

Community Health Needs Assessment & Implementation Strategy

October 2018



Prepared by Spaulding Rehabilitation Hospital with consultation from Hope Kenefick, MSW, PhD



SPAULDINGTM
REHABILITATION HOSPITAL



Spaulding Rehabilitation Hospital Community Benefit FY18 Report and FY19 Plan

Tables of Contents

Section:	Page:
Executive Summary	3
I. Who We Are	5
II. Our Mission	5
III. Our Community Benefit Goal	6
IV. Our Interim Assessment and Planning Process	6
V. Our Target Communities	6
VI. Our Community Benefit Priorities	7
VII. Our Community Benefit Objectives	11
IIX. Our FY18 Community Benefit Program Activities	11
IX. Our Community Benefit Plan for FY19	19

Spaulding Rehabilitation Hospital Community Benefit FY18 Report and FY19 Plan

Executive Summary

Spaulding Rehabilitation Hospital Boston (Spaulding Boston) was founded in 1971 and is the flagship institution of the Spaulding Rehabilitation Network and the official teaching hospital of the Harvard Medical School Department of Physical Medicine and Rehabilitation. Spaulding Boston is at the forefront of research in advances in rehabilitative care and provides comprehensive rehabilitative treatment to a broad spectrum of patients through its diverse inpatient programs and 25 outpatient centers. Spaulding Boston enables persons to achieve their highest level of function, independence, and performance through the following mission:

- To provide a full continuum of rehabilitative care, and community-based rehabilitation services.
- To contribute to new knowledge and treatment approaches to rehabilitation and disease and injury management through research and outcome studies.
- To educate future rehabilitation specialists, including physicians, nurses, therapists, and other allied health professionals.
- To advocate for persons with disabilities.
- To support the mission of Partners HealthCare and collaborate with other health care providers.

Spaulding Boston's community benefit program addresses factors that impact access to care, and the health and quality of life of our patients, their families, and the communities in which they live. Every three years, through community health needs assessment, collaborative planning with community partners and hospital leadership, and with particular attention to the social determinants of health and opportunities for disease prevention and wellness promotion, Spaulding Boston develops a comprehensive community benefit plan.

Because Boston Spaulding cares for patients across Massachusetts, some of its community benefit programs have a statewide reach. Given that over half of Spaulding Boston's patients reside in thirteen Metro Boston communities, several of the hospital's community benefit programs target the Metro Boston area. Finally, as the home of the Spaulding Boston hospital campus, we are committed to contributing to the health and well-being of the Charlestown community and its residents. Therefore, several of Spaulding Boston's community benefit programs target Boston's Charlestown neighborhood.

The full report details Spaulding Boston's mission; community benefit goals; target communities; objectives, progress and expenditures during the second of the current three-year cycle (FY18 - October 1, 2017-September 30, 2018). Total expenditures for FY18 were \$1,916,151. The report also offers plans for the final year of the cycle (FY19 - October 1, 2018-September 30, 2019). The table below summarizes the major elements of the Spaulding Boston community benefit program.

Spaulding Boston's Community Benefit Goal:

To improve the health and quality of life of our patients and other members of the Spaulding Rehabilitation Hospital community

Priorities	Addressing the social determinants of health	Improving Access to Care	Promoting wellness and preventing injury and disease, especially for children, seniors, and those with disabilities	Improving the social environment and opportunities for those with disabilities	Other priorities identified by the community
Objectives	Increase opportunities for educational and professional advancement	Reduce barriers to health care	Increase wellness and prevent injury and disease	Decrease isolation and increase social-emotional support for people with disabilities	Provide resources, as appropriate and available, to support community priorities that fall outside the other priority areas
Strategies	Employment programs, education programs, citizenship program and donated goods	Charity/free care	Education/prevention sessions, clinics, wellness fairs, drives	Advocacy/education and support groups	Varies

Spaulding Rehabilitation Hospital Community Benefit FY18 Report and FY19 Plan

I. Who We Are

Founded in 1971, Spaulding Rehabilitation Hospital Boston (Spaulding Boston), the flagship institution of the Spaulding Rehabilitation Network, is one of the largest inpatient rehabilitation facilities in the United States. Since 1995, it has consistently been ranked among U.S. News and World Report's Best Hospitals – the only hospital in New England to do so. In 2017, Spaulding Boston received its highest rating ever – #4 in the nation.

In April 2013, Spaulding Boston opened a new 132-bed facility in Charlestown the first new free-standing hospital in Boston in over 30 years. Certified LEED Gold for its commitment to renewable energy and sustainability, it also is a national model for inclusive design.

As the official teaching hospital of the Harvard Medical School Department of Physical Medicine and Rehabilitation, Spaulding Boston is at the forefront of research in advances in rehabilitative care. Spaulding Boston provides comprehensive rehabilitative treatment to a broad spectrum of patients. With a wide range of inpatient programs and 25 outpatient centers throughout Eastern Massachusetts, Spaulding strives to continually update and improve its programs to offer patients the latest, high-quality care through its leading, expert providers. Spaulding has been awarded a Model Systems designation in three specialty areas - Brain Injury, Spinal Cord Injury and Burn Injury Rehabilitation- by the National Institute on Disability, Independent Living, and Rehabilitation Research.

Spaulding Boston's community benefit program addresses factors that impact access to care, and the health and quality of life of our patients, their families, and the communities in which they live. These factors often require interventions that are outside the traditional clinical, teaching, and research roles of hospital. Every three years, through community health needs assessment, collaborative planning with community partners and hospital leadership, and with particular attention to the social determinants of health and opportunities for disease prevention and wellness promotion, Spaulding Boston develops a comprehensive community benefit plan. The full report describes Spaulding Boston's mission; community benefit goals; target communities; objectives, progress and expenditures during the second of the three-year cycle (FY18 - October 1, 2017-September 30, 2018) and plans for the final year of the cycle (FY19 - October 1, 2018-September 30, 2019).

II. Our Mission

Spaulding Boston enables persons to achieve their highest level of function, independence, and performance through the following mission:

- To provide a full continuum of rehabilitative care, and community-based rehabilitation services.
- To contribute to new knowledge and treatment approaches to rehabilitation and disease and injury management through research and outcome studies.
- To educate future rehabilitation specialists, including physicians, nurses, therapists, and other allied health professionals.
- To advocate for persons with disabilities.

- To support the mission of Partners HealthCare and collaborate with other health care providers.

