

CARE WITHIN REACH

MetroWest Health Foundation • 2013 Report to the Community

A

ccessing health care can be difficult. The good news is that Massachusetts leads the nation in the percent of residents who have health insurance. The bad news is some people in Massachusetts, including many right here in MetroWest, still don't have insurance. Some can't afford it or don't qualify for the subsidized programs available through the state's health exchange. Others think they don't need it. And for many, having a health insurance card doesn't necessarily mean access to care. Many physician practices are closed to new patients and waiting lists exist for many services, including behavioral health care. Other services may require large out of pocket expenses that make them unaffordable for those with low incomes.

In 2013, the MetroWest Health Foundation embarked on a new strategic planning process. That planning process led us to three areas of focus for the next five years – *Healthy Aging, Adolescent Mental Health* and *Access to Care*.

As you will see in this, our 14th Annual Report to the Community, access to care is not new for the foundation. It is an area that we have long focused on, providing grants and capital to expand community health centers; supporting a health safety net for those who lack coverage or who face barriers to care due to language or ethnicity; or helping those on low or marginal incomes afford needed medications. Access is the starting point, but it is by no means an end point. This is why we are working to promote access to primary and preventive care throughout the region, specifically in high-need communities and among minorities and vulnerable populations.

Dana Neshe
Chair, Board of Trustees

Martin Cohen
President/CEO

FILLING IN THE GAPS: LIFE SAVING MEDICATION COVERAGE

FOR MANY WITH CHRONIC ILLNESS,

access to medication is essential to quality of life and survival. Yet for many, unexpected gaps in health insurance coverage can mean an inability to afford medicines, which can lead to dire health consequences. This was the case for Mary, a 54-year-old woman who came to MetroWest Meds at the Natick Visiting Nurse Association after being informed by Commonwealth Care that her income was suddenly too high to qualify for benefits that she had received for three years. Mary walked through the door anxious about the future. She takes eight very expensive medications to control schizophrenia, diabetes and hepatitis B. Without these medications, she would not be able to maintain her standard of living, including keeping her part-time job, which is essential to her economic survival.

After meeting with Mary, the staff at MetroWest Meds enrolled her in the

Pharmacy Card, which allows those who qualify to purchase medications for a small co-pay. This provided her with five medications immediately. The remaining three were obtained within two weeks by enrolling Mary in free medication programs offered through pharmaceutical companies, at a savings of \$2,045. MetroWest Meds staff also assisted Mary with contacting Commonwealth Care to find out more about her denial. It turns out that they made an error when calculating her income. Mary submitted recent paystubs and her benefits were restored within four weeks.

There are many stories like Mary's where gaps in coverage, for whatever reason, can cause a health crisis. Without a place to turn for help and support, Mary may not have been able to restore her insurance coverage, which would have meant going without life sustaining medication.



STAT FACT

Framingham has an adult uninsured rate of 9.4% which is significantly higher than the state rate of 4.8%.



MetroWest Meds is working every day to alleviate this burden for so many in our community.

The MetroWest Health Foundation made its first grant to the Natick Visiting Nurse Association- MetroWest Meds program in 2003.

STAT FACT

Over 11% of Massachusetts residents who were uninsured at some point during the year did not fill all their prescriptions due to cost as opposed to 3% of those insured.

IT'S A COLD TUESDAY NIGHT IN SUDBURY

as volunteer doctors, nurses and interpreters start seeing the over 40 patients who will come through the doors of the MetroWest Free Medical Program at Congregation Beth El. Those they see generally do not have insurance, most speak a language other than English, some are undocumented immigrants, and all are unsure of where else to turn for care. Most come in for an acute issue, like a sprained ankle that keeps them out of work. Doctors use that moment as a way to engage them in a larger discussion about their health. A patient may come in with a sprained ankle and leave with a plan to control his blood pressure.

Staff and volunteers also make every effort to connect patients to primary care doctors and enroll them in insurance. They view the program as an entry point into the formal medical system.

Fred's story epitomizes the program's mission and impact. Fred has a part-time job with a large company that requires him to wait a year before enrolling in the employee-sponsored health insurance plan. He resigned himself to the fact that he would be uninsured for a year. Then he injured his finger and the pain would not go away. He knew he had to get it checked out but could not afford to go to a doctor. He made his way to the Free Medical Program on a night that was by appointment only. Executive Director Kim Prendergast spent some time with him talking about his lack of insurance and medical history. She immediately realized he would qualify for Commonwealth Care for the year he was ineligible for his employer-sponsored insurance. They completed the paperwork and she urged him to return the next night during walk-in hours. Fred returned and received care for his finger, which was infected. The doctor also ran some routine tests and found borderline high cholesterol. He gave Fred some suggestions on diet changes, ways to help him quit smoking and coached him on what to ask his primary care physician at their first visit.

