

Annual Report to the Community 2016-2017



PLACE
matters

More Than Ever

Community Health Endowment of Lincoln





A message from CHE Leadership

Not long ago the term “maker space” entered our vocabulary. It was coined to describe a physical space to create and produce, a place where ideas could be transformed into reality, where a “maker” could invent solutions with freedom and take risks.

Despite this contemporary entry to our dictionary, history is filled with maker spaces. Consider the shed behind Henry Ford’s home where he constructed and refined his first engine from salvaged scrap metal. Imagine the barn warmed by a wood stove where Wilson Greatbatch spent two years developing a prototype for the first implantable pacemaker. Zena Weiler’s kitchen was her maker space as she perfected Valentino’s pizza sauce recipe to the delight of generations of Nebraskans!

Sheds. Barns. Kitchens. Classrooms.
Laboratories. Workplaces. All maker spaces.

What would happen if we viewed each Lincoln neighborhood as a maker space? What if we invested the same curiosity, dedication, and tenacity we saw from the likes of Ford, Greatbatch, and Weiler? What if we believed that anything was possible in these unique communities of people?

This Annual Report features people who have become deeply embedded in Lincoln neighborhoods, thrown their collective arms around the distinctive challenges that exist there, and made things happen to improve the health, lives, and futures of their residents. They have created maker spaces; they have become place makers. They have sought out new people and places in their own community and, together with them, are creating legacies of positive change.

As history tells us, not every idea will work. Not every problem will be easily solved. But our place makers chose to see a neighborhood, a place, through the lens of promise and value by calling it their own.

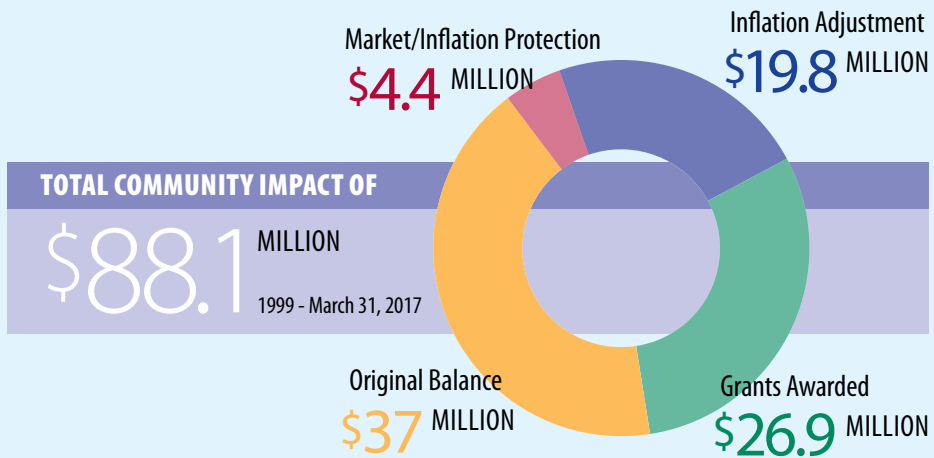
And, as they say, the rest is history.

Charles Wilson, M.D., Chair

Lori Vrtiska Seibel, President/CEO



Grants and Programs



In 2016-2017

CHE awarded **23** NEW GRANTS **44** YEARS OF FUNDING **\$2.45** MILLION

In 2016-2017

there were **22** SITE VISITS WITH GRANTEEES with total Trustee attendance of **92**

Since 1999

CHE has funded **131** DIFFERENT AGENCIES **\$26.9** MILLION returned to the community

Since 1999

CHE has funded **337** NEW PROJECTS **741** YEARS OF FUNDING



Place Maker Profile: Growing Great Beginnings

Community Action Partnership of Lancaster and Saunders Counties



*Katherine Juarez Lopez and Sheila Stratton
enjoy homemade chicken soup.*

“Katherine, you made soup!” exclaims Sheila Stratton, enveloped by the mouthwatering aroma of simmering chicken and vegetables. Sheila is the Nutrition and Wellness Coach for Early Head Start and Head Start, programs of the Community Action Partnership of Lancaster and Saunders Counties (CAP). She’s been working with Katherine Juarez Lopez since shortly after Katherine’s son, Drago, was born. Katherine admits her first attempt at soup wasn’t as successful. The broccoli was mushy and tasteless. Now she knows she cooked it too long. That was before she met Sheila. Today, her soup was a success!

