





## CareSource Foundation Vision

**Our vision** is to be a recognized leader in endorsing long-term, innovative solutions that support a holistic approach to addressing the health care needs of the underserved.

# it's

## CareSource Foundation Mission

**Our mission** is to advance the health and well-being of underserved people in the communities we serve by providing innovative solutions and funding to address health care needs.

## WHAT NOW?

In today's economy, smart grantmaking is imperative.

Non-profits are particularly vulnerable to economic challenges. Those with health and human services focus are working harder than ever to help an increasing number of people in need. For many, their future is uncertain. The most common question becomes, "What *now*?"

The CareSource Foundation is committed to addressing those issues. In the midst of unprecedented change, we have seen great opportunity.



Our grantees are proving their heart and their smarts. They have sharpened focus. Created innovative collaborations. Improved efficiencies. Strengthened staff. Eliminated redundancy. Broadened fundraising networks. Engaged board members. Embraced new technologies. And, amidst it all, found a renewed spirit of purpose.

They have seized the opportunity to do more than simply survive. And the CareSource Foundation is so proud to be a partner on this important journey. *Now* more than ever.

*Cathy*

Cathy Ponitz  
Executive Director

# 2006 → NOW

## The Foundation Story

CareSource has a close connection to our members. A majority of them are “traditional” Medicaid consumers—moms and kids in situational or long-term poverty. Two-thirds of our members are children. Their stories become our stories. We listen, we learn.

The CareSource Foundation launched in June of 2006 to add another important component to our professional services: community responsiveness.

The Foundation has responded at significant levels and made some very good friends—non-profit organizations and other charitable funders who were equally committed to good health for all communities.

Over the last three years, the CareSource Foundation has awarded hundreds of grants totaling over \$2 million. In addition, we’ve expanded our reach into Michigan and awarded our first high-impact Signature Grant. We’re excited about the future.

American Diabetes Association - Michigan



Child Abuse Council of Saginaw County



Mom's House Toledo



Healthy Beginnings



Abilities First



In 2009, the CareSource Foundation invested \$783,080 for 87 grants across Ohio and Michigan.

## Foundation Focus Areas

### Children's Health

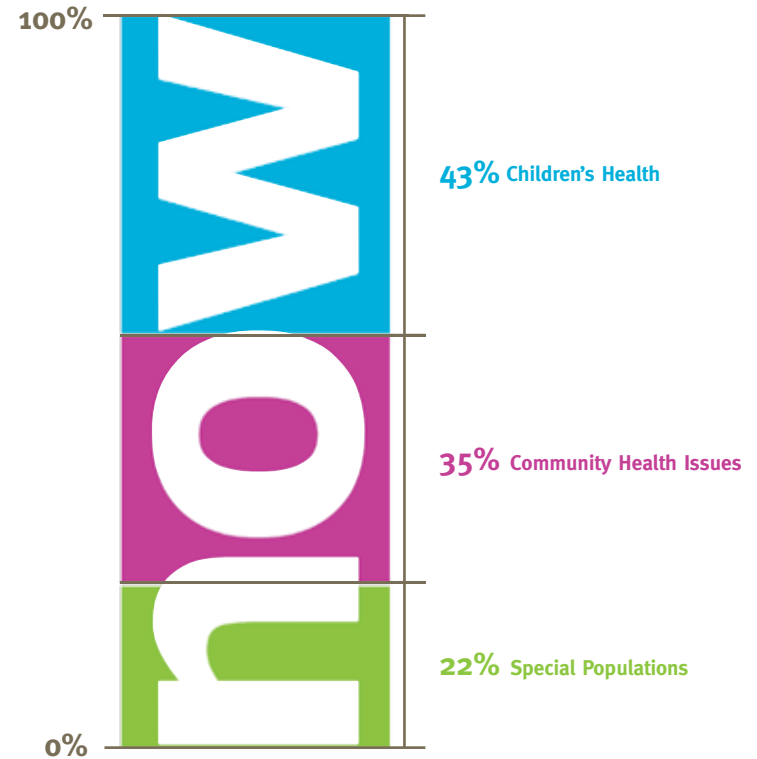
- Emphasis on critical trends in children's health including asthma, obesity and diabetes

### Community Health Issues

- Social and environmental issues that impact overall health including domestic violence, hunger, homelessness and child abuse

