

Relentless for Western North Carolina

Pisgah Health Foundation | 2020 Compendium



PISGAH
HEALTH FOUNDATION

A Legacy of Hope

Cover: Outdoorsman Alex Green is seen kayaking off “Groove Tube” on the narrows section of the Green River in Henderson County.

Photo taken by Jeffery Trufant, of Camp Chosatonga (boys) and Khadalea (girls) located in Transylvania County.

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“Only the brave are free” – Seneca

Healthcare in Western North Carolina is indebted to a small band of women, known as the “little flower mission”, who sold Dogwood flowers in the streets of Appalachian towns to fund healing hands in care of needy patients. In February of 2019, the seeds of love this group planted bloomed into the largest endowment per capita in the world – the Dogwood Health Trust.

Evolving on this same landscape are six small “Legacy” foundations dedicated to improving health and wellness in communities simultaneously served by the Dogwood Health Trust. The Pisgah Health Foundation gratefully takes its place amongst these organizations. Our first two years of impact are chronicled within this document.

Immediately after the Mission Health System HCA acquisition, I asked our seven charter board members to “walk with me” and President Lex Green to boldly improve the social determinant of health trajectory for those we serve. What transpired was a precedent setting transformation that

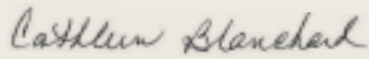
included the launch of the “first in the Carolinas” Blue Zones Project® – the 50th such initiative worldwide. Add to that milestone our team’s legacy-honoring commitment to the Mission Belles Nursing Education Scholarship Program, the Camp Bluebird of WNC’s compassionate cancer survivor support program, the Good Neighbor and Health Impact Grant programs, the establishment of a fifty-member strong Physicians Roundtable, the hosting of hundreds of health convenings and the engagement of thousands of individuals for meaningful health outcomes. What we experienced was a Pisgah Health Foundation destined to make our world a better place.

In March 2020, Western North Carolina beckoned Pisgah Health Foundation even deeper into its calling to aggressively address a new health enemy known as COVID-19. Witnessing the triple threat of disease, despair and social unrest, our team set aside \$1 million to advance WNC's first COVID-19 Rapid Response Fund. Our response included funding, community support, accessible COVID-19 testing and vital PPE distribution. We remain very grateful for the tactical support offered by our Physicians Roundtable. As of December 31, 2020, our grant awards totaled more than \$5.5 million.

The fight of a world pandemic continues. We take specific comfort in knowing the difficult decision of Mission Health System's private sector sale led to vital resources deployed by each Legacy Foundation and Dogwood Health Trust against a once-in-a-century battle with a very cruel yet conquerable illness.

Whether you represent a nonprofit organization, private business, government agency, or are a dedicated volunteer, front-line provider, grantee, grantor, donor, student, patient or Blue Zones champion, we consider our supporters "Pisgah Health Insiders." Many individuals you will read about play a crucial role in the effort we started in 2019 and continue to steadfastly advance our "movement" today. If you are inspired by our story, please join our movement at www.pisgahhealthinsider.org.

Our work to date serves as tangible evidence of honor and good faith. "Walk with us" as we reach out into the future and make Western North Carolina the healthiest region it can be for you and everyone.



Cathleen Blanchard
Board Chair



Lex Green
President

“This book is for those we serve.”

PISGAH HEALTH FOUNDATION

Our Mission

Pisgah Health Foundation's mission is to purposefully, creatively and collaboratively enhance the health and well-being of our communities by addressing local health and wellness inequities through strategic and meaningful partnerships.



Our Vision

Encouraging the world to eat well, move well and think well!

Pisgah Health Foundation-
Established January 30, 2019

Continuing the Legacy

Since 2019, Pisgah Health Foundation has focused on improving the health and wellness of Western North Carolina residents. Founded by a board of seven caring individuals, PHF evolved from the Transylvania Regional Hospital Foundation following the sale of Mission Health System to Hospital Corporation of America (HCA).

As a public 501(c)(3), Pisgah Health Foundation (PHF) is carrying on the legacy of Mission Health by supporting opportunities within targeted social determinants of health areas, including health, food insecurity, housing and homelessness, social cohesion and education.

Our Work

In its first two years, PHF awarded more than \$5.5 million to area nonprofits in five Western North Carolina (WNC) counties. After completing two grant cycles, creating a Good Neighbor Critical Need Grant, as well as a COVID-19 Rapid Response Fund, PHF is well positioned to address WNC residents immediate needs.

Three affinity groups comprised of community members, have partnered with PHF in the shared desire to improve lives in WNC. These groups are actively raising awareness and funds for needs identified through PHF:

- **The Physician's Roundtable**
- **The Women's Giving Circle**
- **Pisgah Health Insiders**

Ongoing health and wellness initiatives supported by Pisgah Health Foundation (PHF) include:

Blue Zones Project – Brevard –

is now recognized as the 50th Blue Zones Project in the world thanks to the efforts and support from PHF.

brevard.bluezonesproject.com
pisgahhealthfoundation.org/media
Episodes 8, 9, 10

Camp Bluebird – An adult camp supporting cancer survivors. Started in 1993 by Mission Health, Camp Bluebird WNC is now part of the Pisgah Health Foundation family. In 2020, PHF hosted the first ever Virtual Camp Bluebird WNC.

pisgahhealthfoundation.org/camp-bluebird
pisgahhealthfoundation.org/media
Episode 54

The Steven F. Balding Scholarship –

Supports Transylvania County students choosing a career in nursing. The Steven F. Balding Memorial Scholarship was established in 2019 by his family and friends in remembrance of Steven Floyd Balding and his legacy of working to make this world a better place. He was a kind soul, who cared about his heritage, nature and the creatures around him. Balding was a horticulturist by trade and left many beautiful plants and trees for others to enjoy. He was also very involved in learning about his Cherokee heritage.

Pisgah Health Foundation is pleased to support the health and wellness of the residents of WNC. Our work is made possible through the generosity of past donors, as well as current and future donors who partner with us.

To learn more about our programs or how you can help – please contact us at:

**Pisgah Health Foundation
153 West Jordan St. | PO Box 2440
Brevard, NC 28712
pisgahhealthfoundation.org
828.435.3773**



The Mission Belles Nursing Education Scholarship

– Mission Belles Nursing Education Scholarship provides monetary support to senior nursing students throughout Central and Western North Carolina and East Tennessee. Mission Hospital School of Nursing was licensed by the state in 1901 and continued until the last class graduated in 1971. The Mission Belles are a dedicated group of alumni, who formed an endowment in 2007 with the expressed purpose of providing scholarships to high-achieving nursing students in WNC.

J.W. Freeman Nursing Scholarship

– This memorial fund was established by the family of J.W. Freeman in 1987, as an endowed scholarship fund to provide tuition support for residents of Transylvania County entering the nursing profession.






















Lindgren Nursing Endowment

– The Lindgren family set up a memorial nursing scholarship in memory of Milly and Vin Lindgren in 2009 as an ongoing gift to the community.


















Mission Belles Alumni Committee





















- Sheila Howard, President
- Mary Burgess, Scholarship Committee Chair
- Peggy Whisnant, Social Events
- Jan Wright, Historian and Communications
- Polly Angel
- Anna Marie Baugh
- Margaret Bridges
- Wanda Donehower
- Hilda Frisby
- Edna Saunooke Goshorn
- Eleanor Grant
- Elizabeth Hill
- Elaine Ingle
- Joe McAlister
- Beverly McGee
- Danelle Reepe
- Brenda Shuford
- Norma Teague
- Peggy Tyler
- Sandy Ward

Timeline




















 <p>Pisgah Health Foundation becomes a public 501 (c)(3) organization</p>  <p>Funding is received from Mission Health to address Social Determinants of Health (SDOH) in WNC</p>  <p>PHF releases first SDOH Case for Support</p>	 <p>PHF hosts first Listening Engagement in Transylvania County with more than 20 organizations represented</p>  <p>PHF Board approves Grant program Application and Guidelines</p>  <p>PHF holds Ribbon Cutting Ceremony with community officials memorializing the Keeley House and the Bahnson-Burlew Room</p>	 <p>Blue Zones Project and Sharecare provides a comprehensive follow-up report, demonstrating solid readiness for a successful Blue Zones launch in Brevard</p>  <p>PHF Board approves Grantmaking Policies and Procedures</p>  <p>PHF awards first grant to Meals on Wheels of Brevard</p>	 <p>PHF receives trophy from Blue Zones founder, Dan Buettner commemorating the Blue Zones - Brevard Project as the 50th Blue Zones Community</p>  <p>PHF becomes the primary sponsor of Blue Zones-Brevard</p>  <p>PHF hosts first Letter of Intent workshop with more than 40 organizations represented</p>  <p>PHF hosts Connestee Community Health Forum</p>	 <p>PHF holds first Listening Engagement in Madison County</p>  <p>PHF establishes the Steven F. Balding Scholarship Fund for nursing excellence</p>  <p>Blue Zones-Brevard team begins training with Blue Zones first international team from Canada</p>  <p>PHF sponsors the "Flight of the Vampire" 5K reaching 450 participants</p>  <p>PHF Awards Cycle 1 Grants and Grant Cycle 2 Opens</p>	 <p>Blue Zones-Brevard Steering Committee begins work on SDOH blueprints to drive health and wellness in Brevard</p>  <p>PHF holds Grant Workshop in Haywood County</p>  <p>Blue Zones mails Voluntary Health Assessment Survey created by Boston University to better assess health needs to a statistically valid sample of Brevard residents</p>
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FEB 19	MAR 19	APRIL 19	MAY 19	JUNE 19	JULY 19	AUG 19	SEPT 19	OCT 19	NOV 19	DEC 19
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 <p>PHF moves to 153 W. Jordan Street – The Keeley House</p>  <p>PHF Board establishes five strategic areas of funding: Health, Food Insecurity, Housing, Social Cohesion and Education</p>  <p>PHF engages the Blue Zones organization to host a Brevard, NC site visit</p>	 <p>PHF hosts the first NC Blue Zones site visit. This two-day event convenes more than 220 local stakeholders with a focus on better health</p>  <p>PHF sponsors the "White Squirrel" 5K reaching 350 participants</p>  <p>Blue Zones national built environment policy expert, Dan Burden visits Brevard for a built environment tour led by PHF and the City of Brevard</p>	 <p>First Grant Cycle opens</p>  <p>PHF sponsors "Firecracker" 5K reaching 600 participants</p>  <p>PHF hosts inaugural Physicians Roundtable Connection Point Meeting</p>  <p>PHF hosts inaugural Women's Giving Circle Connection Point Meeting</p>  <p>PHF holds first Listening Engagement in Haywood County</p>	 <p>Blue Zones holds Thank You Celebration for 225 volunteers who gave an estimated 1,000 man-hours to the effort</p>  <p>PHF holds first Grant Workshop in Transylvania County</p>  <p>Dr. Alan Weiss, Blue Zones Project Medical Director, speaks to more than 40 participants (25 physicians) regarding the merits of the Blue Zones methodologies</p>  <p>PHF announces Blue Zones Project – Brevard to the community</p>	 <p>Blue Zones-Brevard initiates: Food Policy, Tobacco Policy and Built Environment Policy</p>  <p>Dogwood Health Trust and PHF hold Leverage Fund Community Meeting with more than 100 people representing 72 organizations</p>
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 The Blue Zones Team holds a Food Policy summit and a Built Environment Summit with more than 100 citizens in attendance  PHF creates The Good Neighbor Critical Need Grant  PHF awards First Good Neighbor Critical Need Grant to Mountain Roots  PHF creates Facebook page	 PHF approves funding for the Mission Belles Nursing Scholarship Program supporting ten nursing scholarships  PHF Board holds retreat at Brevard Music Center  PHF supports the Community Foundation of WNC's Emergency and Disaster Response Fund to assist WNC nonprofits affected by the impact of COVID-19  PHF holds first pandemic Zoom staff meeting	 PHF awards a grant to the MAHEC Lifestyle Medicine Residency Program  PHF spearheads sustaining work in celebration of Camp Bluebird – a camp for cancer survivors  PHF sends out first e-newsletter, "Pisgah Health Foundation 2020 – A Vision for Better Health," to 743 recipients	 Pisgah Health Foundation awards its 100th Grant to Bound for Glory Camp  Mission Belles Alumni Committee awards ten \$1,000 nursing scholarships to rising college seniors enrolled in WNC colleges and East Tennessee State University  PHF and Brevard Music Center establish the region's drive-through COVID-19 Testing Center	 Pisgah Health Foundation becomes North Carolina's first Blue Zones Certified Workplace  PHF approves the creation of "Pisgah Health Foundation – A Legacy of Hope for WNC" publication  Blue Zones-Brevard launches Walking Moais, cooking classes and purpose workshops	 PHF creates and holds the first Virtual Camp Bluebird for cancer survivors. \$500K PHF exceeds \$500,000 in COVID-19 Rapid Response funding to WNC nonprofits  PHF Physicians Roundtable discusses COVID-19 vaccination drive-through. JAN 2021 , PHF and Brevard Music Center, in partnership with Blue Ridge Health, successfully open drive-through COVID-19 vaccination at BMC  Pisgah Health Foundation launches new website
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JAN 20	FEB 20	MAR 20	APRIL 20	MAY 20	JUNE 20	JULY 20	AUG 20	SEPT 20	OCT 20	NOV 20	DEC 20
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 PHF awards Cycle Two Grants  WNC Bridge Foundation hosts first formal joint meeting of all six Legacy Foundations  PHF receives additional funding from ANC Healthcare to address Social Determinants of Health (SDOH) in WNC  PHF creates \$1 million COVID-19 Rapid Response Fund for WNC nonprofits impacted by the pandemic	 PHF awards first COVID-19 Rapid Response Grant to MANNA FoodBank  Pisgah Health Today holds first interview with Dr. Angus Graham. Pisgah Health Today is a video series hosted by Angela Owen  Physicians Roundtable begins meeting virtually to discuss the COVID-19 impact on our communities	 PHF receives racial disparity funding from Dogwood Health Trust to augment PHF's efforts in funding COVID-19 Grants  PHF employees hold their first monthly PHAT – "Pisgah Health Action Teams" Chat  PHF joins Dogwood Health Trust in regional distribution of COVID-19 masks	 PHF holds first Lunch-n-Learn as part of their Blue Zones Workplace Certification  PHF Board approves the creation of Camp Bluebird WNC, LLC  Blue Zones-Brevard holds kickoff event with more than 400 in attendance	 "Pisgah Health Insider" launches with supporters of PHF invited to "Join the Movement"  PHF creates Camp Bluebird WNC Facebook page  Blue Zones-Brevard partners with Transylvania Times and Heart of Brevard for Halloween videos featuring Blue Zones kids with Dracula and featuring local businesses	 PHF hosts "The Final Impact Report" workshop opened to all grantees via Zoom  PHF Women's Giving Circle supports Brevard High School with their year-end service project  Pisgah Health Today hosts 50th interview with True Ridge \$5.5M PHF ends 2020 funding more than \$5.5 million addressing SDOH in WNC
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THE SOCIAL DETERMINANTS OF HEALTH

Strategic Areas of Funding

The Pisgah Health Foundation (PHF) seeks to improve the health and wellness of all residents of Western North Carolina by investing in programs designed to improve quality of life.

PHF strives to support community and economic development while rewarding programs and initiatives that work to enhance the environment and focus on sustainable goals.

PHF is guided by the following five Social Determinants of Health (SDOH). All programs and initiatives that we fund are driven by clearly demonstrated needs in the communities we serve.





Education

PHF provides educational tools and environments that enrich the health and wellness of students and their families.

Food Insecurity

PHF brings awareness to issues of hunger and supports education centered on hunger relief and healthy eating.



Healthy Outcomes

PHF seeks answers to health and human service needs, from obesity to mental health and health education.

Housing & Homelessness

PHF helps identify affordable housing opportunities to improve quality of life through safe homes.



Social Cohesion

PHF supports social cohesion by celebrating diversity and fostering inclusive relationships among diverse groups within a community.

Just the Beginning

Pisgah Health Today

PHF is proud to highlight our grantees with a stand-alone segment on Pisgah Health Today, a video series hosted by Angela Owen and provided by PHF. Pisgah Health Today features interviews with organizations working to affect health and wellness in Western North Carolina. Interviews can be found at: <https://pisgahhealthfoundation.org/media>

members discuss each application during a special meeting to decide which applications will be submitted to the full board for approval or denial.

Applicants awarded a grant receive a Contract; Exhibit A: Goals and Objectives with Expectations; and Exhibit B: Progress Reporting Schedule and a Disbursement Schedule. Progress reports document steps taken toward the agreed upon goal that signifies a successful program or project.

Grantmaking

PHF provides performance-based grants. Following two grant cycles, PHF has established numerous relationships with hard-working organizations throughout the region. All submitted applications are scored by members of the Grant Review Committee to place a value of impact on identified communities. The committee

The relationships PHF forms through this process with its grantees results in a stronger social safety net as we strive to make a difference, TOGETHER, to benefit the health and well-being of residents in the communities we serve.

2019-2020 Grant Summary of Applications

Total Applications Received	197
Approved	113
Declined	84
Total Amount Requested	\$23,396,989.00
Approved	\$5,599,873.00
Declined	\$17,797,116.00

More than 80 organizations received funding.

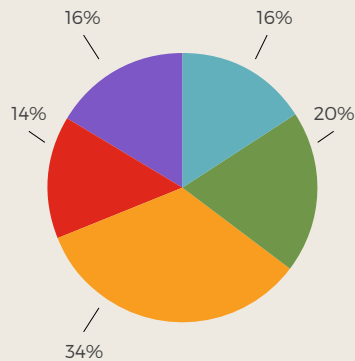
Grants Awarded by Social Determinant of Health

Social Determinant of Health	Amount Awarded (Including COVID Grants)	COVID-Related Grants
Education	\$899,087	\$27,000
Food Insecurity	\$1,079,861	\$145,000
Health Outcomes	\$1,893,113	\$392,525
Housing & Homelessness	\$821,750	\$10,000
Social Cohesion	\$906,062	\$51,292
Total:	\$ 5,599,873	\$625,817

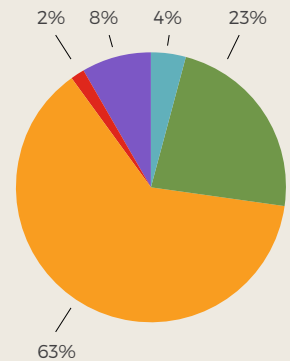
PHF counties Served



Amount Awarded (Including COVID Grants)



COVID-Related Grants



Grant Recipients

We thank our grantees for submitting information and photos to tell their stories, document the work they are doing and the impact they are making in Western North Carolina.

All Souls Counseling Center
Appalachian Sustainable Agriculture Project (ASAP)
Asheville Buncombe Community Christian Ministry (ABCCM)
Babies Need Bottoms
Beacon of Hope Services
BeLoved Asheville
Big Brothers Big Sisters
Blue Ridge Community College Educational Foundation
Blue Ridge Health
Bound for Glory Camp
Bounty & Soul
Brevard Academy
Brevard College
Brevard Music Center
Children & Family Resources Center of Henderson County
Clothes to Kids of Haywood County, Inc.
Community Action Opportunities

Community Housing Coalition of Madison County (CHC)
Compassionate Care Western North Carolina
Conserving Carolina
Creating A Family
Crossnore School & Children's Home
Davidson River School
First Contact Ministries Inc.
Green River Preserve
Haywood County Health and Human Services Agency (HHSA)
Haywood County Meals on Wheels
Haywood Pathways Center
Haywood Street Congregation
Henderson County Education Foundation
HIGHTS
Hinds' Feet Farm
Inheritance of Hope
Irene Wortham Center, Inc.
Land of Sky Regional Council Foster Grandparent Program
Land of Sky Regional Council Senior Companion Program
Madison County Schools
MANNA FoodBank of Asheville
Maple Leaf Adult Respite
Meals on Wheels of Brevard
Meridian Behavioral Health Services
Mills River Life Enrichment Center
Mission Belles Nursing Education Scholarship
Mountain Area Health Education Center (MAHEC)
Mountain Projects, Inc.
Mountain Roots
Muddy Sneakers
My Sister's Place of Madison, Inc.
National Society Daughters of the American Revolution

Only Hope WNC, Inc.
Pisgah Legal Services
Project Dignity of Western North Carolina, Inc.
Resources for Resilience
Rise & Shine/Neighbors In Ministry
Safelight, Inc.
Sharing House - Transylvania Christian Ministry, Inc.
Smart Start of Transylvania County
Southern Highlands Reserve
Southwestern Child Development Commission, Inc.
Special Olympics North Carolina
St. Gerard House
STEP Western North Carolina
Sunrise Community for Recovery and Wellness
The Center for Women
The Cindy Platt Boys & Girls Club of Transylvania County
The Community Kitchen
The EACH Initiative, Inc.
The Family Place
The Free Clinics
The Haven of Transylvania County
The Housing Assistance Corporation
The Medical Loan Closet of Henderson County, Inc.
The Rotary Club of Brevard
Thrive
TRACTOR Food & Farms
Transylvania County Public Health
Transylvania County Schools Education Foundation
Transylvania Farmers' Market
True Ridge
United Way of Henderson County
Western Carolina Community Action
YMCA of Western North Carolina

2019 - 2020

Grants Awarded



All Souls Counseling Center

“My life has been like a backpack I carry full of too many things that weigh me down, things I don’t need and are harmful to me, producing bitterness and stress. Here I was able to get therapy with a person who speaks my language.”

