

2012 ANNUAL REPORT

TUFTS  Health Plan
FOUNDATION





Older adults enjoy a card game at the Madden Senior Center of Kit Clark.

Photo by Matt Stone Photography

The Tufts Health Plan Foundation's mission is to promote healthy lifestyles and the delivery of quality care in our communities. With a focus on healthy aging, the foundation helps adults age 60 or older improve and maintain their health, engage in their communities, and access programs and services.

Our grant programs focus on three main areas:

Health & Wellness

Promoting chronic disease self-management and prevention; exercise and nutrition; fall prevention; and mobility, strength and balance.

Purposeful Engagement

Helping older adults engage in their communities and/or with other generations as well as find encore careers and volunteer opportunities. Also supporting family and informal caregivers of older adults through training, education and resources.

Empowerment

Providing access to information so that older adults can learn about programs and services in their communities. Also increasing access to transportation in a way that empowers older adults to be more active in their communities, thereby decreasing social isolation.

In addition, the foundation works with select organizations on capacity-building strategies to help them achieve their mission and grow over time.

Dear Friends,

On behalf of the Tufts Health Plan Foundation's board of directors and staff, we are pleased to present our 2012 annual report. In 2012, we awarded \$2.8 million in grants to 77 nonprofit organizations throughout Massachusetts and Rhode Island. The accomplishments of these organizations and the programs highlighted in this year's report demonstrate our ongoing commitment to healthy aging and the impact we're having on improving quality of life for older adults in our communities.

The past year was also one of self-reflection and analysis of our approach. In this regard, we completed a strategic assessment to evaluate the work we have done to date in healthy aging. There were several outcomes from this strategic process. The most important was the refinement to our grantmaking categories, with the goal of better aligning our program areas with the outcomes we seek. Beginning in 2013, our grantmaking will focus on three healthy aging categories: Health & Wellness, Purposeful Engagement and Empowerment.

In the following pages, you will see examples of the important work our grantees are doing in these three areas.

You will meet 94-year-old Priscilla, who participates in a senior cycling program in Western Massachusetts, and 70-year-old Lorna, who leads a team of older adults in mentoring children at a Roxbury, Mass., preschool. You will also read why Jay, at age 78, volunteers regularly to drive older adults to medical appointments, on errands or to other engagements as part of ITN*GreaterBoston*™,

a new service the foundation helped launch in January 2012. This innovative transportation network is now in 19 communities across Greater Boston and MetroWest Massachusetts.

In this report, we also celebrate five years of our partnership with Root Cause's Social Innovation Forum and the success our social innovators in healthy aging have had in building their networks, accessing resources and improving their programs for the long term. And in an effort to inspire the next generation of our community's leaders to care about philanthropy and healthy aging, we've shared highlights from year one of the Tufts Health Plan Foundation Future Philanthropists Initiative.

One of the most exciting initiatives the foundation embarked on in 2012 was a new Healthy Aging Status Report. With research conducted by the UMass Boston Gerontology Institute, the report will break new ground by determining the state of healthy aging in Massachusetts. We look forward to unveiling the report at our next Healthy Aging Conference and engaging our Healthy Aging Collaborative and other key government, academic, and thought leaders in working together to solve problems and advance the field.

As we look ahead, we will continue to work with organizations dedicated to enriching the lives of older adults in the communities we serve. Thank you for everything each of you does to help us 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



Photo by Ed Kelley



Participants in an Ethos-led Matter of Balance class in West Roxbury.

Photo by Matt Stone Photography

IN 2012, The Tufts Health Plan Foundation:

- ▶ Contributed \$2.8 million to 77 Massachusetts and Rhode Island programs focused on helping older adults live healthier lives.
- ▶ Completed a strategic assessment to evaluate the work we have done in healthy aging. From this process, we refined our grantmaking to three healthy aging categories: Health & Wellness, Purposeful Engagement and Empowerment.
- ▶ Continued to sponsor a Healthy Aging issue track with Root Cause's Social Innovation Forum, and selected Ethos AgeWell West Roxbury as the Social Innovator.
- ▶ Created the Tufts Health Plan Foundation Future Philanthropists Initiative to educate our community's youth about philanthropy and programs that support older adults.
- ▶ Launched ITN*GreaterBoston*, a service that matches older adults with volunteer drivers from their own local area, and helped it expand to 19 communities.
- ▶ Hosted our third Healthy Aging Conference in partnership with the Massachusetts Health Policy Forum. With more than 300 people in attendance and several of the Commonwealth's top leaders in the field as speakers, the conference focused on strategies for coordinating and expanding programs to help older adults remain healthy, vibrant and contributing members of their community.
- ▶ 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.

Cycling for **STRENGTH** and **SOCIAL** Interaction

Ninety-four-year-old Priscilla lives in a retirement community and suffers from dementia and failing eyesight. Her favorite activity? Cycling.