As the country moves toward a model of more universal health care, access points become increasingly important. Those most likely to fall through the cracks – new immigrants, people with mental illness, and those working in very low-wage, no benefit jobs – may need a friendly hand to guide them through the health care system. The MetroWest Free Medical Program offers this hand.

The MetroWest Health Foundation made its first grant to the MetroWest Free Medical Program in 2005.

Staff and volunteers also make every effort to connect



FINDING A MEDICAL HOME

GABRIELLA WAS PREGNANT, WITH NO DOCTOR OR INSURANCE

managers and nurses to the providers and reception staff. The health center staff also linked her to mental health services to help her recover from the trauma of losing her baby. Several years later she gave birth to a healthy baby who is now three. She is continuing with ongoing treatment and feels that her own physical health is excellent in large part due to the quality of the services at the health center. In addition, she recently transferred her son's care to the health center because she was unhappy with the care he was receiving at a private doctor's office. At her son's first visit to his new health center provider, she felt the

difference. The clinical team listened to her concerns and created a treatment plan with her participation, with quality and with respect. Gabriella could not have been more pleased. She had truly found a medical home.

The healthcare system is becoming more and more complex, making it harder for patients to receive the coordinated care they need. Since the opening of the Edward M. Kennedy Community Health Center's facility at 354 Waverly Street in Framingham, access has been expanded and scores of new patients have been served in ways that respect their culture, make them partners in their care, and provide care coordination so all their healthcare needs are met. Providers also routinely advocate for and connect patients to services outside the health center. The health center has averaged over 130 new patients per month from June through December 2013 showing a growing community need for this vital service.

The MetroWest Health Foundation made its first grant to the Edward M. Kennedy Community Health Center in Framingham in 2003 and last year made a grant to expand services to a new site in Milford.

when she came to the Edward M. Kennedy Community Health Center in 2008. She is an educated woman, but as an immigrant from Brazil with limited English and a lack of understanding of the U.S. health care system, she did not know where else to turn. The health center helped her find a Portuguese-speaking obstetrician and provided her with prenatal supportive services, including enrolling her in a health insurance plan.

Tragically, only a couple of months before her due date, she lost the baby. She turned to the health center staff for support and was able to deal with the situation in large part due to the dedication and caring of all the staff, from the case

STAT FACT

Over 46% of uninsured individuals in Massachusetts report going without needed care at some point during the year compared to 19% of insured individuals.



STAT FACT

Framingham and Marlborough have some of the highest child uninsured rates in the state - both at 4.9% compared to 1.5% in Massachusetts.

GRANTS

ACCESS TO CARE

Community Legal Aid

To conduct outreach and advocacy to assist Milford's residents in obtaining health insurance.

\$16,000.00

Edward M. Kennedy Community Health Center, Inc.

To support the start-up of a satellite health center in Milford.

\$134,152.00

Natick Visiting Nurse Association

To provide prescription drug assistance to the uninsured and underinsured in the MetroWest area.^{1&2}

\$285,510.72

New England Eye Institute

To provide eyeglasses to low-income children.¹

\$6,000.00

South Middlesex Opportunity Council, Inc.

To support a care coordinator to link clients to health insurance and primary care.

\$40,000.00

ADOLESCENT HEALTH

Ashland Public Schools

To reduce marijuana use among Ashland's adolescents ages 10-19.

\$18,515.00

Education Development Center, Inc.

To conduct the 2014 MetroWest Adolescent Health Survey.

\$605,343.00

Framingham Public Schools

To help adolescent boys get information and skills to build healthy relationships and prevent teen pregnancy.¹

\$25,000.00

Framingham Public Schools

To implement the School Mental Health Capacity Assessment.¹

\$9,110.00

Holliston Public Schools

To implement the School Mental Health Capacity Assessment.

\$4,800.00

Millis Public Schools

To train counseling staff in Dialectical Behavioral Therapy resulting in a reduction of self-harming behaviors among middle school students.