[Translated from Spanish]

Number of Employees	3 full-time, 2 part-time and 17 contract
Number of Volunteers	4
Counties Served	Western North Carolina
Primary Social Determinant of Health	Health
Contact Name	Leslie McCrory
Title	Executive Director
Phone	828.259.3369
Email	leslie@allsoulsounseling.org

All Souls Counseling Center provides mental health care for uninsured and underinsured residents of the region on a sliding scale basis with no one being turned away for inability to pay. The need is great for these services, especially during this time of pandemic challenges and economic recession, as job losses and the emotional impacts of the pandemic greatly affect the population we serve. Prior to the pandemic our services were offered at our center in Asheville. However, therapists are now offering phone and video counseling. Our psychiatrist provides psychiatric evaluations and may prescribe medication. We also help clients to obtain discounted or free medication from pharmaceutical companies when indicated and available.

Mental Health Counseling Grant:

Pisgah Health Foundation provided funding to meet the need for quality mental health services for uninsured and underinsured residents of our region with a focus on residents of Henderson and Transylvania counties. Over the grant period, we will provide mental health counseling to meet the need of an additional 35 uninsured and underinsured men and women through weekly sessions for 2 to 6 months. Currently, 17 professionally licensed therapists and a board-certified psychiatrist offer their services at a reduced rate to the organization. All Souls Counseling Center strives to reach those uninsured and underinsured to offer independent counseling with professional courtesy.

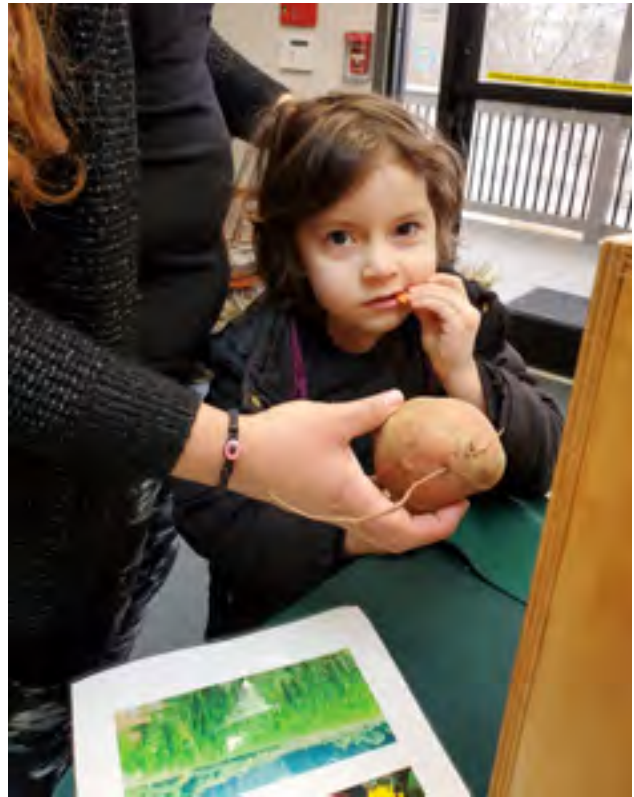


35 Arlington Street - Asheville, NC 28801
www.allsoulsounseling.org

pisgahhealthfoundation.org/media
Episode #37

Appalachian Sustainable Agriculture Project (ASAP)

Appalachian Sustainable Agriculture Project (ASAP) serves farmers and communities in Southern Appalachia through three program areas: the Local Food Campaign drives public demand for local farm products, builds farmer capacity to access market opportunities and creates connections within the food system; the Growing Minds Farm to School Program provides training and resources to educators, health and wellness professionals and others to create positive local food and farm experiences that promote health and education for our children, farms and communities; and the Local Food Research Center studies and communicates the impacts of localizing food systems. Our mission is to help local farms thrive, link farmers to markets and supporters, and build healthy communities through connections to local food.



Number of Employees	16
Number of Volunteers	90
Counties Served	Multiple counties in North Carolina, South Carolina, Tennessee, Georgia and Virginia
Primary Social Determinant of Health	Education and Food Insecurity
Contact Name	Charlie Jackson
Title	Executive Director
Phone	828.236.1282 ext. 105
Email	charlie@asapconnections.org

Appalachian Sustainable Agriculture Project (ASAP)

(Continued)

Farm To Preschool Grant:

Pisgah Health Foundation provided funding for Farm to Preschool training and resources to 125 early childhood educators at Head Start centers in Henderson and Transylvania counties. Two-hundred families participated in local food taste tests and received seeds and resources for starting home gardens. Growing Minds Day by Day is a set of educational materials created for families, including read aloud activities, recipes and more.



306 W. Haywood St. - Asheville, NC 28801

www.asapconnections.org

pisgahhealthfoundation.org/media

Episode #45

Farm Fresh For Health Grant:

Pisgah Health Foundation is funding the Farm Fresh for Health project to support healthy lifestyles and eating choices, improve diets and decrease diet-related disease by connecting people to local food and farm environments and activities. ASAP is working with farmers markets in Buncombe, Haywood, Henderson, Madison and Transylvania counties to expand healthy options for SNAP participants, connect service providers and clients to local food, increase food access and education and maintain economic viability for farmers. Offering Double SNAP at local farm stands and markets will increase participation in providing healthy food choices to food-insecure families in the community.



Asheville Buncombe Community Christian Ministry (ABCCM)



Number of Employees	150
Number of Volunteers	6100
Counties Served	Buncombe
Primary Social Determinant of Health	Housing and Homelessness
Contact Name	Reverend Scott Rogers
Title	Executive Director
Phone	828.259.5305
Email	Scott.rogers@abccm.org

ABCCM addresses poverty, hunger, homelessness and access to health care for the underserved in Buncombe County, serving 21,764, or one in 12 persons in 2019. We accomplish this through these ministries: Crisis Ministry, Jail Ministry, Veterans Restoration Quarters, Steadfast House, Medical Ministry and Veteran Services of the Carolinas. While responding to meet emergency needs, we develop strategic plans to address root causes of poverty, take steps to achieve independent living skills and restore lives in the community. Generously supported by more than 289 churches of all denominations and 6,100 trained volunteers, we provide emergency assistance to anyone in need, regardless of race, color, national origin, sex, age, religion or disability.

COVID-19 Medical Clinic Grant:

Pisgah Health Foundation funding has supported ABCCM's medical clinic in providing additional medical services and medication assistance, meals for residents at the two transitional housing facilities, as well as food boxes to families throughout ABCCM's four crisis ministry locations. The pandemic has affected all of Buncombe County, but by working together we can touch those in need.



20 20th Street - Asheville, NC 28806
www.abccm.org
pisgahhealthfoundation.org/media
Episode #41

Babies Need Bottoms

Number of Employees	2
Number of Volunteers	30
Counties Served	Buncombe, Haywood, Henderson, Madison, McDowell, Transylvania counties
Primary Social Determinant of Health	Health
Contact Names	Alicia Heacock and Meagan Lyon Leimena
Title	Co-Executive Directors
Phone	828.658.5348
Email	info@babiesneedbottoms.org

Babies Need Bottoms is a diaper bank with a mission to improve the lives of babies, toddlers and their parents in Western North Carolina through diaper distribution, community awareness and partnerships. Diaper banks are emerging to help fill the gap as an essential need for the health of babies and young children not currently covered by federal assistance programs. We aim to improve the lives of families by serving as a pipeline for baby care essentials, and by raising awareness for the need of diapers and to help caregivers obtain a sufficient supply of diapers and wipes to keep children clean, dry and healthy.



PO Box 5171 - Asheville, NC 28813
www.babiesneedbottoms.org
pisgahhealthfoundation.org/media
Episode #42

Diaper Distribution Grant:

Pisgah Health Foundation funding will expand diaper distributions to more than 30 community partners, to distribute more than 100,000 diapers, serving families in Buncombe, Haywood, Henderson, Madison, McDowell and Transylvania counties. Access to diapers means more than just clean, dry babies, it alleviates parental stress, frees up scarce financial resources and provides essential support for families with young children.





Beacon of Hope Services

Beacon of Hope has grown to be the largest humanitarian relief organization in Madison County serving residents as a food pantry, thrift store and community market for more than 23 years. Beacon of Hope is the third largest food distributor of MANNA Food Bank's 200-plus partner agencies, serving 16 counties. Our food pantry currently distributes roughly 79,000 pounds of food each month to 1,200 families in need. Beacon strives to holistically address food insecurity through program models that focus on mutual support and community development.

Infrastructure Grant:

Pisgah Health Foundation's support allows Beacon of Hope to invest in much needed infrastructure, that helps ensure Beacon can continue to meet the emerging needs of the community and give hope to those in need. Feeding the hungry, clothing those in need and offering emergency assistance continues to strengthen the role they play in the lives of many. After transitioning from direct food and emergency assistance to less stigmatizing client-empowered models, Beacon has experienced a 72 percent increase in its client base.

Number of Employees	1 full-time, 5 part-time
Number of Volunteers	134
Counties Served	Madison and surrounding counties
Primary Social Determinant of Health	Food Insecurity
Contact Name	Jessi Koontz
Title	Executive Director/CEO
Phone	828.380.2882
Email	JessiKoontz79@gmail.com



PO Box 877 - Marshall, NC 28753
www.thebeaconofhopemarshall.com
pisgahhealthfoundation.org/media
 Episode #51

BeLoved Asheville



Number of Employees	4
Number of Volunteers	1,265
Counties Served	Western North Carolina counties
Primary Social Determinant of Health	Housing and Homelessness
Contact Name	Amy Cantrell
Title	Co-Director
Phone	828.571.0766
Email	belovedasheville@gmail.com

BeLoved Asheville’s mission is to cultivate a transformational way of life rooted in community, creativity and equity by building community and bringing people together from all walks of life to tackle some of the toughest challenges of our time: Systemic racism, housing and food insecurity, the opportunity gap and community health. We are working to create home, health and opportunity for all in our community.

“We are building an innovative solution to the housing crisis by providing deeply affordable homes where social connection and equity lead to better health, more opportunities and long-term stability. Everyone deserves the comfort and dignity of home.”

**Rev. Amy Cantrell,
BeLoved Asheville Co-Director**

Pilot Village Grant:

Pisgah Health Foundation funding will support the efforts to build the first affordable housing village in the region. “BeLoved Village” focuses on the four pillars to build unique and beautiful homes that are affordable, community-oriented, sustainable and produce equity for village residents. Thirty-four people will be served in this pilot village; thousands more will be served by sharing the model. BeLoved will also provide coaching to others in the region interested in replicating this innovative model.



PO Box 6386 - Asheville, NC 28816
www.belovedasheville.com
pisgahhealthfoundation.org/media
Episode #25

Big Brothers Big Sisters

Number of Employees	18
Number of Volunteers	400
Counties Served	Buncombe, Burke, Cherokee, Graham, Haywood, Henderson, Jackson, Macon, Polk, Swain, Transylvania counties
Primary Social Determinant of Health	Social Cohesion
Contact Name	Lelia Duncan
Title	Executive Director
Phone	828.253.1470
Email	leliad@bbbswnc.org



Big Brothers Big Sisters has operated since 1904 with the belief that incredible potential is inherent in every child. As the nation’s largest donor- and volunteer-supported mentoring network, Big Brothers Big Sisters makes meaningful, monitored matches between adult volunteers (“Bigs”) and children (“Littles”), ages 6 through young adulthood in communities across the country. Positive relationships are developed that have a direct and lasting effect on the lives of young people. Volunteers attend workshops to receive the proper education and guidance to focus on specific challenges children and youth face.

Big Brothers Recruitment Grant:

Pisgah Health Foundation is providing funding to recruit 40 Big Brothers to match with Little Brothers, who live in families that experience challenges related to education, economic opportunities, housing instability and family support. These Little Brothers benefit from important opportunities to develop positive behaviors, such as problem-solving, decision-making, and social and goal-setting skills. A Big Brother provides these opportunities and critical guidance as a positive male role model. Success will be measured by making 25 new matches in Buncombe County; eight new matches in Henderson County; and seven new matches in Haywood County.



**50 South French Broad Avenue,
Suite 213 - Asheville, NC 28801
www.bbbswnc.org**

**pisgahhealthfoundation.org/media
Episode #33**

Blue Ridge Community College Educational Foundation

Number of Employees	200
Number of Volunteers	-
Counties Served	Henderson and Transylvania counties
Primary Social Determinant of Health	Health
Contact Name - Grant #1	Brenda Blackburn
Title	Dean for Business and Services Careers
Phone	828.694.1773
Email	bc_blackburn@blueridge.edu
Contact Name - Grant #2	Leigh Angel
Title	Dean of Health Sciences
Phone	828.694.1729
Email	la_angel@blueridge.edu

Blue Ridge Community College Educational Foundation is a nonprofit organization created in 1975 with the goal of educating and supporting the students, faculty and programs of Blue Ridge Community College (BRCC). BRCC has set the standard for community collaboration. Having partnerships with many of the local businesses has allowed BRCC to offer prime work-based learning experiences for their students to learn hands-on. The Human Services Technology program is benefitting from this collaborative approach. The funds from the Pisgah Health Foundation grant have allowed this program to commence and has opened up more conversations regarding child-protective services and addressing mental health issues as a community. BRCC continues to be the bridge many professional disciplines cross in order to come together.





Mental Health Community Awareness Grant:

Pisgah Health Foundation believes all health is mental health. A BRCC goal is to address social stigmas associated with mental health and to convene supporting area resources. The Continuing Education programs of Psychiatric Technician-Level One and Substance Abuse Education courses provide training to healthcare providers and community members to care for those living with mental illness or substance abuse disorders. The mental healthcare community and the college are collaborating to provide education and outreach through virtual community awareness events. Numerous organizations throughout the region have stressed the need for more support in this field of work.



180 West Campus Drive - Flat Rock, NC 28731
www.blueridge.edu
pisgahhealthfoundation.org/media
Episode #29

Human Services Program Grant:

Pisgah Health Foundation education grant supports the new Human Services Technology program, which is already giving rise to success stories. One participant stated “I come into this program in recovery from alcohol addiction. It is my goal to share my personal experience, strength and hope with others that are recovering.” Another student is a single mother, whose child is currently learning virtually due to COVID-19. She is joining the Human Service courses via the HyFlex model, allowing her to be a part of the program remotely. Expanding on the Human Services curriculum will provide the opportunity to increase the number of social workers with the education necessary to approach mental health issues. Educational opportunities in Human Services will impact communities for many years to come.

Blue Ridge Health

Number of Employees	332
Number of Volunteers	20
Counties Served	Buncombe, Haywood, Henderson, Jackson, Polk, Rutherford, Swain and Transylvania counties
Primary Social Determinant of Health	Health
Contact Name	Kathryn McConnell
Title	Director of Philanthropy
Phone	828.233.2209
Email	kmccconnell@brchs.com

Blue Ridge Health (BRH) integrates primary medical care, pediatrics, pharmacy, dental, nutrition, behavioral health, pharmacy and outreach services in a patient-centered medical home. All BRH programs and services are targeted to high-need populations, including those with low incomes, the uninsured, Medicaid and Medicare enrollees, Health Choice (CHIP) enrollees, migrant and seasonal agricultural workers, the elderly and children. BRH accepts patients without insurance on a sliding fee scale that is based on family size and household income. BRH currently operates 28 sites in Henderson, Transylvania, Rutherford, Jackson, Polk, Haywood, Swain and Buncombe counties and provided comprehensive primary health care for 40,532 patients in 2019.

Patient Care Grant:

Pisgah Health Foundation awarded funds to Blue Ridge Health-Transylvania to provide enhanced Substance Use Disorder (SUD) and Behavioral Health (BH) services to patients in Transylvania County, regardless of ability to pay. These services are provided by a psychiatric and mental health nurse practitioner, while a case manager helps coordinate patient care. In just a few months BRH-Transylvania has served 622 patients with 1,493 SUD and BH encounters; 32 percent were uninsured.



**29 West French Broad Street
Suite 203 - Brevard, NC 28712
www.brchs.com
pisgahhealthfoundation.
org/media
Episode #57**



Bound for Glory Camp

Number of Employees	14
Number of Volunteers	32
Counties Served	Transylvania
Primary Social Determinant of Health	Education
Contact Name	Wendi Adair
Title	Executive Director
Phone	828.508.2254
Email	bfgcamp@gmail.com



Bound for Glory Camp is a free, Christian literacy summer camp for low-income children ages 9-12 who struggle with reading. The summer months can be the most challenging in America for low-income students resulting in setbacks both in education and health. Bound for Glory Camp, located in Transylvania County, bridges the gap for high-risk students by providing one-on-one and small-group, research-based literacy instruction, along with strategically structured enrichment experiences and nutritious meals in an encouraging Christian environment. Campers enjoy culinary classes, art classes, hiking, swimming, horseback riding, kayaking and more. Bound for Glory Camp prepares participants to succeed in the classroom and become healthy, productive members of their community.



PO Box 663 - Brevard, NC 28712
www.boundforglorycamp.org

Literacy Camp Grant:

Pisgah Health Foundation's grant supported a four-week Bound for Glory Camp session for 10 participants. The grant paid for food and beverage items, including a hot dinner, camp supplies, camp outings, literacy tutors, camp counselors and the program director. Strengthening the literacy skills of a young person and engaging them in quality literacy instruction and activities creates a strong inner foundation to succeed as an adult. BFG Camp expanded programs and provided take-home food items through a collaboration with the Hunger Coalition of Transylvania County. Three goals were set to meet the needs of readers:

- Provide research-based literacy instruction, including written expression, vocabulary development and reading skills
- Offer a strategic enrichment program, taught by professionals, to educate and inspire
- Encourage purpose and hope

Bounty & Soul

Number of Employees	6
Number of Volunteers	450
Counties Served	Buncombe, Henderson, McDowell, Rutherford and Transylvania counties
Primary Social Determinant of Health	Food Insecurity
Contact Name	Ali Casparian
Title	Executive Director
Phone	828.419.0533
Email	ali@bountyandsoul.org



Bounty & Soul aims to fill a gap in the food system by providing consistent access to nourishing food, education and a supportive community for those suffering from food insecurity and health inequities. Bounty & Soul is an innovative, grassroots, community-based organization working to advance food and health equity by giving everyone a fair opportunity to eat well, be nourished and thrive. The mission is to connect, share and celebrate nutritious food, education and community. Since their founding in 2014, more than two million pounds of food have been distributed to more than 260,000 people; 39 percent of whom are children from more than 62,000 households.

Transportation Support Grant:

Pisgah Health Foundation’s grant funds allowed Bounty & Soul to purchase a refrigerated food transportation vehicle, significantly increasing capacity to source and distribute fresh food through the Produce to the People™ program. Since the onset of COVID-19, the demand for programs and services has tripled. Bounty & Soul distributed an average of 35,000 pounds of fresh, nutritious food, of which 48 percent was donated by local farmers, gardens, distributors and businesses, going to 2,300 individuals per week in a drive-through distribution model.



**999 Old US Highway 70
Black Mountain, NC 28711
www.bountyandsoul.org**

Brevard Academy

Brevard Academy believes that all children are valuable, have an innate curiosity, a willingness to learn and that every child brings unique gifts to our school. Students live by an honor code that promotes consideration, integrity, positive spirit and value of the individual. The curriculum develops enthusiasm for investigative learning, encourages students to produce original ideas, think creatively and solve problems effectively. As a partnership of teachers, students and parents, the school is dedicated to the development of the whole child and to the enhancement of the values of respect and responsibility. Furthermore, the school strives to create citizens with strong moral character and active intellectual curiosity.

COVID-19 Food And Nutrition Grant:

Pisgah Health Foundation awarded funds to Brevard Academy to support 50 students, whose parents requested assistance with lunch. Funding will provide lunch to these students through the end of the 2020-21 academic year. Due to the pandemic, more and more families need assistance. The school budget flexibility has been adversely affected by COVID-19.

Number of Employees	54
Number of Volunteers	2
Counties Served	Transylvania, Henderson and Buncombe counties
Primary Social Determinant of Health	Education
Contact Name	Megan Monk
Title	School Counselor
Phone	828.885.3113
Email	mmonk@brevardacademy.org



1110 Hendersonville Highway
Pisgah Forest, NC 28768
www.brevardacademy.org



Brevard College



Number of Employees	315
Number of Volunteers	-
Counties Served	Transylvania
Primary Social Determinant of Health	Education
Contact Name	Debbie D’Anna
Title	Vice President for Student Success/Dean for Students
Phone	828.641.0594
Email	dannadl@brevard.edu

Brevard College (BC) is focused on experiential learning and small class sizes. Located in the mountains of Western North Carolina, near Asheville, Brevard College is a top choice for students around the world. We are committed to an experiential liberal arts education that encourages personal growth and inspires artistic, intellectual and social action. Brevard College is consistently recognized as one of the best liberal arts colleges in the United States. Students will develop the ability to work collaboratively in teams, think critically and tackle tough problem-solving skills needed in the work environment of the future. Faculty members represent multiple disciplines and research interests. Instructors choose to dedicate their careers to teaching at Brevard College, which offers them opportunities to meaningfully impact students’ lives.

