

Summer 2020

COMMUNITY BENEFIT BULLETIN

A quarterly update from the Department of Community Benefit

EDITOR'S NOTE

In this issue, you will be introduced to the 2020 Cohort of Healthy Living Grantee and see how we have gone virtual with our Savoring Hope cooking and Nutrition for Healthy Lifestyle classes.

LOCAL ORGANIZATIONS BENEFIT FROM THE HEALTHY LIVING GRANT

Each year, City of Hope strives to support organizations in meeting the needs of the most vulnerable in the communities we serve. Through the [Healthy Living Grant program](#), City of Hope can reach into our local communities and provide an opportunity address the health disparities and health inequities these organizations face each day. This year, we received an outpouring of interest from a variety of organizations that desire to address disparities related to cancer care, nutrition, diabetes and mental health in the multi-ethnic communities surrounding City of Hope. Our Community Benefit Advisory Council, reviewed and scored each application and decided on the awardees for the

2020 Healthy Living Grants. On June 9, the [Virtual Healthy Living Conference](#) was held and \$50,000 in grants were awarded to the following organizations.

The Foundation for Living Beauty. New Ways to Support Women With Cancer will continue to provide much needed support for women with cancer. Living Beauty will transform programs so that they can be held online. They will hold five online day retreats that will focus on meditation, yoga, pain management and nutrition. Living Beauty's focus is to aid in a woman's healing during her cancer journey, from all aspects of her life, while providing tools to continue the healing on her own.





BREATHE California of Los Angeles County: BREATHE LA will conduct three one-hour **Adult Lung Health Workshops** with a lung screening for up to 50 people per site. Workshop attendees will be able to determine their COPD risk and all who score in a high risk range will receive a referral to their primary care physician to share test results. While there is no cure for chronic lung disease, the Adult Lung Health Workshops will provide education, awareness and empowerment in support of early detection and identification of COPD among individuals in high-risk, high-need areas within the Greater San Gabriel Valley.

Antelope Valley Partners in Health: Antelope Valley-Diabetes Education Empowerment Program (AV-DEEP) is designed to help people with prediabetes and diabetes, and relatives and caregivers gain a better understanding of diabetes self-care. Eight unique learning modules on improving eating habits, increasing physical activity, self-care strategies, preventing diabetes-related complications and utilizing resources will be given during a six-week program. DEEP classes will be held onsite and at their local Community Wellness Homes. They will look toward ways to adapt to the COVID safe physical distancing guidelines.

Pasadena Educational Foundation: Power Kids Diabetes Prevention Program, along with Huntington Hospital, will address diabetes prevention in children and youth through a seven-week program of nutrition education and physical activity, focusing on those who are overweight or are at increased risk for later obesity and type 2 diabetes. This nonjudgmental family model program is designed to avoid making children and youth feel ashamed of their weight.

Eco Urban Gardens: Rosemead High School Best of Thymes Farm Stand will offer up afternoon/evening and weekend gardening workshops that will transform the school lot into a community garden. Throughout the year, students will be hosting a farm stand at the school and local farmers market. Students will learn entrepreneurial skills like hosting a farm stand, understanding seasonal organic produce and its nutritional density value, differentiating between organically grown produce and industrially farmed food, and marketing.

Pomona Environmental Advocacy for Community Health: Urban Farming and Socio-Ecological Resilience will conduct key informant interviews from community garden managers and participants to better understand how the community garden has contributed to their resilience during the COVID-19 crisis. They will develop and implement online urban farming classes to help vulnerable residents in Pomona.

Happy50Plus: Enriching the Life of Older Chinese/AAPI Americans Through Innovation will use a creative approach to reach underserved older, monolingual Chinese Americans. Through their multifaceted components and life-enhancing in-person events, older Chinese Americans will take part in interactive, informative and fun events meant to reduce social isolation and increase physical and mental health among older Chinese/AAPI adults.

Circle of Hope

The Cancer Wellness Programs are targeted toward underserved cancer patients and survivors in their community. Focus will be on physical activity, good nutrition and mental health of cancer survivors. Classes will be offered in group, individual and virtual settings through Zoom, Facebook Live and other social platforms. They believe with all their hearts that no one should fight cancer alone, and envision a time where every hand will be held and every fear addressed.

In addition to the \$5,000 grant, the grantees will receive one year of technical to support them as they learn, plan, implement and evaluate the impact their programs will have on the

communities they serve. At the end of the year, the grantees will have an opportunity to share the story of their experience with the incoming grantees at our annual Healthy Living Luncheon. To see the poster presentations from this year's conference, [click here](#).

City of Hope also awarded **Community Building** grants for organizations whose work reflects an identified need but does not fit the parameters of the Healthy Living Grant. This year, we are pleased to announce the following **2020 City of Hope Community Building** grant recipients.