III. Our Community Benefit Goal

The goal of Spaulding Boston’s community benefit program is to *“Improve the health and quality of life of our patients and other members of the Spaulding Rehabilitation Hospital community, particularly for persons recovering from, or learning to live fully with, illness, injury and disability.”*

IV. Our Interim Assessment and Planning Process

In FY18, an internal working group with support of an outside consultant conducted a community health needs assessment as part of a continuous quality improvement approach to community benefit planning. The assessment involved a review of patient data from the past year (June 1, 2017-May 31, 2018); data from the Census, American Community Survey data, and Massachusetts Behavioral Risk Factor Surveillance Survey (BRFSS); information related to the Center for Disease Control and Prevention’s (CDC) Healthy People 2020 (HP2020); and semi-structured interviews with partners internal (within Spaulding Boston) and external (in the community) partners. Based on the assessment findings, the working group refined the community benefit agenda. The patient and community data were used in formulating the community benefit priorities, goal, objectives, and target communities. The partner interviews were used to describe the community benefit work; determine the extent to which the initiatives are aligned with the revised priorities, goals and objectives; and to describe the progress made in FY18. The working group then established a plan and targets for FY19. On November 14, 2018, the plan was reviewed and approved by the Spaulding Boston Board of Trustees. Appendix A provides a list of working group members and senior leaders involved in the assessment and planning.

V. Our Target Communities

Spaulding Boston fulfills a highly specialized role. Thus, our community knows no hard and fast borders. Indeed, our patients come from across the U.S. and around the world. For the purpose of Spaulding Boston’s community benefit program, we define our “community” by understanding who we serve and where they live. The analysis of patient data showed that, in the past year, SRH Boston served 9,128 individuals in its in- and out-patient services. Of those, 8,288 (90.8%) live in Massachusetts and represent 276 of the Commonwealth’s 351 cities and towns. When looking at the hospital preparedness regions of Massachusetts, it is clear that Spaulding Boston is an important resource across the Commonwealth and particularly in the Boston, Metrowest, and Northeast regions of the state (See Figure 1).

Figure 1. MA Hospital Preparedness Regions in which Spaulding Boston patients live

Region:	#	%
Boston	2000	24.1%
Metrowest	3066	37.0%
Northeast	1939	23.4%
Southeast	839	10.1%
Central	334	4.0%
Western	110	1.3%

Just over half (50.6%) of our Massachusetts patients live in 13 cities and towns that roughly fall within what we term the “Metro Boston area.” Of our 2,000 patients who live in Boston, 529 (26.4%) live in Charlestown.

By understanding our reach and where our patient population is most concentrated, we were able to identify the geographic targets for the Spaulding Boston’s community benefit agenda.

Because Boston Spaulding’s reach is statewide, some of Spaulding Boston’s community benefit programs have a statewide reach.

Given the proportion of our patients residing in the “top 13” communities, ***several of Spaulding Boston’s community benefit programs target the Metro Boston area.***

Finally, as the home of the Boston Spaulding hospital, we are committed to contributing to the health and well-being of the Charlestown community and its residents. ***Therefore, several of Spaulding Boston’s community benefit programs target the Charlestown neighborhood of Boston.***



VI. Our Community Benefit Priorities

As part of our assessment, we sought demographic and other data on our patients and their home communities to understand the factors that affect access to care and put residents at risk for poor health and quality of life. Just over half (50.7%) of Spaulding Boston’s Massachusetts patients are women. Although the majority (79.8%) of our MA patients are White, Spaulding Boston also serves patients who are Black/African American, Asian/Pacific Islanders, Hispanic/Latino, American Indian, or other/unspecified (See Figure 2).

Figure 2. Race/ethnicity of Spaulding Boston's MA patients

Race/ethnicity: (n=7809)	#	%
American Indian	9	0.1%
Asian/Pacific Islander	299	3.8%
Black	650	8.3%
Hispanic/Latino	171	2.2%
White	6233	79.8%
Other unspecified	447	5.7%

Although English is the primary language of 93.4% of these patients, the remaining patients collectively speak 41 other primary languages (See Figure 3).

Figure 3. Primary language of Spaulding Boston's MA patients

Languages (n=8081)	#	%
English	7546	93.4%
Spanish	266	3.3%
Portuguese	39	0.5%
Arabic	38	0.5%
Chinese - Mandarin	21	0.3%
Russian	19	0.2%
Chinese - Cantonese	18	0.2%
Italian	18	0.2%
Haitian Creole	16	0.2%
Greek	10	0.1%
Vietnamese	10	0.1%
American Sign Language	9	0.1%
Polish	6	0.1%
Khmer	6	0.1%
Cambodian	6	0.1%
Bosnian	6	0.1%
all others	47	0.6%

Our Massachusetts patients range in age from under 1 year to 100 years of age with a mean of 52.73 and mode of 56 years. Children (age 0 to 18) comprise 5.5% and seniors (age 65 and over) 31.1% of the patients we see from across Massachusetts.

Figure 4 shows available social and demographic data for Charlestown and the 13 communities (i.e., top 13) where the majority of our patients live. These data were used to understand the potential barriers to care community residents may face, as well as vulnerabilities that could impact their health and well-being. For example, in all but two communities, 10% or more of the residents live in poverty. In eight communities, less than 50% of the population aged 25 years and older has a college degree. The median household income (MHI) in eight communities is less than of the statewide MHI of \$70,954. Twenty

percent or more of the population in these communities¹ was foreign-born. Although health care reform efforts in Massachusetts have resulted in relatively low rates of uninsured, in five of the communities, more than 5% of the population under age 65 has no health insurance.

We recognize that among our patients, certain groups are more vulnerable due to age and disability status. In Charlestown and 11 of the top 13 communities, 10% or more of the population is age 65 or over. In nine of 12 communities, 15% or more of the population is under the age of 18. In eight communities, 5% or more of the population under the age of 65 has a disability. Based on 2016 Massachusetts BRFSS data (See Appendix B), compared to people with no disability, people with a disability in MA are more likely to: rate themselves as experiencing fair or poor health; experience more unhealthy days in the past 30 days; report falls in the last year; experience chronic disease; smoke; to be obese; ever have experienced depression; and experience barriers to care. In describing the social determinants of health domains for HP2020, the CDC indicated that those with disabilities are more likely to experience challenges finding a job, being included in regular educational classrooms or attending college, receiving preventive health care services, being able to visit homes in the neighborhood, using fitness facilities, using health information technology, and obtaining sufficient social-emotional support.

