The foundation should be a...
“catalyst, advocate, resource.”

Those words were spoken in 1997 by MetroWest residents participating in focus groups to advise a steering committee on the mission of a yet-to-be established foundation being formed from the sale of MetroWest Medical Center.

This year, the MetroWest Health Foundation celebrates its twentieth anniversary. Over those 20 years, the foundation has worked to fulfill the vision expressed by those residents and incorporated in our mission “to improve the health status of the community, individuals, and families through informed and innovative leadership.”

When the MetroWest Health Foundation was formed in 1999, the late Deborah Blumer, the first chair of the foundation’s Board of Trustees said, “the formation of this foundation represents a major opportunity to use these resources for public good.”

In this annual report, the seven board chairs that followed Deb over the last two decades share their thoughts on how we’ve done in realizing that opportunity. As you will see, the work of the foundation—our grantmaking, scholarships, convenings, data gathering and reporting—has brought real progress and change to the region.

As we celebrate this important milestone, we wish to thank all of those who helped launch and lead the foundation over the past 20 years: that original steering committee, our past and present trustees, committee and grants panel members, staff and volunteers. You have made the difference in our work. Thank you and Happy 20th!

Anne Marie Boursiquot King
Chair, Board of Trustees

Martin Cohen
President/CEO
On February 2, 1999, the Massachusetts Supreme Judicial Court issued a declaratory judgment approving the funding and governance structure of the MetroWest Community Health Care Foundation as a “community-based foundation designed to provide funding to address the unmet health needs of the area.” Just two days later, the foundation was officially incorporated and began a philanthropic journey that has not only provided close to $60 million in funding for many important health-related issues, but has also served as a catalyst for how the region thinks about and leads on health and healthcare.

Today, the MetroWest Health Foundation serves as an important source of community capital, partnering with organizations and communities to improve the health of the region’s nearly half-million residents. These investments, coupled with the foundation’s data gathering, training and technical assistance, convening and policy leadership has made it a trusted community resource whose work symbolizes the strength, vitality and health of the region.

In recognition of the twentieth anniversary of the foundation, we asked the foundation’s past board chairs to weigh in on the work that they and their peers took on over the last twenty years and to reflect on how their efforts might further guide the foundation’s work moving forward. Here’s what they shared.
COMMUNITY

Community is at the heart of the foundation’s work. The assets that formed the foundation came from a community asset, and those that helped form the foundation felt that meeting local needs was paramount to the mission.

Dana Neshe, the chair of the foundation from 2013 to 2015, said that having the foundation rooted in community and its needs was an important factor in her joining the board:

“Through formal data gathering and convenings, the foundation has consistently identified the issues that affect our community. The variety of initiatives over the years—adolescent mental health, health equity, childhood obesity—these really reflect the needs of the diverse population that calls this area home.”

Bill McGinley, a founding board member, added:

“The foundation has been very diligent about researching needs and concerns of the community and has done a great job meeting those needs. Through surveys, listening and strategic planning, the needs of the community have always been incorporated into the foundation’s grants.”

Joel Barrera, chair of the board in 2016, added:

“I’ve always been impressed with the caliber and diversity of the board and grants panels—it is a community foundation.”

For Edna Smith, one of the founding members of the foundation’s board of trustees and its second board chair, it was important that the foundation be community based and driven by community needs:

“From the very beginning I was impressed with the selection of board candidates. Each came with an interesting array of experiences that would serve the community well. Each member demonstrated sensitivity and a desire to sacrifice time and effort to work together as a team to ensure that priorities were properly set. Over the years, there was also evidence of increased commitment given to diversifying the membership of the board to reflect the community it served.”

Bill McGinley, a founding board member, added:

“The foundation has been very diligent about researching needs and concerns of the community and has done a great job meeting those needs. Through surveys, listening and strategic planning, the needs of the community have always been incorporated into the foundation’s grants.”

JOEL BARRERA, BOARD CHAIR, 2016
COLLABORATION

A hallmark of the foundation’s first twenty years is collaboration. The foundation has worked to bring diverse individuals and organizations together to jointly work on addressing improvements in the health of the region. It has broken down the traditional silos of funder and grant seeker to work in partnership with those it funds. This collaborative effort extends beyond grantees to funders and policymakers as it partners with other foundations and state and local government to leverage its resources for good.

