

Fall 2017

# COMMUNITY BENEFIT BULLETIN

A quarterly update from the Department of Community Benefit

## EDITOR’S NOTE

In this issue: Meet the 2017 Healthy Living grantees, employees can do good in the community with Kindness Grants, and cooking up hope with our Savoring Hope cooking classes.

## HEALTHY LIVING GRANTEES BRING INNOVATION TO HEALING COMMUNITIES

In a packed Arthur & Rosalie Kaplan Family Pavilion conference center, 10 organizations sat poised to become a part of the exclusive 2017 Healthy Living Grant cohort. But first, they were able to watch and listen as the 2016 Healthy Living Grant recipients shared the findings and lessons learned during this past year. There were a lot of great ideas from our 2016 Healthy Living Grantees. To see those findings, you can visit our virtual poster session by [clicking here](#).

For our new grantees, the Community Benefit Advisory Council selected organizations from throughout the San Gabriel Valley, South Bay and Antelope Valley. The projects ranged from an innovative pop-up farmers market to a social media-based healthy living program for youth. In total, eight organizations each received \$5,000 grants and one year of technical assistance provided by City of Hope’s Community Benefit Department. The technical assistance will follow these organizations as they deliver their programs and help them design and collect evaluation data so that they will be able to share their story at next year’s conference. Here is a short description of the programs funded:

**Asian Youth Center.** The **Accelerated Children’s Education** program will consist of weekly classroom projects designed to teach youth healthy facts and habits. Lessons are correlated with the California Core standards for health education. Students ages 6 to 14 will also receive the sport, play and active recreation for kids (SPARK) physical education component for at least 30 minutes each day.

**BREATHE California of LA County.** Twenty afterschool facilitators will be trained in the **No To Tobacco** Program for delivery to at least 500 youth. Ten teams of students will create the anti-tobacco PSAs. Entries will be shown on the BREATHE LA YouTube channel and promoted through social media.

**Boys & Girls Club of West SGV.** Utilizing the Boys & Girls Club’s evidenced-based **Triple Play program**, the club will partner with Mildred B. Janson Elementary School, in Rosemead, during school hours. This fitness program will run September 2017 through May 2018 and will be offered three times per week in two-hour blocks, for a total of six hours per week. Almost 300 youth K through sixth grade will benefit from this program.

**Eco Urban Gardens.** The **Arroyo High School Community Garden** program will create a health hub for the city of El

Monte through a collaboration with the school and local community partners. The students and community members will engage in hands-on gardening, cultivation of crops, healthy food prep, goal setting and physical activities.

**Our Savior Center.** Taking place at the Doris Dann Kid’s Campus, the **Sustainable Garden** will address the importance of healthy lifestyle choices, the need for local food, the restoration of natural habitat, impacts of climate change and maintaining a sustainable lifestyle. This program will serve approximately 1,800 children and their families.

**Antelope Valley Partners for Health.** The **YOLO Wellness Challenge** is a free, friendly community wellness competition which rewards participants for developing and maintaining healthy habits. Each participant earns points for each item they complete. “Selfies” are submitted to verify task/activity completion. At the end of the challenge, participants can win prizes.

**The Learning Centers at Fairplex.** **Healthy Seniors at the Farm at Fairplex** is a one-year program focused on how volunteering and working at the five-acre farm impacts health. Seniors will be asked to volunteer 450 hours over the year and participate in an array of farming activities that includes seeding, planting, harvesting and cooking, and participate in monthly health education sessions. They will wear Fitbits to monitor health and nutrition data. There will be fitness, blood pressure, body measurements and glucose testing to measure changes in clinical health indicators, too.

**Pasadena Educational Foundation.** These **pop-up farmers markets** will address food insecurity and lack of access to healthy foods by opening up a farmers market every Tuesday evening from 4 to 6 p.m. Located along busy Peoria Street, and down the block from a closed Von’s market, they will sell fruits and vegetables for \$1/bag. The fruits and vegetables will be sourced from the Pasadena Unified School District garden. They intend to reach 20 families per week.