Based upon the analysis of demographic and social characteristics of our patients and the communities in which they live, we identified five priorities for our community benefit programming. Poverty is a primary driver of poor health and diminished quality of life; this is especially true for those with disabilities. Within Spaulding Boston's patient population and the target communities, individuals experience poverty and other social determinants of health, including challenges related to education, employment, and citizenship status. Access to care is critical to optimal health and quality of life and yet some individuals within our target communities experience factors that can significantly limit their health care access, including linguistic barriers and lack of health insurance. Given these findings, ***the Spaulding Boston community benefit program will prioritize initiatives that address the social determinants of health and improve access to care.***

Within our patient population and the target communities are demographic groups who are more vulnerable to poor health and poor quality of life, namely seniors, children, and those with disabilities. ***The community benefit program will prioritize initiatives that promote wellness and prevent injury and disease in general, but especially for children, seniors, and those with disabilities, who are priority populations for the Spaulding Boston community benefit agenda.***

People with disabilities are at increased risk of isolation and insufficient social-emotional support and are twice as likely to be unemployed, which can have devastating consequences for their physical and emotional health and well-being. ***The community benefit program will prioritize initiatives that improve the social environment and opportunities for people with disabilities.***

Spaulding Boston also recognizes that the community may identify needs that do not align directly with the priorities described above, but which have benefit to the community and are an appropriate use of the hospital's community benefit resources. ***In accordance with community benefit guidelines and as resources allow, the community benefit program will prioritize initiatives that fall outside the other community benefit program priorities, but which are considered important to the well-being of the communities we serve.***

¹ Data on foreign-born residents not known for Charlestown and Winthrop.

Figure 1. Demographic and social characteristics of 13 communities with largest population of Spaulding Boston patients and Charlestown neighborhood.

	Popula- tion	# of Spaulding Boston patients living here	Females	Under age 5	Under age 18	Age 65+	White	Black/ African American	Hispanic	Asian	Foreign born	High school or more (for 25 years old +)	BA or more (for 25 years old +)	Under age 65 with a disability	Under age 65 without health insurance	Persons living in poverty	Median household income	Per capita income past 12 months
Boston	685094	2000	52.0%	5.3%	16.5%	10.7%	53.0%	25.4%	4.9%	0.4%	27.6%	85.7%	46.4%	8.8%	4.5%	21.1%	\$58,516	\$37,288
Cambridge	113630	325	51.2%	4.0%	11.8%	11.1%	67.1%	10.7%	8.5%	15.2%	27.4%	94.1%	74.9%	4.5%	2.9%	14.0%	\$83,122	\$50,195
Revere	53993	280	48.3%	5.7%	18.9%	14.3%	76.6%	5.8%	28.4%	30.0%	36.3%	82.6%	19.7%	9.3%	7.2%	13.1%	\$51,482	\$26,785
Somerville	81360	198	50.5%	4.4%	12.1%	9.8%	75.6%	7.1%	9.4%	10.4%	24.7%	89.8%	58.6%	4.9%	4.6%	13.3%	\$78,673	\$40,356
Medford	57797	195	52.3%	5.4%	14.9%	14.5%	78.3%	9.2%	5.5%	8.0%	21.5%	92.0%	47.5%	5.2%	3.2%	10.5%	\$79,607	\$39,226
Chelsea	40227	194	48.9%	9.3%	25.6%	8.7%	48.7%	6.3%	65.6%	2.9%	44.9%	67.2%	17.5%	10.0%	8.7%	19.3%	\$49,614	\$22,369
Lynn	94063	164	51.4%	8.4%	25.6%	11.2%	47.7%	12.9%	38.0%	7.8%	33.4%	79.3%	19.6%	10.7%	6.6%	20.0%	\$50,744	\$24,831
Malden	61246	163	51.7%	5.3%	18.6%	12.0%	55.7%	15.1%	9.7%	23.0%	42.8%	86.0%	33.6%	8.1%	6.2%	15.3%	\$60,085	\$28,786
Everett	46324	150	51.5%	6.5%	23.6%	10.8%	60.6%	19.7%	21.9%	6.9%	40.8%	80.8%	17.9%	7.3%	9.3%	14.6%	\$52,457	\$23,584
Newton	88994	189	52.7%	5.1%	22.5%	16.7%	77.8%	3.5%	5.6%	13.9%	21.4%	97.1%	76.7%	4.2%	2.0%	4.4%	\$127,402	\$66,047
Quincy	94166	120	51.6%	5.8%	16.3%	15.2%	63.3%	5.3%	3.2%	28.0%	31.2%	89.0%	42.1%	7.3%	3.5%	10.3%	\$64,890	\$35,622
Brookline	58732	109	55.2%	4.8%	18.2%	15.2%	75.2%	3.4%	5.5%	16.3%	26.0%	97.0%	81.6%	3.7%	2.5%	12.4%	\$102,175	\$61,543
Winthrop	17497	105	51.7%	5.1%	NA	16.5%	91.8%	2.0%	6.1%	1.2%	NA	94.8%	36.0%	NA	4.1%	9.3%	\$62,997	\$38,436
Charlestown	18314	528	54.1%	8.3%	NA	10.2%	75.3%	11.1%	7.6%	11.5%	NA	81.2%	62.6%	NA	2.6%	19.0%	\$90,674	\$61,545

Notes:

1. All data based on 2017 American Community Survey (ACS) Estimate unless otherwise noted below.
2. Data meant for descriptive purposes only and not for community to community comparison as data sources and analytic methods may differ across communities.
3. Charlestown data are also included in the Boston data.
4. Brookline population is based on 2010 Census; ACS estimate not available.
5. Winthrop data based on 2012-2016 ACS estimates

VII. Our Community Benefit Objectives

Five objectives were developed to achieve the community benefit goal and address each of the program priorities.

Priority area	Objective
Addressing the social determinants of health	To increase opportunities for educational and professional advancement
Improving access to care	To reduce barriers to health care
Promoting wellness and preventing injury and disease	To increase wellness and prevent injury and disease, especially for children, seniors, and those with disabilities
Improving the social environment and opportunities for those with disabilities	To decrease isolation and increase social-emotional support for people with disabilities
Other priorities identified by the community	To provide resources, as appropriate and available, to support community priorities that fall outside the other community benefit priority areas.

The next section provides a report on the FY18 Spaulding Boston community benefit program. The report is organized by priority area. For each of the five priority areas, a brief description of the associated community benefit initiatives and partners is provided, as well as a table that shows the target population and communities, measures, and resource expenditures for each community benefit initiative.

IIIX. Our FY18 Community Benefit Program Activities

A. Addressing the social determinants of health:

Spaulding is committed to addressing the social determinants of health of chronic unemployment about people with disabilities and the underemployment for staff and community members with socioeconomic limitations to further education. The Spaulding Boston Community Benefit Program supported the following initiatives in FY18 to increase opportunities for education and professional advancement for this disadvantaged communities.