COVID-19 Thermal Scanner Grant:

Pisgah Health Foundation awarded COVID-19 funds to Brevard College for five facial thermal scanners. The scanners are being used to monitor BC community members’ body temperature as one of the prevention methods against the spread of COVID-19. The scanners were placed in buildings throughout the campus. All members of the BC community are required to check their temperature at one of the scanners. A label printed by the scanner is required to enter classrooms, dining hall and attend other activities on campus.

BREVARD COLLEGE
BREVARD, NORTH CAROLINA

One Brevard College Drive – Brevard, NC 28712
www.Brevard.edu

Brevard Music Center

Brevard Music Center (BMC) is a summer institute and festival, teaching gifted young musicians to prepare and perform great musical works at a high artistic level. BMC students share the virtues of creativity, self-discipline, a sense of teamwork and a superior work ethic. Students work closely with faculty and can rehearse and perform alongside their mentors. Our criteria for success were built upon creating avenues for area seniors and underserved individuals to delight in mentally stimulating music to make connections and to actively participate in their community. Unfortunately, due to COVID-19, the summer festival season was canceled in April 2020. The staff developed new and creative ways to expand our partnerships with other area nonprofits, empowering them with support, resources and exposure.

Social Isolation Grant:

Pisgah Health Foundation awarded funds to support seasonal intern positions to coordinate students performing off-site and to facilitate live streaming opportunities. Due to COVID-19, BMC created BMC Online, a portal of free music-related content to inspire and engage. The online portal has been accessed by nearly 5,000 people weekly. BMC offered eight family-friendly and low-cost drive-in movies to more than 2,500 people. Each showing highlighted an area nonprofit organization.



Number of Employees	16
Number of Volunteers	236
Counties Served	Buncombe, Henderson and Transylvania counties
Primary Social Determinant of Health	Health and Social Cohesion
Contact Name	Mark Weinstein
Title	President and CEO
Phone	828.862.2100
Email	MWeinstein@BrevardMusic.org

Brevard Music Center (Continued)



COVID-19 Testing Site Grant:

Pisgah Health Foundation supports Brevard Music Center in providing free drive-through COVID-19 testing and COVID-19 antibody testing to anyone who wants a test, regardless of insurance or exposure status. Between July and December 2020, more than 2,600 COVID-19 tests and more than 700 antibody tests were administered, accounting for more than 20 percent of the tests collected in Transylvania County. This has been an extremely rewarding program to serve our community and BMC plans to continue testing as long as there is a community need.



PO Box 312 - Brevard, NC 28712
www.brevardmusic.org
pisgahhealthfoundation.org/media
Episode #26

Children & Family Resource Center of Henderson County

Number of Employees	17 full-time and 7 part-time
Number of Volunteers	41
Counties Served	Henderson and Transylvania counties
Primary Social Determinant of Health	Education and Health
Contact Name	Jamie Wiener
Title	Executive Director
Phone	828.698.0674
Email	jamiew@childrenandfamily.org

Children & Family Resource Center (CFRC)

offers 14 child-centered, family-focused programs that address the various aspects of early childhood development and education, quality childcare, parenting skills and family support. CFRC intentionally focuses on serving children in their first years of life, since those years are pivotal for child development and early intervention ensures children grow up healthy and ready for success in life. Our mission is to nurture the development of children by building a strong foundation of family and community. CFRC serves approximately 4,000 children, parents and early childhood professionals each year.

Parent-Child Interaction Therapy Grant:

Pisgah Health Foundation is supporting the Parent-Child Interaction Therapy (PCIT). Recently expanded, our PCIT program focuses on families in need of therapeutic intervention to build attachment, support safe discipline practices and address problematic behavior. We are currently serving families, with children ages of 2-7, in a virtual format with the goal to positively impact children's development and lower the risk of child abuse in high-risk families in Henderson and Transylvania counties.



Children & Family Resource Center of Henderson County (Continued)

Trauma Resiliency Grant:

Pisgah Health Foundation also supports the Trauma Resilient Agency project. CFRC is working with Crossnore's Center for Trauma-Resilient Communities to create a trauma-responsive culture in the organization to increase their capacity

to address staff exposure to secondary trauma, support the needs of families experiencing trauma and chronic stress and train local childcare providers on the prevalence and impact of traumatic events and toxic stress.



Preschoolers Reaching Educational Potential Grant:

Pisgah Health Foundation awarded funds to CFRC for the Preschoolers Reaching Educational Potential (PREP) Program. The PREP program has been a proven source for identifying developmental delays and hearing or vision impairment. Last year, PREP screened 1,025 3-4 year old children, using the DIAL-4 developmental screening tool. The test screens a child's motor skills, conceptual skills and language skills. In addition, vision and hearing screenings are completed using the Welch Allyn Spot Vision Screener and a Maico Audiometer.



851 Case Street - Hendersonville, NC 28792
www.childrenandfamily.org
pisgahhealthfoundation.org/media
Episode #53

Clothes to Kids of Haywood County, Inc.

Number of Employees	-
Number of Volunteers	58
Counties Served	Haywood
Primary Social Determinant of Health	Health
Contact Name	Sylvia Russell
Title	President, Board of Directors
Phone	828.456.8990
Email	ctkhaywood@yahoo.com



Clothes to Kids of Haywood County, Inc. gives students in the public school system, who receive free or reduced lunches, four free outfits twice a year to wear to school in an effort to prevent bullying. Students also receive a personal care Bath Buddy kit. Clothes to Kids could not function without support from businesses, churches, civic groups and individuals, as well as local grants. Working closely with the school system we get to know each student, affirming them in their wardrobe choices and discuss school interests. Since opening in 2013 more than 4,000 outfits of clothing and shoes have been given at no cost to families.

Bath Buddy Kits Grant:

Pisgah Health Foundation granted funds to Clothes to Kids to provide supplies for "Bath Buddy" kits. The kits are made up of essential toiletries, such as toothbrushes, toothpaste, deodorant, shampoo and soap. One kit is added to the donation bag of each student.

"We love what we do as we almost daily hear comments of gratitude, both from the families we serve and from the community with whom we partner!"

Sylvia Russell, Board President, Clothes To Kids of Haywood County, Inc.



177 Weldon Way #2 - Lake Junaluska, NC 28745
www.clothestokidshaywood.org
pisgahhealthfoundation.org/media
Episode #40

Community Action Opportunities



Number of Employees	3
Number of Volunteers	-
Counties Served	Transylvania
Primary Social Determinant of Health	Housing and Homelessness
Contact Name	Kate Singogo
Title	Self-Sufficiency Program Manager
Phone	828.329.5188
Email	kate.singogo@communityactionopportunities.org

Community Action Opportunities (CAO)

operates the Life Works Program, moving individuals and families out of poverty by helping them to obtain training and education, full-time, living-wage work, and financial capabilities. Progress is tracked quarterly across nine life domains: basic life skills, employment, income, housing, income management, parental support, education, health and nutrition. Additionally, Life Works utilizes a whole-family, trauma-informed approach to ensure success. As part of the national Community Action Agency network, CAO is an anti-poverty, local nonprofit. We help people, who live on limited resources, transform their lives. As a pre-eminent Community Action Agency, we design and implement data-driven and measurable anti-poverty strategies that produce successful results.

Life Works Program Grant:

Pisgah Health Foundation awarded funds in support of the Life Works Program to help participants achieve success so they can support their families in a healthier environment. This program provides intensive case management to eight families in Transylvania County to support individuals with obtaining employment or better employment, completing education or training, achieving their goals and improving their financial capabilities. Life Works helps guide families to maintain their housing and transportation, so they can obtain employment to achieve personal success. Participants can remain in the Life Works Program for up to three years and in some cases up to five years.



25 Gaston Street - Asheville, NC 28801
www.communityactionopportunities.org

Community Housing Coalition of Madison County (CHC)

Number of Employees	12
Number of Volunteers	More than 1,000 annual volunteers
Counties Served	Madison
Primary Social Determinant of Health	Housing and Homelessness
Contact Name	Chris W. Watson
Title	Program Director
Phone	828.649.1200
Email	chrisw@chcmadisoncountync.org



Community Housing Coalition of Madison County (CHC) works with generous volunteers, grantors and community support to serve our neighbors with no-cost home repair and rehabilitation to ensure they can remain in their homes. Healthy, safe and affordable housing is our mission with community connection and engagement being additional benefits of this work. Believing in a two-way giving model, we empower community members to engage in their own home repair projects when possible or pay it forward in other ways. As we navigate the growing lack of affordable housing and increasing elderly population, we are dedicated to finding holistic solutions that allow people to age in place within the care of their community.



**PO Box 1166 - 13 South Main Street
Suite 305 - Marshall, NC 28753
www.chcmadisoncountync.org**

Capacity Improvement Grant:

Pisgah Health Foundation provided funding for the purchase of a program vehicle to give the staff at Community Housing Coalition increased capacity to perform inspections, assessments and home repair projects. Despite a 20 percent increase in applications for assistance, compared to last year, currently all assessments and inspections have been completed. So far, this new vehicle has helped to serve 26 households with major projects, including urgent roof repairs, well projects, porch and step replacements and ramp installations. With a wide range of repairs and renovation projects under its belt, this organization has been able to make a difference in the lives of many, with projects including an emergency bathroom remodel and six roof replacements.

**pisgahhealthfoundation.org/media
Episode #30**

Compassionate Care Western North Carolina

Number of Employees	30
Number of Volunteers	20
Counties Served	Buncombe and Madison counties
Primary Social Determinant of Health	Health
Contact Name	Ron Gregory
Title	CEO
Phone	828.682.9675
Email	rgregory@compassionatecarewnc.org

Compassionate Care Western North Carolina

Caring Connections expands the offerings of in-home palliative care in Madison and Northern Buncombe counties. Palliative care provides holistic care, in addition to health education and treatment, which allows us to assess and address social determinants of health, including food security and living conditions. Often barriers such as income, cultural factors, such as race and language, education, insurance and housing in rural areas affect health disparities. The goal of our Caring Connections project is to break down those barriers by offering specialized in-home care for individuals with chronic, life-limiting illnesses with the goal to enhance the quality of life for both, patient and family.



856 Georges Fork Road - Burnsville, NC 28714
www.compassionatecarewnc.org

Caring Connections Grant:

Pisgah Health Foundation supports Compassionate Care Western North Carolina Caring Connection project by providing funding to hire two part-time employees: One nurse practitioner and one care navigator MSW. The two new staff members will be dedicated to serve the residents of Madison and Northern Buncombe counties. This will increase the organization's capacity to provide quality in-home palliative care to residents of these two counties.



Conserving Carolina

Number of Employees	20
Number of Volunteers	389
Counties Served	Henderson, Polk, Transylvania and parts of neighboring counties
Primary Social Determinant of Health	Social Cohesion
Contact Name	Kieran Roe
Title	Executive Director
Phone	828.697.5777
Email	kieran@conservingcarolina.org



Conserving Carolina has helped to create great public lands—including DuPont and Headwaters State Forests, Chimney Rock State Park and numerous local parks, trails and greenways. Our mission is to protect, restore and inspire appreciation of the natural world. Since 1994, Conserving Carolina has helped protect more than 45,000 acres. We also support good stewardship of our conservation lands by partnering with landowners and managing our own properties, while helping to remove invasive plants, restore wildlife habitat and protect streams and wetlands.

Estatoe Trail Grant:

Pisgah Health Foundation granted funds to enable Conserving Carolina to work with the City of Brevard to extend the city's greenway network, known as the Estatoe Trail, to the historic Rosenwald Community, connecting the neighborhood to downtown Brevard and Pisgah National Forest. This new link in the popular multi-use path will continue from West Main Street to the Mary C. Jenkins Community Center site, thus improving pedestrian and bike travel within the city. This will create a place of encouragement for individuals and families to spend time together while being active in the outdoors. Conserving Carolina continues to provide opportunities to better the health and well-being of all who live or visit Western North Carolina.



**847 Case Street
Hendersonville, NC 28792
www.conservingcarolina.org
[pisgahhealthfoundation.org/media](http://www.pisgahhealthfoundation.org/media)
Episode #35**

Creating a Family

Number of Employees	5
Number of Volunteers	1
Counties Served	Buncombe, Haywood, Henderson, Madison and Transylvania counties
Primary Social Determinant of Health	Social Cohesion
Contact Name	Dawn Davenport
Title	Executive Director
Phone	828.862.8200
Email	dawn@creatingafamily.org



Creating a Family creates engaging, easy-to-implement, expert-based resources and training for parents raising kids exposed to early life trauma, including prenatal exposure. The mission is to strengthen and inspire foster, kinship (grandparents raising grandkids), adoptive families and the professionals who support them. Through our extensive network of leading professionals throughout the state and nation, we bring national expertise to the mountains of Western North Carolina. Families will appreciate supportive group arrangements and resources available to walk them through some of the difficult moments with children who have faced hardship.

Foster Care Toolkit Grant:

Pisgah Health Foundation is helping the organization make a statement on the need to support foster, kinship and adoptive families. As numbers continue to climb there is a need to provide an educational tool to parents and grandparents accepting the foster care role. Ten Creating a Family Foster/Kinship/Adoptive Family Support Group Toolkits have been created, each covering a different topic relevant to parents raising kids exposed to early life trauma, including prenatal exposure. The Support Group Toolkits are expert-based, trauma-informed, and consists of a video, facilitator's guide, handouts, additional resources and Certificates of Attendance.

Four support groups for foster, kinship and adoptive parents are already using the toolkits in Henderson and Transylvania counties, serving more than 50 parents and grandparents.



874 Lambs Creek Road - Brevard, NC 28712
www.CreatingaFamily.org
pisgahhealthfoundation.org/media
Episode #16

Crossnore School & Children's Home

Crossnore School & Children's Home

offers a continuum of services for children at risk of entering the child welfare system, children who are in the system and young adults who are aging out of the system. Our wide variety of extracurricular and enrichment activities makes Crossnore a unique place for children, ages 1 to 21, to live, learn and thrive. Additional Crossnore services include outpatient and school-based clinical therapy services, transitional living services for older foster youth, and trauma-informed care training and consultation for community groups. We are a private, nonprofit child welfare organization serving children and families in crisis in North Carolina, providing safe, loving homes for foster children on our two residential campuses and in our licensed and supervised community foster homes. In the last two years, Crossnore has provided therapy, education and foster aftercare to more than 2,000 children, teens and young adults.

COVID-19 Kids Konnect Grant:

Pisgah Health Foundation supports the need for mental health services for at-risk foster youth especially during the current COVID-19 pandemic. Crossnore implemented Kids Konnect: a virtual support group for foster children in Western North Carolina led by a Crossnore licensed clinical therapist. The therapist provides trauma-informed support and counseling in a therapeutic group setting at no cost to participants. Kids Konnect allows foster youth with similar traumatic backgrounds to connect with one another in a safe, structured environment.



Number of Employees	268
Number of Volunteers	560
Counties Served	35 counties in Western North Carolina including: Buncombe, Henderson and Transylvania
Primary Social Determinant of Health	Health and Social Cohesion
Contact Name	Tanya Blackford
Title	Executive Director, Western Region
Phone	828.606.0016
Email	tblackford@crossnore.org

Crossnore School & Children's Home (Continued)



Trauma Focused Therapy Grant:

Pisgah Health Foundation believes that every child can heal, learn and develop healthy attachments with expert interventions and supports.

Building trauma-informed homes, schools and communities, the organization can change children's lives. The pilot program, Increasing Crossnore's Capacity to Serve Foster Children and Foster Families in Henderson and Transylvania Counties is unprecedented in the Western North Carolina region, provides trauma-focused therapy for Henderson and Transylvania counties' foster children, as well as their foster and biological families to establish consistency and to develop

healthy coping strategies. Through attachment-focused interventions, Crossnore helps to nurture healthy family relations and establish trust between foster children and their caregivers.



709 5th Avenue West - Hendersonville, NC 28739
www.crossnore.org
pisgahhealthfoundation.org/media
Episode #36

Davidson River School

Number of Employees	13
Number of Volunteers	10
Counties Served	Transylvania
Primary Social Determinant of Health	Education
Contact Name	Barbara Grimm
Title	Principal
Phone	828.884.9567
Email	bgrimm@tcsnc.org



Davidson River School has been the alternative school serving high school students in Transylvania County for more than 20 years. The student population of Davidson River School is a diverse group that includes students who have lost considerable course credit, students who would not otherwise graduate with their age-appropriate peers and students who have entered the juvenile justice system and remain court involved. With an alternative, individualized and caring approach, we offer creative educational environments and delivery methods for classes, all without compromise to the core curriculum, testing and standards held by the Transylvania County Public School District.



Davidson River School

970 Ecusta Road - Brevard, NC 28712
www.drs.tcsnc.org
pisgahhealthfoundation.org/media
Episode #21

Graduation Capacity Grant:

Pisgah Health Foundation provided funding support to enable the hiring of a graduation coach, who has provided enhanced communication and collaboration with students, families and community partners, allowing us to increase the number of graduates despite the challenges of COVID-19. Twenty students were able to participate in our virtual graduation ceremony. Each student was acknowledged and honored in a personal way. The Davidson River School graduation rate is extremely low (30 percent) but as a team, we can make a difference. The graduation coach will continue to strive to increase graduation rates while building trust and confidence.

First Contact Ministries Inc.

Number of Employees	12
Number of Volunteers	4
Counties Served	Counties of North Carolina, South Carolina and Eastern Tennessee
Primary Social Determinant of Health	Health
Contact Name	Craig Halford
Title	Director, President
Phone	828.435.2180
Email	craig.halford@firstcontactwnc.org

First Contact Ministries (FCM) serves individuals with active Substance Use Disorder (SUD), which includes those who are in recovery and friends and families of those in active addiction. FCM is a faith-based, nonprofit organization that provides services to anyone in need, regardless of financial situation, background, race or religion. Our ministry enables clients to receive individualized help to navigate recovery services and access the post treatment needed to ensure a successful recovery from addiction. We assist with the arduous and complex search for treatment centers, detox facilities and outpatient services for those suffering from addiction. In addition, we offer specialized support groups for those in recovery and for friends and family members affected by SUD.



106 Chadwick Avenue - Hendersonville, NC 29792
www.firstcontactwnc.org
pisgahhealthfoundation.org/media
Episode #39

Substance Misuse Grant:

Pisgah Health Foundation supports First Contact Ministries organization as it seeks to make a difference in the lives of those suffering due to Substance Use Disorder (SUD). FCM continues to find new sources of revenue to support the ministry. Funding enables FCM to operate without having to cut services, while identifying additional support. Working closely with clients and their families is necessary to change minds or habits.





Green River Preserve

Number of Employees	5
Number of Volunteers	40
Counties Served	Buncombe, Henderson and Transylvania counties
Primary Social Determinant of Health	Education and Social Cohesion
Contact Name	Catherine Schenck
Title	Director of Education
Phone	828.698.8828
Email	catherine@greenriverpreserve.org

Green River Preserve provides a challenging and nurturing learning experience and inspires a deep appreciation of interconnectedness, ecological respect and the joy of living for young people. KALE is a hands-on, agricultural-based learning program for fifth graders aligned with the North Carolina State Standards for Education. The KALE program connects students to science content in ways that are authentic, experiential and relevant. Located on a seven-acre teaching farm on the Green River Preserve, KALE invites students to come get their hands dirty, while they connect the dots along the food chain and learn about the world. Along with traditional, regional food crops, our farm also boasts a fruit orchard, herb gardens, cultivated mushrooms and pollinator plants. Ask any camper, however, and they will tell you that the true stars are our lovable gangs of goats, chickens and pigs. During the spring and fall farm season, area schools are invited for field trips to gain a deeper appreciation of our place and the factors that influence our food systems.

KALE Education Grant:

Pisgah Health Foundation gave a grant to support the KALE programming efforts. The Kids Agricultural Learning Education (KALE) is an exciting way to educate the minds of young people on how the food they eat makes it to their dinner table. The program will be made available to 500 local students during our spring and fall growing seasons. Funding covers staff compensation for both in-school visits and farm field trips, take-home seedlings for each student, printed materials and the tuition price for each student. This is a great opportunity to reach the minds of our local youth population.



**301 Green River Road
Cedar Mountain, NC 28718
www.greenriverpreserve.org**

Haywood County Health and Human Services Agency (HCHHSA)

Number of Employees	50
Number of Volunteers	-
Counties Served	Haywood
Primary Social Determinant of Health	Health
Contact Name	Amy L. Stevens
Title	Administrative Assistant
Phone	828.356.2248
Email	Amy.Stevens@haywoodcountync.gov



Haywood County Health and Human

Services Public Health Division provides the community with clinical, disease prevention, dental, environmental and health education services. We respond and adapt to community health needs with the following initiatives:

- Harm reduction referrals (Hepatitis B&C testing, immunization, treatment referrals); Family planning outreach (community college, detention center); Free nicotine replacement therapy for family planning participants; Spot-Vision screening for more than 4,000 students, identifying vision correction needs; Test uninsured at-risk adults for eye disorders; Diabetes Prevention Program (DPP)

Public Health and the Haywood County Health and Human Services Agency serve many social determinants of health throughout the county, such as food insecurity, health, substance misuse and education; factors vital to the success in changing the lives of residents in Haywood County. From providing a safe face mask to feeding families in need, the disciplines of the many-fold programs within the agency come together to serve the community.



COVID-19 Face Mask Grant:

Pisgah Health Foundation funding provided face masks to ensure timely legal proceedings for the benefit of at-risk children and adults while protecting the health of staff and the public attending proceedings during COVID-19. HCHHSA Legal is responsible for litigation of public-interest cases, including child abuse, neglect and dependency; child support; guardianship, and court-ordered visitations for parents.