### Special Populations

- Strategic health coverage solutions for Ohio's uninsured children and adults



Children's Hunger Alliance



Far West Center



ARC Ohio



MetroHealth Foundation



Youth Challenge



# GetUp Montgomery County

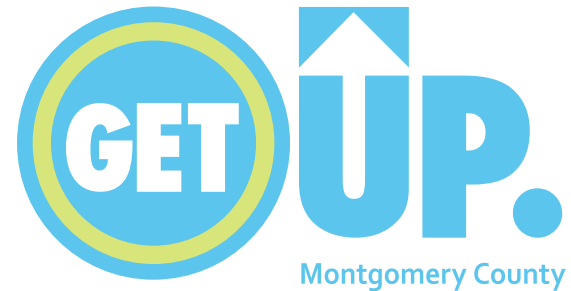
New to the 2009 CareSource Foundation lineup:

**Signature Grants.** These investments are designed to fund large, collaborative efforts in areas of critical need for long-term impact on entire communities.

What did we tackle first? Childhood obesity. The statistics are staggering. Ohio's kids are increasingly unfit, overweight and obese. They are faced with a daunting future. Poor health has a lifetime impact on our children and is costly for families, healthcare providers, our education system, employers and ultimately our entire community.

It's clear—we need to address the issue **now**.

The CareSource Foundation partnered with Public Health Dayton & Montgomery County and the Montgomery County Human Service Levy team to design **GetUp Montgomery County**—a multi-year initiative to combat childhood obesity and promote healthy lifestyles.



The Foundation invested \$175,000 to make **GetUp** a reality. Health Commissioner Jim Gross was a key driver. “Helping people make better lifestyle choices and providing access to great alternatives will help Montgomery County be one of the healthiest communities in the country.”

American Heart Association



GetUp Montgomery County



House of Bread



East End Community Services



YMCA Dayton



# 5-2-1-Almost None

The healthy lifestyle prescription for **GetUp Montgomery County** is “5 – 2 – 1 Almost None” — a memorable motto that resonates with children and parents alike.

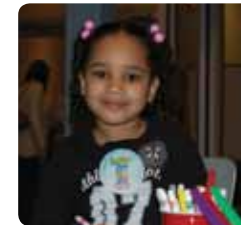
- 5 >>>>> Eat at least five fruits and vegetables each day
- 2 >>>>> Spend less than two hours of passive screen time
- 1 >>>>> Get one hour of active play

**ALMOST NONE** >>>>> Drink almost no sugary beverages

Take the pledge on the award-winning **GetUp** website at [www.getupmc.org](http://www.getupmc.org).



*Jim Gross, Montgomery County Health Commissioner  
Cathy Ponitz, CareSource Foundation Executive Director  
Tom Maultsby, CareSource Foundation Board Chair*



Children's Hunger Alliance



One Way Farm



Nationwide Children's Hospital



SomalICAN



Youth Challenge





“Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.”

~B.K.S. Iyengar

American Diabetes Association



Covenant Healthcare Foundation



Boy Scouts of the Miami Valley Council



Hackley Community Care Center



Goodwill Easter Seals







# Critical Trends in Children's Health

Know more. Worry less. Live better.

## 2009 Grants

# Critical Trends in Children's Health

**Akron Children's Hospital:** \$5,000 grant to support children in crisis through the collaborative "Children Who Witness Violence" program

**American Diabetes Association of SW Ohio:** \$5,000 grant to support Camp Korelitz for children throughout Ohio with Type 1 or Type 2 diabetes

**Berrien County Michigan Health:** \$2,500 grant to support implementation of lead hazard control services

**Boonshoft Museum:** \$10,000 grant for Exhibits-to-Go outreach to nearly 70,000 Ohio students focusing on healthy lifestyles, dangers of smoking, sun exposure and nutrition/fitness

**Boy Scouts of America/Miami Valley Chapter:** \$5,000 grant to support programs for 500 at-risk youth living in Dayton Metro Housing including "CareSource Health Enrichment" days to promote healthy lifestyles

**Child Abuse & Neglect Council of Saginaw County, MI:** \$10,000 grant to provide parenting simulation for 800 teens in an effort to educate and prevent child abuse and neglect

**Child & Family Resource Council:** \$8,000 grant to provide support, information and resources to first-time parents with risk factors for child abuse or neglect in Grand Rapids, Michigan

**Children's Hunger Alliance:** \$12,000 grant to support the USDA Child Nutrition program which subsidizes food service for low-income students