Camp Harbor View offers students (middle school through 10th grade) career exploration programs as well as fun camp activities. For the third year, Spaulding partnered with the organization to offer a two-week internship for campers. This year Spaulding hosted four students, one each in pharmacy, a clinical lab, a therapy office, and in adaptive sports. Spaulding Physical Therapists also volunteer for Camp Harbor View’s Career Day, presenting on the field of physical therapy. They brought the students to Spaulding Boston for a tour of the building and demonstration of what the different departments do.

Citizenship classes, provided free by Jewish Vocational Services and funded through Partners Healthcare and our affiliates help to empower those whose career prospects may be limited by their citizenship status to prepare for the process of becoming a U.S. citizen. The program offers ten classes throughout the year that run for four weeks each. The meetings occur once during each week. The class covers

topics such as U.S. history and civics, and reviews vocabulary that may be on the exam, what to expect during the interview process, and how to approach challenging questions.

College for America is an online college education program that has partnered with Partners Hospitals to provide employees with an avenue to achieve higher education. College for America is a stackable program that allows employees to earn credit toward multiple degrees with no limits making it less expensive for employee who wish to graduate sooner, but also allow employees to work at their own pace. Spaulding pays the tuition for employees in good standing looking to further their education and career opportunities.

The Holiday Food Pantry is annual event at the hospital through which staff donate shelf stable food for local families in need to combat hunger and food security over the holidays.

Nursing Assistant Pipeline Program is the result of a partnership between Spaulding Rehabilitation Hospital Network and Jewish Vocational Services (JVS) to provide a free opportunity to individuals interested in pursuing a Certified Nursing Assistant (CNA) position who may have difficulty pursuing the required education. Three rounds of classes were offered in 2017. The course is eight weeks in length and includes a four-day clinical rotation in a Spaulding facility.

Peace Arts Gallery was created to give artists who are disabled an opportunity to display and sell their work. Each year, Spaulding employs three to four artists for this purpose and provides professional installation for their art show.

Project Hope is a community organization based in Boston that offers a Free CNA and Administration program. The program offers dual Nursing Assistant and Home Health Aide certificates and placement assistance focusing on full-time CNA employment within the Spaulding Rehabilitation Network. The administration program offers a certificate of completion and placement assistance focusing on full-time employment within the Spaulding Rehabilitation Network. Organized through Partners in Career and Workforce Development (PCWD), Spaulding provides human resource services and nurse manager insight to screen for applicant criteria to the program and post-program job placement and interview preparation for positions within Spaulding.

Project Search is delivered in partnership with Morgan Memorial of Good Will and the Boston Public Schools. In its fourth year, the program gives students who are in their last year of their high school special education program (usually around 22 years old) the opportunity to intern at Spaulding for a year. Students gain exposure to possible career paths and work experience in the health field.

Triangle Ink is a training program that helps people with behavioral disabilities, who have been chronically unemployed, to gain carrier readiness skills. Spaulding partners with Triangle Ink to provide 20 of the program attendees with placements and hands-on work experience.

Unused office supply donation: Following an internal “office supply swap” at Spaulding Boston, all unused supplies are offered to the Harvard Kent Elementary School in Charlestown to support educational programming and creative/recreational activities.

Initiative	Target population	Community served	Measure	Cost/resources expended this year
Camp Harbor View Career Day	Middle school students up to 10 th grade	Boston	4 student interns	\$1500
Citizenship Classes	SRH employees without citizenship status	Metro Boston	3 participants	\$500
College for America	SRH employees	Metro Boston	8 employees	\$16,000
Nursing Assistant Pipeline Program	Potential SRH employees, greater community	Metro Boston	3 classes, 21 students/class	\$123,000
Holiday Food Pantry	Low-income families	Charlestown	1,800 pounds of food donated	\$1,100
Peace Arts Gallery	People with disabilities	Metro Boston	4 gallery shows	\$3,000
Project Hope	Potential SRH employees, greater community	Metro Boston	20 people	\$2,000
Project Search	High school students in last year of special education program	Charlestown	5 interns	\$5,000
Triangle Ink	People with behavioral disabilities who are chronically unemployed	Metro Boston	20 program trainees	\$2,000
Unused office supply donation	Elementary school children	Charlestown	NA	\$500
Total:				\$154,600

B. Improving Access to Care

To reduce barriers to health care, the Spaulding Boston Community Benefit Program provides free care to patients whose care would not otherwise be fully supported by their payers. In FY18, SRH provided the following Free Care²:

Out-Patient Services:	\$777,428
In-Patient Services	<u>\$200,993</u>
Total	\$978,421

C. Promoting Wellness and Preventing Injury and Disease

To increase wellness and prevent injury and disease, especially for children, seniors, and those with disabilities, Spaulding Boston Community Benefit Program supported the following initiatives in FY18.

² The in- and out-patient free care was associated with patients that have Mass Health Limited, in which post-acute patients do not participate, as well as patients who received in-patient services whose primary coverages were exhausted and who then converted to Mass Health Limited and whose charges were written-off to non-covered services.

Active Older Adult Screenings were provided by Braintree staff at an older adult fair and included information related to low vision therapy, and screenings for hearing, balance, and cognition.

Boston Ability Expo is a regional conference and exhibition where companies and organizations gather to share knowledge and solutions to different disability challenges. Several workshops are free and to the public, including one offered by Spaulding entitled “Adaptive Sports: Benefits, Trends and Options.” Spaulding physical therapists answered questions and discussed adaptive sports while also hosting an interactive demonstration activity.

Boston Pops Concert: In its 7th year, the Boston Pops Concert at Spaulding Hospital is meant to aid in the healing and therapeutic process of hospital patients. Hospital staff are involved in the organizing and production of the concert, including a staff and patient choir.

Community wellness outreach and information tables are offered throughout the year at a variety of community events. In FY18, staff from Spaulding’s three model systems (for Burn, TBI, and Spinal Cord Injury) educated school children and their families at Harvard Kent Elementary School on injury prevention and healthy living as well as burn prevention and fire safety. Boston staff also attended the Malden Wellness Fair at Malden High School and offered a range of activities to test overall fitness and strength. Braintree staff attended the Frozen 5K road race and offered information and massages to race participants and attendees. At the Run for Charlotte and the COOP for Cops 5K, Braintree staff manned an information booth, and offered strength/grip testing and games for children. Braintree staff also offered balance activities at a booth at “Spaulding Night at the New England Revolution” soccer game. Quincy staff attended the Healthy Kids Day and provided kids’ games and a range of balance activities, as well as the Rise and Adapt 5K for the Brain Injury Association where they offered health information.

The Golfing Conditioning Lecture was offered through Spaulding’s North Shore outpatient location. Now in its second year, the lecture explains how to play golf without causing harm or trauma to the body with the intention of increasing golfers’ awareness of injury prevention and the signs of injury.

