BUILDING A HEALTHIER METROWEST
2016 REPORT TO THE COMMUNITY

Support Your Local Food Pantry

METROWEST HEALTH FOUNDATION
Oh, if only navigating our healthcare system were that easy. Yet the more we study what keeps us healthy and well, it is ever so apparent that the social determinants of health—access to food, housing, education, employment and our surroundings—all play pivotal roles in helping us achieve good health outcomes. As you will read in this 2016 Annual Report to the Community, it is also why investing in programs like Lovin’ Spoonfuls to distribute fresh fruits and vegetables to low-income individuals and families is so important to the health of the region.

Whether it’s creating access to apples, case managers, or mental health counselors, the foundation continues to look for ways to partner with our grantees to bring effective solutions to the health needs of the region. This past year, we invested more than $3.9 million in area health programs and services that touched over 25,000 lives.

On behalf of the foundation’s board of trustees, we wish to thank our many community partners, committee and panel members and other volunteers who helped support the work of the foundation this past year. Your efforts continue to make the foundation an important resource in “improving the health status of the community, its individuals and families.”

Joel Barrera
Chair, Board of Trustees

Martin D. Cohen
President/CEO
HUNGER IN THE SUBURBS

When we think of hunger and its consequences, most of us think of urban and rural areas. However, MetroWest residents are not immune to hunger and many here lack access to affordable, nutritious food. Approximately 10% of students attending public school in MetroWest are considered “economically disadvantaged” by the Massachusetts Department of Elementary and Secondary Education. This means their families qualify for public benefits like SNAP (food stamps). Furthermore, the high cost of living in the region means that many families earn too much to qualify for benefits but not enough to pay for housing, utilities and food each month. According to Feeding America, in Middlesex County 9% of households are considered “food insecure,” but 42% of those are not eligible for SNAP. The numbers for Norfolk County are similar with a food insecurity rate of 8.2% with 51% of those families ineligible for SNAP. This leaves food pantries and meal programs with the task of helping families meet their basic food needs each month.

MetroWest area funders, including the MetroWest Health Foundation, have long supported area food pantries. More recently, many pantries have sought funds to bring more fresh produce to their shelves, as these are items not typically contributed through conventional food donation programs. These requests come as pantry directors understand the importance that balanced and nutritious meals have for their beneficiaries.

MetroWest Health Foundation program officer Rebecca Gallo was well aware of the need to bring more produce to pantry and meal programs. She had previously worked at the Natick Service Council, which runs a pantry program, and had developed a community meal program in Somerville. “Pantries usually have lots of canned goods, cereal and pasta, but fresh fruits and vegetables are luxury items,” said Gallo. “And grants to purchase produce are great, but they are hardly sustainable.” Tasked with finding a better way to address this issue, Gallo was drawn to Lovin’ Spoonfuls, a Boston-based nonprofit that has been increasing access to fresh foods since 2010.
“Often times hunger and insufficient food access is perceived to be an urban issue, concentrated downtown. It might be less visible outside the city, but people are suffering—our job is to find those folks who often aren’t heard, or aren’t seen—and do what we can to help.”

ASHLEY STANLEY
FOUNDER AND CEO, LOVIN’ SPOONFULS
“A Place To Turn fulfills our important mission with the help of a caring community, and Lovin’ Spoonfuls is certainly a welcome addition to that community. After aligning our food choices in the pantry in 2015 to match the USDA MyPlate, our partnership with Lovin’ Spoonfuls has enabled us to provide families with the suggested amounts of the food groups necessary for a healthy diet. The fresh fruits and vegetables we receive, along with much needed dairy products, are essential to meet that goal. Our food pantry has received much more food to distribute through the partnership, food that would have gone to waste. The more food they rescue, the more we distribute.”

JOANNE BARRY
EXECUTIVE DIRECTOR, A PLACE TO TURN
THE LOVIN’ SPOONFULS
MODEL-BRINGING SURPLUS
FOOD TO THOSE IN NEED

What happens to all the food that grocery stores, distributors, and farms can’t sell? Too often it ends up in the dumpster where it goes to waste, costing money and adding to landfills. Lovin’ Spoonfuls aims to save fresh unspoiled food from this fate. Through the daily pick-up of produce, meat, dairy, and prepared foods from grocery stores, distributors, and farms, they can deliver these items the same-day to food pantries and community meal programs. This saves pantries and meal programs money on food costs and allows them to distribute a greater variety and quantity of fresh foods to beneficiaries.