**Cincy Smiles:** \$4,000 grant to help children in poverty prevent oral disease and access comprehensive dental treatment

**Covenant Healthcare Foundation:** \$5,000 grant to help decrease incidence of childhood trauma, accidents and school/home/playground injuries in Saginaw, Michigan

**Gladwin County, MI Child Abuse & Neglect Prevention Council:** \$5,000 grant to support parenting education programs, transportation and childcare options for low-income families

**Goodwill Easter Seals:** \$15,000 grant to provide free developmental screenings for children's daycares in 8 Ohio counties

**Hackley Community Care Center:** \$3,500 grant to support pediatric lead screening for children of low-income women in the greater Muskegon region

**Healthy Beginnings:** \$15,000 grant to expand prenatal care for 18 regional health centers serving medically at-risk women in poverty

## 2009 Grants

# Critical Trends in Children's Health

**Healthy Moms & Babes:** \$7,500 grant to provide mobile health and education services to low-income, high-risk women including pregnancy screening, referrals, parenting classes and social services

**Maternal & Child Health Center:** \$4,000 grant to provide comprehensive prenatal and well-child care through a program of the Coshocton County, Ohio Health Department

**Michigan State University Extension Program:** \$5,880 grant to incorporate a nutrition education curriculum into Saginaw's elementary schools in partnership with the countywide "Saginaw Steps Up" children's health initiative

**Mom's House Toledo:** \$3,000 grant to help educate and support young, at-risk, single parents

**Nationwide Children's Hospital Foundation:** \$8,000 grant to fund the after-school FAN (Fitness and Nutrition) Club program to combat childhood obesity

**One Way Farm Home for Children:** \$5,000 grant to support therapy and psychiatric services for abused, abandoned or neglected children

**Project Chatter:** \$6,200 grant to provide early intervention for children with language impairments in the greater Dayton region

**Ronald McDonald House of the Miami Valley Region:** \$7,500 grant to subsidize residential services for families of critically ill or injured children during their hospital stay

**Ronald McDonald House of Western Michigan:** \$10,000 grant to provide overnight shelter to 450 families with significantly ill children

**YMCA Dayton:** \$10,000 grant to expand the regional Youth and Fitness initiative including summer meal programs for at-risk children

**YMCA of Grand Rapids:** \$5,000 grant to support 4,000 children enrolled in the "Activate America" program designed to decrease rates of childhood obesity and chronic diseases





“A healthy body and soul come from an unencumbered mind and body.”

~Ymber Delecto

The Other Place



Child and Family Resource Center



DDC Clinic for Children with Special Needs



Linda Vista Project



SomaliCAN





**Community Health Issues**  
Rebuilding the spirit and health of individuals, families, and entire communities.

## 2009 Grants

# Community Health Issues

**AIDS Resource Center Ohio:** \$10,000 grant to support HIV counseling, testing and referral services in 35 Ohio counties

**American Diabetes Association of Michigan:** \$7,500 grant to support Camp Midicha, the largest camp in the nation for children and teens with diabetes

**American Heart Association:** \$10,000 grant focused on decreasing risk factors for heart disease in women and minorities

**American Red Cross Cincinnati:** \$5,000 grant to provide free transportation to medical appointments and encourage independent living for senior adults in Middletown, Monroe and Trenton, Ohio

**Battered Women's Shelter of Summit & Medina Counties:** \$8,000 grant to fund the Family Crisis Intervention Program for victims of domestic violence

**Catholic Charities of West Michigan:** \$10,000 grant for emergency housing, child welfare and food services for families in Grand Rapids, MI

**Clothes That Work:** \$10,000 grant to provide crisis support, job training and employment services to women in the greater Dayton region

**Community Blood & Tissue Center:** \$15,000 grant to connect 25 hospitals in a 15-county service area to daily critical blood supplies

**Community Health Access Project of Mansfield:** \$4,000 grant to provide gap coverage as part of a community-based model for healthcare coordination

**Community Mercy Foundation:** \$5,000 grant to supply prescription assistance for migrant and seasonal farm workers in Clark and Champaign counties

**East End Community Center:** \$8,000 grant to provide crises and case management services to recent Latino immigrants and their families

**FACES of Stark County:** \$7,500 grant to encourage advocacy, support and connection to social services for the "newly poor" of Canton, Ohio, who have lost jobs, homes and health coverage as a result of economic downturn