The Hanover Soccer Clinic, delivered in partnership with the YMCA, is an annual soccer clinic for children ages 7 to 15 in the Hanover area to encourage physical activity in a fun and safe environment.

The Physical Activity Webinar was created by Spaulding Rehabilitation Hospital, the Health and Disability Program at the Massachusetts Department of Public Health, the Paralyzed Veterans of America, National Center on Health, Physical Activity and Disability. The webinar focused on educating people who have disabilities and their care takers on topics such as how to choose a fitness center, the model of disability, barriers to inclusion, and exercise programming for those living with a disability.

The Revolution soccer clinic, in its 12th year, has been sponsored by Spaulding for children ages 6-18 with physical or cognitive disabilities and their families. The clinic covers different soccer drills to push the children’s capabilities and build their confidence. The children are also able to meet members of the New England Revolution soccer team.

The Tennis injury prevention education session is offered by Spaulding’s Wellesley Outpatient center. This injury prevention education session is held as part of the warm up activities at the Annual For Girls Sake Tennis Open. Spaulding staff demonstrated proper stretching and warm up activities as well as

injury reduction practices to reduce the risk of “tennis elbow” and other common tennis injuries. During the matches players were able to come to the Spaulding booth to receive injury screenings. Spaulding has participated in the event for the past three years.

The Traumatic Brain Injury (TBI) lecture series is held by Spaulding’s TBI Model System. This first lecture cycle was entitled “what to expect after a traumatic brain injury”. The lecture addressed common questions and concerns of families and friends of a loved one who have had a TBI. The lecture is meant to help families and friend better understand the recovery process for TBI and the care that is necessary. This lecture is part of a quarterly TBI Model System lecture series planned for delivery over the next five years that will address a range of topics related to brain injuries.

The TBI film production of “A Day in the Life” is pursuit of Spaulding’s Traumatic Brain Injury Model System in partnership with Brick House Projects. The film will be a documentary on patients in vegetative states or limited consciousness and their caregivers. It will feature three Spaulding patients, their medical team, and care givers. When completed, the film will be screened in different health care sites and followed by Q&A to further educate audiences about the realities of being in a vegetative state.

The YMCA wellness programming includes three sessions on balance and falls prevention, free massages, a series of general nutrition classes, and a lecture on cancer fatigue by Quincy staff, as well as a lecture on women’s health and incontinence by Braintree staff

Initiative	Target population	Community served	Measure	Cost/resources expended this year
Active Older Adult Screening	Older adults/seniors	Metro Boston	100 participants	\$1,100
Boston Ability Expo	General public, especially older adults and people with disabilities and limited balance	Statewide	3,500 attendees	\$6,000
Boston Pops Concert	Stroke patients and their families	Metro Boston	150 patients and family members	\$10,000
Community wellness outreach and information tables	General public, including children, families, and other community event participants	Metro Boston	3,500 people	\$6,600
Golfing conditioning lecture	Adults of any age	North Shore/Middleton are	5 participants	\$200
Hanover soccer clinic	Kids ages 7-15	Hanover, MA	92 participants	\$960
Physical activity webinar for people with disabilities	People with disabilities	Statewide and beyond	50 webinar participants	\$1,000

Revolution soccer clinic	Children ages 6-18 with physical or cognitive disabilities and their families	Metro Boston	85 attendees	\$1,000
Tennis injury prevention education session	Women ages 40-60	Metro Boston	80 attendees	\$1,000
TBI lecture series	People with a loved one who has a brain injury	Metro Boston	50 attendees	\$820
TBI film production	General public	Statewide and beyond	N/A	\$500
YMCA wellness programming	YMCA members, including seniors and cancer survivors	Metro Boston	92 people	\$4,500
			Total:	\$33,680

D. Improving the social environment and opportunities for those with disabilities

Advocacy with and on behalf of people with disabilities is core to the mission of Spaulding Rehabilitation Network. To decrease isolation and increase social-emotional support for people with disabilities, the Spaulding Boston Community Benefit Program supported the following initiatives in FY18.

The Adaptive Sports Program began in 2001 in Boston and on Cape Cod and expanded in 2009 to the North Shore. The Spaulding Adaptive Sports Centers are open to all individuals in the community who are living with disabilities. Staff members help each participant find the most appropriate activities for his/her interests, capabilities, and needs. The adaptive sports include downhill and cross-country skiing, snowboarding, ice skating, archery, curling, cycling, golf, indoor and outdoor rock climbing, seated cardio aerobic classes, volleyball, sled hockey, stunt kite flying, tennis, therapeutic drumming, horseback riding, wheelchair basketball, wheelchair dance, yoga, fishing, kayaking, outrigger canoeing, rowing, sailing, stand-up paddling, water skiing, and windsurfing.

The Americans with Disabilities Act (ADA) Day is a celebration held at the Spaulding hospitals on the anniversary of the passing of the ADA and raises awareness of disabilities and related issues. This year's event included an information booth and a treasure hunt in the hospital.

The Annual Walk for Burn Survivors is a walkathon in the Boston area that is used to raise money for the Burn Survivors of New England (BSONE) and more specifically to help fund the group's trip to the World Burn Congress. Spaulding Hospital provides space and security on our campus for the walk registration and picnic, parking vouchers to participants and encourages staff to walk and donate.

Brain Injury Association of Massachusetts (BIA-MA) and monthly support group meetings for **BABIS (Boston Acquired Brain Injury Support Group)** are hosted out of Spaulding. The BIA-MA supplies needed support for current and former brain injured patients and Spaulding, connecting them with valuable community resources and advocating for this patient population.

Exercise for People with Disabilities (ExPD) is a program that provides suitable exercise activities for health, leisure and sport for people with disabilities such as spinal cord injury, cerebral palsy, multiple

sclerosis, and peripheral neuropathy. The ExPD program is overseen by Exercise Physiologists, who are trained in keeping individuals with chronic diseases, such as Spinal Cord Injury, as fit and healthy as possible through the use of aerobic conditioning and strength training. Our team is familiar with a wide range of chronic conditions and is experienced in advanced technologies such as oxygen consumption measurement and heart rate monitoring. Currently, the EXPD program is the only program in the United States that offers FES rowing, giving our staff unparalleled expertise in this emerging form of exercise.

The Phoenix World Burn Congress is the world's largest gathering of the burn community, connecting attendees with support, resources, and each other. For many, it is the first chance to connect with others on the journey of recovery from a burn injury. Spaulding provides half of the cost of registration and hotel fees for 30 members of the Burn Survivors of New England (BSONE) group to attend.

The support group for burn survivors is offered in partnership with BSONE and is meant to provide emotional and social support to burn survivors and their families, as well as to provide access to resources and information. The support group meets monthly for 90 minutes hours in a Spaulding conference room on the fifth floor.

