5 YEARS IN HEALTHY AGING
Participants in a Tai Chi class at the Waltham Senior Center.
Photo by Aaron Washington Photography.
Dear Friends,

On behalf of the Tufts Health Plan Foundation’s board of directors and staff, we are pleased to present our 2013 annual report. This report represents the completion of five years of healthy aging funding. In that time, the foundation is proud to have given approximately $14 million in funding to nonprofit organizations throughout Massachusetts and Rhode Island. In 2013, we awarded nearly $3.5 million in grants to 75 nonprofits in both states.

In this report, we celebrate our commitment to healthy aging and the impact we’re having on improving the quality of life for older adults in our communities. In the following pages, you will see examples of the important work our grantees are doing in three areas: Health & Wellness, Purposeful Engagement and Empowerment. You will also read how, in our quest to identify unmet needs, we have helped the Healthy Living Center of Excellence expand access to evidence-based chronic disease self-management programs across Massachusetts.
Several new initiatives highlighted in this report are the outcome of our ongoing effort to lead a healthy aging movement in the Commonwealth. These include the release of the Massachusetts Healthy Aging Data Report: Community Profiles and the launch of the Massachusetts Healthy Aging Collaborative website. With these endeavors, we aim to activate communities to work together to promote positive changes to enhance the health, social engagement and independence of older adults.

This report also showcases our focus on sustainability and desire to help our grantees build their organizations for the long term. You will learn about a capacity-building program we launched in 2013 and how one organization, Springwell, is tackling how to more effectively use data to measure performance. And lastly, we’re proud of the community engagement work you will read about in these pages, including a new foundation program, Healthy & Fit 60+.

While annual reports are primarily about looking back, we’d also like to take this opportunity to look forward. We are pleased to announce that the foundation has a new executive director. Nora Moreno Cargie joined the foundation in late April and serves a dual role as vice president of corporate citizenship for Tufts Health Plan.

Nora’s career is rich in convening and leading collaborations among diverse stakeholders, with extensive experience in public policy, community advocacy, community relations and philanthropy. She most recently served as the director of global corporate citizenship for The Boeing Company, where she led corporate citizenship efforts at Boeing’s Chicago office, using philanthropy, volunteerism and other strategies to address community issues and concerns. As executive director of the foundation, Nora will lead all activities to further our collective goal of advancing healthy aging in Massachusetts and Rhode Island.

Thank you for everything each of you does to help us achieve this vision of a healthier, happier and more engaged older adult citizenry. We also want to thank the foundation team, especially Anne Marie Boursiquot King, for their great leadership during the transition.

James Roosevelt Jr.
President
Tufts Health Plan Foundation

Thomas P. O’Neill III
Board Chairman
Tufts Health Plan Foundation
Participants in an active aging program through Generations Incorporated.
Photo courtesy of Generations Incorporated.
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 older adults to access programs and services to improve and maintain their health, and stay engaged in their communities.
Filling a Void

The Tufts Health Plan Foundation identified our focus on healthy aging in 2009 after undertaking an extensive strategic planning process.

This process began with a needs assessment, studying the unmet needs for philanthropy in the communities that we serve. More than 20 health care issues were analyzed based on their incidence, effect on vulnerable populations, policy implications, and availability of government and other funding.

We found that there was a great need for local philanthropy focusing on healthy aging, because it just wasn’t being done. At the same time, the aging population was booming, with studies showing that more than one in five individuals will be age 65 or older by 2030.

Now, after five years of healthy aging funding, the foundation has awarded $14 million to nearly 150 Massachusetts and Rhode Island nonprofits that elevate the physical, mental and emotional well-being of older adults and their caregivers. Through the programs we fund, the foundation has served more than 65,000 older adults in five years.

Our grant programs focus on three main areas:

- Health & Wellness
- Purposeful Engagement
- Empowerment
Helping Rhode Island’s Most Vulnerable

The Rhode Island Free Clinic calls itself the “safety net for the safety net.” The clinic serves uninsured, low-income residents of Rhode Island who earn less than 150 percent of the federal poverty level and cannot afford health care services. Approximately 300 of the clinic’s nearly 2,000 patients are age 60 or over.

