UP Interfaith Volunteers) (Boston)
Friendly Visiting Matches volunteers with isolated elders for ongoing companionship and help with essential tasks.

Generations Incorporated (Boston)
Reading Coaches: Volunteer senior mentoring coaches for elementary school students.

Jewish Community Housing for the Elderly (Brighton)
Generations Together: Intergenerational volunteer program including literacy activities, fitness programming and group discussions with younger generations of varying ages.

Jumpstart (Boston)
Community Corps: Academic mentorship program with preschool children.

Multi-Service Center (Leominster)
Generations Linked: Intergenerational Matching Program: Matches volunteers who commit to regular visits with vulnerable elders.

Fall Prevention

Caritas Christi Holy Family Hospital (Methuen)
Osteoporosis Education, Prevention and Exercise: Fall prevention and osteoporosis management for underserved elders, using a combination of outreach and community education. Participating elders are referred to organized exercise programs.

Community Teamwork Inc. (Lowell)
RSVP Bone Builders of Greater Lowell: Osteoporosis prevention program that includes weight bearing and balance exercises and structured group discussions.

Cooley Dickinson Hospital (Northampton)
Strength in Numbers: Fall prevention program that addresses common identified factors that affect an elder’s risk of falling, such as individual risk assessment, support education, training and reference materials to address specific needs.

Dorchester House (Dorchester)
A Matter of Balance – Managing Concerns About Falls: This evidence-based practice is designed to reduce the fear of falling and increase the activity level of adults who have this concern. Program makes a special effort to enroll older adults from the Vietnamese community.

Elder Services of the Merrimack Valley Inc. (Lawrence)
A Matter of Balance: Program offered at three community-based organizations.

Home Health VNA (Lawrence)
Mediation Intervention for Fall Reduction: Evidence-based, patient-centered home health/home/physician/collaborative program to reduce medication-related falls among homebound elderly patients with chronic health conditions.

Notch Visiting Nurse Association (Notch)
Fall Prevention Program: Physical therapist-led interactive fall prevention sessions targeting older adults and their caregivers.

Notre Dame du Lac (Worcester)
Stay Standing: Yoga for Fall Prevention: Collaboration with a program specializing in yoga for older adults that focuses on fall prevention.

Ocean State Center for Independent Living (Warwick, R.I.)
Home Sweet Accessible Home: Individualized home assessments to identify and provide the most cost-effective adaptive equipment or modification to increase independence in the home.

Spaulding Rehabilitation Hospital Network (Boston)
Live Long Walk Strong: Outpatient-based falls and fall-related injury prevention program: Care coordinated between primary care, outpatient rehabilitation services and community-based programs for older adults.

The General Hospital Corporation/ Massachusetts General Hospital (Boston)
Recruitment and Evaluation of a Matter of Balance: Program to address elders’ reluctance to enroll into A Matter of Balance (MOB), an evidence-based program that addresses the fear of falling and increases activity levels.

Visiting Nurse Association of Middlesex-East Inc. (Wakefield)
Fall Prevention Hwevbook: Developed handbook for clinicians to help seniors understand the importance of being proactive in preventing falls.

VNA Care Network & Hospice (Worcester)
Fall Prevention Program for Seniors: Community-based fall prevention program. Comprehensive model incorporates screenings, assessments, group education, individualized counseling and follow-up, and is led by a registered nurse and physical therapist.

Westbay Community Action Inc. (Marboro)
Elbow Safety: Intensive home safety analysis for, and regular interaction with, non-Medicaid-eligible elders living independently. The team also conducts group workshops on home safety, medication monitoring, and elder abuse and neglect.

Caregiver Support

Baypath Elder Services Inc. (Marboro)
Family Caregiver Connections: Voluntary depression screening, two individual therapy sessions and four in-home family therapy sessions to address caregiver stress, depression, problem-solving skills and limited community support.

Century Health Systems (Notch)
Caregiver Care: Teaches technical skills and addresses mental and physical health needs of caregivers. Sessions include skills-building, facilitated discussion, support, and respite care during and immediately following each session.

Cooperative Elder Services Inc. (Lexington)
Home Safety for the Cognitively Impaired: Information workshops on home safety and home modification for older adults with cognitive impairments. Safe transfers and support resources for caregivers of cognitively impaired older adults.

Educational Development Center (Newton)
Chronic Care Community Corps: Community-based volunteers prepared with specific skills and strategies to offer support to family caregivers from their community, to navigate the complex and diverse course of chronic and end-of-life illness.

Greater Boston Interfaith Coalition (Dorchester)
Aging With Dignity – Navigating the System: Community-based advocacy campaign to improve access, effectiveness and utilization of caregiver resources throughout Massachusetts.

Lahey Clinic Medical Center (Burlington)
Transitions of Care Healthcare Partnership: Coordinated strategies during inpatient care transition to reduce caregiver stress and provide better understanding and preparedness to caregivers/patients of the health care delivery system.

Minuteman Senior Services (Burlington)
Healthy Connections for Caregivers: Support groups for caregivers with special circumstances, including the “Still Parenting” group for those older adults who are caregivers for a mentally ill adult child, and a separate group for older caregivers in an abusive relationship.

2009 Grants

Examples of Other Grants

Cambridge Community Foundation (Cambridge)
Community Health Initiatives in Cambridge: Mini-grants of between $2,000 and $5,000 each to local projects that effectively and creatively promote healthy aging among a diverse group of underserved elders in Cambridge.

Catholic Charities (Boston)
Friends Feeding Families Campaign for Basic Needs: Emergency Services: Basic Needs Emergency Services provides food, fuel and rent assistance to the poor and working poor.

Greater Boston Food Bank (Boston)

Health Care for All (Statewide)
HelpLine: Culturally-sensitive assistance to older adults, providing timely information that addresses the callers’ specific needs including identifying support programs for which they are eligible and can apply for MassHealth and Commonwealth Care, as well as other state programs.

Veterans Acupuncture Care Metrowest (Framingham)
Veterans Acupuncture Care Metrowest: Free acupuncture treatment for United States veterans.

Women of Means (Wellesley)
Aging in Shelters Collaborative: Enhanced clinical outreach, case management and wellness services for women 65 or older who are homeless or precariously housed, including disease management, eye and dental care, and provision of assistive equipment.

Chronic Care Community Corps:
Community-based care management and wellness services for women 65 or older who are homeless or precariously housed, including disease management, eye and dental care, and provision of assistive equipment.
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