Yoga for burn survivors is also offered in partnership with BSONE. This free monthly one-hour yoga class provides an opportunity for self-care and socializing for burn survivors and others who wish to participate and is intended to prevent social isolation as part of recovery for burn victims.

Initiative	Target population	Geographic area	# served this year	Cost/resources expended this year
Adaptive Sports Program	People with disabilities	Metro Boston	700 people	\$374,000
ADA Day	Individuals with disability and their families	Metro Boston (onsite at SRH, benefits those using SRH)	1000 people	\$500
Annual Walk to Benefit Burn Survivors of New England	Organization that serves burn survivors and their families	Statewide	300 participants	\$500
Brain Injury Support	Brain injury patients and family	Metro Boston	200 patients and families	\$22,000
Exercise for People with Disabilities (ExPD)	Individuals with disabilities	Metro Boston	200 patients	\$118,000
Phoenix World Burn Congress	Burn survivors	Statewide	30 people	\$6,750
Support group and yoga for burn survivors	Burn survivors and their families	Metro Boston	25 people	\$2,200
			Total:	\$523,450

E. Other Priorities Identified by the Community

Spaulding Boston’s Community Benefit Program supports community priorities that are uniquely identified as areas of need by our immediate Charlestown community. In FY18, the program supported the following initiatives.

The Building a Healthier Charlestown Grant Program was designed to require multiple Charlestown organizations to apply together demonstrating a measurable impact on social determinants of health using evidence-based approaches. Two initiatives have emerged from this process and each are in the fourth year of funding, supported by MGH CCHI and Spaulding:

- 1) *Cancer / Healthy Living: Healthier Living through Good Food and Exercise.* Local Charlestown organizations The Kennedy Center, CAPE (Cancer Awareness Prevention & Education)/Art of Healthy Eating, Whole Foods of Charlestown, Kids Cooking Green, and The Charlestown YMCA have partnered together to address healthy living and nutrition through children and parent focused nutrition and exercise classes. The focus is to work together to promote and improve health, fitness and quality of life and reduce chronic disease risk through consumption of healthful diets and daily physical activity and achievement and maintenance of healthy body weights. The program offers monthly Art of Healthy Eating classes to over 100 children at the Kennedy Center as well as several parent focused nutrition classes, along with exercise and fitness courses at the Charlestown YMCA.
- 2) *Education: Charlestown Education Collaborative.* Boston Housing Authority for the Charlestown Adult Education Program (CAEP), BHA Charlestown Adult Education (CAEP), Mishawum & CharlesNewtown Housing, Smart from the Start and the Charlestown Substance Abuse Coalition have partnered together with the goal to develop a culture of life-long learning in Charlestown by providing high quality high school equivalency preparation and ESOL classes and facilitating high level college and career readiness skills. In 2015, 19 out of 25 students in our Fast Track class, passed their HiSET exams (last 6 have one test left), 8 students obtained employment, 80% of ESOL students enrolled in the program moved to the next course level. This initiative has also been successful in bringing in additional community support through partnerships and funding sources to broaden their programming and plan for long-term sustainability.

Spaulding-CNC Community Partnership Fund is an annual community-based process between Spaulding and members of the Charlestown Neighborhood Council (CNC) to distribute \$100,000 in targeted “mini-grants” for Charlestown community-based non-profit organizations and programs that enhance the quality of life in Charlestown, strengthen the capacity of Charlestown residents to meet health and human service needs, and is aligned with one of the goals identified through the CHNA. A full list of the grants distributed in 2018 are included in Appendix C.

Meeting space is provided to a range of community organizations in Charlestown as well Charlestown residents. Spaulding’s conference space is provided free of charge and is regularly used for local meetings of self-help/recovery support programs.

Initiative	Target population	Community served	Measure	Cost/resources expended this year
The Building a Healthier	Charlestown residents	Charlestown	Two funded initiatives	\$100,000

Charlestown Grant Program				
Spaulding-CNC Community Partnership	Charlestown residents	Charlestown	18 funded organizations	\$100,000
Meeting space	Charlestown residents	Charlestown	520 hours	\$26,000*
			Total:	\$226,000

*calculation based on below market rate

F. Total FY18 Community Benefit Investment:

Across the five priority areas, SRH made a total investment of \$1,916,151 in FY18.

Priority Area	FY18 Financial Investment
Addressing the social determinants of health	\$154,600
Improving Access to Care	\$978,421
Promoting wellness and preventing injury and disease, especially for children, seniors, and those with disabilities	\$33,680
Improving the social environment and opportunities for those with disabilities	\$523,450
Other priorities identified by the community	\$226,000
Total FY18 Investment:	\$1,916,151

IX. Our Community Benefit Plan for FY19

A. Addressing the social determinants of health

To increase opportunities for education and professional advancement, the Spaulding Boston Community Benefit Program plans to support the following initiatives in FY19.

Initiative	FY19 Target
Camp Harbor View Career Day	At least 4 students
Citizenship Classes	At least 3 participants
College for America	At least 8 employees
Holiday Food Pantry	Up to 1800 lbs. of food
Nursing Assistant Feed In Program	3 classes/up to 21 students
Peace Arts Gallery	4 gallery shows
Project Hope	At least 20 individuals
Project Search	At least 5 interns
Triangle Ink	At least 20 trainees
Unused office supply donation	All available for donation

B. Improving Access to Care

To reduce barriers to health care, the Spaulding Boston Community Benefit Program plans to support Free Care for patients in need in FY19. Although it is difficult to anticipate the payers and coverage associated with patients who may need such assistance in the year ahead, SRH assumes the cost of non-covered services may be comparable to those of FY19 (~\$978,421).

C. Promoting Wellness and Preventing Injury and Disease

To increase wellness and prevent injury and disease, especially for children, seniors, and those with disabilities, Spaulding Boston Community Benefit Program plans to support the following initiatives in FY19.

Initiative	FY19 Target
Boston Ability Expo	At least 3,500 attendees
Boston Pops Concert	At least 150 patients and family members
Community wellness event at Harvard Kent Elementary School	At least 3,500 people
Golfing conditioning lecture	At least 5 participants
Hanover soccer clinic	At least 90 participants
Physical activity webinar for people with disabilities	At least 50 people
Revolution soccer clinic	At least 85 people
Tennis injury prevention education session	At least 80 people
TBI lecture series	At least 50 people
TBI film production	NA, audience size unknown
YMCA Wellness Programming	At least 90 people

D. Improving the social environment and opportunities for those with disabilities

To decrease isolation and increase social-emotional support for people with disabilities, the Spaulding Boston Community Benefit Program plans to support the following initiatives in FY19.