“We applaud health care reform,” said Marie Ghazal, the Free Clinic’s chief executive officer. “But we know that many Rhode Island adults will still need care. The clinic is here for those, the most vulnerable, who need care but have no other options.”

Justus George, age 75, from Central Falls, R.I., knows this firsthand. Diagnosed with both diabetes and high blood pressure, George needed an affordable way to control his chronic illnesses.

At the Rhode Island Free Clinic, patients like George benefit from a complete medical home that provides not only high-quality primary care through volunteer medical providers but also specialist services, diagnostics, a pharmacy and a wide variety of preventative wellness programs, including one-on-one health coaching on chronic diseases, as well as fitness and nutrition classes, physical therapy, heart health monitoring, and medication management.

“The diabetes and nutrition consultations have been very helpful,” said George. “I now know how to read nutrition labels and avoid foods that have too much sugar or salt. I also know how to check my blood sugar and blood pressure every day and what numbers I should expect in order to feel healthy.”

George said the wellness consultants have also encouraged him to exercise 30 minutes per day, which he has kept up by walking in the local parks in the summer and the malls in the winter.

“Our goal is to offer programs that empower patients to take better care of themselves through positive lifestyle changes,” said Marvin Ronning, the Free Clinic’s director of finance and grants. “By making wellness programs a central part of our services, we are able to support our patients’ desire to improve their own situation.”

“In my body, I feel better, stronger now,” said George. “I never would have found this level of care without the Free Clinic. Everyone there is committed to making sure patients like me have good health.”

Helping Rhode Island’s Most Vulnerable

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

Justus George participates in a Healthy Lifestyles class. Photo courtesy of the Rhode Island Free Clinic.
Sharon Howard, age 65, retired three years ago after 38 years in higher education administration. Howard managed thousands of volunteers in her role, and while she loved her job, she never had time to volunteer herself.

“As a retiree, I thought, ‘Now is my time to give back,’” explained Howard. “I wanted to volunteer at a place that meant something to me, and Cape Cod Volunteers was a natural fit.”

Cape Cod Volunteers’ motto is “Connecting people who care with causes that matter,” and, to Howard, that was perfect. Born and raised on the Cape, Howard knew that she could combine her volunteer management skills with her knowledge of the region to help Cape Cod Volunteers fulfill its mission.

Since 2006, Cape Cod Volunteers has been focused on increasing the civic engagement of older adults. The organization has helped more than 400 older adults find volunteer positions.

As a volunteer herself, Howard manages a team of eight other volunteer consultants, mostly retirees as well, at the Mashpee Volunteer Opportunity Center, one of two centers Cape Cod Volunteers runs where people can meet one-on-one with a trained volunteer counselor.

“People are often afraid in retirement that they won’t have anything to do, especially if they’ve worked every day of their life or raised a family, or they’ve left their social networks to move to the Cape,” explained Lisa McNeill, executive director of Cape Cod Volunteers. “Once we walk through all the volunteer options with them, they feel better.”

Falmouth, Mass., resident Diane Freitas, age 62, is a good example. Freitas retired in June 2013 after 36 years of teaching in the public schools. Before classes even stopped for the summer, Freitas headed to the Mashpee Volunteer Opportunity Center and met with Sharon Howard.

“I didn’t feel ready to stop,” explained Freitas. “When I explained to Sharon that I used to teach young children, she connected me with the organization Volunteers in Public Schools. I began reading regularly to a kindergarten class in North Falmouth and built such a positive relationship with the teacher and students that I’ve been asked to substitute teach there as well.”

“Research has shown us that volunteerism improves people’s self-esteem and gives them a sense of purpose,” said McNeill. “Everybody has something to give. We just help them figure out the best match.”

“Teaching is where my heart is,” added Freitas. “It feels good to continue.”

Volunteer Consultant Sharon Howard (left) meets with Diane Freitas (right). Photo courtesy of Cape Cod Volunteers.
Acting Collectively for Change

At 90 years old, Boston resident Ann A. Stewart is a vocal champion for change. Stewart is a member of the Massachusetts Senior Action Council (MSAC), which empowers older adults to act collectively on issues that affect their everyday lives.