Working with the MetroWest Health Foundation and three other area funders—Foundation for MetroWest, Sudbury Foundation, and Middlesex Savings Charitable Foundation—Gallo was able to form a unique funding partnership to bring Lovin’ Spoonfuls to the MetroWest region. Beginning in 2016, the partnership provided funding to allow Lovin’ Spoonfuls to have a dedicated truck and driver to serve the region. The impact was immediate. Since becoming operational in April, 25 community agencies have received over 213,000 pounds of food harvested from over 10 area grocers including Whole Foods, Big Y, and Roche Bros. The program has also expanded its reach beyond food pantries to include congregate meal programs, local shelters and supported housing providers.

“Lovin’ Spoonfuls has been an amazing organization to work with. As Director of the Food Pantry, I have not had to order through our meat distributor, which saves us roughly $1,000 a month. We have also been able to cut back spending significantly on produce this summer. We have been able to offer “farmers markets” to a specific population of clients who are 65 or older once a month as a part of a “Healthy Eating, Healthy Aging” group.”

KELSEY HAMPTON
FOOD PANTRY DIRECTOR, NATICK SERVICE COUNCIL

LOVIN’ SPOONFULS
BY THE NUMBERS

DELIVERS FOOD TO
25 AGENCIES
IN THE REGION

PICKS-UP FOOD FROM
10 VENDORS
IN THE REGION

RESCUED AND DISTRIBUTED
213,000 LBS.
OF FOOD IN THE REGION

METROWEST HEALTH FOUNDATION | 5
THE EXTRA DELIVERY

Last summer, a single pregnant woman entered the Pathways Family Shelter program. Yasmin came from the Middle East. She had no supports and arrived with only a small book bag that held a few clothes. She had no income and no food stamps. Yasmin had worked previously in a field requiring her to be physically fit, so as a result she was very health conscious. Staff showed Yasmin the supply of canned and boxed goods, however much of the supply was food items that she had never eaten and was uncomfortable trying. The staff were concerned about Yasmin going hungry, especially since she was pregnant and under a great deal of stress. Yet we knew we did not have the budget to provide her with all of the fresh foods that she was used to eating. That Friday afternoon, Lovin’ Spoonfuls arrived with an extra delivery. They brought vegetables and fresh fruit and all kinds of healthy salads. Staff showed this to Yasmin, and she was thrilled. She took a huge box for herself, which fed her for days. Thanks to the Lovin’ Spoonful deliveries, Yasmin had the opportunity to eat the healthy foods that had always been a part of her diet.
“One of the most daunting challenges for a young family working to get on its feet is to find good nutritious food at prices the family can afford. Lovin’ Spoonfuls is now providing fresh produce and other nutritious foods at no charge to over 100 MetroWest families who had previously been experiencing homelessness. The families, and we at SMOC, are so grateful to Lovin’ Spoonfuls for reaching out, with great caring and thoughtful planning to meet this community need.”

JIM CUDDY
EXECUTIVE DIRECTOR, SOUTH MIDDLESEX OPPORTUNITY COUNCIL
TO CONNECT WITH FOOD RESOURCES IN YOUR COMMUNITY, CONTACT PROJECT BREAD'S FOODSOURCE HOTLINE AT 1-800-645-8333
The Lovin' Spoonfuls project shows the power of partnership—funders working together, local businesses donating food and community providers putting that food in the hands of those in need—a great example of what we can do together.

MARTIN COHEN
CEO, METROWEST HEALTH FOUNDATION

It’s wonderful that Lovin’ Spoonfuls’ food rescue service has been able to expand into MetroWest, where the need is significant. The Sudbury Foundation is pleased to be a part of the funding partnership that helped make it happen.

MARTYR MAITINO
EXECUTIVE DIRECTOR, THE SUDBURY FOUNDATION

“Lovin’ Spoonfuls is playing a vital role by not only reducing food waste but also helping our neighbors within MetroWest. The Foundation is proud to support their work.”

JUDITH G. SALERNO
EXECUTIVE DIRECTOR, FOUNDATION FOR METROWEST

“The Lovin’ Spoonfuls project shows the power of partnership—funders working together, local businesses donating food and community providers putting that food in the hands of those in need—a great example of what we can do together.”

