

SYMBOLS OF



Health



2011 KANSAS HEALTH FOUNDATION
RECOGNITION GRANT REPORT



Kansas Health Foundation

2011 Grants

Each year, the Kansas Health Foundation's Recognition Grants program helps support nearly 100 nonprofit groups, organizations and agencies as they strive to meet the health-related needs of their communities and constituents. The Recognition Grants program gives us the opportunity to provide direct support to grassroots organizations doing innovative and meaningful work around the state.

The stories you are about to read are representative of the innovative ways organizations all over Kansas are working to improve health in their communities. From nutrition and fitness to self-esteem and confidence, Kansans all across the state are benefitting from the work these organizations are doing.

This Recognition Grants report is our annual tribute to the previous year's grant recipients. Since 2008, we've used this publication as a way to shine a light on the outstanding work of these organizations. Through the seven programs featured in the report, we hope to provide a brief snapshot of the impact that can be

made on the lives of Kansans when dedicated, selfless staff members and volunteers of nonprofit organizations commit to a particular project.

We invite you to spend some time reading the stories of the grantees and communities represented in this report. Through the words and pictures, we hope you'll hear the voices and see the faces of those who display a unique passion for helping others. To see more pictures of these grantee stories, visit kansashealth.org/media/images.

GRANT APPLICATION INFORMATION

If you know an organization looking for funding for a health-related project, the Kansas Health Foundation invites them to learn more about our Recognition Grants program. Please visit www.kansashealth.org/grantmaking/recognitiongrants to find out complete program guidelines, criteria and deadlines. Interested organizations can also read more about past grant recipients and find the program's online application.





Fit for *Life*

In a town of only 900 people, access to group fitness facilities can be limited. But in Ashland, the community has come together to solve that problem by building a fitness center for everyone to use.



The Ashland Fitness Center was built with volunteer labor by residents of Ashland. A \$25,000 grant from the Kansas Health Foundation purchased exercise bicycles, treadmills and elliptical machines for the center.

Vicky Sprengeler, president of the Ashland Fitness Board of Directors, says everyone who volunteered on this project cared about the citizens of Ashland.

“We just wanted our community to be healthy,” she says.

The community has certainly responded. Members are there exercising at all hours of the day. Sprengeler says



the only time the fitness center isn't used is between two and three in the morning.

One member is particularly excited about the fitness center's popularity.

“It was two in the afternoon on a Tuesday, and I couldn't get on a treadmill,” he says. “This place is great. I love it.”

The feedback from the community has been overwhelmingly positive. Sprengeler says most people are very impressed with the size of the facility and the equipment available.

“I've really been enjoying it,” says one woman, who has made working out a part of her everyday routine. “I feel really good.”

Sprengeler's own parents are the center's oldest members. She's happy they have the opportunity to be active. Her father, 86-year-old Eardley, makes his rounds to each machine.

“Eighteen ... nineteen ... twenty,” he says, finishing on a weight machine before moving to a treadmill. “That really gets your heart to bumping. Like chopping wood when I was a kid.”

The center has also made group fitness more accessible. The women of WePAC, an organization committed to women's health, meet at the center after work to exercise together.

“We usually have a food show on TV,” says one woman.



.....
We just wanted our community to be healthy.

“Have you ever seen Cupcake Wars? It's a great one to watch while you're exercising.”

“You're doing great! Just a few more!” the others encourage.

The available group classes also give them a chance to support each other when the workouts become challenging.

Sprengeler is proud of the community for coming together to build the Ashland Fitness Center, and for making the most out of it.

“Haven't we done 20 of these already?” asks one of the women, after the group's sixth push-up.

“A lot of people who have memberships here have never worked out before in their lives,” she says. “They wanted to make changes, and this has been a great kickoff for them.”

GRANT NAME: SALINA ARTS
GRANT AMOUNT: \$20,700

Sculpting young *Minds*

Not many teenage boys can say they've had their artwork displayed in the main hall of a gallery. In fact, it's likely that very few have even been to an art gallery. But at the Salina Art Center, teenagers had the opportunity to host an opening of their own work.