Henry Barr came to the board in 2004 and served as its chair from 2010-2012. Henry commented on the foundation’s aptitude for engaging multiple constituents in the work of the foundation.

“There is a constant effort to engage and solicit feedback from all constituencies ranging from the political to the operational... the foundation, because of hard work and constant prodding, regularly interacts with decision and policymakers in the community. In doing so, the foundation has established itself as a credible and reliable source of information, data and as a convener focused on key health issues.”
Lily Hsu, board chair in 2009, put it this way:

“What has surprised me the most in looking back on the foundation’s work has been the willingness of so many members of the community to make our community a healthier place to live. There were so many perspectives shared over each issue, but the sense of purpose to make lives better has always been present.”

Meyer Levy, who recently stepped down as board chair after serving two terms from 2017-2018, added:

“The foundation's work reflects the needs, concerns and values of the community. Whether it's the review of grant applications, site visits or convenings around particular issues, the foundation embraces and lives by its mission of improving health through informed and innovative leadership.”
PEOPLE

The strength of any organization is its people. And, for the foundation that strength is embodied in the many volunteers that serve on its governing board, grants panels, the committees that manage investments and audit operations, and, of course its talented staff. Here’s what our board chairs had to say about the people behind the work of the foundation.

Meyer Levy

“I believe what makes the foundation the outstanding organization it is, is the people, specifically those in management, members of the various committees and the board itself. I see how engaged and passionate the staff and volunteers are about the work of the foundation.”

Henry Barr

“The consistent strength, depth and breadth of skills brought to the table by the individual trustees is impressive. Collectively, the board and committees represented the best in synergistic relationships. The sum of the parts was and is greater than the whole. The talented staff has leant direction and gravitas to the board.”
Edna Smith
“The combination of a great board, committees and an exceptional staff has guaranteed the delivery of service which meets the needs and concerns of our community. Plus, we have the greatest talent on our investment committee—their work has allowed us to do this work!”
RESULTS

Over twenty years the foundation has funded a variety of grants and initiatives leading to real and lasting improvements in the health of the region. And, while not every initiative or grant reaches its full potential, the foundation’s investments have had a demonstrated impact on the lives of many residents. We asked our board chairs to weigh in on those grants or initiatives that stood out for them.

Edna Smith
“My choice for a grant or program that stands out is the foundation’s work to address racial and ethnic health disparities in the region. I presented this idea to the board and was anxious about how it would be accepted. The board at first responded with a few minutes of awkward silence and then, wholehearted enthusiasm, and ultimately a commitment of a half of million dollars in financial support. The result has been a real focus on health equity in the region.”

Meyer Levy
“The MetroWest Meds Program stands out for me as addressing an unmet health need in the community. The program has saved residents over $6 million in prescription medication costs.”

Henry Barr
“The foundation’s capital investment in creating community health centers in Framingham and Milford was a ‘game changer’ as it extended primary medical care to so many individuals and families.”

Joel Barrera
“The expansion of community health centers reflects the kind of systematic impact the foundation was capable of. These grants have structurally changed access to health care in MetroWest.”

Lily Hsu
“For me it would be the support of the region’s Jail Diversion program. This was an approach based on research and interdisciplinary thinking. Its success has led to significant replication and policy change.”
Bill McGinley

“There are too many to name, but perhaps the hundreds of scholarships given to advance medical, nursing and allied health professionals.”
Dana Neshe

“Maintain close relationships with the community and continue to create programs that meet community needs.”
Finally, we asked our board chairs to give us their advice moving forward. Where do they see the work of the foundation moving over the next twenty-years?

**Henry Barr**

“Assuming steady growth in the foundation’s endowment, the myriad of issues associated with aging including disabilities, isolation, transportation, home care and institutional settings will require more attention.”

**Bill McGinley**

“More work on addressing the opioid epidemic.”

**Edna Smith**

“Increasing its brand to include more leadership and organizational development and technical assistance, with a particular focus on cultural competency across community organizations.”

**Lily Hsu**

“A greater focus on state and national health policy and even greater collaboration with other organizations so that projects can have a wider impact.”