Families Together of Orange County Community Health Center will provide food for families in need during COVID-19. Families Together of Orange

County is a lookalike community health center in Tustin. During this crisis, while health services have declined, the need for food has substantially increased. This grant will allow them to quadruple their program to offer more food and food options, health education materials and recipes for families in need. The food program will take place twice each month outside, and here too, social distancing will

occur. The team at Families Together of Orange County is committed to serving the local community. They are a family of professionals dedicated to making a difference in the Orange County area.

Project Angel Food: For Life, for Love, for as long as it takes ... Project Angel Food prepares and delivers healthy meals to feed people impacted by serious illness, bringing comfort and hope every day. They are uniquely positioned to address the nutritional

needs of Los Angeles County residents, who are battling serious illness, with their home-delivered, medically tailored meal and nutrition services program. They will serve medically tailored meals to 2,600 clients in Los Angeles County, including underserved areas such as the San Gabriel Valley, where they will serve 160 clients.

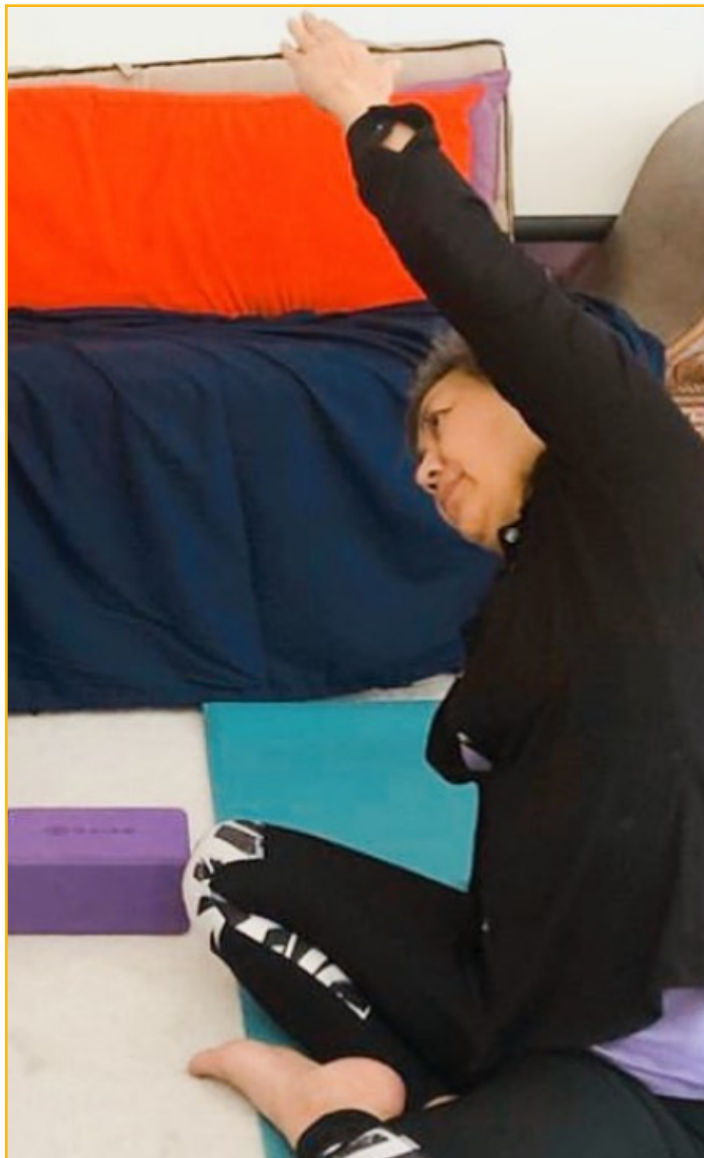
Food security has become a major factor in the community's ability to thrive during these uncertain times. Both **Families Together of Orange County Community Health Center** and **Project Angel Food** have received \$5,000 grants to live out their vision and serve communities that are especially vulnerable because of the impact of COVID-19.



GOING VIRTUAL

When COVID-19 hit our state, everyone went on lock down. All our routines changed to keep ourselves, our families and our communities safe from the spread of the virus. In the middle of all the physical distancing and people hunkering down, we were working to deliver some of our signature programs online.

One of the first programs to go online was our Conrad N. Hilton – City of Hope Partnership Nutrition for Healthy Lifestyles program. This six-week support group program was originally designed to be delivered in a face-to-face modality, where people could connect with each other and develop a cohesive support network that could help participants to make and sustain positive lifestyle changes. For Susan Nyanzi, DrPH, and Deborah Salgia, co-facilitators of this program, the move from an in-person class to a virtual setting takes a lot of creativity and flexibility. “Adapting the tools ordinarily used in a live classroom setting so that they are just as functional in an online classroom was a challenge,” shared Nyanzi. “We had to adapt the big sticky wall notes used in the class to a PowerPoint, so that we could mimic the real-life scenario.” For Salgia, attending to the emotional needs of the participants was an interesting challenge. “We needed to create a sense of trust and safety as we worked to deepen personal connections. We needed to observe the nonverbal communication remotely so that we could be attentive to the needs of the group,” she said. Both Nyanzi and Salgia admit that they had some reservations regarding the success of moving a dynamic program, like this, to a virtual setting. In the end, both were surprised that the participants opened up a lot more and shared



City of Hope®

their circumstances with one another. Salgia said, "It was indeed rewarding to support and witness class members bonding and helping one another as health and personal issues arose."