Priscilla is joined by her daughter, 64-year-old Harriet, who, despite owning her own business, takes time off each week to join her mother for a 4- to 5-mile bike ride.

This mother-daughter pair is part of All Out Adventures' senior cycling program, which attracts about 30 older adults each week during the summer to ride the Norwottuck Rail Trail in Hadley, Mass.

"It's a much more rewarding interaction than taking a parent or grandparent to a doctor's appointment," said Karen Foster, executive director of All Out Adventures. "Our participants are excited to return again and again to ride and to socialize with each other."

While many of the program's participants are in their 60s and 70s, there's also a strong cohort of older adults in their mid-80s to early 90s. "Most are independent and fairly active," said Foster, "but haven't ridden in the past 10 years because they didn't feel they could hop on a traditional two-wheel bike anymore."

At All Out Adventures, seniors have a variety of bike options to match their abilities and needs. Priscilla rides a recumbent-style tricycle, and another cyclist, 89-year-old Hattie, chooses a two-wheel bike with a low frame because it's difficult for her to swing her leg up over a high bar.

The trained staff members understand the vulnerabilities of participants, including those with poor balance, osteoporosis and other challenges. "Everyone here makes safety a priority," said Foster. "Staff members support older adults with transfers on and off the cycle and will companion ride as needed. For many of our younger staff, this program has positively shaped their views of seniors as well."

The program has been so successful that participants have come to rely on it for their regular exercise and social interaction. "Our senior cyclists were asking us what they were going to do in the winter, so we decided to launch a snowshoeing option," said Foster. Today, 15 to 20 seniors attend each snowshoeing program, which runs twice a week.

"I ride three days a week. If the program were five, I would ride five days a week. I'm feeling stronger already!"

Nancy Muller, age 64
All Out Adventures Senior Cycling Participant
Northampton, MA



Participants in All Out Adventures' Senior Cycling Program.

Photo courtesy of All Out Adventures

FINDING PURPOSE

in Teaching Kids

Six months after retiring from her position as an administrator at a Jamaica Plain, Mass., early education program, 70-year-old Lorna Backas was restless. “I just couldn’t stay home anymore, so I applied for a volunteer position reading to kids,” said Lorna. “Everything changed from there.”

Lorna is now a team leader for Jumpstart Boston’s Community Corps, which includes 100 older adults from communities across Boston, including South Boston, Roxbury, Mattapan and Jamaica Plain. Jumpstart trains these older adult volunteers to work with more than 200 preschool children from low-income neighborhoods. The Community Corps program is in eight Boston-area preschools and will expand to communities in Lawrence and Lowell in 2013.

The mission of Jumpstart, a national organization, is to ensure that every child in America enters kindergarten prepared to succeed. Community Corps members are paired with up to three children at a Jumpstart partner preschool and work one-on-one and in groups to build each child’s language, literacy and social skills.

But it’s not just the children who benefit. Community Corps members have reported improvements in their physical and mental health due to course training; traveling to and from the schools; and building meaningful

relationships with kids, teachers, parents and each other. Of those surveyed, nearly all said the program kept their minds active, increased their level of physical activity and helped them be more self-confident.

Sheila Jones, who’s been with the Community Corps for five years, elaborated, “The children ask us how we know so much or they tell us we’re the best Community Corps members ever. It makes us feel special.”

In addition, program directors have found that older adult volunteers connect more easily with the children’s family members and teachers. “Many have previous experience working with children or have raised their own kids, and are comfortable offering their wisdom to parents and caregivers,” said Anne Liu, a senior community manager with Jumpstart Boston.

Willie Wideman-Pleasants, age 62, agrees. “We often have teachers tell us that they’ve learned a lot from what we’re doing with the kids,” she said.

“It’s a real sense of community,” said Janet Getchell, a Community Corps team leader in South Boston. “I love when parents tell me I’ve helped their child learn their letters or spell their name. I know I’m making a difference.”

“As you get older, you need to have a reason to get up in the morning. Jumpstart gives me a great reason.”

Willie Wideman-Pleasants, age 62
Jumpstart Community Corps Team Leader
Roxbury, MA



Photo by Matt Stone Photography

A Jumpstart Community Corps volunteer mentors a preschool student at the Haynes Early Education Center in Roxbury.

Keeping Seniors CONNECTED

At 67 years old, Mary Cunningham didn't expect to have to give up driving, but health circumstances forced her to retire her keys. Nervous about the burden of finding a ride to daily medical appointments, Mary discovered ITN*GreaterBoston*, a service that matches volunteer drivers with older adults in their community who are unable or no longer want to drive.

Mary takes the service every day from her home in Watertown, Mass., to treatments at St. Elizabeth's Medical Center in Brighton, Mass. Mary is grateful for the volunteer drivers who help escort her down the stairs from her house to their car and transport her walker as well.