Despite having worked hard all their lives, many seniors struggle to meet their basic needs. According to MSAC Executive Director Carolyn Villers, lower-income seniors are heavily affected by policy decisions because they often need one or more public supports to make ends meet.

“While society often views these individuals as a burden, in reality they have a lifetime of experience — along with skills, commitment and dedicated time — that makes them effective advocates and valuable community resources,” explained Villers.

Stewart, a retired hospital employee and two-term past president of MSAC’s state board, is one such person. Stewart joined the organization in 2002 after her husband passed away.

“I was at a loss. I didn’t know what to do with myself,” she explained.

Then Stewart’s friend suggested she go to an MSAC meeting, and she agreed. “At the time, I just wanted to get out of the house, but then I was hooked. Here I was going to the state house. I hadn’t been to the state house since I was a teenager,” said Stewart.

MSAC, which currently has 1,200 active members across six regional chapters, gives its members the tools to succeed. Through a series of workshops, MSAC teaches critical skills such as public speaking, meeting facilitation, outreach and recruitment, and grassroots advocacy.

Members also learn how to break down specific policy issues, such as Social Security, Medicare, transportation and home care.

“We help people learn how to tell their own story and how to turn problems they are facing from complaints into opportunities for change,” said Villers. “We also teach people how to talk to elected leaders and all the steps that go into getting a commitment from them and holding them accountable.”

“Mass Senior Action Council has taught me how to speak up for myself to people who can actually do something about it,” said Stewart. “These are issues I believe in, issues that should be fixed for everyone. I think my husband would be proud of me because I’m doing something with my life that makes a difference.”
Better transportation. Support for caregivers. Improved chronic disease self-management. These are a few examples of needs the Tufts Health Plan Foundation has identified and worked to improve in the lives of older adults.

Need a Lift?

We understand how important transportation is to the quality of life of older adults. That’s why the foundation provided seed funding to bring the Independent Transportation Network of America to Boston in early 2012. ITNGreaterBoston, a service that matches volunteer drivers with older adults in their community who are unable or no longer want to drive, is now in 11 Massachusetts communities and has given nearly 8,000 rides to more than 375 members.

Caring for Caregivers

More than 42 million Americans are currently caring for loved ones – grandparents, parents, spouses or others – at home. These family caregivers are faced with a multitude of challenges and need support to manage their everyday lives. That’s why we identified Caregiver Support programs as a critical area for grantmaking. In the past five years, through the programs we fund, the foundation has helped more than 10,000 caregivers of older adults in Massachusetts and Rhode Island get the support they need to improve their emotional and physical well-being, decrease feelings of isolation, and increase awareness of available resources.
George Iannuzzo, age 69, from Tewksbury, Mass., said his life changed because of his participation in a chronic disease self-management class. A diabetic with a history of lung disease, Iannuzzo has since lost 102 pounds and has gotten his diabetes under control.

Two out of three older Americans like Iannuzzo have multiple chronic conditions – such as hypertension, heart disease and diabetes – and 95 percent of health care spending for older adults is attributed to chronic disease.

A need exists to help older adults get more involved in the day-to-day management of their chronic conditions. Why? Because people actively involved in their health and health care tend to have better outcomes and incur lower costs. What’s more, when people know how to manage their chronic diseases, they feel better. And if they feel better, they’re more likely to pursue activities that reduce isolation and depression.

That’s why, in 2013, the Tufts Health Plan Foundation partnered with the John A. Hartford Foundation to grant $1.3 million over three years to the Healthy Living Center of Excellence (HLCE), a collaboration between Hebrew SeniorLife and Elder Services of the Merrimack Valley. The HLCE offers proven evidence-based programs that promote behavior change by providing older adults with practical, hands-on skills in a group setting, which encourages peer support, discussion and problem solving.