MARTIN COHEN
CEO, METROWEST HEALTH FOUNDATION

“The Middlesex Savings Charitable Foundation was pleased to be able to partner with several local funders in order to help Lovin’ Spoonfuls expand its services to MetroWest. This is a powerful example of the impact that we can have when we work together.”

DANA NESHE
EXECUTIVE VICE PRESIDENT, MIDDLESEX SAVINGS BANK; PRESIDENT, MIDDLESEX SAVINGS CHARITABLE FOUNDATION
**GRANTS**

### ACCESS TO CARE

**ADVOCATES, INC.**
To support an integrated pediatric health home.
$64,976.00

**EDWARD M. KENNEDY COMMUNITY HEALTH CENTER, INC.**
To extend behavioral health integration to its Milford location.
$184,323.80

**HOCKOMOCK AREA YMCA - BERNON FAMILY BRANCH**
To bring the YMCA’s Diabetes Prevention Program to those most at risk of developing Type 2 diabetes.
$11,952.00

**LATINO HEALTH INSURANCE PROGRAM, INC.**
To provide outreach and engagement activities that connect residents to health care.
$48,505.05

### ADOLESCENT MENTAL HEALTH

**BRIDGE OF CENTRAL MASSACHUSETTS, INC.**
To train school personnel on the prevention of student self-injury.
$35,611.86

**HOPKINTON PUBLIC SCHOOLS**
To support a comprehensive transitional program for students reentering school after an absence for psychiatric or medical reasons.
$220,328.00

**KING PHILIP REGIONAL HIGH SCHOOL**
To support a comprehensive transitional program for students reentering school after an absence for psychiatric or medical reasons.
$217,067.00

**MARLBOROUGH PUBLIC SCHOOLS**
To support a comprehensive transitional program for students reentering school after an absence for psychiatric or medical reasons.
$52,267.00

**MEDWAY PUBLIC SCHOOLS**
To support a comprehensive transitional program for students reentering school after an absence for psychiatric or medical reasons.
$188,045.85
GRANTS

ADOLESCENT MENTAL HEALTH (continued)

NATICK PUBLIC SCHOOLS
To support social work services for at-risk students and families.²
$135,250.00

NORTHBOROUGH AND SOUTHBOROUGH PUBLIC SCHOOLS
To support a comprehensive transitional program for students reentering school after an absence for psychiatric or medical reasons.
$215,819.95

SPARK KINDNESS, INC.
Parent education services.²
$58,452.34

WELLESLEY COLLEGE, WELLESLEY CENTERS FOR WOMEN
To expand mental health screening to Natick’s middle school population.²
$89,814.00

WESTBOROUGH PUBLIC SCHOOLS
To support a comprehensive transitional program for students reentering school after an absence for psychiatric or medical reasons.
$59,300.00

COMMUNITY HEALTH

MASSACHUSETTS PUBLIC HEALTH ASSOCIATION
To support a regional forum on the marijuana ballot initiative.
$8,389.00

HEALTHY AGING

BAYPATH ELDER SERVICES, INC
To provide chronic disease management programs for older adults.
$24,676.96

BAYPATH ELDER SERVICES, INC.
To create supportive environments for those touched by Alzheimer’s disease.
$18,720.00

FRANKLIN COUNCIL ON AGING
To offer affordable in-home respite care.
$8,845.00

MILFORD COUNCIL ON AGING
To create a comprehensive exercise and wellness program for older adults.
$24,100.00

NATICK SERVICE COUNCIL, INC.
To provide nutrition counseling for older adults.
$24,676.96

SPARK KINDNESS, INC.
Parent education services.²
$81,414.00

WELLESLEY COLLEGE, WELLESLEY CENTERS FOR WOMEN
To expand mental health screening to Natick’s middle school population.²
$89,814.00

SHERBORN COUNCIL ON AGING
To offer specialized programming for older men with chronic disease.
$8,244.00

WASHINGTON COUNTY HEALTH ALLIANCE
To provide a comprehensive diabetes education program.
$24,676.96

WELLSPRING CO-OP
To support a comprehensive program for older adults.
$59,300.00

WESTBOROUGH PUBLIC SCHOOLS
To support a comprehensive transitional program for students reentering school after an absence for psychiatric or medical reasons.
$215,819.95

SPARK KINDNESS, INC.
Parent education services.²
$58,452.34

WELLESLEY COLLEGE, WELLESLEY CENTERS FOR WOMEN
To expand mental health screening to Natick’s middle school population.²
$89,814.00