According to volunteer driver Jay Ball of Natick, this door-through-door, arm-through-arm service sets ITN*GreaterBoston* apart from other transportation options, like taxis. "It's not just about transporting someone from point A to point B," he said. "It's about making them feel comfortable. A cab driver would never go the extra mile to take passengers in a wheelchair or with a walker into their appointment, help remove their jacket and get them settled. We do that – and it makes a huge difference to the people we're driving."

Jay has been volunteering for ITN*GreaterBoston* for nearly a year and has since given more than 60 rides, covering a total of more than 1,000 miles. At 78, Jay has been retired for 20 years and still has his license. When he first heard of ITN, he thought, "Why shouldn't I do this?" Jay's wife of 53 years has been legally blind for several years, so Jay understands what it means to someone to lose his or her freedom to drive.

Since ITN*GreaterBoston* launched in January 2012, the service has given more than 2,000 rides and has expanded to 19 communities across Greater Boston and MetroWest Massachusetts. Members use the service for not only medical appointments but also shopping and other personal needs, recreation, socializing with family and friends, volunteer activities, and work.

As Executive Director Jean Patel Bushnell said, "Customized transportation is vital to life quality for older adults. Their health and dignity depend on community connectivity. We understand their needs and offer a service that empowers them to be more independent."

"It pleases me greatly to be able to help people whose predicament I understand so well."

Jay Ball, age 78
ITN*GreaterBoston* Volunteer Driver
Natick, MA



Volunteer driver Jay Ball helps Mary Cunningham into the car as part of ITN*GreaterBoston*'s transportation program.

Helping Nonprofits **GROW**

We've heard directly from many of our nonprofit grant partners that they would like our support to help them access resources that they have limited or no capacity to access for themselves.

To meet these needs, we have partnered with Root Cause's Social Innovation Forum (SIF) for the past five years to sponsor an issue track on healthy aging. In each of those years, SIF has selected one healthy aging Social Innovator to receive 18 months of capacity-building services.

"This issue track is designed to help the selected Social Innovators with building relationships and expanding their networks for overall growth," said Susan Musinsky, director of Root Cause's Social Innovation Forum. "With the support of the Tufts Health Plan Foundation, we've made a real difference in the success of several local nonprofits."

As we celebrate five years of our partnership with the Social Innovation Forum, here's a look back at the results each of our Social Innovators has experienced from the program.



Lisa Krinsky speaking at a Social Innovation Forum event.

Photos courtesy of Root Cause

HEARTH (2008-2009)

Through its work with SIF, Hearth, an organization working to end elder homelessness, developed a prospectus with long-term goals and refined its fundraising pitch. As a result, philanthropic funding for Hearth's outreach program more than doubled in the first year. Hearth also increased its number of outreach case managers and gave them the tools to work remotely with clients in shelters and other locations. At the same time, the organization increased the number of clients served annually by 30 percent, from 250 in 2009 to 325 in 2012.

"Much of our outreach program's success over the past four years is a direct result of our work with SIF and the contacts we made through the program," said Anne Garmey, director of institutional advancement for Hearth. "Our model is now being shared across the country with other organizations that are working to raise awareness about the growing problem of elder homelessness in this country."

GENERATIONS INCORPORATED (2009-2010)

Generations Incorporated recruits, trains and supports hundreds of older adults to serve as literacy volunteers to thousands of children who are not proficient readers. After year one of the SIF program, Generations Incorporated made 30 new connections in the community that led to 10 new donors and other in-kind resources. These resources helped it recruit 65 new volunteers, enabling the organization to increase the number of schools where volunteers serve. Today, Generations Incorporated is in 17 locations and has more than 250 active older adult members.



Anne Garmey and Lisa Krinsky at a Social Innovation Forum reception.

"SIF helped us highlight our focus on older adults and bring more exposure to the cause," said Mary Gunn, executive director of Generations Incorporated. "Our Active Aging program, which was conceived through this process, is now taking off, with 150 activities per year for seniors."

MASSACHUSETTS SENIOR ACTION COUNCIL (2010-2011)

An advocacy organization that empowers low- and moderate-income seniors through civic engagement, Massachusetts Senior Action Council (MSAC) enhanced its social policy impact through the capacity-building services it received. As a result, MSAC 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.

"SIF really helped us improve the way we communicate with different audiences about the impact we're having," said Carolyn Villers, executive director of MSAC. "The program gave us the extra boost we needed to be viewed on a national stage."

THE LGBT AGING PROJECT (2011-2012)

After a year of intensive work with Root Cause, the LGBT Aging Project held its first annual conference on LGBT aging and caregiving in New England, which nearly 250 people attended. In addition, Health Care for All honored LGBT Aging Project Director Lisa Krinsky with the 2012 Community Leader Award, recognizing her work bringing culturally competent care to LGBT older adults and caregivers. Krinsky also credits a *Boston Globe* feature story as one of the organization's successes after completing the Social Innovation Forum.

