

The Foundation Connection

Spring/Summer 2012

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Mission: To invest in sustainable initiatives that promote the overall health of Salem County residents.

Vision: To be a financial resource for organizations specializing in servicing the health needs that are deemed to be unmet or underserved.

\$1 Million in Support to Local Nonprofits

In addition to the grants awarded in 2011, the Salem Health & Wellness Foundation continues to support its current grantees for a total of **\$1,008,862**.

The organizations that were provided continued support throughout 2011 were:

- All About Hope
- Appel Farm Arts & Music Center's HeART and Health Program
- Cooper Health System's Cardiovascular Health Initiative
- Family Promise of Salem County
- Healthcare Commons
- Meals on Wheels of Salem County
- Pennsville Visiting Nurse Association
- Robins' Nest Child & Adolescent Wellness Center
- Salem County Center for Autism
- Salem Community College Foundation's Scholarship Program
- Salem County Chapter of the American Red Cross

Cumberland/Salem Health Alliance Formed

South Jersey Health Care (SJHC) has established an alliance of nonprofit providers, community stakeholders, businesses and government in preparation for its Community Health Needs Assessment (CHNA).

Beginning in 2012, the CHNA is required of all nonprofit hospitals that receive Medicare and Medicaid funding from the federal government. This new requirement is part of the Affordable Care Act.

SJHC will be conducting an assessment of the residents in Salem and Cumberland County. Priority areas will be chosen and addressed by the Alliance. The Alliance currently has combined membership 15 organizations from both counties.

To learn more about the Cumberland/Salem Alliance, go to:

www.gethealthycumberlandsalem.org

Healthy Habits

How much do you know about what makes up a healthy lifestyle? Here's a pop quiz.

1. How do you define working out?
 - a. Going to the gym.
 - b. Turning the jump rope for the neighbor's kid.
 - c. Playing Frisbee with your dog.
2. How do you define good nutrition?
 - a. Eating a vegetable at every meal.
 - b. Eating two vegetables at every meal.
 - c. Drinking a fruit smoothie for breakfast.
3. Which of these is a healthy activity?
 - a. Push-ups, sit-ups, or [running](#) the track.
 - b. [Walking](#) the dog after dinner.
 - c. Spending Saturday afternoon snoozing on the sofa.

Believe it or not, the correct answer to every question is A, B, *and* C -- even that Saturday afternoon snooze! According to the growing "Stealth Health" movement, sneaking healthy habits into our daily living is easier than we think.

To learn more visit [www.MedicineNet.com](http://www.medicinenet.com) and take the Diet & Nutrition Quiz or use the link below.

http://www.medicinenet.com/diet_and_nutrition_quiz/quiz.htm

Strategic Planning

The Foundation continues to work on its strategic plan for the next three to five years. Consultant, Nancy Burd of The Burd Group has conducted extensive interviews with nonprofit leaders, government officials, community leaders and stakeholders in Salem County. The Board will utilize the results from Kid's Count, County Health Rankings and interviewees to determine specific initiatives going forward.

Foundation Spending Policy

The Salem Health & Wellness Foundation determines its spending plan each year based on a policy adopted by the Board of Trustees. The goal of the Foundation is to remain in perpetuity. The Foundation uses the net income from its investments and donations from the public to support its grantmaking strategies as well as its general operating expenses. As the Foundation matures, it seeks to have an even greater impact in Salem County.

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