**Joel Barrera**

“A steady focus on access to care for everyone is key.”

**Meyer Levy**

“In 2018, the Foundation embarked on a new 5-year strategic plan centered on addressing health issues and basic health needs, with a shift from a programmatic focused approach to a more integrated, systems-change approach. This plan is definitely one of collaboration, sharing knowledge and working on building relationships. I see the work of the foundation focused on sharing information and providing solutions.”
<table>
<thead>
<tr>
<th>Grant Amount</th>
<th>Organization Name</th>
<th>Purpose Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$66,367</td>
<td>Advocates, Inc.</td>
<td>To improve access to psychiatric services.</td>
</tr>
<tr>
<td>$50,070</td>
<td>Brazilian American Center</td>
<td>To facilitate the access to preventative mental health and wellness services.¹</td>
</tr>
<tr>
<td>$44,429</td>
<td>Latino Health Insurance Program, Inc.</td>
<td>To support patient navigators to help residents apply for health insurance coverage.</td>
</tr>
<tr>
<td>$200,000</td>
<td>Massachusetts Association for Mental Health, Inc.</td>
<td>To support a comprehensive website for people seeking mental health services.</td>
</tr>
<tr>
<td>$45,898</td>
<td>MetroWest Free Medical Program</td>
<td>To expand volunteer and staff capacity to assure high quality, culturally and linguistically appropriate care.</td>
</tr>
<tr>
<td>$273,778</td>
<td>Natick Visiting Nurse Association</td>
<td>To provide prescription drug assistance to uninsured in the MetroWest area.¹</td>
</tr>
<tr>
<td>$10,000</td>
<td>Needham Council on Aging</td>
<td>To pilot a transportation program for elders.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grant Amount</th>
<th>Organization Name</th>
<th>Purpose Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$210,000</td>
<td>Hopedale Public Schools</td>
<td>To support a school-based mental health transition program.</td>
</tr>
<tr>
<td>$17,850</td>
<td>Hudson Public Schools</td>
<td>To support a school-based mental health transition program.</td>
</tr>
<tr>
<td>$132,349</td>
<td>Marlborough Public Schools</td>
<td>To support a school-based mental health transition program.</td>
</tr>
<tr>
<td>$24,630</td>
<td>Natick Public Schools</td>
<td>To support social work services for at-risk students and families.²</td>
</tr>
<tr>
<td>$31,223</td>
<td>SPARK Kindness, Inc.</td>
<td>For parent education services.²</td>
</tr>
<tr>
<td>BASIC HEALTH NEEDS</td>
<td>Amount</td>
<td>Organization</td>
</tr>
<tr>
<td>----------------------------------------------------------------------------------</td>
<td>--------</td>
<td>---------------------------------------------------</td>
</tr>
<tr>
<td>$225,000  Advocates, Inc.</td>
<td></td>
<td>Behavioral Health.</td>
</tr>
<tr>
<td>$150,000  Edward M. Kennedy Community Health Center, Inc.</td>
<td></td>
<td>Oral Health Care.</td>
</tr>
<tr>
<td>$450,000  Edward M. Kennedy Community Health Center, Inc.</td>
<td></td>
<td>Prescription Assistance.</td>
</tr>
<tr>
<td>$525,000  Edward M. Kennedy Community Health Center, Inc.</td>
<td></td>
<td>Primary Medical Care.</td>
</tr>
<tr>
<td>$75,000   Health Care For All</td>
<td></td>
<td>Insurance Enrollment.</td>
</tr>
<tr>
<td>$150,000  Latino Health Insurance Program, Inc.</td>
<td></td>
<td>Insurance Enrollment.</td>
</tr>
<tr>
<td>$150,000  MetroWest Free Medical Program</td>
<td></td>
<td>Primary Medical Care.</td>
</tr>
<tr>
<td>$225,000  MetroWest Legal Services</td>
<td></td>
<td>Medical-Legal Partnership.</td>
</tr>
<tr>
<td>$225,000  South Middlesex Opportunity Council, Inc.</td>
<td></td>
<td>Homelessness.</td>
</tr>
<tr>
<td>$225,000  South Middlesex Opportunity Council, Inc.</td>
<td></td>
<td>Behavioral Health.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CAPITAL</th>
<th>Amount</th>
<th>Organization</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$400,000  Edward M. Kennedy Community Health Center, Inc.</td>
<td></td>
<td>Relocation of Optometry and Dental Services.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COMMUNITY HEALTH</th>
<th>Amount</th>
<th>Organization</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$99,000   Natick Council on Aging</td>
<td></td>
<td>To help families have critical conversations about end of life choices.</td>
<td></td>
</tr>
</tbody>
</table>
## FY 2018 GRANTS