Two special grants were awarded to the **Kare Youth League** and to the **East San Gabriel Coalition for the Homeless**. These two community building grants were created to meet the needs of local organizations that have important work to do, but do not fit with the category for the Healthy Living Grants. The **Kare Youth League** will use the funds to remodel and create a health center in one of the modular buildings donated by the Los Angeles Unified School District, located at the new Kare Park in Irwindale. **East San Gabriel Valley Coalition for the Homeless** will use the funds to address the critical needs for emergency shelter by providing motel vouchers for their most vulnerable clients.

During the year, all of these organizations will be receiving a site visit from one of our Community Benefit Advisory Council members. The visits will not only check in on the sites to ensure responsible use of the grant dollars is happening, but also to engage and connect our council members and City of Hope to the community it serves. To continue this connection, many of these grantees have events that run throughout the year and they welcome volunteers and visitors. If you are interested in learning more about the events that our grantees are hosting, contact **Nancy Clifton-Hawkins** at [nchawkins@coh.org](mailto:nchawkins@coh.org). for more information.



## ANNOUNCING THE 2018 KINDNESS GRANT PROGRAM

Have you ever wanted to do something good in the community that connects your work with the most vulnerable? Have you wanted to deliver a screening/ education/awareness program but did not have the funds in your department budget to pursue it? If you have wanted to do something that is kind and promotes good health, we want to let you know about a new internal community benefit funding program that will begin in January 2018 called the Kindness Grants. The Kindness Grants will fund community projects that are led by City of Hope employees, in amounts as small as \$100 and up to \$5,000 (the bigger the ask, the less we can give to other employees as we only budgeted \$5,000/quarter to do this type of work). Ideas need to fall within the scope of our 2018-2021 Implementation Strategy priorities list below:

- Access to care – Need for culturally relevant partnerships that decrease barriers to care**
- Chronic disease prevention – Need for information on healthy living, specifically related to how nutrition and physical activity impact cancer and diabetes**
- Mental health – Need for supportive partnerships that increase access to mental health care/services**
- Cancer prevention and early detection – Specifically related to lung, colorectal, prostate and women’s cancers**

More specifically, these ideas need to take place within the vulnerable communities of the San Gabriel Valley. And the deliverables must focus on the needs of our diverse populations, as well as other vulnerable groups like the LGBTQ, children or the frail elderly. Keep in mind that small is beautiful and you do not need a lot of money to do kind and wonderful things that make a significant impact. Start dreaming and look out for the Kindness Grant application in December 2017. To learn more or process ideas, send a note to **Nancy Clifton-Hawkins** at [nchawkins@coh.org](mailto:nchawkins@coh.org).



## CITY OF HOPE’S SAVORING HOPE COOKING CLASSES

City of Hope’s Savoring Hope cooking classes in the Teaching Kitchen will shine a light on healthy ingredients, the benefits they have and how they will make you feel. Presented by certified Executive Chef Christian Eggerling, Savoring Hope offers a series of classes for beginning, intermediate and experienced cooks.

Savoring Hope will help you explore your food in a whole new way. Throughout each class you will discover how to make healthy eating choices, and fun and engaging tips on how to prepare healthy meals.

**Thursdays 4:30 to 6 p.m. |** City of Hope - Flash Building  
Presented by **Executive Chef Christian Eggerling**

Registration is available online at [CityofHope.org/savoringhope](http://CityofHope.org/savoringhope)  
For more information, contact **Astrid Williams** at [astwilliams@coh.org](mailto:astwilliams@coh.org).

SAVORING  
HOPE



To deepen understanding about Community Benefit activities here at City of Hope, send us a note: [CommunityBenefit@coh.org](mailto:CommunityBenefit@coh.org). We would love to hear from you!

City of Hope, 1500 E. Duarte Road, Duarte, CA 91010 • [CityofHope.org](http://CityofHope.org)