Katherine’s face lights up when Sheila

compliments her culinary intuition. That will serve her well as she completes her goal of learning to cook six healthy meals. Goal setting differs for each family. Sheila is helping Jessica Parker, mother of three, with her goal of having a backyard garden. “I don’t have a green thumb at all,” Jessica joked, “so it’ll be a fun experiment.”

Through the CHE-funded Growing Great Beginnings project, Sheila works directly with clients like Katherine and Jessica and provides support to CAP Family Educators like Brenda Landazuri. Brenda also works with Katherine. “Katherine is fiercely determined to be a good mom and give little Drago the best possible start



on a healthy life,” says Brenda. Growing Great Beginnings helps parents learn about screen time, physical activity, sleep and bedtime, mealtime parenting, and nutrition including eating fruits and vegetables, limiting sugary drinks, and breastfeeding exclusively for at least three months. During a recent workshop, parents

learned about reading food labels and looked for things like serving size and added sugar.


The lessons stick. Even though her son is just three months old, Katherine has turned little Drago’s swing to face away from the television. “Now he doesn’t stare at it when it’s on.” Another step in a great beginning.

Health in the earliest years means children can thrive and grow up to be healthy adults. Even infants and young children are affected adversely when exposed to chronic stress. Informed by the first Place Matters Community Mapping Project, CHE identified investment in early childhood as a funding priority in 2015 and affirmed that priority in 2017. Here are a few recent examples of CHE’s investment in early childhood:

- Families in southwest Lincoln will have greater access to quality early childhood education through the expansion and renovation of the Willard Community Center.
- More low-income and at-risk families are served with home visitation and parent support

through CEDARS and the Lincoln-Lancaster County Health Department’s collaboration on the Healthy Families America program.

- At Lutheran Family Services, children under age five and their families receive focused mental health services to reduce stress and improve day-to-day functioning.
- More low-income families have access to Early Head Start and Head Start programs through classrooms on the Health 360 campus at 2301 O Street.
- 95% of the clients served through extended dental clinic hours at the Lincoln-Lancaster County Health Department were children, minimizing absences of children from school and parents’ time away from work.



At just three months old, Drago looks on while his Mom learns to make healthy meals.



Place Maker Profile: Feet First

F Street Rec Center, Lincoln Parks & Recreation



Tymar and Willis take a break after running a lap during Feet First.

Like many fifth graders, Willis Giebelhaus is a boy of few words.

What do you like best about Feet First?

“Running.”

How has Feet First helped you? “I run faster.”

What would you tell your friends about Feet First? “To do it.”

But then you watch Willis run. And you see joy.

Willis is one of the faster runners at Everett Elementary School, one of three Feet First running clubs operated by Lincoln Parks & Recreation’s F Street Community Center. McPhee Elementary School and F Street also host clubs. Mary Johnson, Learning Center Supervisor at F Street, was inspired

by a Philadelphia program that involved homeless people in running. As an avid runner herself, Mary knows the physical and mental benefits of running, and the sense of control it can give. “I’ve seen how it changes people,” she said. She wanted that for the people who use F Street, located in the part of Lincoln with one of the highest childhood obesity rates. A Spark! grant from CHE and the Lincoln Running Company’s generous donation of running shoes for all the participants got Feet First started in the fall of 2016.

In its first six months, Feet First served more than 50 youth and several adults and families. And, it’s working. At the end of two, eight-week sessions, 100% of the youth participants with



usable data showed improvements in mile times. A survey administered at the beginning of the program and again after the second session showed improvements in feelings of self-efficacy such as “When I make plans, I am certain I can make them work.”

Willis loves to finish first or tie with his friend,

Tymar. But that doesn’t mean his run is over.

What happens when you finish first, we ask. “I go help the other kids. Cheer them on. Encourage them.”

A few words that speak volumes about the power of running, of caring coaches and community members, and Feet First.

A child who is obese is more likely to grow up to be an obese adult. Obesity and the diseases that accompany it can take as much as a decade off a person’s life. Reducing childhood obesity and fostering healthy behaviors are included in two of CHE’s funding priorities. Here are a few recent examples of work being done to help Lincoln residents create healthier lifestyles:

- ▶ A health and wellness center will soon be under construction at City Impact in central Lincoln.
- ▶ Patients at the Health 360 clinic and residents of surrounding neighborhoods have access to fresh, local produce during the summer months through Community Crops Veggie Van.