"The *Globe* story was a 'light-bulb moment' for many readers who thought about LGBT older adults for the first time after reading it," said Krinsky. "We are so grateful to Tufts Health Plan Foundation and Root Cause for the opportunity to work with talented consultants who helped us make our work more robust."

ETHOS AGEWELL WEST ROXBURY (2012-2013)

Rounding out our five-year partnership with SIF, Ethos AgeWell West Roxbury is in the midst of its engagement with SIF, which will continue into 2014. AgeWell takes a multifaceted approach to healthy aging by helping older adults connect with each other, the community and available resources. The organization offers seniors free or low-cost educational workshops; exercise and balance programs; and social, recreational and intergenerational programs.

"This is an amazing opportunity for Ethos AgeWell West Roxbury to gain greater visibility for our work with the older adult population," said Dale Mitchell, executive director of Ethos.

Making Massachusetts a Leader in **HEALTHY AGING**

In 2012, the Tufts Health Plan Foundation furthered our drive to make Massachusetts a leader in healthy aging. We completed our third Healthy Aging Conference, attended by more than 300 people, and announced a new Healthy Aging Status Report. With research conducted by the UMass Boston Gerontology Institute, the status report will break new ground by determining the state of healthy aging in Massachusetts.

Our long-term partnership with the Massachusetts Health Policy Forum at Brandeis University and the continuing work of our Healthy Aging Collaborative support our efforts to advance an action plan for healthy aging in Massachusetts. Through ongoing engagement with the Commonwealth's healthy aging leaders, policy makers, community advocates, and health and wellness providers, we're working toward our goal of creating a comprehensive network of healthy aging programs across the state.

We've also taken steps to strengthen the collaborative's information-sharing capacity in the coming year to enable individuals with expertise and interest in healthy aging to engage in more frequent dialogue, map activities, build partnerships, and generate new and creative ideas.

“This was the best conference yet! We got to reconnect with other community partners and make new linkages. We appreciate everyone's efforts in creating such an inspiring, well-organized and informative forum.”

Kathleen Miller, RN, Ph.D., AHN-BC
Wellness Center Director
MGH-Wellness Center



Lilliam Alvarez, 63, speaks at our Healthy Aging Conference about how Hearth helped her find a home after economic circumstances caused her to slip into homelessness.

Educating Our Community's **FUTURE LEADERS**

Recognizing the importance of intergenerational collaboration, we worked with the Boston area nonprofit Future Philanthropists in 2012 to launch a new annual program aimed at educating our community's youth about philanthropy and programs that support older adults.

Students were purposefully selected for the Tufts Health Plan Foundation Future Philanthropists Initiative, with the goal of helping them learn to work across racial, ethnic, religious and socioeconomic backgrounds. Tenth- through 12th-grade students from multiple cultures and both public and private high schools gathered weekly for 13 weeks to learn about grantmaking, community organizations and healthy aging.