COVID-19 Haywood Christian Ministries – No-Contact, Drive-Through Food Pantry Grant:

Pisgah Health Foundation appreciates the collaboration with Haywood County Health and Human Services and Haywood Christian Ministries to provide food options to those in need. This grant helped to feed more than 40,000 people, since the opening of the No-Contact, Drive-Through Food Pantry.

Medication-Assisted Treatment Grant:

Pisgah Health Foundation's grant allows HCHHSA to build on the medication-assisted treatment program, targeting women with Substance Use Disorder released from the Haywood County Detention Center. They are vulnerable, uninsured and high-risk for relapse and overdose. By providing safe, confidential treatment, we hope to reduce the number of overdoses and overdose deaths in the county and improve quality of life and life expectancy.



157 Paragon Parkway - Clyde, NC 28721
www.haywoodcountync.gov/417/Public-Health

Haywood County Meals on Wheels



Number of Employees	5
Number of Volunteers	200
Counties Served	Haywood
Primary Social Determinant of Health	Food Insecurity
Contact Name	Steffie Duginske
Title	Program Supervisor
Phone	828.356.2442
Email	Steffie.Duginske@haywoodcountync.gov

“A nutritious meal, as well as wrap-around support and resources from volunteers, staff and the community are things that every recipient gets when they receive Meals on Wheels.”

Steffie Duginske; Program Supervisor

Haywood County Meals on Wheels has been delivering meals to homebound seniors for more than 40 years. Providing nutritious meals, friendly visits and safety checks that allow seniors and homebound individuals to live nourished lives with independence and dignity through the efforts of staff and volunteers. Meals are prepared at Haywood County Health and Human Services, approved by a registered dietitian and satisfy one-third of the day's nutritional requirements.

Program Website Grant:

Pisgah Health Foundation grant funding enables Haywood County Meals on Wheels to develop a more informative website to improve program perception in the community, as well as with recipients and donors. Updated marketing and a fresh website is a must to reach those in need and will positively enhance support from the community. Our clients are looking forward to conversation with volunteers, receiving a healthy meal and feeling a sense of inclusion.



157 Paragon Parkway – Clyde, NC 28721
www.mow.haywoodnc.net

Program Vehicle Grant:

Pisgah Health Foundation funding provides Haywood County Meals on Wheels with a safe and more reliable transportation option to deliver meals and assess recipients in person to fully serve the whole individual, which helps identify other health and social service needs. Pisgah Health Foundation places great importance on programs that allow aging in place for residents in Western North Carolina.



Haywood Pathways Center

Number of Employees	16
Number of Volunteers	More than 750
Counties Served	Haywood
Primary Social Determinant of Health	Health
Contact Name	Mandy Haithcox
Title	Executive Director
Phone	828.246.0332
Email	mandy@haywoodpathways.org



Haywood Pathways Center (HPC) works to address the issues of food insecurity, homelessness and recidivism in Haywood County. While we offer holistic and person-centered emergency shelter and short-term housing for those experiencing homelessness in Haywood County, we also provide a hot dinner to anyone in need every day of the week. HPC peer support specialists, located within the Haywood County Detention Center, provide support services to inmates to address substance misuse and mental health issues in an effort to reduce the recidivism rate in Haywood County.

Family Specialists Grant:

Pisgah Health Foundation awarded funding to support a resident employment specialist (RES), as well as a family case manager (FCM). Having a RES position boosts the skills and confidence of those looking for employment, as well as supports the number of residents who are employed (up to 70 percent). HPC's shelter for moms and children opened in June 2019. In our first year, the FCM has supported 31 moms and 54 children with approximately 80 percent of the families moving from Pathways into housing. Helping families break the interrelated cycles related to homelessness, such as trauma and poverty, and strengthens family foundations and the confidence needed to move ahead.



179 Hemlock Street - Waynesville, NC 28786
www.haywoodpathwayscenter.org

Haywood Street Congregation

Haywood Street Congregation's core programs include a clothing closet, community garden, a free, twice-weekly meal known as the Downtown Welcome Table, as well as the Haywood Street Fresco and the Haywood Street Respite, where unhoused adults have a safe place to rest following acute injury or illness. They pursue their mission – “Relationship, above all else” –

in the context of programs that help address the needs of individuals who are homeless or living in poverty. The vision is a community where people of privilege and people struggling in poverty enter authentic relationships with one another and each person recognizes him or herself as having both gifts and needs.

Number of Employees	20
Number of Volunteers	250
Counties Served	Buncombe and surrounding counties
Primary Social Determinant of Health	Housing and Homelessness
Contact Name	Laura Kirby
Title	Executive Director
Phone	828.575.2477 ext. 104
Email	laura@haywoodstreet.org



Haywood Street Congregation (Continued)

Haywood Street Respite Grant:

Pisgah Health Foundation funds help provide medical respite care to unhoused adults, typically 200 individuals per year. This is short-term care in a home-like setting following an inpatient hospital stay or outpatient surgery. A primary objective of the program is to support healing, with a goal that individuals will return to their previous health. Employees of Haywood Street Respite work to facilitate a smooth transition to community-based primary and behavioral health care and connect individuals experiencing homelessness with needed services and supports. The overall intent of Haywood Street Respite is to interrupt a downward spiral that gains momentum when homeless individuals become ill or injured and to guide vulnerable homeless people along a path toward improved health and housing outcomes.



PO Box 2982
Asheville, NC 28802
www.haywoodstreet.org
pisgahhealthfoundation.org/media
Episode #49



Downtown Welcome Table Grant:

Pisgah Health Foundation supports the Downtown Welcome Table, a program aimed at alleviating hunger and building connection between individuals residing in Asheville and Buncombe County. Fresh flowers, linen tablecloths and the use of real china help counter the notion often held by those living on the streets that “leftovers, hand-outs and hand-me-downs are all I deserve.” The number served at the Downtown Welcome Table increased from 600 weekly in 2017 to 750 in 2019. During COVID-19, they shifted to a “to-go” format and have distributed 1,000 to 1,500 hot, boxed meals weekly since mid-March. PHF’s investment in the Downtown Welcome Table enables a reduction in hunger and improves access to healthy food for homeless and low-income individuals.

“While it is generally not possible to obtain permanent housing in Buncombe County in two to three weeks, our experience is that it is possible for people to successfully develop and implement a short-term housing plan while at Haywood Street Respite. Three out of four individuals served to-date have gone somewhere other than the streets or camping upon discharge.”

Laura Kirby, Haywood Street Congregation
Executive Director

Henderson County Education Foundation

Number of Employees	3
Number of Volunteers	25
Counties Served	Henderson
Primary Social Determinant of Health	Education and Social Cohesion
Contact Name	Summer Stipe
Title	Executive Director
Phone	828.697.5551
Email	summer@hcefnc.org

The Henderson County Education Foundation

(HCEF) seeks to improve the educational experience of Henderson County students and teachers by being responsive to the needs of educators, students and our community. We serve as a liaison between the schools and those who can provide resources needed to achieve academic excellence.

Through relationship-building, advocacy and fundraising efforts, HCEF can provide funding to support:

- The needs of our most vulnerable students
- Post-secondary scholarships to graduating seniors
- Instructional support for arts and music education
- HCPS curriculum needs – literacy and STEM
- Introduction and expansion of ‘Leader in Me’ throughout Henderson County Public Schools



STEM Grant:

Pisgah Health Foundation funding allows for six Discover STEM (Science, Technology, Engineering and Mathematics) camps to provide unique, educational experiences for 120 scholarships to underserved students of all ages in Henderson County Public Schools.



414 4th Avenue West - Hendersonville, NC 28739
www.hcefnc.org

HIGHTS



Number of Employees	21
Number of Volunteers	43
Counties Served	Haywood, Jackson, Macon, Swain, Clay, Graham, Cherokee counties
Primary Social Determinant of Health	Health, Education, Social Cohesion
Contact Name	Marcus Metcalf
Title	Executive Director
Phone	828.507.7231
Email	marcus@hights.org

HIGHTS (Helping Inspire Gifts of Hope Trust and Service)

provides the most vulnerable youth in Western North Carolina with a safe space of unconditional belonging, acceptance, growth and learning. We foster leadership and empower youth through pro-social and therapeutic activities, mentoring, meaningful service opportunities, access to outdoor resources and connections to caring local communities. By reaching out to area youth, HIGHTS inspires gifts of hope, trust and service to nourish roots, to encourage growth and to provide skills to support brighter, hope-filled futures. Services include mental health and substance misuse services, free after-school programs, crisis support, recreational therapy, summer adventure camps, community service opportunities. Our programs focus on education and workforce development helping youth gain tools and skills to transition into adulthood.

COVID-19 Mental Health Services Grant:

Pisgah Health Foundation funding has helped HIGHTS meet the essential need of expanding the crisis mental health program, which provides crisis support to youth who have become disengaged from their school community in Haywood County. The COVID-19 pandemic has highlighted barriers to virtual learning and the adverse mental health effects of isolation and loneliness. Our services provide youth with educational tutoring and support, pro-social activities, therapeutic interventions and service-learning projects, acting as a safety net in these unprecedented times.



**566 South Haywood Street
Waynesville, NC 28786
www.hights.org**

Hinds' Feet Farm

Number of Employees	23 full-time, 9 part-time, 2 Interns, 7 contract
Number of Volunteers	75
Counties Served	Buncombe and Mecklenburg counties
Primary Social Determinant of Health	Social Cohesion
Contact Name	Amanda Mewborn
Title	Director of Development
Phone	704.992.1424 x12
Email	amewborn@hindsfeetfarm.org



Hinds' Feet Farm maximizes the post-injury potential of individuals living with brain injury through integrated, unique and holistic programs that allow individuals to pursue meaningful activities, while developing a sense of belonging at home and in the surrounding communities. The day and residential programs are a paradigm shift from the traditional medical treatment model for people living with brain injury to a model that embraces a holistic health and wellness approach, guiding participants toward occupation and meaning in life post-injury. The day programs are focused on helping participants through dynamic on-site and community-based programming focused on cognitive, creative, emotional, physical, social and pre-vocational activities.

Activities Grant:

Pisgah Health Foundation's funding enhances the ability to engage participants in more community involved activities. Due to COVID-19, there has been limits on what can and cannot be done throughout the community, but the grant has allowed the opportunity to "bring the outside in" allowing persons living with a brain injury to actively participate throughout the entire infrastructure of the program. Social cohesion has been identified to be a determinant of health and for good reason. Coming together to participate in an activity, enjoy a meal or laugh and tell stories, strengthens the mental health of all participants.



**375 Hendersonville Road
Asheville, NC 28813
www.hindsfeetfarm.org**

Inheritance of Hope

Number of Employees	16
Number of Volunteers	More than 300
Counties Served	Henderson and Transylvania counties
Primary Social Determinant of Health	Health
Contact Name	Deric Milligan
Title	Co-founder and CEO
Phone	914.213.8435
Email	deric@inheritanceofhope.org

Inheritance of Hope inspires hope in young families facing the loss of a parent due to terminal illness, through resources and relationships for the challenges they face. One in 20 children loses a parent before turning 16, and we uniquely serve these children and their families. Our Legacy Retreats and our Hope@Home services provide content and community for each member of these families, so instead of feeling lonely they know the hope of being loved.

“I am so thankful for all the new friends we met. I would recommend this to any family who has a terminally ill parent with children. You won’t regret it!”

Keri Leach, Inheritance of Hope recipient



PO Box 90 - Pisgah Forest, NC 28768
www.InheritanceOfHope.org

Inspiration Grant:

Pisgah Health Foundation funding enables Inheritance of Hope to draw from experts and experience with young families facing a parent’s life-threatening illness to develop and offer new telehealth groups and educational programs for Transylvania and Henderson County families. These families and their community are empowered to build a legacy, process grief and communicate well with those who face loss. This empty feeling was the beginning of this organization, which was formed to provide hope, peace and love at a time when it is needed most. Participants are provided resources to understand life and a shoulder to lean on for support.



Irene Wortham Center, Inc.



Number of Employees	120
Number of Volunteers	50
Counties Served	Buncombe and surrounding counties
Primary Social Determinant of Health	Health and Education
Contact Name	Sydney Reichert
Title	Development and Marketing Director
Phone	828.274.6053
Email	sreichert@iwcnc.org

Irene Wortham Center (IWC) offers three on-campus programs including an Early Learning Center for children ages 6 weeks to 5 years, an Adult Day Activity Center for adults with developmental disabilities and three residential homes for children and adults with developmental disabilities. For 59 years and counting, the IWC has been helping children and adults with developmental, as well as socio-economic challenges live happier, healthier and fuller lives. There are also community-based programs including Supported Employment, Community Networking and Assisted Family Living, which focus on fostering independence and developing relationships in the community. Across all the programs, the center serves a total of about 400 individuals. The programs emphasize independence with the goal of helping every individual reach their fullest potential.

COVID-19 Child Care Grant:

Pisgah Health Foundation supported the Early Learning Center's essential worker program, which was a COVID-19 response effort to provide childcare for parents working essential jobs throughout the COVID-19 pandemic. Funding supplemented lost revenue due to typical program closures and helped cover operating expenses so the Early Learning Center could sustain essential emergency services. At the time the grant was awarded there were 10 children in the program; the program grew to 50 children at its peak capacity.



916 West Chapel Road - Asheville, NC 28803
www.ireneworthamcenter.org

Land of Sky Regional Council Foster Grandparent Program



Number of Employees	1
Number of Volunteers	65
Counties Served	Buncombe, Henderson Madison and Transylvania counties
Primary Social Determinant of Health	Social Cohesion
Contact Name	Stacy Friesland
Title	Foster Grandparent Program Manager
Phone	828.251.7448
Email	stacy@landofsky.org

Foster Grandparent Program is made up of mentors, tutors, friends and role models who improve their own lives, while encouraging academic and social achievement in the children of the communities they serve in Buncombe, Madison, Henderson and Transylvania counties. An estimated 65 FGP volunteers, age 55 and older, serve approximately 150 children one-on-one in local elementary schools, Head Start Programs and nonprofit childcare centers. As a result of this relationship, more than 80 percent of these children demonstrate gains in social, as well as emotional development and improved academic performance. This direct, person-to-person, supportive relationship provides an environment that promotes growth and learning of the child and directly helps address the adverse effect of poverty.

Grandparent Grant:

Pisgah Health Foundation has helped increase the capacity of the Foster Grandparent Program to continue to make a difference in the community's two most vulnerable populations - older adults and children. Through increased recruitment there will be five more volunteers, serving 5,220 hours with approximately 30 children, helping them meet their personal and academic goals. Social cohesion forms a bond between individuals and groups which can have long-lasting significance in a healthier mindset. Land of Sky is diligently working to make a difference in many lives with programs such as this one.



**339 New Leicester Hwy, Ste 140
Asheville, NC 28806
www.landofsky.org
pisgahhealthfoundation.org
/media
Episode #55**

Land of Sky Regional Council Senior Companion Program



Make Independence a Reality

Land of Sky Regional Council Senior Companion Program (Continued)

Number of Employees	1
Number of Volunteers	60
Counties Served	Buncombe, Henderson, Madison and Transylvania counties
Primary Social Determinant of Health	Health
Contact Name	Dee Heinmuller, MSW
Title	Senior Companion Program Manager
Phone	828.251.7443
Email	deeh@landofsky.org

The Senior Companion Program provides companionship, light housekeeping and local transportation. We receive referrals for service from local agencies, families and care support services. Our clients are 65 and older and have mobility or disability barriers. The volunteer program of 60 individuals (ages 55 and older) work in Madison, Transylvania, Buncombe or Henderson counties. Volunteers also work in agencies that provide care support, such as the Veterans Administration Hospital and hospice organizations. Our primary focus is to be a companion, friend and listening ear to our clients. The Senior Companion Program serves more than 300 clients in the four-county area.

Transportation Support Grant:

Pisgah Health Foundation provides support to the Senior Companion Program by matching funds for mileage reimbursement. The Senior Companion volunteers provide transport for errands, groceries, pharmacy and medical appointments. These services are essential to our clients as many have very few options and resources. The volunteers are on a limited income, but want to give back to their community.

Staff Capacity Grant:

Pisgah Health Foundation helped increase the size of our staff to reduce the waiting list for services. Filling the position of Senior Companion Program Support Specialist will result in the opportunity of building community and increasing the number of non-stipend volunteers, thus opening spaces to increase the number of clients served to ensure residents in our region will have the means necessary to move through their day.



**339 New Leicester Hwy
Suite 140
Asheville, NC 28806
www.landofsky.org**

Madison County Schools

Number of Employees	-
Number of Volunteers	-
Counties Served	Madison
Primary Social Determinant of Health	Food Insecurity
Contact Name	Dr. Will Hoffman
Title	Superintendent
Phone	828.649.9276
Email	whoffman@madisonk12.net



Madison County Schools partners with Mars Hill Baptist Church and The Lord’s Harvest to help meet the hunger needs in Madison County and are humbled to be able to serve the community. Pisgah Health Foundation’s grant has been used exclusively to purchase staple foods from MANNA Foodbank (A Feeding America affiliate). We assist families of children who receive free or reduced breakfasts and lunches to ensure they eat during the weekends. Sadly, 65 percent of children in Madison County are food insecure. We are fortunate to work closely with organizations determined to make a positive impact on the growing number of food-insecure homes.

COVID-19 Food And Produce Grant:

Pisgah Health Foundation supports the efforts to develop a network of volunteers who staff sites each Friday afternoon for families and individuals to come and receive food boxes to help sustain households throughout the weekend and week. Working with Madison County Schools, The Lord’s Harvest, a food ministry, has developed a distribution model that can deliver 175 boxes to seven sites throughout Madison County. At the beginning of the COVID-19 pandemic, this program distributed more than 150,000 pounds of food to more than 730 families each month.



**5738 US Highway 25-70
Marshall, NC 28753
www.Madisonk12.net**

MANNA FoodBank of Asheville

Number of Employees	57
Number of Volunteers	4,376
Counties Served	Avery, Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Swain, Transylvania and Yancey counties
Primary Social Determinant of Health	Food Insecurity
Contact Name	Mary B. Nesbitt
Title	Chief Development Officer
Phone	828.299.3663
Email	mnesbitt@mannafoodbank.org



MANNA's mission is to involve, educate and unite people in the work of ending hunger in Western North Carolina. Since our first distribution in 1983, we remain committed to providing food with hope and dignity to the most vulnerable residents including seniors, children, working-poor families, disabled individuals and veterans. In 2019 we distributed more than 21 million pounds of food to people in need in 16 counties. We have a long-standing history of trust and collaboration throughout our network with more than 200 partner agencies, including many faith-based organizations, soup kitchens and shelters. Additionally, we work with 160 schools, health clinics and numerous other community organizations.



Food Distribution Grant:

Pisgah Health Foundation provided funding to purchase healthy food and cover expenses to support our Food Distribution Program. This program sources and distributes food in 16 counties of Western North Carolina, including Buncombe, Haywood, Henderson, Madison and Transylvania counties. As a result of our efficiencies, MANNA provides enough food for four meals for every donated dollar. The grant funding is providing enough food for more than 1,057,336 meals for people in need.



627 Swannanoa River Rd. - Asheville, NC 28805
www.mannafoodbank.org
pisgahhealthfoundation.org/media
Episode #27

COVID-19 Emergency Food Assistance Grant:

Pisgah Health Foundation awarded funding to provide emergency food assistance in response to the devastating impact of the COVID-19 pandemic. The requested grant was used to support food purchases for family-friendly food boxes to distribute in Buncombe, Henderson, Haywood, Madison and Transylvania counties.

MANNA is uniquely positioned as a regional convener and expert on food insecurity. The plea for critical food resources in the communities we serve drastically increased due to the COVID-19 pandemic. The local economy has been devastated. The numbers of people looking for food assistance is unprecedented in the history of MANNA, as we work to serve an average of 98,000 people each month since the onset of the pandemic, a record 60 percent increase over last year.

Maple Leaf Adult Respite



Number of Employees	6
Number of Volunteers	3
Counties Served	Haywood
Primary Social Determinant of Health	Health
Contact Name	Misti Carver
Title	Program Director
Phone	828.452.6620
Email	Misti.carver@haywoodcountync.gov

Maple Leaf Adult Respite is a professional service available to adults of all ages. Our goals and objectives are to provide a safe, stimulating program for adults of various needs by providing medical staff, supervision, activities, nutrition and socialization. At the same time, we give caregivers a much needed break, knowing their loved one is in safe hands. Our program is designed to stimulate the participants physically and mentally, while spending time with their peers.

COVID-19 Healthy Respite Grant:

Pisgah Health Foundation supported funding Maple Leaf Adult Respite to procure the supplies and help with costs for reopening safely during the COVID-19 pandemic, including PPE, no-touch thermometers, hand sanitizer, food and food service supplies and cleaning supplies. Maple Leaf Adult Respite provides services designed to help the elderly 'age in place' and continue to reside in private living arrangements as opposed to long-term care. Providing breakfast, lunch and snacks also addresses food insecurity for some of the participants. Updating policies and procedures are always on the agenda to procure the necessary items to maintain the center as the pandemic continues.