Initiative	FY19 Target
Adaptive Sports Program	At least 700 people
ADA Day	At least 1,000 people
Annual Walk to Benefit Burn Survivors of New England	At least 300 people
Brain Injury Support	At least 200 patients and family members
ExPD	At least 200 patients
Phoenix World Burn Congress	At least 30 people
Support group and yoga for burn survivors	At least 25 people

E. Other priorities identified by the community

To provide resources, as appropriate and available, to support community priorities that fall outside the other community benefit priority areas, the Spaulding Boston Community Benefit Program plans to support the following initiatives in FY19.

Initiative	FY19 Target
Building a Healthier Charlestown Grant Program	\$100,000 in grants
Spaulding-CNC Community Partnership	\$100,000 in grants
Meeting space	At least 520 hours of space use

Appendix A: Spaulding Boston Community Benefit Planning Group Members

Working Group and Senior Leadership

Rebecca Kaiser, Chief of Staff, Chair

Russ Avena, VP of Human Resources

Paul Chiodo, Director of Finance

Oz Mondejar, VP of Mission and Advocacy

Colleen Moran, Director, Workforce Programs, Spaulding Rehab Hospital-Boston

Tim Sullivan, Director of Communications

Margaret Loeper Vasquez, Director of Nutrition & Food Services

Rob Welch, VP of Outpatient Services

With special thanks to Jasmine Jean, summer intern for Spaulding, who provided key support for the project.

Appendix B: MA Behavioral Risk Factor Surveillance Survey (BRFSS) Data for People with Disabilities

2016 - Disability status and types among MA adults 18 years of age and older
(Type of disability as reported on the BRFSS)

Any disability	22.8%
Cognitive disability	9.9%
Hearing disability	5.2%
Mobility disability	10.2%
Vision disability	4.2%
Self-care disability	3.1%
Independent living disability	5.9%
No disability	77.2%

2016 - Disability status and types among MA adults 18 years of age or older
(percent of demographic groups reporting a disability on the BRFSS)

18-44	16.7%
45-64	23.5%
65+	40.4%
Male	21.8%
Female	23.5%
White	20.7%
Black/African American	25.4%
Hispanic	38.0%
Asian	19.1%
Veterans	29.5%

2016 - Income level, education level, and marital status of MA adults age 18 years and older by
disability status as reported on the BRFSS

	Any disability	No disability
<\$15,000	21.6%	4.6%
\$15,000-<\$25,000	10.7%	5.1%
\$25,000-<\$35,000	10.6%	8.2%
\$35,000-<\$50,000	14.6%	12.2%
\$50,000 or more	42.5%	69.9%
Some high school or less	20.1%	8%
High school graduate	62.4%	48.9%
College graduate	17.6%	43.3%
Married/unmarried couple	42.1%	56.4%
Divorced/separated	16.3%	9.5%
Widowed	7.3%	4.5%
Never Married	34.3%	29.6%

2016 - Health indicators for MA adults by disability status as reported on the BRFSS

	Any disability	No disability
General health (adults 18 and older)		
Fair or poor self-rated health	37.7%	6.3%
Physically unhealthy in past 30 days (adults 18 and older)		
0 days unhealthy	36.8%	72.3%
1-13 days unhealthy	31.9%	23.1%
14 or more days unhealthy	31.3%	4.6%
Average sleep per 24-hour period (adults 18 and older)		
1-6 hours	45.2%	30.2%
7-9 hours	47.4%	68.1%
10 or more hours	7.4%	1.7%
Falls (adults 45 and older)		
Fallen in past 12 months	44.6%	21.5%
Chronic diseases (adults 18 and older)		
Ever had arthritis	40.3%	17.4%
Current asthma	17.9%	8.2%
Ever had cancer (excluding skin cancer)	8.4%	5.4%
Heart disease	11.6%	3.6%
COPD	12.7%	2.6%
Diabetes	14.4%	6.1%
Ever had a stroke	5.9%	1.3%
Prevention and screenings		
Mammogram in past 2 years (females 50-74 years)	84.4%	86.3%
Up-to-date on cervical cancer screening (females 21-65)	84.6%	86.3%
Up-to-date on colorectal cancer screening (adults 50-75)	73.9%	75.3%
Visited dentist in past year (adults 18+)	63.2%	77.1%
Had flu vaccine in past 12 months (adults 18+)	42.2%	40.6%
Smoking behaviors (adults 18+)		
Current smoker	24.2%	11.2%
Former smoker	30.4%	23.7%
Never smoked	57.1%	54.2%
Attempted to quit smoking in past 12 months	57.1%	42.9%
Currently use e-cigarettes	10.1%	3.5%
Body mass index categories (adults 18+)		
Underweight	1.9%	1.9%
Normal weight	30.6%	41.6%
Overweight	32.8%	36.1%
Obese	34.7%	20.4%
Other health risks & behaviors		
Binge drinking in past 30 days (adults 18+)	19.6%	19.3%
Ever tested for HIV (adults 18-64)	58.6%	44.0%
Barriers and costs of care (adults 18+)		
Could not see doctor in past 12 months due to cost	18.7%	6.4%
Have 1 personal doctor or health care provider	84.6%	84.8%
Have 2 or more providers	4.6%	2.8%
Have no health care provider	10.8%	12.4%
Have health care coverage	91.9%	94.5%
Mental and emotional health (adults 18+)		
Ever had depression	47.5%	11.7%
Mentally unhealthy days in past 30 days (adults 18+)		
0 days mentally unhealthy	37.8%	67.8%
1-13 days mentally unhealthy	28.0%	25.8%
14+ days mentally unhealthy	34.2%	6.5%