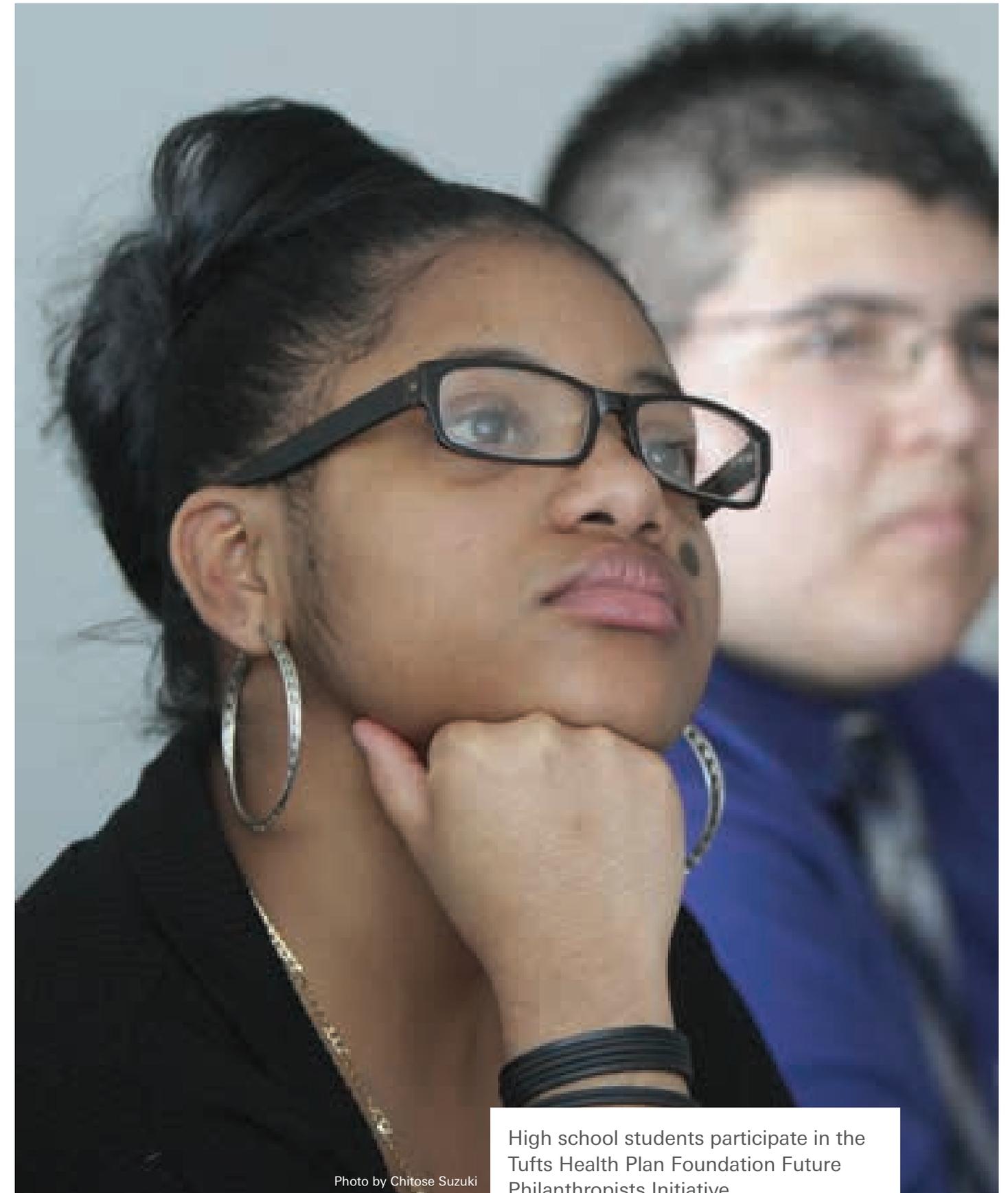
"We hope to create a positive experience of joint learning, decision-making and enterprise that will strengthen the ability of these future leaders to work with others, from like and different backgrounds, throughout their lives," said David Abelman, president of the Tufts Health Plan Foundation.

The students' ultimate task was to undertake a full grant process and to award \$20,000 in grants to nonprofits focused on improving the lives of older adults. During classes, proposal reviews and site visits, the students were passionate, engaged and empathetic, and many expressed interest in pursuing careers in philanthropy. This commitment was confirmed in a post-program survey in which 82 percent of participants said they plan to work with others to solve problems in their communities.

In year one, the students awarded a \$10,000 grant to the Kit Clark Madden Senior Center in Dorchester to provide community services for older adults, and a \$10,000 grant to the Massachusetts General Hospital Revere HealthCare Center for a program focused on helping older adults who live with chronic pain. Year two of the program is already underway in 2013.

"I learned a great deal about general philanthropy, but the one thing I appreciated most was the realization that helping people truly makes me happy."

*Ariella Reynoso, grade 11
Cristo Rey Boston
Dorchester, MA*



High school students participate in the Tufts Health Plan Foundation Future Philanthropists Initiative.

Photo by Chitose Suzuki

Statements of Financial Position

	Year Ended 12/31/12	Year Ended 12/31/11
ASSETS		
Cash and Cash Equivalents	\$952,208	\$8,908,435
Investments:		
Equity Securities	19,086,338	16,467,496
Other Invested Assets	50,567,692	46,830,598
Total Assets	\$70,606,238	\$72,206,529
LIABILITIES AND NET ASSETS		
Accounts Payable and Accrued Expenses	166,249	78,950
Due to Affiliates	34,783	58,133
Total Liabilities	201,032	137,083
Net Assets — Unrestricted	70,405,206	72,069,446
Total Liabilities and Net Assets	\$70,606,238	\$72,206,529

Statements of Activities and Changes in Net Assets

	Year Ended 12/31/12	Year Ended 12/31/11
REVENUES		
Contributions	\$87,500	\$15,150,000
Investment Return	1,111,959	2,725,789
Total Revenues	1,199,459	17,875,789
EXPENSES		
Grants	2,895,641	2,931,918
General and Administrative Costs	772,713	629,753
Total Expenses	3,668,354	3,561,671
(Deficit) Excess of Revenues over Expenses	(2,468,895)	14,314,118
Net Assets at the Beginning of the Year	72,069,446	57,479,632
Change in Unrealized	804,655	275,696
Net Assets at the End of the Year	\$70,405,206	\$72,069,446



Seniors at a Jewish Community Housing for the Elderly program knit hats, mittens and scarves for first-graders.

Photo courtesy of Jewish Community Housing for the Elderly

MASSACHUSETTS

Action for Boston Community Development (Boston)

The Good Life: A Healthy Living Club to Better Health, Increased Community Engagement, Decreased Isolation and a Higher Quality of Life: Evidence-based healthy aging and nutrition programs, physical and social activities, and monthly peer support meetings for older adults.