**63 Elmwood Way Suite C300
Waynesville, NC 28786
www.haywoodcountync.gov/432/Maple-Leaf-Adult-Respite
pisgahhealthfoundation.org/media
Episode #34**

Meals on Wheels of Brevard

Number of Employees	1
Number of Volunteers	80
Counties Served	Transylvania
Primary Social Determinant of Health	Food Insecurity
Contact Name	Erin Frady
Title	Program Coordinator
Phone	828.883.3743
Email	MOWofBrevardNC@gmail.com

Meals on Wheels of Brevard has been delivering meals to homebound seniors since 1978, helping people maintain their independence and stay in their own homes. All meals are prepared at Transylvania Regional Hospital under the supervision of a registered dietitian. Meals are low

in fat and sodium, satisfy one-third of the day's nutritional requirements and meet standards for cardiac and diabetic nutrition. Fees are arranged on a sliding scale and the inability to pay will not disqualify anyone from receiving meals.



Meals on Wheels of Brevard (Continued)

Meal Delivery Grant:

Pisgah Health Foundation granted funds to provide Meals on Wheels the ability to purchase healthy food and provide weekday meal delivery to 90 elderly residents and shut-ins in Transylvania County. The list of eligible clients continues to grow, but with the help of the awarded grant funds, the waiting list was zero for the first time in a very long time.

Meals On Wheels Technical Grant:

Pisgah Health Foundation's funds has allowed Meals on Wheels of Brevard to purchase software to efficiently track Meals on Wheels clients and volunteer drivers. The mobile tracking also equips the volunteers with a method to document an individual clients' health and wellness, which provides valuable information to other volunteers delivering the meals.



**“Yes, it’s about food.
It’s also about a
connection with another
human being.”**

**Sharyn Scalici,
Meals on Wheels of Brevard Coordinator 2016-2021**



**Meals on Wheels
of Brevard, NC**

**PO Box 485 – Brevard, NC 28712
www.mealsonwheelsbrevard.org
pisgahhealthfoundation.org/media
Episode #14**

Meridian Behavioral Health Services

Number of Employees	180
Number of Volunteers	-
Counties Served	Haywood and Transylvania counties
Primary Social Determinant of Health	Health
Contact Name	Shannon Ford
Title	ISP/SE Team Lead
Phone	828.631.3973
Email	Shannon.ford@meridianbhs.org

Meridian Behavioral Health Services (Meridian)

serves adults and children with serious mental illnesses and substance disorders in the rural communities of Appalachia in Western North Carolina. For children, these services include Intensive-In-Home Services, Outpatient Therapy and Family-Centered Psychiatry. The adult's services include Domestic Violence Intervention Programs, Social Services Assessments, Medication Management, Recovery Education Centers, Intensive Substance Abuse Programs, Supported Employment, Community Treatment and Recovering Support Teams (including Assertive Community Treatment) among others.

Supported Employment Grant:

Pisgah Health Foundation supports the Supported Employment Program designed to increase the retention of staff working with clients enrolled in Supported Employment to consistently support clients, while they re-engage in employment. Supported Employment provides comprehensive assistance to those with mental health diagnoses, searching for employment or educational training to improve their qualifications. Recognizing the stigma around mental illness and understanding that 60 to 70 percent of those with mental health diagnoses want to acquire jobs and improve their qualifications to become employed. Being employed is treatment in itself with many benefits to the individual and surrounding community. The program motivates participants through individualized approach to services and eliminates time-restrictions for case management and assistance.

Meridian Behavioral Health Services (Continued)

Good Neighbor Transportation Grant:

Pisgah Health Foundation funded the Good Neighbor Critical Need Grant allowing Meridian to purchase a replacement vehicle. Meridian staff is continually on the road to meet with clients throughout the region to discuss their mental health needs or to provide transportation to medical appointments. Funding replaced a vehicle damaged during a storm. Clients are also provided with needed supplies to aid in their recovery. More than 100 clients are being served. Offering a wide range of services targeted at specific age groups is extremely important to families and individuals.



“There is a client who does not have access to water and is 30 minutes from town. The team picks him up and takes him to town to fill his buckets and water canisters and returns him back home. We are working with him on accepting support to utilize resources to help improve housing and living conditions.”

Meridian Therapist



**44 Bonnie Lane - Sylva, NC (main office)
www.meridianbhs.org
pisgahhealthfoundation.org/media
Episode #44**

Mills River Life Enrichment Center



Number of Employees	1
Number of Volunteers	28
Counties Served	Henderson and Buncombe counties
Primary Social Determinant of Health	Social Cohesion
Contact Name	Ruth Williams
Title	MRLEC Director
Phone	828.808.5581
Email	mrlec08@yahoo.com

Mills River Life Enrichment Center (MRLEC) is a ministry in Mills River, committed to promoting healthy aging and meeting emerging needs of the senior population in the community by offering programs such as chair exercises, blood pressure checks, magazine swaps, a devotion and fellowship with others and a weekly presentation to educate, entertain and share a nutritious meal. The mission of the MRLEC is to minister to the mind, body and spirit of seniors by establishing a Christian-based community center as a place for fellowship, service and enjoyment. MRLEC began in 2007 with a monthly program and currently hosts an average of 87 seniors on a weekly basis.

Healthy Meals Grant:

Pisgah Health Foundation supports the programs of MRLEC to its senior population. Social cohesion plays a large part in our mental health and having a place to go for fellowship and friendship creates a positive environment. Carefully planned, nutritious lunches are provided weekly at no charge to aging seniors in the community. New friendships are formed, healthier lifestyles are implemented, and loneliness is replaced with the hope and anticipation of gathering each week at MRLEC.

**137 Old Turnpike Road
Mills River, NC 28759**



Mission Belles Nursing Education Scholarship

Number of Employees	-
Number of Volunteers	10
Counties Served	Central and Western North Carolina and East Tennessee
Primary Social Determinant of Health	Education
Contact Name	Shiela Jarvis
Title	Nonprofit Liaison/Project Manager
Phone	828.435-3772
Email	s.jarvis@pisgahhealthfoundation.org



Mission Belles Nursing Education Scholarship provides scholarships to senior nursing students throughout Central and Western North Carolina and East Tennessee. Mission Hospital School of Nursing was licensed by the state in 1901 and continued until the last class graduated in 1971. The Mission Belles are a dedicated group of alumni who formed an endowment in 2007 with the expressed purpose of providing scholarships to nursing students in Western North Carolina.

Mission Belles Scholarship Grant:

Pisgah Health Foundation awarded the Mission Belles Scholarship Program a \$10,000 grant in 2020 to fund ten \$1,000 scholarships. Ten students representing eight different schools (three recipients pictured) were awarded scholarships after meeting the high standard requirements established by the Mission Belles Scholarship Committee. The Pisgah Health Foundation is enthusiastic to support individuals pursuing a career in the nursing field.

**PO Box 2440
Brevard, NC 28712
www.pisgahhealthfoundation.org**

Mountain Area Health Education Center (MAHEC)

Mountain Area Health Education Center (MAHEC) is committed to improving health in Western North Carolina (WNC) through innovative health professions training, education and compassionate healthcare. MAHEC was established in 1974 to improve training and retention of healthcare professionals across WNC. We are dedicated to excellence in clinical care,

health professions education and innovative practices that can be replicated nationally. Located in Asheville, MAHEC serves North Carolina's 16 western-most counties. We are the largest of the nine state AHECs that address national and state concerns with the supply, retention and quality of health professionals, especially in rural areas of the state.



Number of Employees	800
Number of Volunteers	100
Counties Served	Western North Carolina counties
Primary Social Determinant of Health	Health
Contact Name	Lizzie McKenna Cozart
Title	Director of Philanthropy
Phone	828.771.4203
Email	Lizzie.Cozart@mahec.net

Mountain Area Health Education Center (MAHEC) (Continued)



COVID-19 Community Health Worker Grant:

Pisgah Health Foundation awarded funds to help hire and deploy a Community Health Worker (CHW) to serve the Hispanic and Latinx community in Haywood County. CHW services improve health outcomes and quality of life for communities, especially those where residents experience the impacts of poverty, systemic racism and language barriers. MAHEC will support effective implementation of CHW services through the WNC CHW Initiative and the WNC COVID-19 Community Resource Team.



121 Hendersonville Road – Asheville, NC 28803
www.mahec.net
pisgahhealthfoundation.org/media
Episode #22

Lifestyle Medicine Grant:

Pisgah Health Foundation's grant enables MAHEC to add the Lifestyle Medicine Residency Curriculum to its primary care residency programs. Lifestyle Medicine is an evidence-based practice of helping individuals and their families adopt and sustain healthy behaviors that benefit health and quality of life. The program focuses on six areas: 1) healthful eating, 2) increasing physical activity, 3) managing stress, 4) avoiding risky substances, 5) improving sleep, and 6) forming and maintaining relationships. At least 24 family medicine physicians will receive training in Lifestyle Medicine during the three-year project, which will benefit patients cared for by these physicians. Lifestyle Medicine interventions have led to a net reduction in healthcare costs and improve physician health and well-being, in addition to their patients' improved health.



Mountain Projects, Inc.



Number of Employees	147
Number of Volunteers	175
Counties Served	Haywood and Jackson counties
Primary Social Determinant of Health	Health
Contact Name	Patsy Davis
Title	Executive Director
Phone	828.452.1447
Email	pdavis@mountainprojects.org

Mountain Projects, Inc. (MPI) provides a multitude of services such as foster grandparent program, housing rehabilitation, food services, children’s services, and transportation to name a few. These services are made available to the elderly, disadvantaged and general public in Western North Carolina. The agency has grown to a staff of more than 140, who offer a broad diversity of services to the community in response to its changing needs.

COVID-19 Food And Distribution Grant:

Pisgah Health Foundation awarded a COVID-19 grant which allowed Mountain Projects to purchase food for more than 1,800 family food boxes. These were delivered by Mountain Projects to individuals homebound due to COVID-19. Many of these families are vulnerable, elderly, disabled or have small children. This grant has served 500 community members. The Pisgah Health Foundation supports Mountain Projects in its efforts to reach out to those who may be food insecure or in need of assistance.

**“Mountain Projects
Community Action Agency
changes people’s lives,
embodies the spirit of hope,
improves communities and
makes Haywood and Jackson
counties a better place to live.”**



2177 Asheville Road - Waynesville, NC 28786
www.mountainprojects.org

Mountain Roots



Number of Employees	1 full-time, 14 part-time
Number of Volunteers	18
Counties Served	Henderson and Transylvania counties
Primary Social Determinant of Health	Education and Social Cohesion
Contact Name	Ali Holroyd Lien
Title	Executive Director
Phone	828.384.4629
Email	ali@mountainroots.org

Mountain Roots partners with local schools to provide outreach programs for youth, typically K to eighth grade with some high school programming, focusing on nature-based science education, social and emotional learning, leadership development and health and wellness programming. In collaboration with nine schools in Transylvania and Henderson counties, Mountain Roots provides outdoor education experiences throughout the school year and a summer day camp in the Brevard area. Mountain Roots was established in 2009 and has been serving the local community since. Mountain Roots focuses on experiential education that develops a deeper connection to self, community and the natural world for thousands of participants each year. A big challenge recently accomplished by Mountain Roots staff was the development of a virtual outdoor education program, including an instructional video and hands-on activities, sent home to students.



Outdoor & Wellness Learning Initiative Grant:

Pisgah Health Foundation funding has served 2,164 school students and their families, as well as 112 Mountain Roots Day Camp families and scholarship recipients. This grant provided both, in-person, and virtual outdoor education for families, as well as summer day camp scholarships and school garden funding. These programs provided in-person resources for several classes and then pivoted to online resources for families and schools during the initial North Carolina Stay at Home Order of March 2020.

Good Neighbor School Attrition Grant:

Pisgah Health Foundation supported Mountain Roots with a Good Neighbor Critical Need Grant for leadership development and social emotional learning and school attrition at Davidson River School and the Boys & Girls Club of Transylvania County. Mountain Roots is committed to getting students outdoors year-round to engage with the natural environment and their local community to develop a strong sense of self, sense of community and sense of place.



PO Box 248 - Cedar Mountain, NC 28718
www.mountainroots.org
pisgahhealthfoundation.org/media
Episode #20

Muddy Sneakers

Muddy Sneakers' mission is to awaken in children a deeply-felt connection with the natural world – one that inspires curiosity, stimulates learning and brings new life to classroom performance. We believe every child deserves access to the wonder of the outdoors and envision a world where children develop deep connections to their local lands as they gain fundamental science knowledge that will serve them throughout their lives. We currently offer year-long, data-supported programming in 18 counties and 19 school districts across the state, introducing fifth-grade students to the wonders of nature at 60 plus sites. To date, we have served more than 18,500 North Carolina public school students. Muddy Sneakers is a NC-born, award-winning outdoor-science education nonprofit organization founded in Transylvania County in 2007.



School Expeditions Grant:

Pisgah Health Foundation funds provided 16 expeditions - nine from Henderson County and seven from Transylvania County. This amounts to 1,360 student days in the field, equaling 6,800 hours of outdoor-science education and physical activity for local children. Introducing children to outdoor-science education and physical activity promotes a healthy lifestyle. This organization provides high-quality outdoor experiences to a population eager to learn more about their surroundings. Additional expeditions will be added throughout the 2020-2021 school year.

Number of Employees	32
Number of Volunteers	80
Counties Served	Buncombe, Cherokee, Forsyth, Gilford, Haywood, Iredell, Jackson, Macon, McDowell, Montgomery, Polk, Rowan, Rutherford, Stanly and Transylvania counties
Primary Social Determinant of Health	Education and Social Cohesion
Contact Name	Jordan Robbins
Title	Director of Development
Phone	828.862.5560
Email	jordan@muddysneakers.org



**PO Box 146
Brevard, NC 28712
www.muddysneakers.org
pisgahhealthfoundation.org/media
Episode #18**

My Sister's Place of Madison, Inc.



Number of Employees	4
Number of Volunteers	32
Counties Served	Madison
Primary Social Determinant of Health	Housing
Contact Name	Joyce Cody
Title	Executive Director
Phone	828.649.2582
Email	joycekody@gmail.com

My Sister's Place is the only domestic violence, sexual assault and human trafficking service provider in Madison County. We operate the county's only emergency shelter and the only 24-hour crisis hot-line operated exclusively within the county. The organization's mission is to promote domestic peace and safety for everyone impacted by the trauma of domestic violence and sexual violence. We offer a variety of services, such as a weekly support group, court accompaniment, case management, 24-hour crisis hot-line, information and referral, community education, parenting classes, hospital accompaniment and children's services. We also have an emergency safehouse available to those in need.

ADA Accessible Grant:

Pisgah Health Foundation funds enabled My Sister's Place to add an addition of an ADA-accessible bathroom and bedroom to the downstairs area of the safehouse. Not only will this provide a safe and accessible place for our disabled population, but it also increased our housing capacity overall. Before the renovations we were able to house 16 people, now we can accommodate 20 residents. This opportunity could not have come at a better time for our agency. When the COVID-19 pandemic hit, it hit our clients especially hard. There was a 37 percent increase in the number of clients seeking our services from April through August of 2020.



**PO Box 457
Marshall, NC 29753
www.mysisters.place**

National Society Daughters of the American Revolution

Number of Employees	-
Number of Volunteers	140
Counties Served	Transylvania
Primary Social Determinant of Health	Education
Contact Name	Molly Tartt
Title	Community Classroom Chairman for Waightstill Avery Chapter
Phone	828.883.2757
Email	mtartt@comporium.net

National Society Daughters of the American Revolution is a nonprofit lineage-based membership organization for women, who are direct descendants of individuals involved in the American Revolution. For five years this group of Revolutionary War heroes and heroines has performed for the fifth grade at every school in Transylvania County, nursing homes, retirement centers, the Transylvania Historical Society, St. Philip's Church, and the Mayflower Society. We have been extremely well received and are encouraged to continue our performances.

COVID-19 Revolution Education Grant:

Pisgah Health Foundation funding supports the creation of a video: "Ladies First and One Gent". Due to COVID-19 this group has been unable to go into the schools to perform as part of a history lesson. A video will be produced for distribution to groups and schools, accompanied by a lesson plan, following and complimenting North Carolina State Curriculum for research, resources and activities.



54 Warren Lane
Brevard, NC 28712
www.DAR.org



Only Hope WNC, Inc.

Number of Employees	-
Number of Volunteers	34
Counties Served	Buncombe, Haywood, Henderson and Transylvania counties
Primary Social Determinant of Health	Housing and Homelessness
Contact Name	Michael Absher
Title	CEO and Founder
Phone	828.693.5499 or 828.702.4752
Email	onlyhopewnc@gmail.com

Only Hope WNC exists to serve homeless youth by providing a home and services where education, personal growth and opportunity are supported and encouraged. Only Hope strives to promote the value of education, honor individuality and diversity, nurture respect for self and others and provide hope for young people in need in our community.

Youth Shelter Transportation Grant:

Pisgah Health Foundation awarded funds to provide a mode of transportation to support the needs of Only Hope, a traditional youth home. The goals and objectives of the organization require that teens remain in school signifying the importance of a high school education. Not only is a vehicle necessary for youth development, but it also helps with food and supply deliveries to a young population across our region. In collaboration with school systems, some youth no longer must worry about their next meal or where to find a warm place to stay. Only Hope has impacted 549 youth and 219 families in 2020.



**416 Allen St
East Flat Rock, NC 28726
www.onlyhopewnc.org**

Pisgah Legal Services



Number of Employees	85
Number of Volunteers	400
Counties Served	Avery, Buncombe, Haywood, Henderson, Jackson, Macon, Madison, Mitchell, Polk, Rutherford, Transylvania and Yancey counties.
Primary Social Determinant of Health	Health
Contact Name	James Barrett
Title	Executive Director
Phone	828.210.3410
Email	jim@pisgahlegal.org

Pisgah Legal Services has helped more than 20,000 of the most vulnerable people meet urgent needs, including housing, safety from abuse, health care and income in 2020. The organization was founded in 1978 to provide free civil legal aid to low-income people in Western North Carolina. Pisgah Legal Service partners with dozens of agencies to make sustainable change for people in crisis and improve systems and policies that impact the lives of thousands of underserved individuals. Helping to prevent or delay eviction from homes, offering legal support and being available to provide advice and guidance when there seems to be nowhere to turn.

Good Neighbor Gap Funding Grant:

Pisgah Health Foundation awarded a Good Neighbor Critical Need grant to help bridge a funding gap resulting from United Way of Transylvania County closing its operations in January 2020. The grant helped serve at least 90 Transylvania County residents through our Domestic and Sexual Violence Prevention, Homelessness Prevention and Justice for All programs. Every day families struggle to make it from paycheck to paycheck. The choice of paying a bill or feeding the family is more real than many may realize.

COVID-19 Housing Crisis Grant:

Pisgah Health Foundation granted funds to Pisgah Legal Services to help individuals and families meet their basic needs through the free access to legal services. Because of COVID-19, we will help clients stop or delay evictions and foreclosures, negotiate repayment plans for back rent and other debt, stop utility shutoffs, secure unemployment insurance benefits and secure or formalize child custody agreements. In addition, for clients who need it, we will also offer direct financial assistance to ensure they remain housed and their basic needs are met.



**PO Box 2276
Asheville, NC 28802
www.pisgahlegal.org
pisgahhealthfoundation.org/media
Episode #47**

Project Dignity of Western North Carolina, Inc.



Number of Employees	-
Number of Volunteers	40
Counties Served	Avery, Buncombe, Haywood, Henderson, Madison, Mitchell, Polk, Rutherford, Transylvania and Yancey counties
Primary Social Determinant of Health	Health
Contact Name	Barb Morgan
Title	Founder and President
Phone	828.697.2565
Email	dignitywnc@gmail.com

Project Dignity of Western North Carolina, Inc. provides feminine hygiene and related products in Hendersonville and surrounding areas to girls and women who are homeless, low-income or victims of domestic abuse. Since September 2017, Project Dignity has collaborated with local schools and social service agencies to establish and maintain “Crisis Closets” that promote free and easy access to feminine products to those in need. We serve approximately 3,500 girls and women each month. Project Dignity is an ambitious organization that partners with 57 agencies within Western North Carolina that serve the low-income community. Not only are free products provided in our region, but also to 147 schools within the 10 counties we serve.

Crisis Closet Grant:

Pisgah Health Foundation funds allow Project Dignity to meet the current distribution needs and purchase more feminine hygiene products. Feminine hygiene products can be very costly, cannot be purchased with food stamps and may not always be available in shelters and food pantries. Access to these products directly impacts school attendance and employment. So far 33,000 clients have been served.



PO Box 6104 - Hendersonville, NC 28793
www.projectdignitywnc.org
pisgahhealthfoundation.org/media
Episode #48



Resources for Resilience

Number of Employees	5 full-time, 60 Independent Contractors and Resiliency Educators
Number of Volunteers	8
Counties Served	Buncombe, Haywood, Henderson, Madison and Transylvania counties
Primary Social Determinant of Health	Education
Contact Name	Ann DuPre Rogers, LCSW
Title	Executive Director
Phone	828.367.7092
Email	Anndupre.rogers@resourcesforresilience.com

Resources for Resilience (RFR) offers trauma-responsive and resiliency-focused training in schools, behavioral health organizations, early learning programs, healthcare systems, social service agencies and communities across North Carolina. Our mission is to share dynamic tools to support everyone’s capacity for well-being. We understand the negative effects of both, acute and ongoing stress on individuals’ ability to remain resilient and thrive. We seek to respond to the public health crisis of adverse childhood experiences (ACEs). Our tools-based strategies are designed to help people of all ages and backgrounds get back into balance after they have experienced any kind of distress. Our hope is that as trauma is understood and when resiliency tools are introduced and practiced, we can begin to move to communities that provide wellness and self-determination through access to self-regulation tools and supportive relationships.