Iannuzzo attested to the benefits of the program. “When I was first diagnosed with diabetes, I didn’t feel like my doctor explained the disease to me in a way I could understand,” he said. “The class was different. The instructors put everyone at ease and broke down the concepts for us. We even took quizzes to make sure we understood our illnesses.” Three years later, Iannuzzo is still using the tools he learned. He exercises regularly and watches what he eats. He also feels more empowered to talk to his doctor about his medical needs and now leads a support group for others with chronic health problems.

“These classes taught me how to get my life straightened out,” he said. “Now, all I want is to be able to teach others what I’ve learned.”
Be the Change

As Margaret Mead said, “Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.”

It is with this philosophy that the Tufts Health Plan Foundation has been working with community-based organizations, providers, advocates, public officials, researchers and others on assessing, envisioning and developing healthy aging initiatives in Massachusetts for the past five years.

Bring People Together

For us, it has never been enough to simply fund programs. That’s why we’ve held four forums since 2009 on healthy aging in Massachusetts. Our most recent forum, “Healthy Aging in the Commonwealth: Charting a Path Forward,” convened nearly 400 people, including several of the top influencers in healthy aging in Massachusetts.

But almost once a year was not enough for us either. That’s why we created the Massachusetts Healthy Aging Collaborative website, a new way to help people who care about healthy aging interact, connect and collaborate on a daily basis.
In early 2010, the Tufts Health Plan Foundation teamed with the Massachusetts Health Policy Forum to form what is now known as the Massachusetts Healthy Aging Collaborative. The collaborative is made up of key experts and leaders from government, academia, the aging network, and health care and grassroots organizations that work with older adults.

The collaborative’s purpose was to construct an action plan for a broad state initiative on healthy aging. However, the group also found it would benefit from more frequent information sharing and collaboration.

It was at the urging of the collaborative that the foundation recently launched two major initiatives. The first is a new website for the Massachusetts Healthy Aging Collaborative, mahealthyagingcollaborative.org, designed to facilitate ongoing communication and networking among members and other healthy aging professionals.

The second is the Massachusetts Healthy Aging Data Report: Community Profiles, which we commissioned after collaborative members noted the lack of comprehensive data on healthy aging that could be used by local communities to effectively understand their 65-and-older populations.

With research conducted by the Gerontology Institute at the University of Massachusetts Boston, this report is the first of its kind to list nearly 100 healthy aging indicators for older adults in each of the Commonwealth’s 351 cities and towns plus the 16 neighborhoods of Boston. Never before has Massachusetts had such a comprehensive view of healthy aging indicators reported at this local geographic level.

So, what now? Our goal is to partner with communities, including providers, consumers, policy makers and legislators, to form new coalitions and build on existing ones in a way that will promote positive changes to enhance the health, social engagement and independence of older adults. Together, we can continue a movement to make Massachusetts a model for healthy aging.
Innovate

For five years, the Tufts Health Plan Foundation has partnered with Root Cause’s Social Innovation Forum to annually offer one nonprofit organization access to **18 months of capacity-building services**. Our Social Innovators grew tremendously from the experience. We saw programs double in size, new funding secured and healthy aging models shared nationwide.

It was clear that sustainability was a big issue, and we wanted to do more. In surveys, we heard from our grantees that they would like more added value from the foundation beyond funding to build their capacity as organizations.

Build

To meet this need, we launched a new initiative in 2013 with Root Cause’s Social Impact Research team and selected six organizations to go through an in-depth assessment of their work, with the goal of **scaling and sustaining their programs for the long term**.

At the end of this process, we invited the participating organizations to use the analysis recommendations to develop plans for internal capacity building that the foundation is supporting.
Waltham, Mass.-based Springwell serves older adults who live in suburbs just south and west of Boston. The agency was one of six the Tufts Health Plan Foundation selected to participate in our capacity-building pilot program.

“When the Tufts Health Plan Foundation asked us if we wanted to participate in a capacity-building program with Root Cause, we jumped at the opportunity,” said Jo White, LCSW, health care partnerships manager at Springwell. “We’re so focused on getting our programs out the door and our leaders trained, we rarely have time to step back to look at the big picture.”