AIDS Action Committee of Massachusetts (Boston)

Positive Aging/Lasting Strength (PALS): Wellness program to increase health outcomes of older adults infected with, affected by or at risk for HIV/AIDS.

All Out Adventures (Easthampton)

Outdoor Recreation for Seniors: Programs for older adults, including cycling and snowshoeing, to help seniors stay active and engaged.

Alzheimer’s Disease and Related Disorders Association Inc., MA/NH Chapter (Watertown)

Support for Informal Caregivers of Persons with Alzheimer’s in MA: Support services to help ensure the health and well-being of caregivers who take care of a person with dementia.

Atrius Health Foundation (Newton)

Fall Prevention for Seniors at Risk: Classes include fall risk, home and community safety, nutrition, bone health, coping after a fall, strength and balance, and medication review.



Available Potential Enterprises (Williamsburg)

Williamsburg Intergenerational Gardening Program: Connects Williamsburg older adults to the elementary school gardening program.

Baypath Elder Services Inc. (Marlborough)

Healthy Aging MetroWest: Making Cultural Connections: Healthy aging and wellness programs in Framingham for Chinese Mandarin-speaking older adults.

Boston Medical Center Corporation (Boston)

A Matter of Balance: Managing Concerns about Falls: Matter of Balance classes with activities geared to reduce falls, increase activity levels and boost self-confidence.

Brigham and Women’s Hospital Southern Jamaica Plain Health Center (Boston)

Promoting Senior Health: Comprehensive screenings and individualized action plans for older adults to help them access activities, including yoga and fitness classes, chronic disease health education, and nutritious cooking classes.

Brockton Neighborhood Health Center (Brockton)

Managing Chronic Diseases in Low-Income Elderly: Chronic disease prevention and education for low-income and underserved Cape Verdean and Haitian older adult patients.

Cambridge Community Foundation (Cambridge)

Matching Grant Program: Healthy Aging R.O.C.S. (Reaching Out to Cambridge Seniors): Matching grant to help elevate the physical, mental and emotional well-being of a diverse group of underserved older adults in Cambridge.

Cape Cod Volunteers Inc. (Yarmouth Port)

Opportunity Centers: Connects older adults with meaningful volunteer opportunities based on current interests, skills and experience.

The Carroll Center for the Blind Inc. (Newton)

Project Safe Home: In-home visits to Greater Boston area older adults at risk of falls due to vision impairment.

Century Health Systems (Natick)

Boost: Safe Lifting and Transferring for Caregivers: Offers caregivers instruction in safety, equipment, and good body mechanics necessary in lifting and transferring their loved ones.

Community Action Committee of Cape Cod & Islands (Hyannis)

Caregiver Support Advisor Service: Programs to improve the physical and emotional well-being of both caregivers and care recipients.

Community Health Center of Cape Cod (Mashpee)

Case Management for Healthy Seniors: Case management for older adult patients with at least one chronic condition.

Community Health Programs Inc. (Great Barrington)

Senior Life History Project: Matches middle school students with older adults in a three-month mentoring relationship that results in a project chronicling the older adults’ lives.

Cooperative Elder Services Inc. (Lexington)

Caregiver Support/Caregiver Series on Dementia Care: Workshops that better inform caregivers about Alzheimer’s disease.



Developmental Evaluation and Adjustment Facilities Inc. (Allston)

Healthy Lifestyles for Deaf Seniors: Health education and exercise classes to help deaf seniors prevent falls and maintain strength and manual dexterity for signed communication.

Elder Services of Berkshire County Inc. (Pittsfield)

Healthy Aging, Healthy Living: Stanford's Chronic Disease Self-Management and Healthy Eating for Successful Living workshops for older adults living in Berkshire County.

Elder Services of the Merrimack Valley (Lawrence)

The Healthy Ideas Program: Depression self-management, including screening and assessment, education for clients and caregivers, and referral to appropriate health professionals.

Elder Services of Worcester Area Inc. (Worcester)

Healthy Aging (Evidence-Based) Programs: Five evidence-based programs: Powerful Tools for Caregivers, Matter of Balance, Stanford's Chronic Disease Self-Management, Diabetes Self-Management, and Healthy Eating for Successful Living.

Ethos (Jamaica Plain)

AgeWell West Roxbury: Keeps seniors living at home and connected through civic, social, physical and cognitive activities.



Families First Parenting Programs Inc. (Cambridge)

Grandparents Parenting Again: Free parenting education to low-income custodial grandparents.

The Family Van (Boston)

Family Van Seniors – Together for Health: Preventative health screening, counseling and education in underserved communities, with a focus on cardiovascular disease and diabetes.

The Food Bank of Western Massachusetts (Hatfield)

Brown Bag for Elders: Provides monthly bags of nutritious groceries to low-income elders as well as social interaction, nutrition education workshops and SNAP application assistance.