Reconnect Grant:

Pisgah Health Foundation supports Resources for Resilience’s efforts to shift the culture of preschool to a more compassionate, supportive environment. Staff understands the far-reaching effects of trauma on the preschool community, including children, parents and staff. The Reconnect curriculum is designed to assist community service providers across several systems (education, behavioral health, early childhood, medical, justice, faith), as well as the people they serve, in understanding the forces in their communities that contribute to high levels of unaddressed trauma. When a culture of resiliency is formed, the preschool community not only understands the effects of trauma, but also becomes a beacon of hope as its members focus on tools that promote resilience, attachment, connection and healthier children.



13 ½ Eagle Street Suite K - Asheville, NC 28801
www.resourcesforresilience.com

Rise & Shine - Neighbors In Ministry

Number of Employees	6
Number of Volunteers	68
Counties Served	Transylvania
Primary Social Determinant of Health	Social Cohesion
Contact Name	Kelly Land Cislo
Title	Director of Development
Phone	940.600.7930
Email	kland@riseshine.org

Rise & Shine provides our “scholars” with a safe learning environment. They also receive one-on-one tutoring, free meals and healthy snacks daily. The Rise & Shine program enriches children, empowers parents and encourages community. Our programs enable children and adults to work for equality of opportunity and to build the Beloved Community of racial justice and reconciliation. Launched in 1996 the year-round, after-school program has helped economically disadvantaged and racial minority children learn about the fundamental importance of education, their community and culture and most importantly themselves. We serve 50 - 1st to 12th grade students from Transylvania County, who attend our after-school free program and summer STEAM camp programs.



Strategic Development Grant:

Pisgah Health Foundation funds turn the Director of Development into a full-time position, which has enabled our organization to implement a Strategic Fund Development Plan. Foundation support has increased by more than 50 percent and the cultivation of philanthropic relationships aids efforts to build sustainability in order to increase the number of scholars we serve. It facilitates the expansion of programs for the 25th anniversary of Rise & Shine. Rise and Shine continues to enjoy a reputation of strong service.



**290 Oakdale Street
Brevard, NC 28712
www.riseshine.org
pisgahhealthfoundation.
org/media
Episode #56**

Safelight, Inc.



Number of Employees	40
Number of Volunteers	64
Counties Served	Henderson
Primary Social Determinant of Health	Housing and Homelessness
Contact Name	Sara Cole
Title	Development Director
Phone	828.693.3840
Email	Sara@safelightfamily.org

Safelight is the domestic violence, sexual assault and child abuse agency serving Henderson County. Job training, financial stability and educational opportunities are programs in place to support those seeking ways to become self-sufficient. Our internship program, started at the Dandelion Restaurant in 2013, has expanded to include internships at the resale store, a sewing program, as well as work with other community partners. We provide employment training for survivors and facilitate an educational and supportive environment for those who may be at risk. Participants build confidence, gain experience and strengthen interpersonal skills. We all work together helping to create financial stability for trauma survivors, while growing the workforce within our community.

Job Training Grant:

Pisgah Health Foundation supports the opportunity for job training to survivors of interpersonal violence. Safelight interns work to design a clear path to employment or educational opportunities that will create self-sufficiency for themselves and their families. Participants increase their marketable skills for employment by participating in work experience and individual case management. Participants work toward their educational goals, such as completing their GED and enrolling in community college.



133 5th Avenue West - Hendersonville, NC 28792
www.safelightfamily.org
pisgahhealthfoundation.org/media
Episode #23

Sharing House – Transylvania Christian Ministry, Inc.

Number of Employees	6 full-time and 2 part-time
Number of Volunteers	170
Counties Served	Transylvania
Primary Social Determinant of Health	Food Insecurity
Contact Name	Shelly Webb
Title	Executive Director
Phone	828.884.2866, ext. 105
Email	shelly@sharinghouse.org



Sharing House offers food, fresh produce, clothes, household goods, camping equipment, a hot shower and crisis financial assistance to economically challenged people living in Transylvania County. Sharing House is a compassionate source of crisis assistance providing hope and means for sustaining basic life necessities. Also available are empowerment programs for people who seek paths to self-reliance through special programs such as Wheels to Work, Getting Ahead Classes and Be Strong! Health and Nutrition groups.

COVID-19 Food Distribution Grant:

Pisgah Health Foundation funded, as part of a matching grant, services that provide food and emergency support. This will help relieve the strain of people who are facing sudden joblessness and are waiting for unemployment benefits to commence. As the COVID-19 pandemic continues, help from the Sharing House remains a lifeline to many of our participants in need.

Fresh Fruits And Vegetables Grant:

Pisgah Health Foundation helped fund the distribution of fresh fruits and vegetables to low-income families, creating access to healthy choices for nutrition. Before COVID-19, produce bags were distributed to more than 800 households per month. During the initial phase of the pandemic, Sharing House quickly reconfigured its process for safe distribution by creating a “Tuesday Produce Drive-Thru” handing out large boxes of fresh produce to more than 130 households. Recipients indicate how life-giving the weekly produce box have been for them as they try to secure enough food for their families.



Good Neighbor Be Strong! Grant:

Pisgah Health Foundation has provided funding through the Good Neighbor Critical Need Grant to the Be Strong! Wellness Groups supporting workshops dedicated to increasing physical, mental and spiritual wellness. Nutrition classes, yoga, spiritual journaling, gym memberships, walking, hiking, art classes and cooking classes offer a variety of choices under the program.



164 Duckworth Avenue, PO Box 958
Brevard, NC 28712
www.sharinghouse.org
pisgahhealthfoundation.org/media
Episode #19

Smart Start of Transylvania County

Number of Employees	5
Number of Volunteers	-
Counties Served	Transylvania
Primary Social Determinant of Health	Education
Contact Name	Deb Tibbetts
Title	Executive Director
Phone	828.577.1447
Email	debtibbetts@smartstarttransylvania.org



"The nurses instilled a sense of confidence in us as new parents, and made us feel connected to our community during a time when it's easy to feel isolated or alone."

**- Rachel Scheckter,
a Family Connects parent**

Smart Start of Transylvania County strives to advance a high-quality, comprehensive, accountable system of care and education for each child beginning with a healthy birth. The power of Smart Start is that it delivers outcomes by giving communities local control to determine the best approach to achieving them. In partnership with families, organizations and individuals, we influence the well-being of all children and accept responsibility for the improvement of high-quality early care and education for young children in Transylvania County to see them thrive. We are a nonprofit organization that is part of the North Carolina Partnership for Children, a nationally recognized, award-winning early childhood initiative, designed to ensure that young children enter school healthy and ready to succeed.



Family Connects Grant:

Pisgah Health Foundation funds will implement the Family Connects program with Smart Start of Transylvania County, Hendersonville Pediatrics, Brevard Practice and the partners of GetSet Transylvania Early Childhood Collaborative. The organization has been placed in a Family Connects national cohort, working with an implementation specialist and benefiting from other national partners, who are in the same phase of implementation. We have hired our Community Alignment Coordinator and our Nurse Home Visitor, who are passionate about pediatric home visits scheduled to begin February 1, 2021. The outcome expectation is to provide 100 home visits to local families by July 31, 2021.

GetSet Grant:

Pisgah Health Foundation awarded funds to support the GetSet toolkit project serving 845 children to date, as well as enabled the implementation of the evidence-based Family Connects model. By connecting families to community resources and providing early learning tools and equitable access to care, we can influence well-being at the start of a child's life.



**147 East Main Street Suite 302
Brevard, NC 28712
www.smartstarttransylvania.org**

Southern Highlands Reserve

Number of Employees	3
Number of Volunteers	5
Counties Served	Transylvania
Primary Social Determinant of Health	Education
Contact Name	Kelly Holdbrooks
Title	Executive Director
Phone	828.885.2050
Email	khholdbrooks@southernhighlandsreserve.org

Southern Highlands Reserve is a native plant arboretum and research center dedicated to sustaining the natural ecosystems of the Blue Ridge Mountains through the preservation, cultivation and display of plants native to the region and by advocating for their value through education, restoration and research. The Reserve is one of two high-elevation arboretums on the eastern seaboard and a leader in conservation and stewardship for the southern Appalachian Mountains, which are known as one of the most biologically diverse regions in the temperate world. We strive to foster and cultivate connections between humans and nature through our work in restoration, education and outreach.



Elementary Education Grant:

Pisgah Health Foundation supports education related to the environment. Southern Highlands Reserve draws the curious and the concerned to their beautiful mountain site to share and discuss ways to build a strong community and future for Western North Carolina residents. Southern Highlands Reserve impacts our local community by working with TC Henderson Elementary students and faculty to open the door to curiosity and concern about the natural world. This connection is the first step in creating informed citizens on environmental issues. Through this initiative, we can help build a stronger community for our shared future. This year, we have reached 150 students, faculty and volunteers.



558 Summit Ridge Road - Lake Toxaway, NC 28747
www.southernhighlandsreserve.org
pisgahhealthfoundation.org/media
Episode #28



Southwestern Child Development Commission Inc.

Number of Employees	168 full-time, 43 part-time, 24 contract
Number of Volunteers	26
Counties Served	Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, Polk, Rutherford, Swain and Transylvania counties
Primary Social Determinant of Health	Education
Contact Name	Deidre McMahon
Title	Assistant Director
Phone	828.477.4531
Email	mcmahon.deidre@swcdcinc.org

Southwestern Child Development Commission

provides services for children through the following specific programs: Direct Services Unit, which operates agency-managed child care programs; Child Care Resource and Referral (CCR&R) Unit, which delivers consumer education and referrals for parents, as well as provides training and professional development activities for regional child care program staff; Subsidized Care Child Unit, which manages the North Carolina Child Care Subsidy Allocations for multiple county departments of social services in Western North Carolina, contracting with approximately 600 child care programs. Southwestern also provides services through the Nurse Family Partnership program, which offers pre-natal care for first-time mothers, who are identified as high-risk pregnancies. Within the Pisgah Health Foundation region more than 500 early childhood teachers, families, caregivers, community members and stakeholders have been directly impacted.

Childhood Education Development Grant:

Pisgah Health Foundation supports the endeavors of Southwestern Child Development Commission partnering with families, communities and early childhood educators through service and advocacy, so all children have access to high-quality and affordable early education. Child Care Resource and Referral will orchestrate professional development opportunities and resources to early childhood professionals, families and community members in Haywood, Buncombe, Madison, Transylvania and Henderson counties. These services, provided at no charge, will include online and hard copy resources, a newsletter and online educational services that focus on Trauma Informed Care and Resiliency.



1528 Webster Road - Sylva, NC 28779
PO Box 250 - Webster NC 28788
www.swcdcinc.org
pisgahhealthfoundation.org/media
Episode #58

Special Olympics North Carolina



Number of Employees	28
Number of Volunteers	43,100
Counties Served	All North Carolina counties
Primary Social Determinant of Health	Social Cohesion
Contact Name	Lauren Bruce
Title	Community Resource Director
Phone	919.719.7662 ext. 105
Email	lbruce@sonc.net

Special Olympics North Carolina (SONC) has used the transformative power of sports to improve the lives of children and adults with intellectual disabilities since 1968. Nearly 40,000 athletes in the state inspire thousands of coaches, sports officials, local program committee members and event organizers. SONC offers year-round training and competition in 20 Olympic-type sports on local and state levels, as well as health and wellness initiatives to improve the health of individuals with intellectual disabilities and improve access to community health resources for them. Young participants become agents of change through Unified Champion Schools, an education and sports-based program created by SONC to build an inclusive environment among youth with and without intellectual disabilities. It seeks to empower participants to become youth leaders and create change in their community.

Social Inclusion Grant:

Pisgah Health Foundation funding will engage and empower athletes in Buncombe, Haywood, Henderson, Madison and Transylvania counties to participate in programming that will contribute to improved physical fitness, skills acquisition, social inclusion and acceptance within their communities. Athletes will join our Winter Challenge Series and Partner Up Power Up training programs, which offer virtual or in-person training and fitness for fall 2020 through spring 2021. Objectives are to engage new and returning athletes in sports training and activities that will lead to improved health and physical fitness, sense of self, socialization and overall quality of life.



**2200 Gateway Centre Boulevard, Suite 201
Morrisville, NC 27560
www.sonc.net
pisgahhealthfoundation.org/media
Episode #32**

St. Gerard House

St. Gerard House was founded to serve all people touched by autism. St. Gerard House makes it a priority to provide a wide array of support, therapy, consultations and programs for the families, caretakers, teachers, therapists and others who are integral parts in the life of an individual with

autism. We use evidence-based therapy as the backbone for all our programs and are committed to providing the highest quality care possible. A critical part of St. Gerard House's mission is to help individuals with autism experience more joy and achieve meaningful life outcomes.

Number of Employees	50
Number of Volunteers	96
Counties Served	Buncombe, Haywood, Henderson, Jackson, McDowell, Polk, Rutherford and Transylvania counties
Primary Social Determinant of Health	Education
Contact Name	Caroline Long
Title	Executive Director
Phone	828.693.4223
Email	caroline@stgerardhouse.org



St. Gerard House

(Continued)



CARF Grant:

Pisgah Health Foundation enabled St. Gerard House to become a **Commission on Accreditation of Rehabilitation Facilities (CARF)** provider. This accreditation allows billing of insurance for pre-vocational services resulting in a more sustainable program, expanded services and additional families served.



620 Oakland Street - Hendersonville, NC 28791
www.stgerardhouse.org

Connect Brevard Grant:

Pisgah Health Foundation funded a partnership with Brevard Academy and St. Gerard House to teach its 400 students an interactive social curriculum. Teaching healthy coping and social skills in the classroom helps kids define and communicate their needs, build relationships and become well-adjusted teens and adults. The program builds a safer environment for diverse learners, as well as teaching kids empathy and inclusion. The Connect Program gives youth the tools and confidence they need to handle bullying, social awkwardness and isolation. Some services of the organization have been offered through telehealth, due to COVID-19 and "stay at home" orders.

STEP Western North Carolina

STEP WNC is a year-round ministry to help our neighbors have warm, safe, healthy and secure housing. We provide opportunities for shared service and training, and to share the message of love and grace of Jesus Christ. STEP is a year-round ministry bringing together local volunteer teams to work on emergency home repairs and

firewood collection and distribution. We serve all of Transylvania County as well as western Henderson and southern Jackson counties. These counties are without a similar ministry or nonprofit. We welcome short-term mission teams from around the country to join us on large repair projects.

Number of Employees	-
Number of Volunteers	70
Counties Served	Transylvania, Southern Jackson, Western Henderson counties
Primary Social Determinant of Health	Health and Housing and Homelessness
Contact Name - Title	Rivers Smith - Co-founder and CEO
Email	riverss@stepwnc.org
Contact Name - Title	Carolyn Smith - Co-founder
Email	carolyns@stepwnc.org
Phone	828.237.1029

Home Repair Grant:

Pisgah Health Foundation funding provides STEP WNC with the ability to purchase supplies and materials for the home repair ministry. STEP has a process in place for nomination, interview and inspection for applicants needing home repairs. When applicants qualify, home repairs are taken care of at no cost. Grant funding continues lifting burdens from homeowners and helps them have safe accessible homes.



STEP Western North Carolina (Continued)



Firewood Resource Grant:

Pisgah Health Foundation enabled STEP WNC to purchase necessary equipment to cut and deliver free firewood to the underserved in our community. The firewood ministry works hard collecting wood from donors and processing the wood for distribution. Most of the recipients are seniors, aging in place, who use a fireplace as the primary heat source.



PO Box 563 - Brevard, NC 28712
www.stepwnc.org

Sunrise Community for Recovery and Wellness



Number of Employees	22
Number of Volunteers	More than 200 since 2016
Counties Served	Western North Carolina counties
Primary Social Determinant of Health	Health
Contact Name	Sue Polston, CPSS
Title	Executive Director
Phone	828.552.3858
Email	spolston@sunriseinashville.org

Sunrise Community for Recovery and Wellness is a resource of services, support and connection for vulnerable and marginalized individuals, many of whom struggle with complex challenges relating to social determinants of health. We work with our community partners to develop innovative, responsive projects and programs that provide accessible, community-integrated, free peer support services to individuals navigating recovery. Our mission is to empower individuals and the community to manage and overcome Substance Use Disorders and mental health challenges. Since our founding in 2016, we have expanded to provide eight different peer-led programs, including partnerships with the Buncombe County Health Department and the Buncombe County Detention Facility. We are recognized by SAMHSA and NCDHHS as a regional Recovery Community Organization (RCO).

Justice and Recovery Grant:

Pisgah Health Foundation awarded a grant for the Justice and Recovery Project, which represents a partnership with the Buncombe County Detention Facility and collaborates across systems to support up to 60 individuals, whose justice-involvement is related to Substance Use Disorder. This project addresses gaps in the continuum of care to disrupt the cycles of incarceration, addiction and poverty.



PO Box 845 - Asheville, NC 28802
www.sunriseinashville.org
pisgahhealthfoundation.org/media
Episode #59

The Center for Women



Number of Employees	2
Number of Volunteers	25
Counties Served	Transylvania
Primary Social Determinant of Health	Health
Contact Name	Robin Moffitt
Title	Executive Director
Phone	828.885.7885
Email	cpccare@comporium.net

The Center for Women is a Christ-centered ministry serving women and families who are facing unplanned pregnancies, as well as parenting challenges. We strive to help our participants succeed not just at parenting, but at life. Our services not only include free pregnancy testing, ultrasounds and support through pregnancy, but we also offer classes and groups for mothers and fathers. A trained doula offers prenatal classes to educate and prepare the mothers for childbirth and guides new mothers in the basics of newborn care. The Center has a professional counselor on staff to address issues and serve as client advocate. We also offer a fatherhood program where a young father is paired with an experienced father for one-on-one mentoring. Not only do we provide educational support, but also basic supplies and equipment, such as maternity clothes, diapers, baby clothes, car seats and strollers.

Earn While You Learn Grant:

Pisgah Health Foundation supports the Earn While You Learn Program made available as an educational program of DVDs and handouts facilitated by a staff member or volunteer. To support their motto, "Better Mom, Better Baby" the 10-week prenatal program is facilitated by a trained doula. Other programs available are: Basic Parenting, Raising a Toddler and a Fatherhood Mentoring Program. There are many other teaching curriculums in the "Earn While You Learn" Program. It is an excellent way to help expecting or new mothers and their families become better parents.



39 East Jordan Street - Brevard, NC 28712
www.brevardwomenscenter.com
pisgahhealthfoundation.org/media
Episode #46

The Cindy Platt Boys & Girls Club of Transylvania County

Number of Employees	12 full-time, 28 part-time
Number of Volunteers	232
Counties Served	Transylvania
Primary Social Determinant of Health	Social Cohesion and Education
Contact Name	Sarah Rae St. Marie
Title	Executive Director
Phone	828.885.7800
Email	sstmarie@bgctransylvania.org



The Cindy Platt Boys & Girls Club of Transylvania County

(Continued)

The Cindy Platt Boys & Girls Club of Transylvania County is the largest youth development organization in the county, serving nearly 700 school-aged youth annually at their main Clubhouse and off-site high school teen center. Whether youth have a stable, loving home environment or significant adverse childhood experiences, the Club's mission nurtures their growth as productive, caring and responsible citizens. Specialized academic programs support the development of foundational literacy and comprehension skills, while career and college exploration opportunities help teens plan for their future. The Club's organic vegetable garden, nutrition programs, athletic teams and physical fitness program help youth adopt and maintain healthy lifestyles. In-Club and community service projects teach the importance of serving others while self-help and prevention programs combat bullying, violence and drug use. Creative art, media arts and string music classes promote skill development and creative expression.

Great Futures are Safe Project Grant:

Pisgah Health Foundation grant funds supported a project to improve the physical safety of the main Clubhouse and create additional tutoring, counseling and office space by securing the Club's lobby and front desk and re-constructing the mezzanine loft. One hundred percent of Club staff believe that this project will improve safety within the Clubhouse. Furthermore, the added tutoring and counseling space will provide a safe place for members to receive the additional help they need - whether that be academic support, or help processing a personal struggle.

COVID-19 Summer Camp Collaboration Grant:

Due to COVID-19 restrictions, the Club had to turn away over 90 elementary aged Club youth from attending their summer program. Pisgah Health Foundation supported a collaborative effort which allowed 30 of those youth to attend summer sessions at the Transylvania County Recreation Department, Muddy Sneakers and Mountain Roots. The grant covered the weekly cost of camp sessions for these youth less a family contribution of \$20/week per child.



11 Gallimore Road - Brevard, NC 28712
www.bgctransylvania.org

The Community Kitchen

Number of Employees	1
Number of Volunteers	350
Counties Served	Haywood, Buncombe, Jackson counties
Primary Social Determinant of Health	Food Insecurity
Contact Name	Allison Jennings
Title	Executive Director
Phone	828.593.9319
Email	thecommunitykitchen@gmail.com

The Community Kitchen is a soup kitchen in eastern Haywood County serving anyone in need. The need may be more than just food. It could be ministry, fellowship or just to know someone cares for the well-being of our neighbors. Due to COVID-19, food distribution was transformed into a drive-through event. We expect our numbers to continue to increase as we see more individuals and families in need. The goal is to make sure those in need do not go hungry and to provide food for them either through the meal program or pantry program. In 2020 we served 15,971 hot meals and provided 3,045 food boxes that have fed 7,037 individuals.