The Youth At-Risk Programs at the Salina Art Center allow at-risk youth a safe environment to explore art and writing as forms of self-expression. A \$20,700 grant from the Kansas Health Foundation helped provide personnel and supplies so the teens could utilize different mediums of creative expression.

Ann Marie Morris, curator of education, helps the teenagers learn to let their art speak for their feelings.

"The whole point of the program is to show them that you can safely express yourself through writing and art," she says. "Art is a place to channel your emotions."

For one project, "they had to sit in front of a mirror to make a self-portrait in clay," Morris says, "then write about the masks they created." The finished masks and accompanying journals were displayed in the main hall at the Salina Art Center. One look at the writing that accompanies their work shows that they feel safe expressing themselves.

"This is my made-up face," one boy writes. "He looks scary, hideous and mean, but inside, what he really is, is someone who cares."

"He acts like he's bad," another writes of his mask, "but actually he's a good zombie."

Morris has been careful to create a safe, accepting environment for the teens. She offers encouragement to each student in the program.

"This is awesome," she tells one boy whose mask is a bit more abstract. "No one has done this before. You look so creepy!"

To another who has spent careful time on the details, she

says, "What I love about this is how you did the eyelids."

It's clear that, under the umbrella of art as self-expression, the boys have become confident in both expressing their feelings and in themselves as artists.

"I hope you like me because of my passion," one boy writes in his art journal.

"He's a pretty good artist," another boy says, showing off his classmate's work on the walls, "but then again, so am I."

..... *Art is a place to channel your emotions.*





GRANT NAME: KANSAS REPOSITORY
GRANT AMOUNT: \$25,000

Network of health

In 2007, a grant from the Kansas Health Foundation helped start a pharmacy at the Community Health Center of Southeast Kansas (CHC/SEK). The pharmacy was created to ensure that no patient there would go without medication because of inability to pay. In 2011, another grant from the Kansas Health Foundation helped CHC/SEK make reaching that goal easier, all across the state.





The Kansas Repository, housed at CHC/SEK in Pittsburg, was created in 2009 as a way to utilize unused medications and ensure that uninsured patients could have access to affordable prescription drugs. Since it began, the repository has seen over \$5 million (retail value) in unused drugs pass through its facility, helping over 8,000 Kansans receive necessary medications. It is estimated that number will double in 2012.

On January 1, 2012, the Kansas Repository launched a website that simplified the ordering process for health care facilities. A \$25,000 grant from the Kansas Health Foundation paid for the development and implementation of the website.

"Now clinics can visit the web and see exactly what's available in real time," says Bob Burk, repository coordinator. "The clinics say it makes their lives easier."

Implementing the website has also allowed for faster turnaround of medications.

"We've sent out more, dollar-wise, in the first quarter than some clinics received all of last year," says Burk.

The clinics are also excited about the new website. Veronica Seberger, director at Hunter Health Clinic in Wichita, explains how the website has helped them.

"The website has been awesome," she says. "We used to use faxed forms, and had to check off what we wanted, then wait a week to find out if it was available. Now, one click and the meds are ordered."

Seberger says the website has helped Hunter Health maintain its inventory, which then helps the patients.

"Patients are more likely to take medications if they can get them on-site," she says. "This website has increased access, awareness and utilization."

By being able to reach an estimated 16,000 uninsured Kansans this year, Burk knows the repository has taken a great step toward its goal of ensuring that, across the state, everyone has access to medication.

"While a web page seems very simple," he says, "this one has revolutionized the repository."



Now clinics can visit the web and see exactly what's available in real time.



GRANT NAME: ADVENTURE CLUB
GRANT AMOUNT: \$5,510



— Limitless — *Adventure*

Early on a Saturday morning, teens arrive, feet dragging,
at Peabody-Burns High School.

"Too early in the morning," one girl sighs, chin in hand.



"Is everybody awake?" shouts Gene Green. Green is director of the Peabody-Burns Adventure Club, an adventure-based activities and exercise program in Peabody, Kansas. This innovative program gives students an opportunity to experience physical fitness in a way they never have before.