The five-month process, during which Root Cause analyzed both healthy aging program performance and overall organizational health, identified several of Springwell’s strengths; for example, its management team and volunteer model, a comprehensive set of services, strong board governance, and tight collaborations with peer organizations.

When it came to areas for improvement, Root Cause homed in on performance management. The analysis showed that Springwell collected an extensive amount of data for all of its Healthy Living programs — participant demographics, retention rates, and pre- and post-workshop surveys — yet it had no systematic way to aggregate and analyze all of this data.

“We’re collecting all of this information, and it’s sitting in Excel spreadsheets unused,” said White. “As a result, we’re still making decisions based on anecdotal information rather than hard data.”

According to White, the process forced Springwell to recognize the importance of investing in data collection to better understand whether programs are meeting goals and prove the effect its programs have on the lives of participants. In support of this effort, the foundation provided a $25,000 grant for Springwell to work with Root Cause to implement a data management and workflow system in 2014.

“Ultimately, we want to use the data to let potential partners and funders know we have an important piece of the health care delivery model to offer,” explained White. “Through the evidence-based programs we offer, we’re helping older adults stay as healthy as possible and remain in their communities.”
Volunteer

The foundation team was joined by Tufts Health Plan employees who volunteered their time in 2013 to support a range of activities that promote healthy aging — from sprucing up the dining room at Hearth’s Anna Bissonnette House with a fresh coat of paint to raking leaves for older adults who live in their own homes as part of Ethos’ AgeWell West Roxbury program to joining in the Walk to End Alzheimer’s.

Give Back

With the completion of our second year of the Tufts Health Plan Foundation Future Philanthropists Initiative, we have engaged and empowered more than 30 high school students to work collectively to serve older adults through philanthropy. This innovative program puts the students in charge of grantmaking and teaches them about nonprofits, including how to conduct research, read a budget and make a presentation. Working together, they review proposals, conduct site visits and collectively decide which nonprofits to fund. With their leadership, the foundation has donated $40,000 to healthy aging programs that support older adults.
In 2013, we launched a new foundation program, Healthy & Fit 60+, which extends the work we’re doing in healthy aging to the Watertown, Mass., community where we’re based. The program brings together Watertown residents age 60 or over for a free six-week exercise class at the Tufts Health Plan WorkingWell Center.

Several of the participants in Healthy & Fit 60+ had taken exercise classes like yoga and Tai Chi before but were looking for strength training options that could help them stay healthy and mobile. This one-hour total body conditioning workout utilizes equipment like hand weights and bands, aimed at increasing strength, endurance, balance and flexibility.

At the beginning of the class, participants attended an information session that enabled the foundation to learn their various health needs and customize exercises accordingly. For example, Martin Doo, age 67, joined the class with the goal of losing weight. Ann Stevens, age 80, wanted to improve her balance so she could walk more easily. Ethelreda Miller, age 77, had similar reasons for joining the class. “I've had both knees replaced, a hip replacement and a shoulder replacement,” said Miller. “I needed to learn exercises that I could do on my own.”

In fact, Miller had a second hip replacement after successfully completing session two of Healthy & Fit 60+ and noticed her recovery time decreased significantly.

“I didn’t need rehab at all this time,” explained Miller. “My surgeon recommended six weeks of physical therapy, but I was done in four. I think all of the exercising I do now has helped me. I was just more physically ready for surgery this time around.”

Participants enjoy the social nature of the class as well. “I find it easier to exercise with a group,” said Christine Bellis, age 76. Miller agreed. “Everyone’s happy to see each other,” she said. “The exercise gives me a boost in attitude and motivates me to do more for my health.”
### 2013 Financials

#### Statements of Financial Position

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| LIABILITIES AND NET ASSETS | | |
| Accounts Payable and Accrued Expenses | 185,794 | 166,249 |
| Due to Affiliates | 77,635 | 34,783 |
| Total Liabilities | 263,429 | 201,032 |
| Net Assets — Unrestricted | 72,852,790 | 70,405,206 |
| Total Liabilities and Net Assets | 73,116,219 | 70,606,238 |

#### Statements of Activities and Changes in Net Assets

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<td>Net Assets at the End of the Year</td>
<td>72,852,790</td>
<td>70,405,206</td>
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Enjoying a game at the Madden Senior Center of Kit Clark. Photo by Matt Stone Photography.
2013 Grantees

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.