SHERBORN COUNCIL ON AGING
To offer specialized programming for older men with chronic disease.
$8,244.00
## Grants

### Opioid Prevention

**Advocates, Inc.**  
To provide training on the use of naloxone.  
$10,000.00

**Holliston Youth & Family Services**  
To build the capacity of the drug and alcohol awareness coalition to address the opioid epidemic.  
$8,700.00

### Responsive

**Advocates, Inc.**  
To create a MetroWest behavioral health collaborative.  
$48,218.00

**A Place to Turn**  
To purchase healthy food for the food pantry.  
$5,000.00

**BayPath Elder Services, Inc.**  
To upgrade the Caregiving MetroWest website.  
$12,650.00

**Bellingham Public Schools**  
To support an Early Childhood Social-Emotional Learning Initiative.  
$25,000.00

**Charles River Center**  
To assist in the purchase of an electronic medical record system.  
$17,850.00

**Framingham Police Athletic League**  
To support a gun buyback program.  
$10,000.00

**Framingham Public Schools**  
To support an Early Childhood Social-Emotional Learning Initiative.  
$25,000.00

**Framingham State University**  
To develop dating violence prevention programs.  
$7,800.00

**Kids Connect, Inc.**  
To provide student support services.  
$10,000.00

**Lovin’ Spoonfuls, Inc.**  
To provide healthy food options to families and individuals struggling with food insecurity.  
$93,516.09

**Massachusetts Bay Community College**  
To purchase an ALS simulator for its Emergency Medical Services Training Program.  
$20,000.00

**Milford Public Schools**  
To support an Early Childhood Social-Emotional Learning Initiative.  
$25,000.00

**Morse Institute Library**  
To support a health documentary film series.  
$6,540.00

**Natick Service Council, Inc.**  
To purchase healthy food for the food pantry.  
$5,000.00
RESPONSIVE (continued)

RIVERSIDE COMMUNITY CARE
To pilot a program to decrease depression in older adults.
$19,999.52

UNITED WAY OF TRI-COUNTY
To support the relocation of the Pearl Street food pantry.
$10,000.00

UNIVERSITY OF MASSACHUSETTS BOSTON
To provide training & technical assistance to Healthy Aging grantees.
$11,695.44

WAYSIDE YOUTH & FAMILY SUPPORT NETWORK, INC.
To improve mental health services for LGBTQ youth.
$19,822.90

SCHOLARSHIPS

MEDICAL/CLINICAL (11)
$20,000.00

NURSING (41)
$62,000.00

1 Grants made by the Framingham Union Grants Panel
2 Grants made by the Leonard Morse Grants Panel
HEALTH LEADERS & GOVERNANCE

METROWEST HEALTH LEADERSHIP
PROGRAM CLASS OF 2017

Ellen Adams, MA
Executive Director,
Heritage at Framingham

Marykate Bergen, MPP, MBA
Director of Community Wellness,
Hockomock YMCA

Gail Bourassa, MA
Program Director,
Bellingham Senior Center

Nanci DaSilva, MA
Assistant Site Director,
Wayside Youth and Family
Support Network

Kelsey Hampton
Director, Food Pantry and
Volunteer Services;
Natick Service Council

Lauren Mazzola, MS
Site Director,
Advocates Community Counseling

Kelly Quinn, MSW
Social Worker,
Barbieri Elementary School

Mary Ann Stein
Director, Volunteer Services,
Community Outreach and
Spiritual Care; UMass
Memorial-Marlborough Hospital

Hannah Stohler, MDiv
Residential Program Manager,
Voices Against Violence

Heidi Trainor
Peer Support Coordinator,
Advocates

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Cynthia Hall Kouré
John Krikorian, M.D.
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Regina Marshall, Esq.
Adam Rogers, Treasurer

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Rebecca Gallo
Program Officer
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Grants Management Director

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Anna Romer, Ed.D.