**Family Service Association:** \$5,000 grant for the SCAN (Stop Child Abuse and Neglect) program in 10 Dayton-area counties

**The Foodbank:** \$15,000 grant to help eradicate childhood hunger in the Miami Valley through the "Good to Go" urban food program

## 2009 Grants

# Community Health Issues



**Good Neighbor House:** \$10,000 grant to support food pantry and free clinic healthcare services to low-income families

**Good Samaritan Hospital Foundation of Cincinnati:** \$10,000 grant to fund the TriHealth nurse/midwife initiative which improves healthy birth outcomes for women in low-income housing

**Greene County Combined Health District:** \$8,000 grant to fund children's dental services at the regional Safety Net Dental Clinic

**Holt Street Miracle Network:** \$4,000 grant to support meals for 120 low-income children

**House of Bread:** \$10,000 grant to improve health and prevent hunger in the greater Dayton region

**Lake County General Health District:** \$7,500 grant to reduce and prevent asthma and diabetes issues in high-risk Medicaid, Hispanic and African-American families

**Leukemia & Lymphoma Society:** \$8,500 grant to provide education and support services for minority families in Southwest Ohio

**Linda Vista Project:** \$5,000 grant to support a residential transition facility and case management services for homeless women and children

**Lorain County Community Action Agency:** \$5,000 grant to assist senior adults with healthy lifestyle education and advance directive/living will initiatives

**MetroHealth Foundation:** \$5,000 grant to support "Daddy Boot Camp" for young fathers

**Miami Valley Women's Center:** \$5,000 grant to provide new-mom education in the areas of child abuse and neglect, illness, accidents, Fetal Alcohol Syndrome and drug abuse

**MLK Center Kitchen for the Poor:** \$5,000 grant to help feed homeless and low-income residents in Toledo's poorest neighborhoods

**New Creation Counseling Center:** \$7,500 grant to provide expanded case management in the areas of children's health, emergency housing, job transition, behavioral health and parenting skills for low-income or homeless individuals

**Ohio Association of Free Clinics:** \$5,000 grant to support the work of 40 member clinics serving almost 55,000 uninsured patients annually

**Ohio Domestic Violence Network:** \$5,000 grant to provide training, technical assistance and collaborative services that support statewide initiatives to eliminate domestic violence

**OhioHealth Foundation:** \$8,000 grant for the "Wellness on Wheels" mobile health services for urban Columbus residents



**Open M Free Clinic:** \$5,000 grant to support comprehensive nutrition, housing, safety, job skills, self-sufficiency and health care for residents of urban Akron

**Planned Parenthood of NE Ohio:** \$7,500 grant to help significantly reduce sexually-transmitted diseases in teens living in Akron, Canton and Cleveland

**Pregnancy Care of Summit County:** \$6,000 grant to provide parenting classes and baby supplies to young, low-income mothers and their children

**Premier Health:** \$10,000 grant to support breast and colorectal diagnostics for the medically uninsured

**Prevent Blindness Ohio:** \$10,000 grant to provide training and vision screening for 706 health care providers in Ohio

**Project Read:** \$5,000 grant to provide health literacy skills for low-income women

**Reach Out of Montgomery County:** \$10,000 grant to increase access to health care services for the underserved and uninsured through an all-volunteer medical staff

**Saint Stephen's Community House:** \$3,000 grant to support strategic connections to social services and food pantries for families in Columbus, Ohio

**Somali Community Action Network:** \$10,000 grant to provide health literacy and disease prevention services specifically tailored to the growing Somali population in central Ohio

**Suicide Prevention Center:** \$3,000 grant to support education, mental health resources, 24-hour hotline and operations

**Toledo Area Ministries:** \$5,000 grant to engage 125 churches in Lucas County to serve senior adults through the Managed Care Advocacy Program