Advocates, Inc.
(Framingham)
Caregiver Telephone Connections (CTC): Weekly telephone psycho-educational support to caregivers.

AIDS Action Committee of Massachusetts
(Boston)
Positive Aging/Lasting Strength (PALS): Wellness program to increase health outcomes of older adults living with, impacted by, or at risk for HIV/AIDS and hepatitis C.

All Out Adventures
(Northampton)
Outdoor Recreation for Seniors: Programs for older adults, including cycling and snowshoeing, to help them stay active and engaged.

Alzheimer’s Disease and Related Disorders Association, MA/NH Chapter
(Watertown)
Support for Informal Caregivers of Persons with Dementia in Mass.: Support services to help ensure the health and well-being of caregivers who take care of a person with dementia.

American Red Cross of Eastern Massachusetts
(Boston)
Food and Nutrition Services: Mitigate food insecurity in Greater Boston and beyond, particularly for the most vulnerable community members – seniors and children.

Boston Senior Home Care
(Dorchester)

Brandeis University
(Waltham)
Massachusetts Health Policy Forum: Convenes forums and presents high-quality research to legislators, stakeholders and the public to improve the health care system in the Commonwealth.

The Brigham and Women’s Hospital
(Jamaica Plain)
Our Generation/Nuestra Generación: Wellness program at the Southern Jamaica Plain Health Center to improve the physical and emotional health of low-income, at-risk older adults.

Brockton Neighborhood Health Center
(Brockton)
Vibrant Lifestyles: Evidence-based programs for low-income and underserved Latino, Cape Verdean and Haitian older adult patients.
Cambridge Symphony Orchestra
(Cambridge)
Seniors Attend the CSO in Concert: Exposes older adults to live, high-quality classical music experiences with outstanding guest artists and diverse programming.

Cape Cod Volunteers
(Yarmouth Port)
Volunteer Opportunity Centers: Connect older adults with meaningful volunteer opportunities based on current interests, skills and experience.

The Carroll Center for the Blind
(Newton)
Safe Home Project: Conducts in-home visits to Greater Boston-area older adults at risk of falls due to impaired vision or blindness.

Community Health Center of Cape Cod
(Mashpee)
TEAMcare for Seniors with Diabetes and Depression: Case management for older adults diagnosed with diabetes and depression.

Community Teamwork
(Lowell)
RSVP Bone Builders Program: Exercise program with a goal of strengthening bones to reduce osteoporosis and the risk of falls in older adults.

Cooperative Elder Services
(Lexington)
Fitness for Life Therapeutic Exercise Program Workshops: Offer chair yoga, Tai Chi and exercise with light weights to low-income seniors at five adult day health centers.

DEAF, Inc.
(Allston)
Healthy Lifestyles for Older Deaf Adults: Health and nutrition education and exercise classes for deaf seniors.

Elder Services of Berkshire County
(Pittsfield)
Healthy Aging, Healthy Living: Evidence-based programs, including Stanford’s Chronic Disease Self-Management and Healthy Eating for Successful Living.

Elder Services of the Merrimack Valley
(Lawrence)
Healthy Living Center of Excellence (a collaboration between Elder Services of the Merrimack Valley and Hebrew SeniorLife): Disseminates proven evidence-based programs that promote behavior change and encourage older adults to become active partners in managing their own health.

Elder Services of Worcester Area
(Worcester)
Central Massachusetts Family Caregiver Guide: Regional caregiver tool that provides information, resources and support to help caregivers and care recipients.
2013 Grantees

*Ethos (Jamaica Plain)*
*AgeWell Southwest Boston:* Keeps seniors living at home and connected through civic, social, physical and cognitive activities.

*Executive Service Corps of New England (Boston)*
*Meaningful Encore Service through Volunteer Consulting:* Recruits senior-level professionals over age 60 to provide management consulting and capacity-building services to nonprofits.