- ▶ Students can get fresh fruit at public school food markets operated by the Food Bank of Lincoln.
- ▶ Expanded space at the Boys & Girls Club at Park Middle School will allow for increased membership and additional programming.
- ▶ An annual Streets Alive! festival brings a celebration of healthy, active living to a targeted neighborhood.
- ▶ A collaboration between the Malone Center and El Centro de las Americas promotes education, screening and early detection among people of color who are at higher risk for certain types of cancer.

Everett Elementary School students run together during Feet First.





Place Maker Profile: Health 360

Health 360 Community

Therapist Kylie Lowe and Health 360 client Chris Anderson are all smiles after reflecting on Chris' progress.



His warm laugh and constant jokes make it hard to imagine, but Chris Anderson was living in fear. After he was diagnosed with PTSD and bipolar disorder, the unknown was everywhere. It was scary. Chris juggled doctor visits, prescriptions, and therapy sessions, all without fully understanding his diagnosis.

The decision to try the Health 360 clinic eventually enabled Chris to say, “Now my life makes sense.”

To the diverse clients it serves, Health 360 makes sense. Why not bring a host of services – primary and behavioral health care, dental and pharmacy services, quality early childhood education, legal services, refugee services, and access to fresh produce – together in one location? For Chris, it means that miscommunication between him, his pharmacy, and his doctor is no more. It also means that before or after

appointments with his therapist Kylie, Chris can chat with his community support worker, Michael, who is both a professional and a trusted friend.

“I’ve got the greatest support team in the world,” Chris said. “They never condescend or treat me like I’m the problem.”

Just down the hall from Chris’s appointment, Shaneika Dancy’s two-year-old daughter, Zhy’Anah, gets a routine check-up. As Zhy smiles at her new, colorful Band-Aid, Shaneika recalls when the Health 360 clinic treated her daughter’s breathing problem the same day she called. She also talks about how the Head Start program next door is helping improve Zhy’s speech. It’s not just the results Shaneika loves. Like Chris, she praises the integration and committed staff.

“Now that Zhy goes to Head Start here, she doesn’t miss a day of school if she has a doctor’s appointment,” said Shaneika, and the staff here



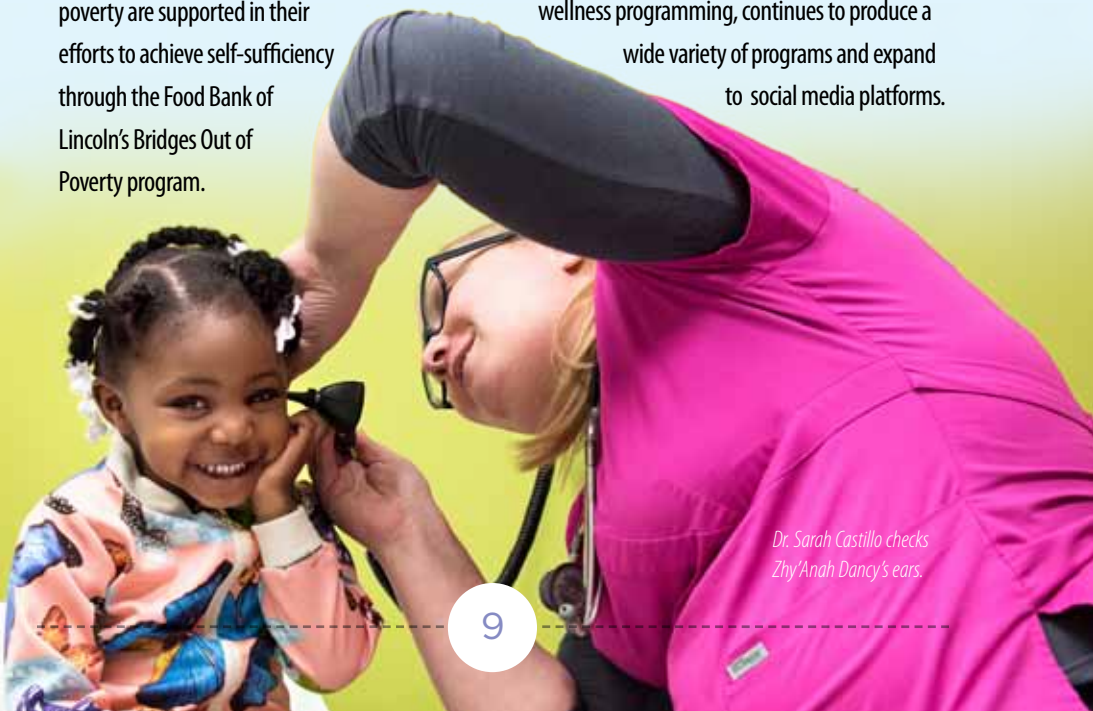
works to make sure that Head Start parents get to know each other. They really care.”