Green directs the teens as they load up a custom-built trailer with kayaks and bicycles, which were purchased through a \$5,510 grant from the Kansas Health Foundation. While they load, he explains the trail they're

going to bike today, and reminds them to be respectful and share the trail.



"It's a challenging ride, and it's going to test your stress levels," he says, "but by the end you'll be feeling good. Because you've accomplished it."

The sleepy teens wake up quickly as they begin their ride. The path takes them up and down hills, over bridges, and through prairie grass. They challenge each other to ride faster.

"I was going to wait for you, but you're too slow," one teen laughs.

After the ride, they all reach eagerly for their water bottles.

"I'm dying," says one girl with a big smile on her face.

Green knows the teens are challenging themselves with each ride.

"It teaches them to take a little pain," he says. "We all have to sometimes."

The entire Adventure Club is ready to hit the water when it's time to kayak. They carry their kayaks to the East Lake boat dock in Newton, and race to be the first in the water.

"It's not cold, it feels nice!" one girl shouts to the group.

"Hey, Mr. Green," one boy shouts, pointing to the middle of the lake. "Is it OK to row out there?"

Green nods, and the teens are off, splashing, rowing and enjoying the adventure of a new activity.

"Not everyone can be a varsity player in school," Green says, "but everyone, regardless of ability, can bike and kayak."

Green has seen firsthand how the Adventure Club has been good for the teens at Peabody-Burns.

"It's giving them a sense of accomplishment. I've seen kids' attitudes change over the last year, and it's because they're feeling successful."



GRANT NAME: BEANS&GREENS

GRANT AMOUNT: \$25,000

Farm-fresh in the *City*

In parts of urban Kansas City, residents have a difficult time finding affordable, healthy foods. People who live in these “food deserts” are often receiving some sort of assistance, such as food stamps, and are trying to stretch that budget to cover the whole month. But thanks to the Beans&Greens Mobile Market, families in these areas now have an oasis of healthy foods.





The Beans&Greens Mobile Market began in 2011 as an extension of the Kansas City Beans&Greens program, which allows families who receive food assistance to use those dollars at local farmer's markets. According to Gayla Brockman, executive director of the Menorah Legacy Foundation, which began the program, the Beans&Greens Mobile Market was launched as a response to a problem.

"There was an obvious need for increased access and affordability," she says. "We found that low-income families want healthy food, but can't afford it and can't get to it."

The response has been overwhelming. Since Beans&Greens began, the program has seen growth from \$7,900 in sales to \$200,000 in just two years.



"There's definitely a demand," says Brockman.

A portion of the program costs are covered by a \$25,000 grant from the Kansas Health Foundation. The grant helped pay for personnel and supplies. Additionally, \$2,500 of the grant covered dollar-for-dollar matching funds for Mobile Market purchases.

"Basically, a person receiving food assistance uses their card to withdraw tokens used as cash at the market," Brockman explains. "If they want to spend 50 dollars that day, they withdraw 25, and receive an additional 25 dollars in tokens."

The dollar-for-dollar matching has helped many families to be able to eat healthier all month long.



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It has allowed our family to eat more of the types of foods that are right for our health.
.....

"Beans&Greens has allowed our family to eat more of the types of food that are right for our health," one customer says. "While we ate them before, we were not able to afford the amount we can now. It helps so much!"

Part of the grant also helped purchase portable tents and tables for the Mobile Market, which are set up by neighborhood volunteers at each stop.

"We began offering food and cooking demonstrations at Mobile Market stops," says Brockman, "because we found that people were intimidated by farmer's markets and didn't know what to do with some of the produce."

One customer, whose 16-year-old daughter has high blood pressure, has been helped tremendously by the Mobile Market.

"This program helps me afford the right diet for her and teaches her how to take care of herself."

According to Brockman, that is exactly the effect the Beans&Greens Mobile Market should have.

"The hope is that these children will know and understand farmer's markets and produce," she says. "If we can keep this going, we will establish new, healthy behaviors in the next generation."