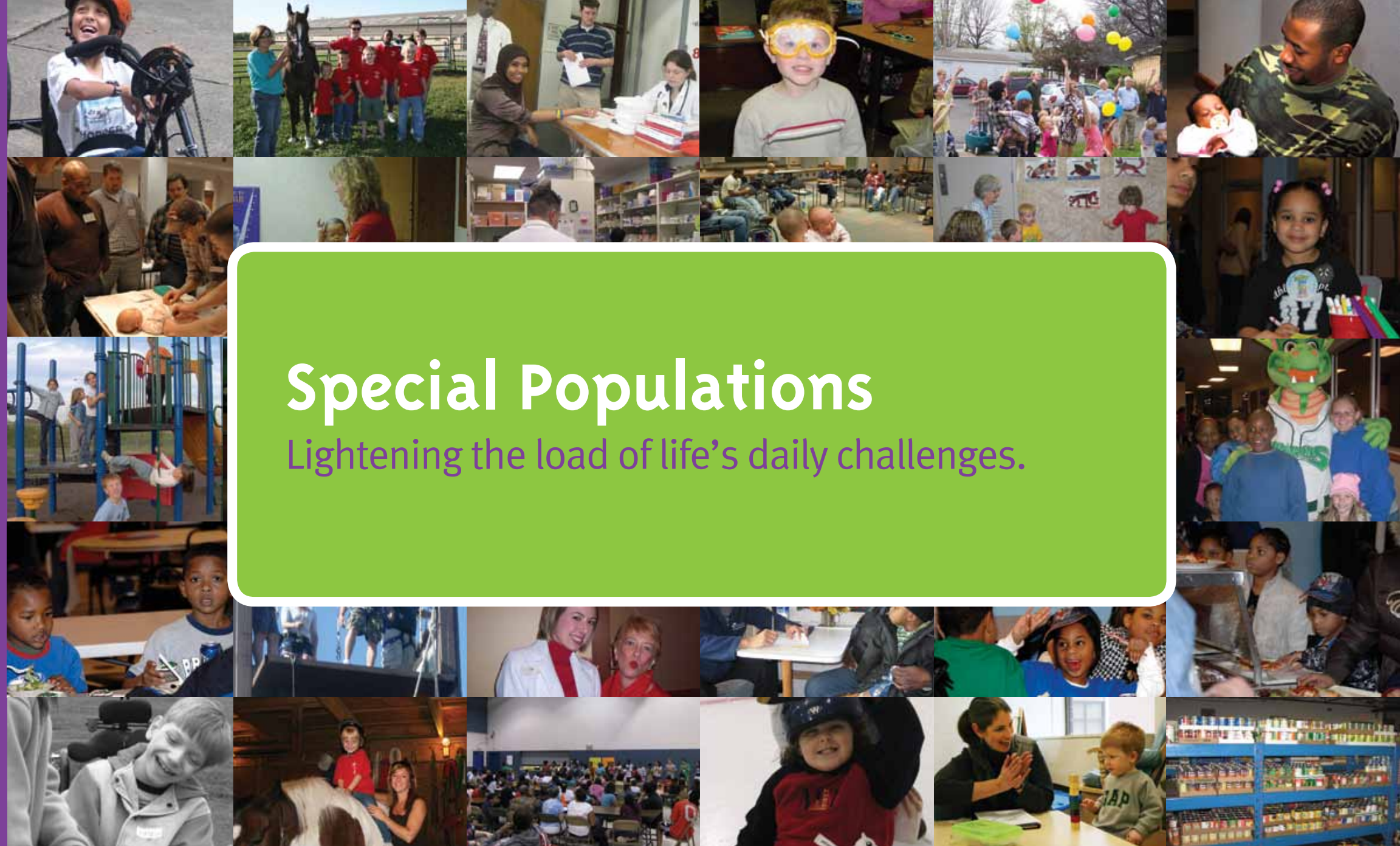
**Toledo-Lucas County CareNet:** \$15,000 grant to increase access to coordinated healthcare services for low-income, uninsured residents

**UHCAN of Ohio:** \$15,000 grant to advocate for high quality, accessible and affordable health care for all Ohioans

**Wellness Connection:** \$5,000 grant to assist low-income, uninsured and unemployed individuals in obtaining medication for heart, cancer, diabetes and hypertension health issues

**YWCA Dayton:** \$15,000 grant to support women and children in need of emergency shelter as the result of domestic violence and/or child abuse





# Special Populations

Lightening the load of life's daily challenges.