Franklin County Home Care Corporation (Turners Falls)

Take Steps to Healthy Aging: Evidence-based workshops, including Stanford's Chronic Disease Self-Management, Healthy Eating for Successful Living, Keep Moving, Matter of Balance, Diabetes Self-Management, Powerful Tools for Caregivers and Fit for Your Life.

Friends of the Amesbury Council on Aging (Amesbury)

Amesbury Caregiver Essentials (ACE): Supports caregivers through case management, educational workshops, respite visits, monthly support groups and outreach.

FriendshipWorks (Boston)

Friendly Visiting Program: Matches volunteers with isolated elders for ongoing companionship.

Generations Incorporated (Boston)

Healthy Aging Initiative: Volunteer senior mentoring coaches for elementary school students.

Golden Tones Inc. (Wayland)

Golden Tones Chorus Musical Outreach Program: A 70-voice chorus of retired older adults who perform concerts for nursing homes, senior centers, faith communities, local schools and more.



The Greater Boston Food Bank Inc. (Boston)

The Brown Bag Program for Seniors in Need: Provides supplemental groceries to more than 8,000 seniors and families in need each month.

Health Resources in Action Inc. (Boston)

Mass in Motion Municipal Wellness and Leadership Grant Initiative: Collaborative effort with the Massachusetts Department of Public Health to create a sustained approach for active living and healthy eating.

Hearth (Boston)

Housing as the Key to Healthy Aging: Helps older adults connect with the resources they need to manage their illnesses, improve the quality of their lives and find permanent housing.

Hebrew SeniorLife (Boston)

Prevention through Action: Culturally Inclusive Training and Education for Seniors: Statewide dissemination of evidence-based healthy aging programs to identified areas in need.

ITNGreaterBoston (Framingham)

Transportation Services for Seniors and the Visually Impaired: Matches volunteer drivers with older adults in their community who are unable or no longer want to drive.

Jewish Community Housing for the Elderly (Brighton)

Generations Together: Intergenerational volunteer program that includes literacy activities, fitness programming and group discussions with younger generations.

Jewish Family & Children's Service (Waltham)

Aging Well at Home: A Community-Based Health Initiative: Steps for Life program for ethnically diverse, low-income older adults in senior and intergenerational housing.

Jewish Vocational Service (Boston)

JVS ReServe Boston: Experience at Work Makes a Difference: Matches professionals age 55 or older with meaningful part-time work in nonprofit and public agencies.

Jumpstart for Young Children Inc. (Boston)

Jumpstart Massachusetts Community Corps: Pairs older adults with preschool children in their own communities to build the children's language, literacy and social skills.

Kit Clark Senior Services Inc. (Dorchester)

Fit-4-Life: Supports older adults by providing ongoing exercise classes and nutritional counseling to improve physical health and promote wellness.

The LGBT Aging Project (Jamaica Plain)

Healthy Aging in the LGBT Community: A four-week course that increases understanding of memory function, memory methods and memory aids for older adults in the LGBT community.

The Latino Health Insurance Program Inc. (Framingham)

Mi Vida, Mi Salud: Workshops, including Stanford's Chronic Disease Self-Management and Healthy Eating for Successful Living, and assistance with transportation and SNAP enrollment.

Little Brothers – Friends of the Elderly – Boston Inc. (Jamaica Plain)

Intergenerational Matching and On-Call Services Program: Matches volunteers who commit to regular visits with vulnerable elders.

Longy School of Music Inc. (Cambridge)

Creative Aging Classes for Seniors: Music enrichment classes for seniors, including Dalcroze Eurhythmics (movement and music) and opera appreciation classes.

Massachusetts General Hospital Revere HealthCare Center (Boston)

Senior Wellness: Helps seniors identify risk factors and establish health behavior change goals focused on physical activity, social activation and chronic disease self-management.



Merrimack Valley Food Bank (Lowell)

Mobile Pantry Program: Delivers free nutritious foods and health information monthly to help homebound low-income elderly and disabled individuals in Greater Lowell.

Minuteman Senior Services (Burlington)

Healthy Connections: Evidence-based programs, including Stanford's Chronic Disease Self-Management, Arthritis Self-Management, Diabetes Self-Management, Healthy Eating for Successful Living and Matter of Balance.

Montachusett Opportunity Council (Fitchburg)

Linking Initiatives for Vibrant Elders (LIVE) in North Central Massachusetts: Community-based programs, including exercise, nutrition, a community garden and SNAP application assistance.

Mystic Valley Elder Services Inc. (Malden)

Reading Partners Program: Pairs trained older adult volunteers with K-3 children struggling with reading and language arts skills.

Old Colony Elder Services Inc. (Brockton)

It's About Time: Workshops for caregivers, including information on time management, organization, nutritious meals and yoga techniques to counteract the stresses of caregiving.