GRANT NAME: FAMILY PROMISE
GRANT AMOUNT: \$3,000

Moving *Forward* hand-in-hand

A little boy rides a scooter down a ramp in front of a home in Lawrence. As he shouts, "Watch this!" and falls firmly on his rear, the family gathered around him laughs and helps him up. He giggles and says, "I'll try that again."



It sounds like any home in any town. But this is Family Promise, an organization that helps families without a home get the help they need to experience independence again. Dana Ortiz, executive director of Family Promise of Lawrence, explains the program.

"It's not a handout. We're walking beside the families," she says. "Our mission is to get them into permanent situations."

Family Promise works because of its commitment to keeping families together.

"Each family has a door they can shut," Ortiz says. "A safe, kid-friendly shelter where they can just be a family indoors, together."

During the summertime, Family Promise provides activities to the children in the program. A \$3,000 grant from the Kansas Health Foundation gave the children an opportunity to create more summer memories.

"I was able to hand them a Parks and Recreation catalog and say, 'What do you want to do this summer?'" says Becky, a program coordinator. "It's the first time they've gotten to choose their own activities."

With so many options, the children got to explore their own interests. Some chose an exercise program, some were interested in paintballing, and some chose a camp that focuses on animals.

In spite of their differences, each child in Family Promise opted for the archery class.



"This should be interesting," Becky laughs.

One man, Joe, who participated in Family Promise, has since returned as a volunteer for the program. He knows firsthand what the program can do for a family experiencing homelessness.

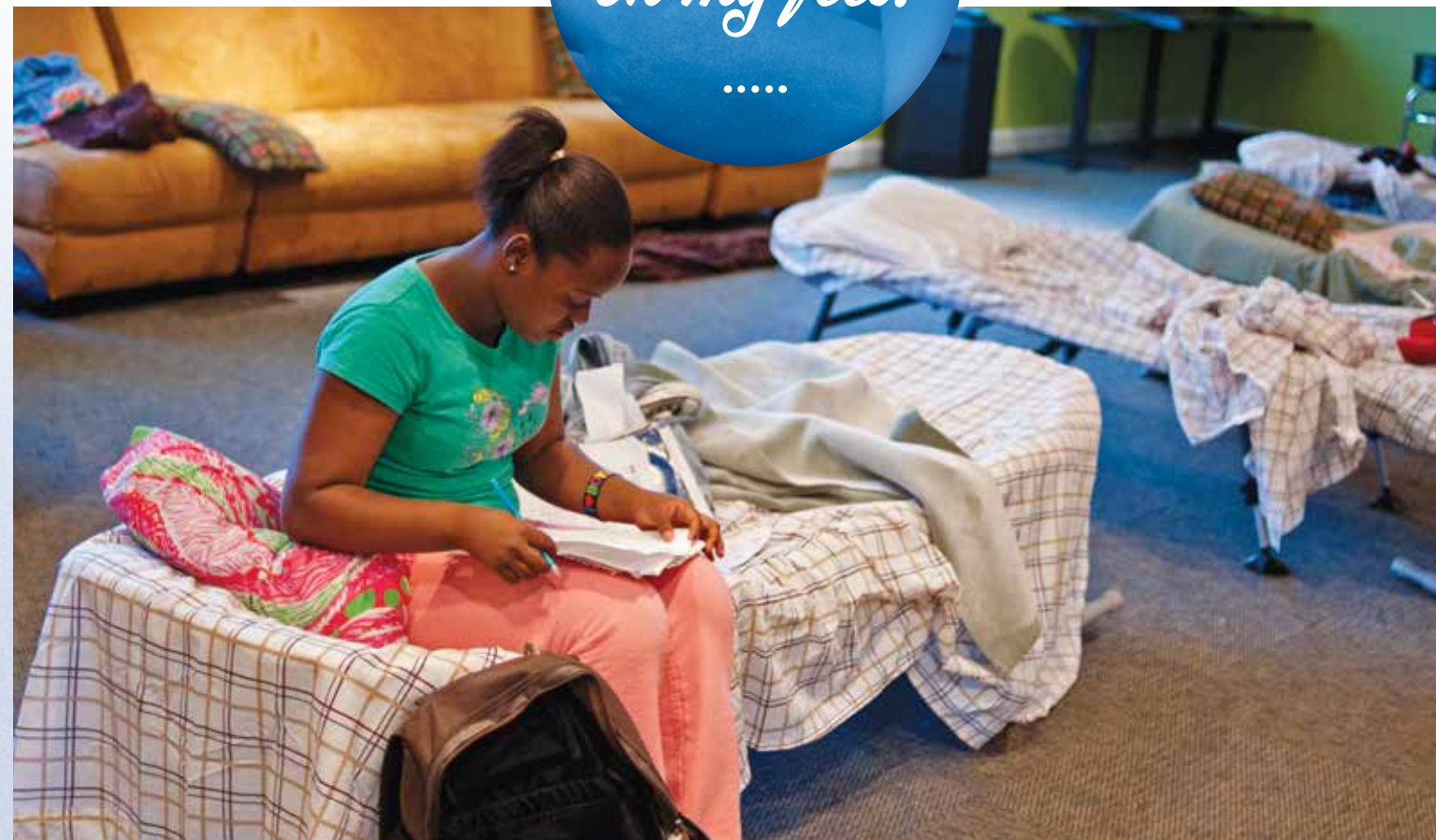
"You know, some people just lose their balance," he says. "I said, 'I'm not going to let that break my spirit.' I finished high school. I'm raising a little girl. We've got an apartment."