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William G. McCarthy
John A. Merritt
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J. Ben Williams

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Dennis Barr, Ed.D.
Carol Gloff, Ph.D.
Maureen Nguyen
Virginia Seery
# FINANCIALS

Statement of Financial Position and Activities September 30, 2016 (with comparative totals as of September 30, 2015)

<table>
<thead>
<tr>
<th>ASSETS</th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and Equivalents</td>
<td>$802,888</td>
<td>$461,368</td>
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<tr>
<td>Investments</td>
<td>$90,282,344</td>
<td>$88,313,819</td>
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<tr>
<td>Beneficial Interests in Perpetual Trusts</td>
<td>$7,033,821</td>
<td>$6,989,154</td>
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<tr>
<td>Other Assets</td>
<td>$89,751</td>
<td>$52,411</td>
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<tr>
<td><strong>TOTAL ASSETS</strong></td>
<td><strong>$98,208,804</strong></td>
<td><strong>$95,816,752</strong></td>
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<table>
<thead>
<tr>
<th>LIABILITIES &amp; NET ASSETS</th>
<th>2016</th>
<th>2015</th>
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</thead>
<tbody>
<tr>
<td>Accrued Expenses and Other</td>
<td>$573,850</td>
<td>$280,936</td>
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<tr>
<td>Grants Payable</td>
<td>$1,546,809</td>
<td>$2,705,569</td>
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<tr>
<td>Deferred Excise Taxes</td>
<td>$324,751</td>
<td>$290,851</td>
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<tr>
<td>Total liabilities</td>
<td>$2,445,410</td>
<td>$3,277,356</td>
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<tr>
<td><strong>Net Assets</strong></td>
<td></td>
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<tr>
<td>Unrestricted</td>
<td>$79,785,668</td>
<td>$77,040,141</td>
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<tr>
<td>Temporarily Restricted</td>
<td>$6,749,948</td>
<td>$6,316,144</td>
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<tr>
<td>Permanently Restricted</td>
<td>$9,227,778</td>
<td>$9,183,111</td>
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<tr>
<td>Total net assets</td>
<td>$95,763,394</td>
<td>$92,539,396</td>
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<tr>
<td><strong>TOTAL LIABILITIES AND NET ASSETS</strong></td>
<td><strong>$98,208,804</strong></td>
<td><strong>$95,816,752</strong></td>
</tr>
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<table>
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<tr>
<th>REVENUES</th>
<th>2016</th>
<th>2015</th>
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</thead>
<tbody>
<tr>
<td>Net realized &amp; unrealized gains (losses) on investments</td>
<td>$5,596,374</td>
<td>$(5,733,634)</td>
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<tr>
<td>Interest, dividends &amp; other investment income</td>
<td>$1,623,371</td>
<td>$1,371,864</td>
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<tr>
<td>Income from outside trusts &amp; other</td>
<td>$430,540</td>
<td>$380,652</td>
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<tr>
<td>Net gains (losses) on beneficial interest in perpetual trusts</td>
<td>$44,667</td>
<td>$(586,237)</td>
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<tr>
<td>Net assets released from restrictions</td>
<td>—</td>
<td>—</td>
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<tr>
<td><strong>TOTAL REVENUES</strong></td>
<td><strong>$7,694,952</strong></td>
<td><strong>$(4,567,355)</strong></td>
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<table>
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<tr>
<th>EXPENSES</th>
<th>2016</th>
<th>2015</th>
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</thead>
<tbody>
<tr>
<td>Direct charitable grants &amp; programs</td>
<td>$3,010,520</td>
<td>$3,956,706</td>
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<tr>
<td>Grant related and administrative</td>
<td>$821,868</td>
<td>$754,351</td>
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<tr>
<td>Investment related</td>
<td>$638,566</td>
<td>$487,158</td>
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<tr>
<td>Total operating expenses</td>
<td>$4,470,954</td>
<td>$5,198,215</td>
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<td><strong>Change in net assets</strong></td>
<td><strong>$3,223,998</strong></td>
<td><strong>$(9,765,570)</strong></td>
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<table>
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<tr>
<th>NET ASSETS, BEGINNING OF YEAR</th>
<th>2016</th>
<th>2015</th>
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</thead>
<tbody>
<tr>
<td>$92,539,396</td>
<td>$102,304,966</td>
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<table>
<thead>
<tr>
<th>NET ASSETS, END OF YEAR</th>
<th>2016</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>$95,763,394</td>
<td>$92,539,396</td>
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</tbody>
</table>

The Board of Trustees has engaged AAFCPAs of Westborough, Massachusetts to perform the annual audit. A copy of their complete audit report is available for review from the foundation.
GET INVOLVED

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 COMMUNITY HEALTH NEEDS: 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.
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.