### HEALTH EQUITY

<table>
<thead>
<tr>
<th>Amount</th>
<th>Organization</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$26,500</td>
<td>Health Care For All</td>
<td>To improve access to care for immigrant families in MetroWest.</td>
</tr>
<tr>
<td>$13,000</td>
<td>Walker, Inc.</td>
<td>To translate program materials.</td>
</tr>
<tr>
<td>$22,356</td>
<td>William James College</td>
<td>To identify and develop best practices for fostering a diverse and culturally responsive workforce.</td>
</tr>
</tbody>
</table>

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**Martin Cohen**

“In looking back on our work, what stands out for me are the different ways we’ve been able to put our financial, human and social capital to work for good across the region.”
**HEALTHY AGING**

- **$35,905**  
  BayPath Elder Services, Inc.  
  To improve access to services for LGBTQ elders.

- **$17,875**  
  BayPath Elder Services, Inc.  
  To support chronic disease management programs for older adults.

- **$40,000**  
  Framingham Board of Health  
  To launch a Dementia Friendly Community initiative.

- **$11,712**  
  Franklin Council on Aging  
  To launch a Dementia Friendly Community initiative.

- **$13,587**  
  HESSCO Elder Services  
  To decrease social isolation among LGBT elders.

- **$40,000**  
  Home Care Aide Foundation  
  To understand the role of home health aides in reducing social isolation among elders.

- **$30,000**  
  Hudson Council on Aging  
  To offer a respite care program for caregivers of individuals with dementia or Alzheimer’s Disease.

- **$22,987**  
  Medfield Council on Aging  
  To provide a health and wellness program for seniors.

- **$12,000**  
  Milford Council on Aging  
  To provide a comprehensive exercise and wellness program for older adults.

**OPIOID EPIDEMIC**

- **$9,999**  
  Medway Public Schools  
  To develop best practices in the administration of SBIRT.

**PUBLIC HEALTH PLANNING**

- **$166,500**  
  Framingham Board of Health  
  To establish a joint initiative to improve the health and wellness of South Framingham.
### FY 2018 GRANTS