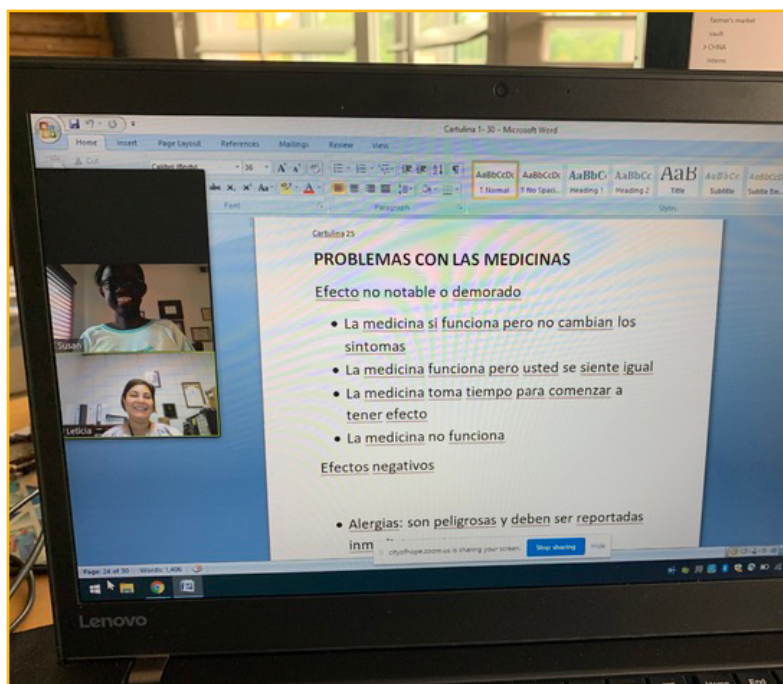
The Conrad N. Hilton – City of Hope Partnership Nutrition for Healthy Lifestyles program is a community-campus partnership. Six community organizations were brought to City of Hope and trained in the program. In return, they will be implementing the program in their respective communities, and doing so with the proper cultural context and languages. So far, a Spanish language program has been launched in conjunction with the Montclair Clinic. The Set for Life Inc. is prepping to begin their rollout of the program with several Black churches in Monrovia. The Nutrition for Healthy Lifestyles program is open to anyone with a chronic condition, or at risk for a chronic condition, that needs ongoing support to make healthy behavior changes that can improve their physical and mental health. To learn more about this program and to sign up for future City of Hope classes, click [here](#).

Also, a part of the Conrad N. Hilton – City of Hope Partnership, the Savoring Hope cooking classes have been delivered, in collaboration with the City of Hope's Nourishing Hope, since 2017. Ordinarily, the classes are held in the FLASH building employee kitchen. Chef Christian Eggerling, plays host to up to 20 participants, who laugh and learn about various cooking techniques and nutrition. More important, at the end of the class, attendees can sample the recipes. With all the interaction and tasting it was a challenge to get the

program running in a live online classroom. The team was able to adapt the class and pull off the program twice, treating our online audience to watermelon gazpacho and shrimp and crab spring rolls. One of the bright spots was our ability to take the class, which was limited in size because of the live location, and share Chef Eggerling's talent with a larger audience. The class is currently on a break during the month of

July. Check back with the Savoring Hope website to sign up now.

It looks like the physical distancing measures will be in place for quite some time. For those you in need of learning to cook or gaining support for a chronic condition, our classes will continue in online formats well into the future.



UPCOMING VOLUNTEER OPPORTUNITIES

Garden of Hope - Garden Club

Summer is here and that means the weather is HOT. The Garden of Hope can use volunteers to help with the watering and general upkeep of the garden. Garden hours are **Monday to Friday** (except Tuesdays) from **7 a.m. to 1 p.m.**, and **Saturdays (biweekly) 7 am to noon**. You must **R.S.V.P. with Nancy Clifton-Hawkins: nchawkins@coh.org**. All employees must be screened and wear a face mask to participate. Check out the Garden Club Chatter for more details. There also a few planter boxes that are up for adoption. Remember, you can earn **Wellness Credit** during the volunteer hours.



Volunteering Opportunities During COVID

If you are healthy and looking for ways to help our most vulnerable communities during COVID, the following organizations can use your support.

Foothill Unity Center — Monrovia. They have the option of volunteering at their Pasadena or Monrovia locations. Hours are **Monday to Friday 8:30 a.m. to 4:30 p.m.** You can pick the schedule for which you wish to volunteer. foothillunitycenter.org

Our Savior Center — El Monte. Volunteer at their food pantry. Open **Tuesday and Thursdays, 10 a.m. to 1 p.m.** Please contact **Jane Fall, executive director**, at JaneMF@our-center.org for more information.



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

City of Hope, 1500 E. Duarte Road, Duarte, CA 91010 • CityofHope.org