## 2009 Grants

# Special Populations

**Abilities First:** \$7,000 grant to support pediatric therapies for children with disabilities

**Cystic Fibrosis Foundation:** \$4,000 grant to provide direct care at a variety of Cystic Fibrosis pediatric centers

**Deaf Community Resource Center:** \$4,000 grant to support audiological evaluations for the regional Infant Hearing Program

**DDC Clinic for Special Needs Children:** \$5,000 grant to improve access to immunization services for Amish children in northeast Ohio

**Episcopal Retirement Homes:** \$5,000 grant to provide affordable housing for low-income seniors in the Cincinnati region

**Four Oaks Early Intervention:** \$3,000 grant to support services and operations of three behavioral health centers operated by the Greene County Board of Mental Health

**Four Winds Community/United Church Homes:** \$5,000 grant to support the Certified Nursing Assistant for Elder Care program

**National MS Society:** \$3,000 to provide short-term homecare and adult daycare for individuals with significant disabilities as a result of multiple sclerosis

**Otterbein Homes:** \$5,000 grant to provide benevolent care for senior citizens who are no longer able to pay the full cost of nutrition or medical services

**Samaritan Behavioral Health:** \$7,500 grant to provide mental health services for East Dayton's bilingual/bicultural community

**Senior Resource Connection:** \$3,000 grant to support seniors, adults with special needs and their caregivers through visiting home care, adult day care centers, Meals on Wheels and Home Health Aide programs

**South Community:** \$4,000 grant to support therapeutic programs for children with severe behavioral health diagnoses

**United Rehabilitation Services:** \$10,000 grant to expand clinical services for children with disabilities

**Youth Challenge:** \$5,000 grant to provide adaptive sports opportunities for children with disabilities in northeast Ohio

**Zepf Mental Health Center:** \$3,000 grant to target domestic violence issues of clients engaged with the Center's vocational, aftercare, substance abuse and behavioral health services

## 2009 Grants

# Special Populations



“The ‘i’ in illness is isolation, and the crucial letters in wellness are ‘we’.”

~Author unknown



# Community Outreach

CareSource has a reputation: responsive, collaborative, strategic and mission-driven. It is demonstrated through our grantmaking, but also through our people. CareSource employees and board members get connected and stay connected to our communities. We couldn't be prouder of them.

## United Way

CareSource proudly partners with United Way—the model non-profit for maximizing impact in our communities. In 2009, CareSource employees celebrated a colorful annual campaign with an impressive **14% increase in contributions** to United Way in Dayton, Columbus, Cleveland and Michigan. In addition, dozens of employees flexed their volunteer muscles at the annual United Way “Day of Caring.”



Mom's House Toledo



Clothes That Work



Prevent Blindness Ohio



MetroHealth Foundation



The Foodbank



## Rebuilding Together

“We found our heroes!” Those were the words of a single father raising two young daughters after Team CareSource lovingly restored his home.

**Over 100 employees** repainted the house, fixed gutters, landscaped a barren yard, repaired the roof, added secure doors, installed a furnace and constructed the mother of all swing sets as part of Rebuilding Together Day—a national effort to assist low-income, elderly and disabled homeowners.



## Charitable Board Credits

We couldn't do it without them—our committed board members, that is. For their efforts, CareSource awards charitable credits which **translate into dollars** for their favorite charities. In 2009, \$184,000 was directed in their honor to 53 hardworking, non-profit organizations throughout Ohio and Michigan.

## Star Volunteers

There is strength in numbers! And our numbers reflect an unprecedented army of employees who choose to **turn passion into purpose**. For those shining star employees who volunteer over 50 hours a year, CareSource provides a mini-grant to their chosen non-profit organization. Our employees don't just wait for change to happen, they help drive it.



## Commitment to Diversity

Diversity is an integral part of our success and our culture. CareSource believes in the power of diversity. In fact, it's a **business imperative** for all we do. Over the past year CareSource has continued to lead the way in areas of broad workforce representation, supplier/vendor diversity, domestic partner benefits and creative recruitment. The CareSource Foundation directed a majority of grants to non-profit organizations serving a broad spectrum of issues and various populations.

Healthy Moms and Babies



American Diabetes Association - MI



Leukemia and Lymphoma Society



South Community



Catholic Charities



Board of Trustees

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Dayton Primary & Urgent Care

Cathy Ponitz, Executive Director

937-531-2808

Cathy.Ponitz@caresource.com

CareSource Foundation

P.O. Box 8738

Dayton, Ohio 45401-8738

Interested in a CareSource Foundation grant?

Go to: [www.caresourcefoundation.com](http://www.caresourcefoundation.com)



**2009 Community Report**

**Lisa Grigsby**

AIDS Resource Center Ohio

**RoNita Hawes-Saunders**

Dayton Contemporary Dance Company

**Ken Herr**

Shook Construction

**William Marsteller, DC**

Centerville Chiropractic

**Pamela Morris**

CareSource