\$6,740.00

Natick Public Schools

To implement the School Mental Health Capacity Assessment.²

\$7,801.00

Natick Public Schools

To provide a reentry and stabilization program at Natick High School for students returning from hospitalization or long-term absences.²

\$145,100.00

Needham Public Schools

To implement the School Mental Health Capacity Assessment.

\$1,190.00

Pelham Apts. Recreation and Computer Networks Center

To support teen pregnancy prevention programs.¹

\$4,500.00

Planned Parenthood League of Massachusetts

To expand sexual health education programs for parents and teens in Milford and Marlborough.

\$33,747.00

Reach Beyond Domestic Violence Inc.

To address teen dating violence.

\$23,511.12

CAPACITY BUILDING

Advocates, Inc.

To improve analysis of outcomes data.

\$20,000.00

Wayside Youth & Family Support Network, Inc.

To implement a system of internal data collection, analysis and reporting.

\$19,520.00

CAPITAL

Edward M. Kennedy Community Health Center, Inc.

To establish a satellite health center in Milford.

\$265,848.00

CHILDHOOD OBESITY

Framingham State University

To assist local school systems in meeting the new national food standards for school nutrition programs.

\$117,945.30

Hudson Board of Health

To support the Mass in Motion program to promote active living and healthy eating in the towns of Framingham, Marlborough and Hudson.

\$120,000.00

Share Our Strength

To educate parents of young children on good nutrition and healthy eating habits.

\$42,056.00

COMMUNITY HEALTH

Natick Fire Department

To conduct CPR and defibrillator training for Natick High School students.²

\$30,000.00

Natick Public Schools

To conduct vision and hearing screenings for students with disabilities.²

\$9,839.00

Natick Service Council, Inc.

To increase heart healthy food options for low-income residents of Natick.²

\$50,000.00

COMMUNITY SPONSORSHIP

One Fund Boston, Inc.

Donation in support of victims of the Boston Marathon bombings.

\$5,000.00

HEALTH POLICY

National Alliance On Mental Illness Of Massachusetts

To effect statewide policy change to prevent unnecessary arrests and incarceration of people with mental illness.

\$17,500.00

HEALTHY AGING

Advocates, Inc.

To provide telephone-based psycho-educational support to improve the mental and physical health of caregivers of elders.

\$17,500.00

Advocates, Inc.

To reduce the incidence of substance use/abuse among older adults.

\$39,825.00

BayPath Elder Services, Inc.

To improve access to information and support for caregivers.

\$159,912.00

Framingham State University

To offer the Lifelong Learning Series Program, which provides social support and enrichment to older adults.¹

\$10,000.00

Franklin Council on Aging

To offer in-home respite care relief for caregivers of elders in Franklin and Bellingham.

\$12,245.00

ITN GreaterBoston, Inc.

To increase transportation to medical appointments and reduce isolation for elders and visually impaired residents.

\$250,000.00

Jewish Family Service of MetroWest

To train volunteers to assist elders with medical appointments.¹

\$48,266.65

Jewish Vocational Service/ReServe Greater Boston

To establish a MetroWest hub for ReServe Greater Boston that will provide meaningful opportunities for older adults.

\$48,481.70

Justice Resource Institute

To help older people living with HIV/AIDS manage chronic health conditions.¹

\$40,000.00

Medfield Council on Aging

To offer a respite program to caregivers of older adults.

\$28,672.00

Senior Support Foundation/ Holliston, Dover and Sherborn COAs

To offer evidence-based fall prevention programming.

\$9,775.00

SCHOLARSHIPS

Nursing (42)

\$69,000

Medical/Clinical (25)

\$48,000

¹ From the Framingham Union Grants Panel

² From the Leonard Morse Grants Panel

2014 DEBORAH BLUMER COMMUNITY HEALTH LEADERSHIP AWARDS

Larry DeAngelo
NAMI MetroWest

The Learning Center for the Deaf
The Walden Wraparound Program

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Program Officer
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2014 HEALTH LEADERSHIP PROGRAM

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President/CEO
The Latino Health Insurance Program

Laurie Burnett
Consultant
Northboro-Southboro Regional School District

Kimberly Cohen
Senior Director of Association Health Innovation
Hockomock Area YMCA

Eileen Davis
Director, Mental Health Line
United Way of Tri-County

Nancy Esparza
Program Director
Central Massachusetts Area Health Education Center