394 Champion Drive
PO Box 513 - Canton, NC 28716
www.thecommunitykitchen.mystrikingly.com

HVAC Grant:

Pisgah Health Foundation funding provided the opportunity to purchase an HVAC unit for The Community Kitchen. This gives us the ability to keep our food storage areas at safe temperatures. Safety is of utmost importance in our kitchen. The Kitchen also hosts a church service on Sundays and Wednesdays.

The EACH Initiative, Inc.

Number of Employees	1
Number of Volunteers	36
Counties Served	Haywood
Primary Social Determinant of Health	Housing and Homelessness
Contact Name	Mindy Rathbone
Title	Case Manager
Phone	828.734.8448
Email	Mindy@EACHinitiative.org

The EACH Initiative organization works to provide a two-year program for families to move from homelessness to self-sufficiency. Three partners make this happen: (1)The Family - commits to a stringent program covenant; (2)Villagers – a congregation, a business, or simply a caring group of people, who provide fiscal and social safety nets; and (3)The EACH Initiative - oversees the program and provides a case manager to work closely with each family developing Life Plans and connecting families with local resources, such as mental health and housing. Seven families with 15 children have participated in the EACH Program with additional families currently being interviewed and screened for additional slots.



**PO Box 122 - 1534 South Main Street
Waynesville, NC 28786
www.EACHinitiative.org
pisgahhealthfoundation.org/media
Episode #38**

Family Lifestyle Grant:

Pisgah Health Foundation funding has two very significant points of impact for EACH. It enabled EACH to acquire a house that will serve multiple EACH families for years to come. Also, by providing some supplemental income, EACH was able to immediately begin the application and screening process allowing a family to enter the program without delay, while a new group of villagers was concurrently formed. The villagers were able to subsequently take over the supplemental income needs and provide skill partners to work with the family.



The Family Place

The Family Place offers a place to connect with other families to talk about parenting, child development and learn about community resources. The Family Place was started 23 years ago by a group of parents and community leaders recognizing a need for a central location for family resources and parent education. The focus of The Family Place has been to promote and nurture the growth and development of healthy families in Transylvania County by offering quality and interactive caregiver, child play activities and opportunities. We offer evidence-based and evidence-informed programs for the support and development of parents and caregivers to strengthen families for the benefit of each child. Parents come away from our programs with a sense of individual purpose not only in their unique families, but also in the community as they support one another at The Family Place.

Incredible Years Grant:

Pisgah Health Foundation enables The Family Place to extend hours of operation at the Rosman facility. The Family Place provides “whole-family” programs that offer opportunities for parents and caregivers to participate together with their children in educational play. Children from birth to age 5 experience the cognitive benefits inherent in preschool programs. Parents also gain confidence and skills in meeting their children’s growing needs.



Number of Employees	23
Number of Volunteers	10
Counties Served	Transylvania, Henderson, Buncombe and Jackson counties
Primary Social Determinant of Health	Education
Contact Name	Erin Drew
Title	Executive Director
Phone	828.883.4857
Email	Edrew@thefamilyplacenc.com

The Family Place (Continued)



Connect Grant:

Pisgah Health Foundation supports the Connect collaboration to assist families with reunification and creating a healthy and safe environment for themselves and their children through community supports and resources. Helping the parent is proven to in turn help the child. Parents who learn to be stable can build a trusting, secure, strong attachment to their child that helps the child mentally, emotionally and socially. Parents improve their mental health and social connectedness, increasing their capacity to reach their full potential in their role as caregivers. Being together in the programs offered by The Family Place also strengthens the caregiver and child relationship.



**970 Old Hendersonville Highway
Brevard, NC 28712
88 Chestnut Street
Rosman, NC 28772
www.thefamilyplacenc.com
pisgahhealthfoundation.org/media
Episode #17**

The Free Clinics

Number of Employees	26 full-time and 8 part-time
Number of Volunteers	More than 200
Counties Served	Henderson and Polk counties
Primary Social Determinant of Health	Health
Contact Names	Judith Long, Cassie Ashworth, Jennie Tarleton
Title	Executive Director, Assistant Director, and Clinical Services Director
Phone	828.697.8422
Email	info@thefreeclinics.org

The Free Clinics (TFC) provides 23 programs in five program areas that are acute care, behavioral health, chronic and specialty care, community health and pharmaceutical support. TFC is an innovative, dynamic, volunteer-based community resource that ensures access to healthcare for low-income, uninsured residents of Henderson and Polk counties. We work collaboratively with the local community health centers, health departments, social service agencies and hospitals to augment and enhance the healthcare system and provide vital services that are not duplicated. We are a community of volunteers and more than 180 healthcare partners, working together to help our most vulnerable neighbors with everything from access to a doctor, to medications, to healthy food or transportation.

Diabetes Program Grant:

Pisgah Health Foundation funding will support TFC's diabetes programming to provide integrated, team-based care. TFC utilizes a patient-centered approach which addresses health concerns, as well as social, economic, behavioral health and other concerns that impact health. TFC's new model for diabetes care merges high-quality clinical care with wellness education and community health programming targeting barriers to health.



**841 Case Street
Hendersonville, NC 28792
www.thefreeclinics.org**

The Haven of Transylvania County

Number of Employees	3 full-time and 6 part-time
Number of Volunteers	120
Counties Served	Transylvania, Henderson, Polk and Rutherford counties
Primary Social Determinant of Health	Housing and Homelessness
Contact Name	Emily Lowery
Title	Executive Director
Phone	828.877.2045
Email	emily@havenoftc.org

The Haven of Transylvania County helps people experiencing homelessness or who are in imminent danger of becoming homeless and lack the resources necessary to obtain housing. The original shelter, The Haven Thomas House, shelters men and women in an 18-bed facility. The Haven Family House is a co-ed four-bedroom house that shelters up to four families with children or 16 people. All guests receive case

management, mental health counseling and housing assistance. Classes are also available on budgeting and healthy cooking. We aim to provide a stimulating experience to boost guests' mental health, while offering support and care. Guests can stay up to 90 days with an evaluation every 30 days. The mission is to work to make homelessness rare, brief and a one-time experience.





Case Manager Grant:

Pisgah Health Foundation supports research by The Haven tracking individual's success as they work with a case manager, while living in a homeless shelter. The case managers are engaged with all our clients and currently lead budgeting workshops with outstanding results. As many as 90 percent of our guests now have some sort of savings. The mental health counselor served 52 percent of singles and 100 percent of families. The outcome was 48 percent of guests left the shelter for temporary shelter, while 52 percent of people left the shelter for a permanent place of their own.

Shelter Management Grant:

Pisgah Health Foundation supports the Shelter Manager position as an essential position of the shelter. During COVID-19, volunteers had to stay at their homes to protect 'our home'. The manager is assigned to The Haven Thomas House and is on-site during the evenings. This reduces the opportunity for the guests to violate the house rules. In 2020, the shelter manager oversaw 17 people and had zero incidents or situations requiring further assistance.



**PO Box 25
Brevard, NC 28712
www.havenoftc.org**

The Housing Assistance Corporation

The Housing Assistance Corporation strives to make a difference in the lives of our community by working on new construction projects, designed to put families into homes that they might not otherwise be able to afford. We also improve our community through numerous volunteer projects, such as home repairs for disabled and elderly homeowners. We are committed to providing safe and affordable housing for people with limited income living in Henderson County and surrounding areas. We believe everyone deserves the opportunity to live in a decent home. In the past 33 years, we have built 196 single-family homes and 370 apartment units. We complete an annual average of 250 home repairs benefitting approximately 100 people.

Housing & Transportation Grant:

Pisgah Health Foundation is determined to help create more affordable housing in Henderson and Transylvania counties. The Housing Assistance Corporation assists families in search of a comfortable home. Increasing the staff, due to a high demand for housing, supports these endeavors. Funding provided by Pisgah Health Foundation will enable The Housing Assistance Corporation to provide staff support to enable our program expansion to Transylvania County and purchase a new construction truck. Funds will help enhance greater affordable housing options to low to moderate income individuals and families within our communities.

Number of Employees	13
Number of Volunteers	78
Counties Served	Henderson, Polk and Transylvania counties
Primary Social Determinant of Health	Housing and Homelessness
Contact Name	Ashlynn McCoy
Title	Community and Government Relations Officer
Phone	828.692.4744
Email	ashlynn@housing-assistance.com



214 North King Street - Hendersonville, NC 28792
www.housing-assistance.com



The Medical Loan Closet of Henderson County, Inc.



Number of Employees	3
Number of Volunteers	13
Counties Served	Henderson and surrounding counties
Primary Social Determinant of Health	Health
Contact Name	Maureen Graham
Title	Executive Director
Phone	828.692.9005
Email	medloan1@att.net

The Medical Loan Closet (MLC) loans durable medical equipment to the community at minimal cost. Offering several types of walkers, shower chairs, commodes, wheelchairs, beds and patient lifts, this service is done with compassion and understanding with the goal to help relieve the stress and frustration of our clients. The community is very appreciative of the savings and the level of knowledge and compassion of the volunteers. It is estimated that MLC saved the community more than \$1 million per year. We consistently receive comments of true appreciation from the community.

COVID-19 Medical Equipment Grant:

Pisgah Health Foundation helped The Medical Loan Closet to keep the doors opened for essential service. Although the numbers served dropped slightly during March, April and May, as fewer surgeries were performed, there was still need for the equipment. In those three months we served 445 clients with approximately 1,335 pieces of equipment. Locating a wheelchair, crutches, walkers or other necessary medical equipment can be a stressful time. Our loan model is very convenient, since most medical equipment is only needed on a temporary basis.



1225 7th Avenue East - Hendersonville, NC 28792
www.medicalloanclinet.org

The Rotary Club of Brevard

Number of Employees	-
Number of Volunteers	20
Counties Served	Transylvania
Primary Social Determinant of Health	Health
Contact Name	Michael Dexter-Smith
Title	President-elect
Phone	508.395.0224
Email	brevardrotarync@gmail.com



The Rotary Club of Brevard is a member of Rotary worldwide; 1.2 million members in 32,000 clubs across the world – together we see a world, where people unite and take action to create lasting change across the globe in our communities and ourselves.

COVID-19 Emergency PPE Grant:

Pisgah Health Foundation funds allowed the Rotary Club to acquire an emergency supply of Personal Protective Equipment (PPE) for the local Public Health Department to distribute in the event of a coronavirus outbreak. In the beginning of COVID-19, the two rotary clubs in Transylvania County quickly came together to create an inventory of PPE to be made available to six senior care facilities in the county. They faced the challenge of locating the necessary equipment and protective gear when it was scarce, but were able to fulfill the most urgent requests. The staff and residents of the facilities now have access to this much needed life-saving equipment.



Rotary Club of
Brevard
NORTH CAROLINA

PO Box 375,
Brevard, NC 28712
www.brevardrotarync.org
pisgahhealthfoundation.org/media
Episode #31

Number of Employees	10
Number of Volunteers	63
Counties Served	Henderson, Polk, Rutherford and Transylvania counties
Primary Social Determinant of Health	Housing and Homelessness
Contact Name	Kristen Martin
Title	Executive Director
Phone	828.697.1581
Email	kmartin@THRIVE4health.org

THRIVE has three programs: the Clubhouse Day Program for adults with mental illness, where members engage in peer support, work on vocational and daily living skills and develop healthy relationship skills; the Housing Case Management program helps those experiencing homelessness achieve housing stability through permanent housing and case management; and lastly, Representative Payee Services for clients receiving Social Security or Disability income needing help to manage their funds thus eliminating evictions and utility disconnects. The mission of THRIVE is to provide support and opportunities to adults with mental health and housing needs, offering community, hope and recovery.



**218 West Allen, Suite B
Hendersonville, NC 28739
www.THRIVE4health.org**

Housing Opportunity Grant:

Pisgah Health Foundation is helping THRIVE to house more individuals and families who are experiencing homelessness in Transylvania County. There are more than 240 households on the housing waitlist. Funding assists in providing deposits, rent, moving expenses and utility deposits for clients working toward housing stability. THRIVE's three programs are created to help people in the community move from surviving to thriving.



TRACTOR Food and Farms

Number of Employees	4
Number of Volunteers	10
Counties Served	Avery, Buncombe, Haywood, Henderson, Madison, McDowell, Mitchell and Yancey counties
Primary Social Determinant of Health	Food Insecurity
Contact Name	Dru Zucchini
Title	Executive Director
Phone	828.536.0126
Email	dru@tractorfoodandfarms.com

TRACTOR Food and Farms' programming has ranged from connecting families in need with fresh local food to empowering small family farms with viable markets, training, equipment and arable land across the region. This organization is a nonprofit food hub operating in Burnsville North Carolina, serving local farmers and families since 2012. Produce is also distributed to multiple counties through the YMCA of Western North Carolina's Mobile Market and to Madison County through Beacon of Hope food assistance program. Due to COVID-19, the staff spent a considerable amount of time repacking items that were previously distributed in bulk bins into smaller and more manageable loads. We will remain adaptable to changing conditions and work closely with our partners to help get healthy food to those in need.

Healthy Harvest Program Grant:

Pisgah Health Foundation funding brought the Clinical Referral and Healthy Harvest Programs to Buncombe and Madison counties in 2020. Through the Healthy Harvest program, local food pantries are regularly supplied with fresh local produce, both in bulk or packaged as necessary due to restrictions. The number of families suffering from food insecurity is the largest it has ever been and continues to rise due to COVID-19. It brings comfort to know programs such as TRACTOR are providing food to those in need.





Clinical Referral Program Grant:

Pisgah Health Foundation funded the Clinical Referral Program. Through this program TRACTOR will supply 120 families with a weekly bag of locally sourced produce for 18 weeks. Much like a CSA, clients will enjoy fresh, healthy, farmers-market quality fruits and vegetables. The goal is for 75 percent of participants to report their healthy eating habits have improved because of this program.

We increase access to local food by empowering local producers and consumers alike, reconnecting people with agriculture for a healthier community, environment and economy.



54 Ferguson Hill Road - Burnsville, NC 28714
www.tractorfoodandfarms.com
pisgahhealthfoundation.org/media
Episode #52

Transylvania County Public Health

Number of Employees	33
Number of Volunteers	1
Counties Served	Transylvania
Primary Social Determinant of Health	Health
Contact Name	Elaine Russell
Title	Health Director
Phone	828.884.1747
Email	Elaine.russell@transylvaniacounty.org

Transylvania Public Health is dedicated to improving and protecting the health of Transylvania County striving to prevent disease and injury, promoting and encouraging healthy behaviors, protecting against environmental hazards, ensuring access to needed services and responding to outbreaks and disasters. We believe that “health” is more than just the absence of disease; true health is overall physical, mental and emotional well-being, which is influenced by personal characteristics, behaviors, social and economic factors, as well as the environment. Many of these functions are invisible to the public. In fact, people typically become aware of the need for public health only when a problem develops.



COVID-19 Homeless Response Grant:

Pisgah Health Foundation helps Transylvania County Public Health care for our most vulnerable populations - the homeless. Transylvania Public Health collaborates with The Haven Homeless Shelter to address the housing needs of suspected and confirmed COVID-19 homeless residents. Planning for alternate housing is essential for the protection of maintaining the ongoing service capacity of the county’s only homeless shelter. Providing homeless shelter capacity in our rural county is critical for protecting the safety and welfare for extremely vulnerable individuals.



**106 East Morgan Street Suite 105
Brevard, NC 28712
www.transylvaniahealth.org**

Transylvania County Schools Educational Foundation (TCSEF)

Number of Employees	2
Number of Volunteers	More than 30
Counties Served	Transylvania
Primary Social Determinant of Health	Education
Contact Name	Shannon Allison
Title	Executive Director
Phone	828.513.0389
Email	foundation@tcsnc.org

Transylvania County Schools Educational Foundation (TCSEF) provides financial support for programs and projects that are not funded through government revenues. TCSEF is a leading resource for helping to preserve, maintain, advance and enrich public education in Transylvania County. These programs are important assets because they help create globally prepared students, who will have a higher rate of success in the ever-changing 21st Century. The foundation's mission is dedicated to the enrichment of educational opportunities for our students and to support the Transylvania County School System.

COVID-19 Virtual Learning Opportunity Grant:

Pisgah Health Foundation funded a COVID-19 grant to support the endeavors of the Transylvania County School Educational Foundation in reaching out to collaborate with Comporium, our local internet provider, to make internet service accessible to students unable to participate in virtual learning due to lack of internet services. In light of the pandemic, the school system requested help to provide virtual learning opportunities for 35 homes currently without this service.



225 Rosenwald Lane - Brevard, NC 28712
www.tcsef.org

Transylvania Farmers' Market

Number of Employees	8
Number of Volunteers	14
Counties Served	Transylvania
Primary Social Determinant of Health	Food Insecurity
Contact Name	Leslie Logemann
Title	Market Manager
Phone	828.548.0660
Email	transylvaniafarmersmarket@gmail.com

Transylvania Farmers' Market is a vibrant organization that promotes local agriculture, business development and access to local food. The market provides a healthy, welcoming space for the community to gather. Located in downtown Brevard and open every Saturday morning year-round, the market offers local produce and products from more than 60 vendors. Each market day features a variety of programming that focuses on health and wellness with educational classes, cooking demonstrations, produce tastings, exercise classes and resources for gardening and the environment. Programming includes an educational kid's corner, live music and special events throughout the year.



200 East Main Street
PO Box 204 – Brevard, NC 28712
www.transylvaniafarmersmarket.com
pisgahhealthfoundation.org/media
Episode #24

Farmers' Market Grant:

Pisgah Health Foundation has assisted the Transylvania Farmers' Market to expand its ability to accept SNAP/EBT (food stamps) and promote this program to the community. Grant revenues also funded a series of free online yoga classes, a walking program and a collection of healthy seasonal recipes. Serving more than 1,000 customers on average each week, this is making a positive impact in the community.





Number of Employees	5
Number of Volunteers	8
Counties Served	Henderson
Primary Social Determinant of Health	Health
Contact Name	Maryann Festa
Title	Program Director and Administrative Assistant
Phone	828.205.1170
Email	Maryann.trueridge@gmail.com

True Ridge provides a safe haven, built on trust and respect, where those we serve can access services such as court advocacy and accompaniment, translation and interpretations, extensive case management, referrals to community resources, immigration consultations, as well as referrals for legal and behavioral health counseling. We focus primarily on the victims of crime and domestic violence in the Latinx community of Henderson County. Families affected by incarceration or deportation are the clients of True Ridge. True Ridge has been providing unique, bilingual and culturally appropriate services, resources and accompaniment to the most vulnerable and underserved members in our community on their journey towards self-sufficiency and healing.

COVID-19 Latinx Family Support Grant:

Pisgah Health Foundation enabled True Ridge to provide financial assistance for families to cover housing needs and behavioral health consultation expenses during COVID-19. Families can stay in their homes, access counseling and purchase culturally appropriate food. Most families served, live well below the poverty level and have limited support systems. Mental health plays a role in everything we do. Many lives thrive because of this organization and the support it offers.



**110 Edney Street Suite A
Hendersonville, NC 28792
www.trueridge.org
pisgahhealthfoundation.org/media
Episode #50**

United Way of Henderson County

Number of Employees	6
Number of Volunteers	881
Counties Served	Henderson
Primary Social Determinant of Health	Education
Contact Name	Denise Cumbee Long
Title	Executive Director
Phone	828.692.1636
Email	dlong@liveunitedhc.org

United Way of Henderson County (UWHC) fights for the education, financial stability, health and basic needs of every person in Henderson County. The “HC 2025” is the strategic 10-year plan designed to improve lives and make an impact in six target areas: kindergarten readiness, school success for at-risk learners, financial stability, affordable housing, reducing obesity and healthy youth behaviors. Every year more than 30,000 people in Henderson County are served by the programs we support. Day of Action is a partnership between UWHC, Henderson County Public Schools and Pardee UNC Healthcare. UWHC also supports crisis services and basic needs, especially during crises like the COVID-19 pandemic.

COVID-19 Day Of Action Grant:

Pisgah Health Foundation provided funds for the 2020 “Day of Action” project to provide Back to School Safety Kits for the 13,500 Henderson County Public Schools students. The kits were assembled by volunteers to include masks, individual bottles of hand sanitizer and important health and safety information for families. COVID-19 has challenged every aspect of living whether it be at home, at work or at school. Awareness of COVID-19 is crucial as all ages take precautions to remain healthy during these difficult times.



**United Way
of Henderson County**

32 Smyth Ave., Suite 100 - Hendersonville, NC 28792
www.liveunitedhc.org
pisgahhealthfoundation.org/media
Episode #60



Western Carolina Community Action



Number of Employees	231
Number of Volunteers	116
Counties Served	Henderson, Polk, Rutherford and Transylvania counties
Primary Social Determinant of Health	Education
Contact Name	David White
Title	Chief Executive Officer
Phone	828.693.1711
Email	david@wcca.org

Western Carolina Community Action (WCCA)

works with our partners in the community to improve people’s lives by creating pathways to self-reliance and healthier living. We do this by offering programs in Early Childhood Education, Housing, Transportation and Older Adult Services that annually serve more than 8,000 individuals and families throughout Western North Carolina.