*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.

*Generations Incorporated (Boston)*
*Read to Succeed - Intergenerational Literacy Programs:* Volunteer senior mentoring coaches for elementary school students, as well as Active Aging program for senior volunteers.

*Golden Tones (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 and more.

*The Greater Boston Food Bank (Boston)*
*The Brown Bag Program for Seniors in Need:* Provides nutritious, supplemental groceries to more than 8,000 seniors and families in need each month.

*Health Care for All (Boston)*
*Empowering Seniors under the Affordable Care Act:* Educates older adults, particularly vulnerable groups, about health care issues through the HelpLine.

*Hearth (Boston)*
*Housing as the Key to Healthy Aging:* Provides case management and housing placement services to homeless and at-risk older adults.

*ITNGreaterBoston (Framingham)*
*Transportation Services for Seniors and Visually Impaired:* Match volunteer drivers with older adults in their community who no longer drive.
Jewish Community Housing for the Elderly (Brighton)
*Generations Together*: Mentoring and tutoring activities that nurture meaningful connections between older adults and younger generations.

Jewish Family & Children’s Service (Waltham)
*Aging Well at Home*: Health and wellness programs for older adults living in independent senior housing and multigenerational housing.

Joslin Diabetes Center (Boston)
*Asian American Diabetes Initiative - Healthy Living for All Seasons*: Educational workshops for Asian older adults with or at risk for diabetes.

Jumpstart (Boston)
*Boston and Merrimack Valley Community Corps Program*: Pairs older adults with preschool children in their own communities to build the children’s language, literacy and social skills.

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

Kit Clark Senior Services (Dorchester)
*Fit-4-Life*: An evidence-based physical activity and nutrition counseling program for older adults to help them reduce significant conditions of chronic disease.

The Latino Health Insurance Program (Framingham)
*Mi Vida, Mi Salud (My Life, My Health)*: Spanish version of Stanford’s Chronic Disease Self-Management class, in addition to assistance with transportation and SNAP enrollment.

The LGBT Aging Project of Fenway Health (Boston)
*Healthy Aging in the LGBT Community*: Mindfulness-Based Stress Reduction classes for LGBT older adults.

Martha’s Vineyard Community Services (Martha’s Vineyard)
*Caring for Caregivers and Their Loved Ones*: Offers an educational group for caregivers of persons with memory disorders, in conjunction with art and music therapy for care recipients.

Massachusetts Coalition for the Homeless (Lynn)
*A Room to Breathe*: Helps low-income elders with respiratory issues remain at home by improving the home’s environmental health and safety.
2013 Grantees

Massachusetts General Hospital Revere HealthCare Center
(Revere)
Senior Wellness: Helps seniors identify risk factors and establish health behavior change goals focused on exercise, nutrition, social activity and chronic disease self-management.

Massachusetts Public Health Association
(Boston)
Act FRESH Senior Campaign: Focuses on access to healthy, affordable food and safe public spaces for physical activity.

Massachusetts Senior Action Council
(Boston)
Seniors Power Up! Develops civic engagement leaders among lower-income seniors.

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
(Bedford)
Healthy Connections: Evidenced-based programs, including Stanford’s Chronic Disease Self-Management and home-based fall prevention.

Montachusett Opportunity Council
(Fitchburg)
Linking Initiatives for Vibrant Elders (LIVE) in North Central Massachusetts: Community-based programs, including exercise, nutrition, a resource guide and SNAP application assistance.

Mystic Valley Elder Services
(Malden)
Reading Partners Program: Pairs trained older adult volunteers with K-3 children to improve students’ reading and language arts skills.

Northeast Hospital Corporation (Addison Gilbert Hospital)
(Gloucester)
Safe Steps for Seniors: An exercise, nutrition and education program geared toward fall prevention for older adults who are living independently.

Old Colony Elder Services
(Brockton)
It’s About Time: Workshops for caregivers, on topics such as time management, organization, nutritious meals and yoga techniques, to counteract the stresses of caregiving.