<table>
<thead>
<tr>
<th>Amount</th>
<th>Organization</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$15,000</td>
<td><strong>A Place To Turn</strong></td>
<td>Support for the food pantry.^<a href="#footnote-2">2</a></td>
</tr>
<tr>
<td>$20,000</td>
<td><strong>Assabet Valley Regional Technical School</strong></td>
<td>To upgrade a patient simulator used in nursing education.</td>
</tr>
<tr>
<td>$4,900</td>
<td><strong>Facing Cancer Together, Inc.</strong></td>
<td>To develop a cancer support group for those whose primary language is Portuguese.</td>
</tr>
<tr>
<td>$10,000</td>
<td><strong>Framingham Police Department</strong></td>
<td>Gun Buy-Back Program.<a href="#footnote-1">^1</a></td>
</tr>
<tr>
<td>$18,300</td>
<td><strong>Framingham Public Library</strong></td>
<td>To offer senior exercise programs and health/nutrition classes in Framingham.^<a href="#footnote-1">^1</a></td>
</tr>
<tr>
<td>$10,500</td>
<td><strong>Hoops and Homework, Inc.</strong></td>
<td>Capacity building.<a href="#footnote-1">^1</a></td>
</tr>
<tr>
<td>$18,682</td>
<td><strong>Hopkinton Health Department</strong></td>
<td>To reduce non-tobacco nicotine product use among youth.</td>
</tr>
<tr>
<td>$18,000</td>
<td><strong>Jeff’s Place Children’s Bereavement Center, Inc.</strong></td>
<td>To offer a Parenting While Grieving workshop series.</td>
</tr>
<tr>
<td>$15,000</td>
<td><strong>Massachusetts Association for the Blind</strong></td>
<td>To strengthen mental health services for blind and visually impaired MetroWest residents.</td>
</tr>
<tr>
<td>$20,000</td>
<td><strong>Massachusetts Association for the Blind</strong></td>
<td>To provide technology access and training that will lead to increased independence among seniors.<a href="#footnote-2">^2</a></td>
</tr>
<tr>
<td>$137,071</td>
<td><strong>MetroWest Legal Services</strong></td>
<td>To support legal services for immigrant youth.<a href="#footnote-1">^1</a></td>
</tr>
<tr>
<td>$16,110</td>
<td><strong>MetroWest Regional Transit Authority</strong></td>
<td>To equip paratransit vehicles with Automated External Defibrillators.</td>
</tr>
<tr>
<td>$20,000</td>
<td><strong>MetroWest Worker Center</strong></td>
<td>To provide medical accompaniment to immigrant workers injured on the job.</td>
</tr>
<tr>
<td>$20,000</td>
<td><strong>Natick Service Council, Inc.</strong></td>
<td>To transport in-kind goods and services to under-served residents.<a href="#footnote-2">^2</a></td>
</tr>
<tr>
<td>$15,000</td>
<td><strong>Natick Service Council, Inc.</strong></td>
<td>Support for the food pantry.<a href="#footnote-2">^2</a></td>
</tr>
<tr>
<td>$20,000</td>
<td><strong>Needham Youth &amp; Family Services Division</strong></td>
<td>To conduct Mental Health First Aid training.</td>
</tr>
<tr>
<td>$5,400</td>
<td><strong>Pelham Apts. Resident Services</strong></td>
<td>To offer wellness programs for youth.<a href="#footnote-1">^1</a></td>
</tr>
</tbody>
</table>
$20,000  Trustees of Boston University
To develop additional mental health service use questions that can be added to the MetroWest Adolescent Health Survey.

$17,405  Wayside Youth & Family Support Network, Inc.
To provide behavioral and emotional support for students at the Woodrow Wilson Elementary School. ¹

$13,641  Wayside Youth & Family Support Network, Inc.
To translate Parenting for Prevention tip sheets into Portuguese, Spanish and Russian.

¹ From the Framingham Union Grants Panel
² From the Leonard Morse Grants Panel

SCHOLARSHIPS

$23,000 (13)  Medical/Clinical

$38,000 (23)  Nursing Scholarships

DEBORAH BLUMER COMMUNITY HEALTH LEADERSHIP AWARD

Framingham Public Schools—School Health Services

METROWEST HEALTH FOUNDATION PROGRAM CLASS OF 2019

Yemi Ajao
Resident Services Coordinator, Corcoran Management/Pelham Apartments

Theresa Brasier, PsyD
Director of the Forensic Program at Worcester County Jail, Advocates, Inc.

Katy Colthart, MSW
Social Worker/Clinical Coordinator for Health and Human Services, Needham Youth and Family Services

Natalia Dimitrova-Topaloff, MA
District Wide Social Worker, Natick Public Schools

Thiago Godoi, MSN
Adult Psychiatric Nurse Practitioner, Wayside Youth and Family Support Network

Tiffany Lillie, MA
Director of Community Resource Development, Framingham Public Schools

Amanda Mattingly
Domestic Violence Shelter Manager, Voices Against Violence

Rachel Mazzola
Nursing Supervisor, Wayside Youth and Family Support Network

Stephanie Rohr, MSW
Family Assistance Case Manager, Jewish Family Service of Metrowest

Nicole Scarmeas
Recovery Coach Supervisor, South Middlesex Opportunity Council
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William Iberg
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Coleen Toronto, Ph.D.