Danielle Joseph
Director of Clinical Services
Advocates

Lynn Kerner
Program Coordinator
Advocates

Erin Lynch
Director of Development
Franklin Food Pantry

Denise Menzendorf
Elder Nutrition Director
BayPath Elder Services

Carmin Quirion Wyman
Senior Director of Quality Management
Advocates

FINANCIALS

Statement of Financial Position, September 30, 2013

ASSETS

	2013	2012
Current Assets		
Cash and equivalents	\$ 271,476	\$ 160,011
Prepaid expenses	46,101	40,811
Total current assets	317,577	200,822
Investments	92,292,026	86,698,113
Beneficial Interests in Perpetual Trusts	7,318,186	7,033,037
Other Assets	27,657	18,137
Total assets	\$ 99,955,446	\$ 93,950,109

LIABILITIES & NET ASSETS

Current Liabilities		
Current Portion of grants payable	\$ 1,286,829	\$ 1,155,895
Accrued expenses	124,718	105,947
Total current liabilities	1,411,547	1,261,842
Grants Payable, net of current portion	457,936	145,798
Deferred Excise Taxes	385,618	272,221
Other Liabilities	266,172	237,052
Total Liabilities	2,521,273	1,916,913
Net Assets		
Unrestricted	81,340,987	76,833,417
Temporarily Restricted	6,581,043	5,972,785
Permanently Restricted	9,512,143	9,226,994
Total net assets	97,434,173	92,033,196
Total liabilities and net assets	\$ 99,955,446	\$ 93,950,109

Statement of Activities, September 30, 2013

REVENUES

	2013	2012
Net realized & unrealized gains (losses)		
on investments	\$ 8,678,956	\$10,592,291
Interest, dividends & other investment income	1,217,834	1,427,060
Income from outside trusts & other	352,893	393,816
Net gains (losses) on beneficial interest in perpetual trusts	285,149	608,574
Net assets released from restrictions	-	-
Total revenues	10,534,832	13,021,741

EXPENSES

Direct charitable grants & programs	3,134,109	2,206,678
Grant related and administrative	1,024,664	758,025
Investment related	975,082	831,115
Total expenses	5,133,855	3,795,818
Change in net assets	\$ 5,400,977	\$ 9,225,923

The Board of Trustees has engaged Alexander, Aronson & Finning, Certified Public Accountants, of Westborough, Massachusetts to perform the annual audit. A copy of their complete audit report is available for review from the foundation.

ABOUT THE FOUNDATION

Our Mission

Our mission is to improve the health status of the community, its individuals, and families through informed and innovative leadership. We serve the communities of: Ashland, Bellingham, Dover, Framingham, Franklin, Holliston, Hopedale, Hopkinton, Hudson, Marlborough, Medfield, Medway, Mendon, Milford, Millis, Natick, Needham, Norfolk, Northborough, Sherborn, Southborough, Sudbury, Wayland, Wellesley and Westborough.

Applying for Grants

The MetroWest Health Foundation makes grants to non-profit 501(c)(3) community organizations and governmental entities. Requests for grant proposals are issued at various times throughout the year and address specific health issues and areas of concern to the foundation as identified through community needs assessments. The foundation also provides scholarships for individuals interested in pursuing formal educational programs in nursing, medicine and other health professions. Organizations interested in applying for grants should submit a concept paper to the foundation in advance of a full proposal.

For more information on applying for a grant or scholarship, call us at 508.879.7625 or visit our website at www.mwhealth.org.

Understanding the Unmet Health Needs of the MetroWest Area

Since our mission is to address the unmet health needs of the communities in the MetroWest area, we invite individuals and organizations with information or data concerning the current or projected health needs of the area to share them with the foundation. This information will help us shape our grantmaking activities and aid in the development of funding priorities for the foundation and its grants panels.

Making a Gift to the Foundation

You can support the work of the MetroWest Health Foundation by making a tax-deductible contribution or by including the foundation in your estate planning. The foundation can assist you in planning a bequest or charitable donation to benefit the health needs of your community. For more information or assistance, contact us at 508.879.7625.

Becoming a Volunteer

The work of the foundation is largely volunteer. Members of the MetroWest community serve on committees and panels that shape the work of the foundation. If you have an interest in serving on a committee or panel, please let us know.

Questions

We encourage questions about our grantmaking and community health activities, and welcome opportunities to meet with or speak to community groups and individuals about our funding philosophies, priorities and grantmaking process.

METROWEST HEALTH FOUNDATION

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