The Open Door/Cape Ann Food Pantry
(Gloucester)
Connecting Seniors to Good Food for Good Health, Independence and Wellness: Provides free produce to older adults at mobile markets and access to nutrition education programs, SNAP application assistance and cooking classes.
Operation A.B.L.E. of Greater Boston (Boston)
ABLE AgeWorks: Places older adults in volunteer positions with local nonprofits and provides “midternships” to help mature workers transition to unsubsidized employment.

Pathways to Wellness (Boston)
Elder Care Program: Acupuncture to help elders build physical mobility, reduce anxiety and depression, and improve sleep.

Perkins School for the Blind (Watertown)
Thriving with Vision Loss: Access to library services for older adults with visual impairments.

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

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

SOAR 55 - Newton Community Service Center (West Newton)
Volunteering as a Pathway to Healthy Aging: Recruits and trains unemployed and underemployed professionals age 55 or older for volunteer leadership and consulting roles at nonprofits.

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

Springwell (Waltham)
Healthy Aging Initiative: Evidence-based educational workshops in partnership with community providers to empower older adults to improve their health and well-being.
2013 Grantees

Tufts Health Care Institute
(Boston)
Mini-Rotation for Residents - Practicing High-Quality, Cost-Effective and Coordinated Care in the Era of Health Reform: A four-day course for medical residents, with an emphasis on chronic care management and 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 older adults in Boston.

VNA Care Network
(Worcester)
Fewer Falls, Safer Seniors: Community-based fall prevention program for older adults.

VNA & Hospice of Cooley Dickinson Inc.
(Northampton)
Strength in Numbers - Fall Prevention Education for Seniors: Fall prevention workshop series for older adults.

WALKBOSTON
(Boston)
Tool Kit to Promote Safe Walking Environments and Access to Services: Engages seniors and young people in promoting walking as a crucial form of transportation.

Water Way Arts for Health and Energy
(Brookline)
Tai Chi for Healthy Aging: Tai Chi classes for older adults.

Watertown Community Foundation
(Watertown)
WCF’s Tufts Health Plan Foundation Fund for a “Healthy Watertown”: Supports grants to advance the health of people who live in, work in or visit Watertown.

Whittier Street Health Center
(Roxbury)
Geriatric Chronic Disease Case Management Program: Helps seniors living in public housing to be healthy, active and engaged in their health.

The Women’s Lunch Place
(Boston)
Improving the Well-Being of Poor and Homeless Elderly Women: Helps elderly women survive their difficult daily lives and improve their health.

YMCA of Greater Boston
(Boston)
Get Fit, Stay Fit for Life: Exercise and nutrition education for seniors at the YMCA’s West Roxbury and Chinatown locations.
RHODE ISLAND

Brown University
(Providence)
Healthy Aging Communities: Nutrition education, healthier meal options and physical activity programs for assisted-living residents.

Cornerstone Adult Services
(Warwick)
Healthy Aging through Exercise and Nutrition: Physical exercise and healthy eating programs for older adults with early memory loss.

Greater Providence Young Men’s Christian Association
(Providence)
Healthy, Safe and Over 60: Healthy aging programs, including Matter of Balance, Living Well Rhode Island and Tai Chi Moving for Better Balance.

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.

The Providence Center
(Providence)
InShape Seniors: Exercise and wellness programs for older adults who suffer from social isolation.

Rhode Island Community Food Bank
(Providence)
Addressing the Meal Gap for Seniors in Rhode Island: Comprehensive nutrition education that includes mobile pantries and food distribution for homebound seniors.

Rhode Island Free Clinic
(Providence)
Healthy Lifestyles for Today and Tomorrow: Wellness classes, including fitness, nutrition, heart health monitoring, senior social support groups and diabetes education, for low-income, uninsured older adults.

At left: The Golden Tones Silver Jubilee concert.
Photo courtesy of the Golden Tones.

At top: The Greater Boston Food Bank.
Photo courtesy of Jessie Gladin-Kramer, Feeding America.
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Socializing at the Waltham Senior Center. Photo by Aaron Washington Photography.