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Meyer Levy
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Rebecca Donham, Senior Program Officer
Rebecca Gallo, Senior Program Officer
Cathy Glover, Grants Management Director
Kate Baker, Policy Analyst

NOMINATING COMMITTEE
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Carol Gloff, Ph.D.
John Krikorian, M.D.
Meyer Levy

As of 9/30/18
## FINANCIALS

### STATEMENT OF FINANCIAL POSITION
**SEPTEMBER 30, 2018**
(with summarized comparative totals as of September 30, 2017)

<table>
<thead>
<tr>
<th>ASSETS</th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and Cash Equivalents</td>
<td>$2,030,339</td>
<td>$1,238,423</td>
</tr>
<tr>
<td>Investments</td>
<td>$98,548,769</td>
<td>$96,811,160</td>
</tr>
<tr>
<td>Beneficial Interests in Perpetual Trusts</td>
<td>$7,559,704</td>
<td>$7,314,195</td>
</tr>
<tr>
<td>Other Assets</td>
<td>$70,935</td>
<td>$210,899</td>
</tr>
<tr>
<td><strong>TOTAL ASSETS</strong></td>
<td><strong>$108,209,747</strong></td>
<td><strong>$105,574,677</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LIABILITIES &amp; NET ASSETS</th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accrued Expenses and Other</td>
<td>$1,346,818</td>
<td>$876,053</td>
</tr>
<tr>
<td>Grants Payable</td>
<td>$3,728,104</td>
<td>$1,837,723</td>
</tr>
<tr>
<td>Deferred Excise Taxes</td>
<td>$501,734</td>
<td>$460,798</td>
</tr>
<tr>
<td><strong>TOTAL LIABILITIES</strong></td>
<td><strong>$5,576,656</strong></td>
<td><strong>$3,174,574</strong></td>
</tr>
</tbody>
</table>

Net Assets

**Without donor restrictions:**

- General purpose funds | $31,416,556 | $32,457,723 |
- Grants Panels | $53,611,427 | $52,806,200 |

**TOTAL WITHOUT DONOR RESTRICTIONS** | **$85,027,983** | **$85,263,923** |

**With donor restrictions:**

- Expendable | $6,285,036 | $6,245,928 |
- Endowments | $3,760,368 | $3,576,057 |
- Beneficial interests in perpetual trusts | $7,559,704 | $7,314,195 |

**TOTAL WITH DONOR RESTRICTIONS** | **$17,605,108** | **$17,136,180** |

**TOTAL NET ASSETS** | **$102,633,091** | **$102,400,103** |

**TOTAL LIABILITIES AND NET ASSETS** | **$108,209,747** | **$105,574,677** |

### STATEMENT OF ACTIVITIES AND CHANGES IN NET ASSETS
**SEPTEMBER 30, 2018**
(with summarized comparative totals for the year ended September 30, 2017)

<table>
<thead>
<tr>
<th>REVENUES</th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Investment income, net</td>
<td>$6,265,056</td>
<td>$10,872,425</td>
</tr>
<tr>
<td>Income from outside trusts and other</td>
<td>$359,068</td>
<td>$339,783</td>
</tr>
<tr>
<td>Net gains on beneficial interests in perpetual trusts</td>
<td>$245,509</td>
<td>$280,374</td>
</tr>
<tr>
<td><strong>TOTAL REVENUES</strong></td>
<td><strong>$6,869,633</strong></td>
<td><strong>$11,492,582</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OPERATING EXPENSES</th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program services</td>
<td><strong>Community Education and Advocacy</strong></td>
<td>$319,158</td>
</tr>
<tr>
<td></td>
<td>Grants and related</td>
<td>$5,831,359</td>
</tr>
<tr>
<td></td>
<td><strong>TOTAL PROGRAM SERVICES</strong></td>
<td><strong>$6,150,517</strong></td>
</tr>
<tr>
<td>Management and general</td>
<td>$486,128</td>
<td>$581,323</td>
</tr>
<tr>
<td></td>
<td><strong>TOTAL OPERATING EXPENSES</strong></td>
<td><strong>$6,636,645</strong></td>
</tr>
<tr>
<td>Changes in net assets</td>
<td>$232,988</td>
<td>$6,636,709</td>
</tr>
</tbody>
</table>

**NET ASSETS, BEGINNING OF YEAR** | **$102,400,103** | **$95,763,394** |

**NET ASSETS, END OF YEAR** | **$102,633,091** | **$102,400,103** |

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.
ABOUT METROWEST HEALTH FOUNDATION

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.