Appendix C

2018 Spaulding-CNC Community Partnership Fund Awards

Organization	Award granted	Request Summary
Boys and Girls Club of Boston - Charlestown Club	\$9,196	The inclusion initiative at the Charlestown Boys and Girls Club is focused on positioning staff and programs to effectively support individual members, whether they face physical, developmental, or behavioral challenges such as autism spectrum disorders, sensory impairments, Down Syndrome, physical mobility issues, among others. The goal is to maximize successful participation in our programs through an approach that accommodates the needs of members while maintaining the fundamental nature of Club Individuals with disability activities. There is also planned an outdoor adventure lead by the Inclusion Facilitator, certified by the Appalachian Mountain Club.
Charlestown Babe Ruth Inc.	\$4,576	The Charlestown Babe Ruth program runs the youth baseball program for children ages 13-18. This year's funding will provide a much needed purchase and installation of an electronic scoreboard at the Ryan Playground baseball diamond.
Charlestown Girls' Softball	\$5,000	Charlestown Girls' Softball will replace the team's uniforms, which last on average 5 seasons. The program provides girls ages 5-18 with a team experience that fosters positive achievement, self-esteem and individual growth.
Charlestown Little League, Inc.	\$5,000	Charlestown Little League will continue the teen employment program by employing and training 10-12 teens as teen umpires and concessions stand staff, ages 13-18, providing them with a safe alternative after-school activity, as well as a source of income and community pride. Additionally, this grant funding will provide the annual insurance coverage for the program.
Charlestown Nursery School	\$5,000	This funding will support Charlestown early childhood educators to participate in the Wonder of Learning Boston 2018 program. Wonder of Learning is a professional development conference and training for early childhood educators; Charlestown Nursery School will connect Charlestown educators with this program, the first time coming to Boston.
Charlestown Youth Soccer Association	\$5,000	Ensure that all Charlestown Youth Soccer Association players benefit from strong coaching at all levels by recruiting professionals. Coaches will teach the fundamental principles of play, develop players' understanding of the game, and ensure that they learn skills and tactical knowledge. Coaches would ensure that players and teams can maintain possession of the ball, develop positional awareness, respond in defense and intelligently construct an attack. Our goal is to ensure that young people have access to healthy activities that keep them busy and occupied particularly as they enter their teen years.
Charlestown Working Theatre, Inc.	\$5,000	The Charlestown Working Theater will support our our youth productions, classes, and community/artistic partnerships, which includes core educational programs for children and young adults including our two annual productions, and off-site classes in Instructional chess and animation. Expenses include administrative and education salary supports, as well as expendables such as class supplies, costumes and sets.

Charlestown YMCA	\$5,000	The Charlestown YMCA will provide scholarships to 10 new teens with a one-year membership and program access, specifically enrollment in our Teen Leader's Club program. The goal of our Leader's Club is to help teens gain leadership training, to serve others and to develop them personally and socially. The funding will cover attendance of all 10 teens at one Leader's Club Rally with other YMCA Leader's Clubs and four college tours.
Charlestown Youth Football and Cheerleading League	\$5,000	Charlestown Youth Football and Cheerleading provides fundamental teaching, instruction, and coaching for boys and girls ages 6-15. The grant will pay the required insurance, transportation costs, referee and EMT fees, and the overall safety and maintenance of the program. The program teaches discipline and respect, with a mission to keep at-risk youth off the street and off drugs.
Charlestown Youth Hockey Association	\$5,000	Through targeted, specific efforts of Micro Hockey and Friday Night Ice, Charlestown Youth Hockey aims to support and develop highly influential groups of youth at the youngest and critical teen ages. The continued efforts of these specific age-appropriate skill and alternate activity programs will continue to provide an environment for safe, healthy and fun activities to educate and build the mental and physical well-being for the youth of Charlestown. Long-term, we aim to support our youth to have the confidence and ability to make smart life choices and practice healthy living habits to benefit from throughout a lifetime.
Courageous Sailing Center for Youth, Inc.	\$4,850	Courageous Sailing will provide families, whose members participate in Adaptive Sailing Days or in our Swim, Sail, Science Program, the opportunity to sail together with an instructor. Charlestown Family Sailing will give Charlestown residents who might not usually have access to our harbor the opportunity to enjoy the fun, peace, family time, and/or learning possibilities of sailing.
Friends of the Mel Stillman Community Tennis Center	\$5,000	The Friends of the Mel Stillman Community Tennis Center will continue to provide and grow the CHAD Tennis program in the Charlestown community. CHAD tennis provides year-round opportunities to learn and practice tennis through local partnerships with Warren Prescott Physical Education Program, Edwards Middle School After School Program, Community Center Camps and organized weekly clinics. Funding will cover instructor fees and equipment for the summer program.
Harvest on Vine Food Pantry	\$5,000	Expanding on the successful and widely popular Thanksgiving turkey distribution, Harvest on Vine will provide Easter ham dinners again to 500 families in 2019. These funds will provide about half of the needed funding for this project, with the rest coming from additional community support and fundraising.
Gardens for Charlestown	\$1,378	Charlestown Gardens will continue and expand its program "Tend and Tell: Watch us Grow!" to teach children from K-2 at Harvard Kent School about earth sciences, nutrition and reading. Using the community garden as the laboratory for learning, the children acquire knowledge and hands-on experience pertaining to: how and why plants grow, where their food comes from, the relationship of weather, birds and insects to successful growing and healthy nutritional options through a nine-week in-class curriculum.

John F. Kennedy Family Service Center, Inc.	\$10,000	The Kennedy Center will continue to use the grant funding for a Parent Partner staff position, hiring a local resident to provide a bridge between the staff and community they serve. The funding will be paired with other grant sources to help fund the position that provide the educational parenting skills training and support services offered through the Community Services Center. The Parent Partner assists parents with Ages & Stages screenings, Book-Nook lending library, weekly parenting support group and facilitated playgroups. The grant will also fund a Community/Senior Service Coordinator assisting elders with access to community resources related to food, housing, employment, transportation, etc.
Special Townies	\$10,000	Special Townies is a recreational program for children with special needs and their families, with a mission to foster respect, awareness, acceptance, and inclusion within our community of children with Autism and other developmental disorders. We operate out of our clubhouse in Charlestown, where we organize social events and outings, provide resources and guidance to parents, hold meetings, and provide the environment needed for the socialization of special needs children. This funding will go toward keeping our space running so that we may continue to provide these services to our 40+ families. Additional funding will go toward programming, specifically the costs associated with our weekly swim days, Social Saturdays and Sundays, and monthly trips to Sky Zone.
Town Track Club, Inc.	\$5,000	Town Track Club is a track & field, running and fitness club offering year round youth XC and Track, FIT KIDS afterschool youth fitness programs for schools, adult fitness classes, adult mile to marathon training, and pre-season conditioning for sports teams. Funding is needed for these programs, but priority will be given to support the successful growth of Town Track's Urban XC/Track project for a free afterschool XC /Track program that's serves primarily Charlestown middle school kids. The project's focus is to provide opportunities to underserved youth by establishing Cross Country /Track teams for the kids of Charlestown that traditionally do not have XC/Track facilities or sports programs at their schools.
Warren Prescott Foundation	\$5,000	The Warren Prescott Foundation will use the grant funding to support the City Connects programming, which targets students with moderate risk in one or more of the following areas: Academic, Social/Emotional/Behavioral, Health, and or Family. This funding will allow expansion of the programming to include 50-60 students through 10 new small groups of 5-6 students each, to teach skills such as self-esteem building, anger management, how to make and keep friends, and tools for calming themselves/self-regulation. The groups would meet on a regular basis throughout the school year to support these students develop a growth mindset.
Total Awarded	\$100,000	