Operation A.B.L.E. of Greater Boston Inc. (Boston)

ABLE Volunteers: Places Boston's older adults in volunteer positions with local nonprofits.

Perkins School for the Blind (Watertown)

General Grant: Supports access to library services for older adults with visual impairments.

Project RIGHT Inc. (Dorchester)

Grove Hall Senior Empowerment Initiative: Involves older adults in civic activities and community education.

Rogerson Communities (Boston)

Rogerson Fitness FIRST as Part of Healthy Rogerson: Provides strength, mobility, balance and flexibility exercises for elders.

Root Cause Institute (Boston)

2012-2013 Social Issue Track: Supports two years of ongoing evaluation, consulting and coaching for the Social Innovator in Healthy Aging to build its capacity for continued social impact.



SCM Community Transportation (Somerville)

Door2Door to the Arts: Access to the arts and cultural activities for older adults who no longer drive and cannot reasonably access public transportation.

Samaritans Inc. (Boston)

Wellness Approach to Senior Suicide Prevention (Outbound Call Project): Provides ongoing support for socially isolated older adults at risk for poor mental health outcomes.

SOAR 55 - Newton Community Service Center Inc. (West Newton)

Volunteering as a Pathway to Vibrant Aging: Recruits and trains unemployed and underemployed professionals age 55 or older for volunteer leadership and consulting roles at nonprofits.

Somerville-Cambridge Elder Services Inc. (Somerville)

A Collaborative Effort between Somerville-Cambridge Elder Services and the Cambridge Health Alliance: Fall prevention education for isolated and homebound seniors.

Springwell Inc. (Watertown)

Healthy Aging Initiative: Evidence-based educational workshops in partnership with community providers to empower older adults to improve their health and well-being.

Tufts Health Care Institute (Boston)

Mini-Rotation for Residents: Practicing Medicine in a Changing Health Care Environment: A four-day course for residents, with an emphasis on chronic care management for older adults.

Urban League of Eastern Massachusetts (Boston)

Mature Workers Program: Workforce development program that combines skills training, job placement, and career coaching for low-income and mainly minority adults in Boston.

VNA Care Network Inc. (Worcester)

Fewer Falls, Safer Seniors: Community-based fall prevention program.



Water Way Arts for Health and Energy Inc. (Brookline)

Tai Chi for Healthy Aging: Tai Chi classes for older adults.

Watertown Community Foundation (Watertown)

Tufts Health Plan Foundation Fund for "A Healthy Watertown": Supports the Watertown Community Foundation's capacity to build and sustain collaborative ventures to promote community well-being.

Whittier Street Health Center (Roxbury)

Geriatric Chronic Disease Case Management Program: Focuses on the health needs of seniors living in public housing, to keep them healthy, active and engaged in their health.

Women of Means Inc. (Wellesley)

Sustaining Enhanced Compassionate Care Management and Coordination for Aging Homeless Women: Addresses the health care needs of chronically homeless older adult women.

YMCA of Greater Boston (Boston)

Get Fit, Stay Fit for Life: Exercise and nutritional education for seniors, offered at the YMCA's West Roxbury and Chinatown locations.



Photo courtesy of All Out Adventures

RHODE ISLAND

Cornerstone Adult Services Inc. (Warwick)

Expansion of Enhanced Fall Prevention Program: Fall prevention program, including comprehensive therapeutic physical exercises.

Family Service of Rhode Island (Providence)

Positive Aging and Living Program for Individuals Living with HIV/AIDS: Instructor-led fitness training and supporting workshops covering a series of wellness topics related to HIV/AIDS.

Greater Providence YMCA (Providence)

Healthy, Safe and Over 60: Programs for Older Adults at the YMCA of Greater Providence: Healthy aging programs, including Matter of Balance and the YMCA's Diabetes Prevention and Healthy Lifestyles programs.

Ocean State Center for Independent Living (Warwick)

Home Sweet Accessible Home: Individual home assessments to identify and provide the most cost-effective adaptive equipment or modifications to increase independence in the home.

Rhode Island Free Clinic Inc. (Providence)

Healthy Lifestyles for Today and Tomorrow: Supports improvements in chronic disease and behavioral health management, mobility, independence and quality of life for older adults.

The Providence Center (Providence)

InShape Seniors: Serves older adults who have behavioral health problems, including mental health, substance abuse or both.

Westbay Community Action Inc. (Warwick)

Keeping Seniors Safe: Works to reduce the occurrence or lessen the long-term impact of falls, through workshops, targeted case management, home safety analysis and safety equipment.

WASHINGTON, D.C.

National Council on Aging (Washington, D.C.)

Self-Management Alliance: Promotes strategic collaboration among government, business and nonprofit organizations to make evidence-based self-management an integral part of health care in the United States by 2020.

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Mary learns strength and fall prevention techniques in an Ethos-led Matter of Balance class in West Roxbury.

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