Chris and Shaneika walk in through the same

front door at Health 360 with vastly different needs but leave equally served. That’s the definition of “health beyond health care.”

Health is not created solely in the doctor’s office. Health innovation means helping people stay healthy outside of a clinical setting. This takes creative solutions that bring people and organizations together in unexpected or nontraditional partnerships. Here are some recent examples of people working to make health beyond health care a reality in Lincoln:

- ▶ Friendship Home advocates help victims of domestic violence and their children access health services and connect to medical homes.
- ▶ People completing substance abuse treatment at The Bridge Behavioral Health receive peer support to prevent relapse and readmission.
- ▶ Lincolniters know more about challenges faced by people living in poverty, and people living in poverty are supported in their efforts to achieve self-sufficiency through the Food Bank of Lincoln’s Bridges Out of Poverty program.
- ▶ People with mental health challenges have access to The Orchard, a drop-in, peer-run center for daily support and social connection.
- ▶ Low-income patients of the Health 360 clinic receive help from Legal Aid of Nebraska with legal issues that may negatively affect their health.
- ▶ The Family Violence Council assures that specially trained nurses are always available to examine and support victims of sexual assault.
- ▶ The UNL Center for Civic Engagement’s VITA Coalition provides free tax preparation to low-income individuals and families so they receive tax credits for which they qualify and strengthen their financial stability.
- ▶ 10 Health TV, the nation’s only 24/7 government-access television channel devoted to health and wellness programming, continues to produce a wide variety of programs and expand to social media platforms.



Dr. Sarah Castillo checks Zhy'Anah Dancy's ears.



2017-18

Funding Priorities

CHE has three funding priority areas for 2017-18. By inviting applications that address these priorities, CHE strives to tackle recognized community challenges, create lasting impact, and make Lincoln the healthiest community in the nation.

Health Innovation

- Helping adults and/or children stay healthy outside of a clinical setting
- Embracing bold ideas and community-based solutions that enhance traditional models of health care and/or behavioral health care

Early Childhood Investments

- Reducing or eliminating childhood toxic stress
- Reducing childhood obesity
- Improving maternal health and birth outcomes

Prevention

- Fostering healthy behaviors that lead to improved health outcomes

Funding Preferences

Grant requests in the three priority areas have an improved chance of success when certain factors are also considered. While including these factors in a grant application does not guarantee CHE funding, applicants are encouraged to consider the following funding preferences whenever possible:

Cross-Sector Collaboration

- The application creates intentional linkages between cross-sector partners in areas such as health, housing, neighborhoods, finance/banking, economic development, education, and others.

Impact of Poverty

- The application recognizes the role poverty plays in causing or addressing a community issue.

Use of Local Data

- The application uses local data to inform the need, target group, and/or geographic area to be addressed.

Evidence-Based Models

- The application uses evidence-based models or proven approaches to inform program design and delivery.

For more information, visit www.chelincoln.org and click on Grant Program.



2016-17

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Front row from left: Michael Molvar, DiAnna Schimek, Charles Wilson, Ellen Weissinger, Kathy Campbell.
Second row: Marcia White, Dan Marvin, Carole Burt, Loren Mestre-Roberts, Tom Sullivan, Judy Halstead, Lori Seibel, Kim Moore.
Back row: Don Herz, Kim Russel, Corey Oldenhuis, Jodi Loos, Jose Soto.
Not pictured: Tom Beckius, Georgia Blobaum, Rusty Vanneman

Contact CHE for a copy of our most recent audited financial statements.

Download a list of all past grants from the CHE website, www.chelincn.org

Local nonprofit and governmental organizations can use CHE's community room for business-related purposes free of charge between 8 - 4:30, Monday through Friday.

Contact Jodi Loos, 402-436-5516, for more information and to reserve the room.




Community Health Endowment of Lincoln



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