- Head Start, Early Head Start and NC Pre-K programs in four counties to help children prepare for kindergarten
- Apple Country Transportation providing more than 140,000 passenger trips throughout Henderson County to essential activities, such as doctor visits, school, work, shopping and community services
- Serving up nutritious meals, organizing group activities and providing convenient access to community services for more than 600 elderly residents in Transylvania County

Childhood Education Grant:

Pisgah Health Foundation supports the Childhood Education Project on Brevard College campus, allocating funds to create building plans for an Early Childhood Education Center to help meet the needs of Transylvania families, while supporting future teachers. The Education and Teacher Licensure Program at Brevard College continues to be a strong part of the curriculum, while childcare opportunities continue to be a great need in our area. The foundation is supportive of combining these two dynamics to create the Early Childhood Education Center on the college campus. The center will serve children enrolled in WCCA’s Head Start and Early Head Start programs and provide paid internships for as many as 10 students, majoring in Education at Brevard College.



PO Box 685 - Hendersonville, NC 28793
www.WCCA.org

YMCA of Western North Carolina

Number of Employees	158 full-time, 1154 part-time
Number of Volunteers	1537
Counties Served	Buncombe, Haywood, Henderson, Madison, McDowell and Swain counties
Primary Social Determinant of Health	Health
Contact Name	Ryan P. Wilson
Title	Director of Grants
Phone	828.210.9011
Email	rwilson@ymcawnc.org

YMCA of Western North Carolina is committed to strengthening the foundations of community through programs that nurture the greatness in every child, promote well-being throughout the community and give back to our neighbors in need. We strive to create a safe and welcoming environment. The mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all. This guides us in all we do and compels us to embrace, reflect and celebrate the richness of diversity within each other and the community. We are an open and affirming association respectful of all people. Everyone is invited, welcomed and encouraged to work side-by-side to further our cause.

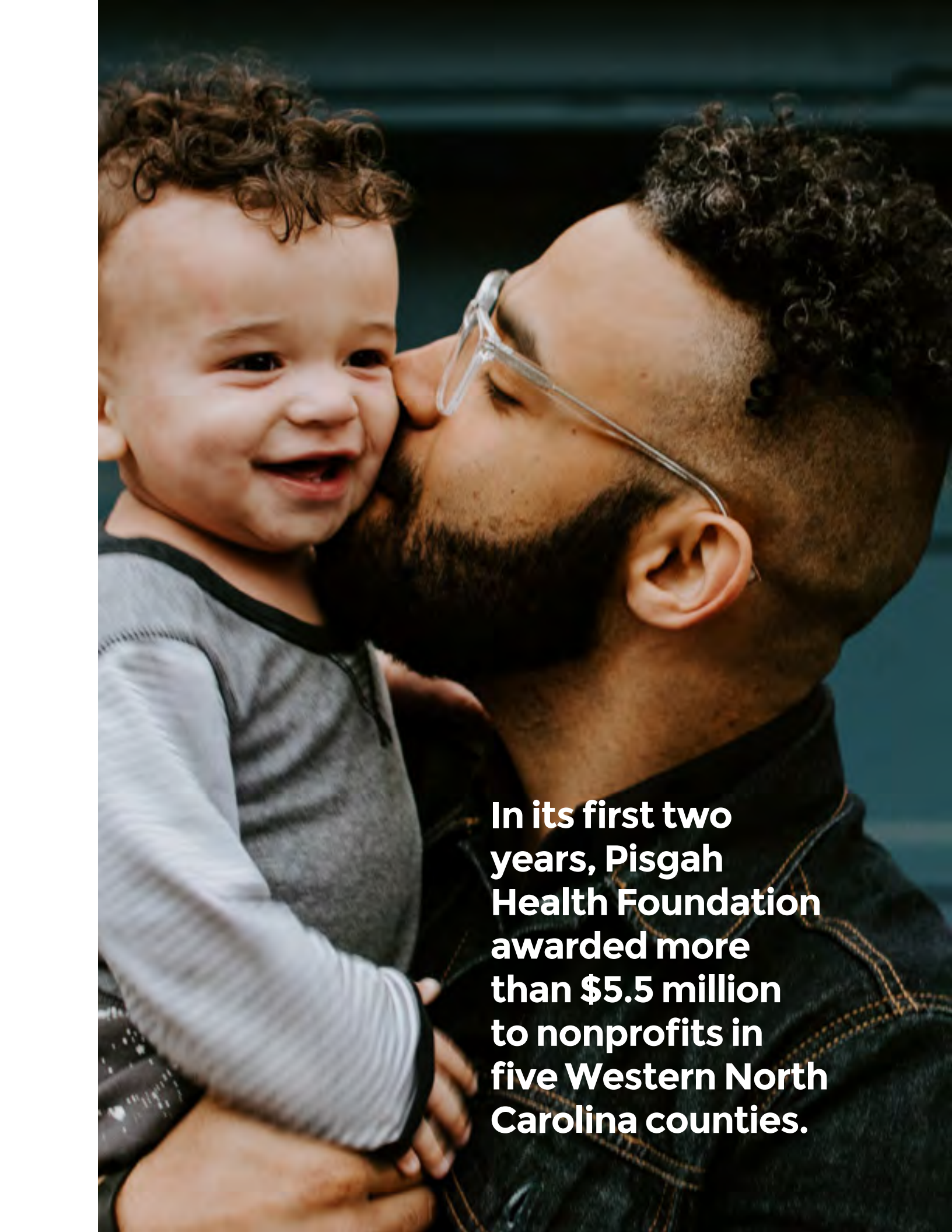


**40 North Merrimon Avenue Suite 309
Asheville, NC 28804
www.ymcawnc.org
pisgahhealthfoundation.org/media
Episode #43**

Mobile Market Grant:

Pisgah Health Foundation funding is supporting the Mobile Market in our region as it continues to provide food and cooking classes to families interested in healthier meal planning. With six monthly mobile market distribution events in Haywood, Madison and Henderson counties relationships are built with community partners, while increasing our neighbors' access to alternative food resources. We also plan to procure at least 15 percent of our food from local vendors. Virtual classes are an opportunity to reach an unlimited number of residents, who find themselves unemployed for the first time. Our "Cooking Matters" nutrition classes had a total of 50 graduates at the end of 2020.



A close-up photograph of a man with a beard and glasses kissing a baby on the cheek. The man is wearing a dark denim jacket and has his eyes closed. The baby is smiling and looking towards the camera. The background is a soft, out-of-focus blue.

In its first two years, Pisgah Health Foundation awarded more than \$5.5 million to nonprofits in five Western North Carolina counties.

Raising the Bar



Rathbun House

To honor the legacy of the Rathbun House in Asheville, NC, Pisgah Health Foundation made a major contribution to its ongoing operations in celebration of its 25th anniversary. Rathbun House is the sole medically focused hospitality house in Western North Carolina and is now under the guiding hand of WNC Bridge Foundation. It provides a home-like environment for families and caregivers of patients receiving medical care or treatment at Asheville area healthcare facilities. To learn more about how you can support this lasting legacy of Mission Health System, call 828-277-4815 or email info@wncbridge.org



MAHEC Lifestyle Medicine Residency Curriculum

To honor MAHEC's commitment to improving the health of all Western North Carolinians, Pisgah Health Foundation provided seed funding for the next three years to support the development of a Lifestyle Medicine Residency Curriculum—the first in North Carolina—to train physicians in lifestyle and behavioral interventions that can improve the quality of life and cost of healthcare for their patients and communities. To learn more about how you can support this important legacy-building partnership, call Lizzie Cozart at 828-771-4203 or email lizzie.cozart@mahec.net.



The Community Foundation of Western North Carolina Emergency and Disaster Response Fund

To honor nonprofits that came to the aid of Western North Carolina during a once-in-a-century pandemic, Pisgah Health Foundation made a major contribution to The Community Foundation of Western North Carolina emergency and disaster relief fund. This fund played a unique role in augmenting our regional rapid response to COVID-19. For more details about the vital role and partnerships supporting this funding effort, visit <https://cfwnc.org/initiatives/covid-19-pandemic-response>.



Blue Zones Project - Brevard

In August 2019, Pisgah Health Foundation, along with more than 250 community volunteers and 40 members of the Physicians Roundtable, launched the first Blue Zones Project in the Carolinas. This marked the much celebrated 50th project of its kind. On a daily basis, the Blue Zones Project - Brevard staff works in concert with the Pisgah Health Foundation staff and more than 1,500 active community members advancing policies, worksites and encouraging individuals toward healthier choices. This innovative social determinant of health focused activity is unprecedented in Western North Carolina. As of March 2021, the movement includes 450 citizens attending the inaugural kickoff, 1,142 participants in various Blue Zones programs, 400 citizens participating in the Sharecare's Real Age® Test, 436 documented new personal health pledges, eight companies undergoing the Blue Zones Project worksite approval process, 30 organizations actively exploring Blue Zones methodologies and 125 volunteers serving on various health-focused committees. To join the movement with Pisgah Health Foundation, go to www.pisgahhealthinsider.org To learn more about how you can become involved in this project visit: <https://brevard.bluezonesproject.com/>



First NC Blue Zones Approved Worksite

In June 2020, Pisgah Health Foundation (PHF) staff member Susan Kicklighter established the Pisgah Worksite Well-being Program. The work environment enhancements she proposed held incredible potential to transform PHF into Western North Carolina's first Blue Zones Approved Worksite. Over the next few months, Kicklighter implemented important health-focused benefits for all PHF staff including:

- Stand-up desks and treadmills
- On site healthy snacks at all times
- Frequent health focused seminars and lectures
- Daily hiking and biking routes
- Medical station for stress management and first aid
- On-site bike racks
- On-site garden
- Improved staff flex time
- Designated providers for staff health needs
- Many additional important policy enhancements designed to ensure a healthier PHF workplace

With the encouragement of all PHF staff members, Blue Zones, LLC carefully reviewed our worksite transformation utilizing a proprietary rating system. In September 2020, with much celebration, Pisgah Health Foundation became the first Blue Zones Approved Worksite of its kind in the Carolinas. We are grateful this endeavor has led to additional new and improved worksites in Western North Carolina that ensure companies set the example of making the healthy choice the easy choice for their employees.

GENEROUS SUPPORT

Thank You for being Part of our Tribe

Because of its caring and generous group of donors, Pisgah Health Foundation (PHF) can work to lessen health disparities in Western North Carolina. PHF is the heir of the Transylvania Regional Hospital Foundation, which came into existence because of the generous support of community members. PHF thanks those past donors and is deeply grateful to our new donors for supporting our work. It takes many individuals to ensure our communities are thriving, and we are glad you have chosen to be part of our tribe.

Lynn and Ken Adams

Lisa and William Alexander

Charles Allen

Sally and Eugene Baker

RoAnn and Arvil Balding

Rev. Morgan Barclay

Anna Marie Butler Baugh

Gwynn Blount

Blue Moon Gallery and Frame

Connie and Thomas

Bonebrake II

Rene Bresler and

James W. Steifle

Brevard High School

- Class of 1978

Ann and Robert Brown

Shirley Brown

Fannie B. Buchanan

Tommy R. Burgess

Betsy and Mark Burrows

Jackie Burt

Linda and Charles Butz

Kendra A. Byers

Shelia Carland

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Debra and Alan Carver

Cynthia and Greg Cathcart

Bernice Clark

Howard Colby

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Carol F. Dolan

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Barbara and Dan Elliott

Brandon K. Elliott

Veda and Jay Elliott

Jeannette and George Erdman

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Jo Ann and James Felty

Shirley and Stuart Fendler

Mary Kathryn Fisher

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Sheila Fox

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Nancy and Greg Frady

Donna and Charles Freeman

Vicki Galloway

Sheila and Ernest Galloway, Jr.

Mary Lou and Norm Garrity

Jaclyn and Allen Gaulden

Gail Geiger

Edna Saunooke Goshorn

Jo Ellen and Jack Grant

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Jackie and Bobby Green

Edith and Clyde Gregory

Carole and Don Guffey

Shelby and Charles Harris

Bette Hester

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Elizabeth Freeman Hill

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Wolf Family Revocable Trust
Dorothy Fuller Wood
Cathy and Brian Wood
Patricia F. Woody
Beverly M. Yeager
Numerous Anonymous Donors

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Cynthia Barclay
Nancy Bonham
Willie S. Brown
Dave Collins
Mabel Jolly
Helen Lyda
Connie Richards
Kim Baxter Shigley
Lisa Wolzein

Gifts made in Honor of:

Edna Goshorn
Shiela Jarvis

GENEROUS SUPPORT

Physician's Roundtable



Dr. Ray Dunkelberg, a long-time family practice physician, was instrumental in establishing the Pisgah Health Foundation Physician's Roundtable, along with other retired and currently practicing physicians.

Physicians are often expected to work for the betterment of their population, both in the community as a whole and the individuals in it. As a result, the Physician's Roundtable has been working to bring together philanthropically-minded and caring physicians, who want to positively affect Social Determinants of Health through their professional expertise for the health and well-being of Western North Carolina residents.

The roundtable has been instrumental in disseminating information on how to stay safe during the COVID-19 pandemic. These physicians have been meeting virtually on a regular basis to stay up-to-date on health trends that may keep our frontline workers and elderly safe during the pandemic.

If you are a practicing or retired physician and want to be part of this group of professionals, call or email Lex Green at **828.435.3773** or **Lex@PisgahHealthFoundation.org**

- | | |
|-------------------|----------------------|
| Brian Barrow | Jim Keeley |
| Ruffin Benton | Carmen Kelling |
| Tracey Brethauer | Jim Kelling |
| Greg Carter | Gerald Kilpatrick |
| Marco Chavarria | Charles Lefler |
| Dana Christianson | Mark Lemel |
| Joe Cohen | Veresa Myers |
| Ernie De La Torre | Dale Nash |
| Ray Dunkelberg | Bill Noran |
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| Ann Farash | Jamie Ramsey |
| Anthony Fisher | Hal Royer |
| John Folger | Tim Shea |
| Shane Foster | David Stanley |
| Angus Graham | Lauetta Stombaugh |
| Garrett Graham | Denise Stretcher |
| Bonnie Green | Jim Tyson |
| Keith Housman | Karl Vaughnt |
| Morris Jenkins | Ora Wells |
| Wes Jones | Jim Wright |
| Sven Jonsson | |



GENEROUS SUPPORT

Women's Giving Circle

Charter Members:

- Rene Bresler
- Shelia Carland
- Cyndy Cathcart
- Renie Cottingham
- Linda Kibler
- Susan O'Neal
- Alicia Parker-Sweatt
- Beverly Yeager

The Women's Giving Circle was created for women in Transylvania County to have a greater impact by combining individual acts of charity with others and to address critical needs of women, children and families in the community through the Good Neighbor Critical Need Grant.

The Good Neighbor Critical Need Grant makes funds available, through an online application, to nonprofit organizations finding themselves in situations, where services might have to otherwise be discontinued due to unforeseen circumstances.

Charter Member, Cynthia Cathcart



The Circle allows members to impact their community through meaningful engagement and educational opportunities that address urgent needs of nonprofits in Transylvania County. Members also choose a service project at the end of each year to provide extra resources to a nonprofit in need.

How do I become a member? A minimum annual gift of \$250.

Last year's service project chosen by the Circle collected cleaning supplies and personal hygiene supplies for families and senior residents living in rural Balsam Grove. The Circle partnered with God's Way Fellowship & Food Pantry for this project.



GENEROUS SUPPORT

Strategic Business Supporters

Collaborating with local businesses is crucially important to improving the health and well-being of the people of Western North Carolina. Want to collaborate with us?

Become a Pisgah Health Insider at the \$250 level, visit www.PisgahHealthInsider.org to learn more and join.

Thank you to the following businesses for collaborating with us:



Become a Pisgah Health Insider

Sign Up – Mask Up. When you become a Pisgah Health Insider, you strengthen our organizations ability to secure future funding for grants that will make a bigger impact on our communities.

Pisgah Health Insiders have access to:

- eNewsletter
- Key trends in health and well-being
- Physician’s Roundtable briefings
- Blue Zones Project – Brevard updates
- Discounted 5k walk/run entry fees
- Developing your health legacy
- Nonprofit success stories
- Volunteer opportunities

We would love to have you join us.

www.pisgahhealthinsider.org

New Health Insiders receive a free face mask by simply signing up.



How You Can Support Our Work

Make a Gift Online

Make your gift with your American Express, Discover, MasterCard or Visa. Go to: www.PisgahHealthInsider.org to learn how to make a secure one-time or monthly online donation.

Make a Gift by Phone

Call the Pisgah Health Foundation at 828.435.3773 Monday through Friday from 9 am to 5 pm

Make a Gift by Check

Make your check payable to **“Pisgah Health Foundation”** and mail to:
Pisgah Health Foundation
PO Box 2440
Brevard, NC 28712

Transfer Stock or Other Securities

To make a gift of stock options or other securities, call the Pisgah Health Foundation at 828.435.3773 or email Lex Green at lex@pisgahhealthfoundation.org. Our current electronic transfer information can be shared with your broker.

Corporate Matching Gifts

Corporate Matching gifts are made by employers to match your personal gift to Pisgah Health Foundation. A dollar-for-dollar match is common, however some companies will contribute more for each dollar donated. Ask your human resources department about their Corporate Matching Gift guidelines before you make your donation.

Make a Planned Gift

Pisgah Health Foundation is happy to accept estate and deferred gifts. Deferred giving not only offers tremendous benefits to Pisgah Health Foundation, but may also help you and your heirs to enjoy inheritance tax and income tax advantages.

Popular methods of deferred gift planning include Charitable Gift Annuity, Charitable Remainder Trust, Charitable Lead Trust, Gifts of Life Insurance, Gifts of Interest in Real Estate, Testamentary Gifts, Gifts of Retirement Account Assets or Payable-on-Death (POD) Accounts.

Lex Green is happy to work with you and your financial advisors to create a plan that fits your preferences. For more information, email Lex at lex@pisgahhealthfoundation.org or call 828.435.3773.

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Charter Member
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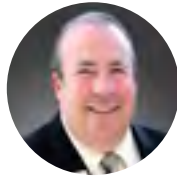
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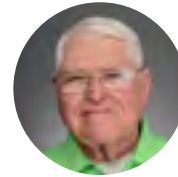
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First in Class



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Jim Tyson, MD
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Jim Wright, MD
Charter Member

Charter Members

On February 1, 2019, a small remnant of the former Transylvania Regional Hospital Board of Trustees opted not to “ride off into the sunset” as health leaders in Western North Carolina, and instead embarked on a bold new journey. They launched Pisgah Health Foundation to help those they serve live life more abundantly. This group, known as “The Magnificent Seven” advanced their tenets of humility, selflessness and graciousness which steered Pisgah Health Foundation from its start-up into the darkest days of the COVID-19 pandemic. The achievements of this group are a testament to their transformational spirit.

First in Class 2021

Embracing a new post pandemic era, where health and wellness is the most important driver in almost every community-based decision, it is with great appreciation that our board welcomes the first in class of new Pisgah Health Foundation Trustees.

Staff



Robert A. "Lex" Green, III, CPA
President
lex@pisgahhealthfoundation.org



Susan Kicklighter
Executive Assistant
s.kicklighter@pisgahhealthfoundation.org



Shiela Jarvis
Nonprofit Liaison/Project Manager
s.jarvis@pisgahhealthfoundation.org



Cathy Wood
Grant Operations Coordinator
c.wood@pisgahhealthfoundation.org

The Keeley House

On November 30, 2010, Mrs. Sharon Johnson, former Executive Director of the Transylvania Regional Hospital Foundation announced at a hospital board meeting that Dr. James Keeley, and his loving wife JoAnne, gifted their long-time medical office, located in the heart of Brevard, in support of the ongoing foundation's philanthropic work. "The Foundation now has a home" Johnson said. Dr. Keeley, known for his quick wit and healing hands, attended the Pisgah Health Foundation ribbon cutting in April 2019 to witness his gift fully renovated back to its original luster to serve as the new home of the foundation in its new chapter of work. The Keeley House, also known as "the little yellow house" remains Pisgah Health Foundation's home today.

Dr. James Keeley seen below reflecting on an important health care topic at a Transylvania Regional Hospital meeting in 2002.



Acknowledgements

Martha Carlton
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Interior and Branding Design

Jeff Caughey
Home Life Construction
Keeley House Renovator

Shiela Jarvis and Cathy Wood
Pisgah Health Foundation
Creators of "Relentless for
Western North Carolina"

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Sarah Hankey
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Tammy Hopkins
People Lead
Blue Zones

Thank You to the Dogwood Health Trust “Legacy Support Group”

“To boldly go where no one has gone before...” – James Tiberius Kirk

Pisgah Health Foundation (PHF) along with five other legacy foundations — AMY Wellness Foundation, Gateway Wellness Foundation, Highlands Cashiers Health Foundation, Nantahala Health Foundation, WNC Bridge Foundation — received start-up assistance from a dedicated team of individuals known as the Dogwood Health Trust “Legacy Support Group.” This group provided strategic nonprofit operational guidance, social determinant

of health research and grantmaking expertise as each organization launched in their region of Western North Carolina. Their support has been crucial for Pisgah Health Foundation and those we serve. We are grateful to them and the legacy-building resources they so graciously provided. Members of the Legacy Support Group included: Neil Gurney (team leader), Angela Anderson, Sara Coplai, Leah Jones-Marcus, and Sharon Steele, CPA.



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