His six-year-old daughter runs up beside him, grabbing her daddy's hands. He smiles down at her.

"I'm back on my feet," he says.



.....
*I'm back
on my feet.*
.....



GRANT NAME: GIRL EMPOWERMENT
GRANT AMOUNT: \$24,830

Growing up *Strong*

As girls carrying lunch trays file into a classroom at Robinson Middle School in Wichita, each greets Deborah Diggs with a smile and a cheery "Hi, Miss D!"

"I rose my grade from an F to an A," one girl says.

"Can I get a high-five for that?" Diggs answers.

"I got an A in math," another says. "I got a D in language arts, but I'm studying!"

"Well, then give me a high-five for studying!"



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*Stand up
for yourself
and others.
Use your voice,
and use it loud!*

.....



Diggs is the coordinator for the Girl Empowerment Program, which targets at-risk girls ages 11-17 in Wichita. The program provides social and lifestyle support for girls who may be at risk for substance abuse, academic failure or other unhealthy lifestyle choices. A \$24,830 grant from the Kansas Health Foundation helped pay for personnel, supplies and events for the program.

The girls meet during lunchtime for "Girls' Circle" discussions, role-playing activities and workshops designed to build problem-solving skills and self-esteem. They also participate in community service events and host game nights and mother/daughter events.

During Girls' Circle, their facilitator introduces them to their guest speaker and reminds them of the week's focus.

"Our word for this week is 'goal,'" she says. "Why is having a goal important?"

"Goals make you work harder."

"When you achieve your goal, it makes you feel good about yourself."

Diggs has a goal for Girl Empowerment, too. "Girl Empowerment is where girls have a voice," she says. "We have lessons for everything young women go through. And it's all confidential, accepting and nonjudgmental."

As the girls file out of the classroom at the end of the lunch hour, Diggs high-fives each one, encouraging them to use their voice.



"I want you to be an upstander, not a bystander," she says. "Stand up for yourself and others. Use your voice, and use it loud!"

Once a month the group meets to prepare dinner for the Ronald McDonald house in Wichita. Diggs assigns tasks to the girls.

"One crew on the meat, one crew on the noodles, and one crew chopping lettuce. Then we're all going to come together, like we always do. And in 30 minutes, you'll have a new life skill."

Some girls discuss their dreams over a pot of boiling noodles while others wash dishes and giggle together. Diggs looks over them proudly.

"Everything my mother taught me, I'm passing on to them," she says. "All it takes is patience, caring and empathy."

While they're cooking, Diggs speaks to one girl who is new to the group. She asks what made her come back a second time.

"I liked it," the girl says. "I got to open up and feel good. I've never felt that."

Diggs raises her hand for a high-five, knowing the Girl Empowerment Program is reaching its goals.

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