Why Giving is Good for Us—And You

At CHP, giving and philanthropy aren’t solely focused on financial generosity — By CEO, Lia Spiliotes

While CHP depends on your financial gifts to support our programs and services not covered by our main income sources, what we welcome most is the spirit behind the giving.

The donor who gives $25 every single year, without fail, is as important to us as the donor who gives hundreds, or thousands. Likewise, the supporter whose contribution is hands-on volunteer time like helping at our Children’s Attic sale or helping at the monthly Food Bank, is a treasured philanthropist in our world.

The wide range of generous gifts we receive from you are your vote of confidence, your generosity of spirit, your commitment to your neighbors and the longstanding CHP tradition of equal access to healthcare. In return for your gifts, we do our best, every day, to live up to your confidence as we care for our community.

We are so pleased to know, that as a generous donor or volunteer, you also receive rewards.

Research has shown that giving — in whatever form — offers unique health benefits, like the release of endorphins and oxytocin — happy hormones that give us a sense of well-being. In addition, a study by the National Institutes of Health found that when people give to charities, their giving activates brain regions associated with social connection, trust and pleasure.

In his book, Why Good Things Happen to Good People, author Stephen Post writes that giving promotes health benefits in people with chronic illness.

Mission Moment

Open wide: A special family finds great dental care

When Tim Hathaway’s dental appointment shows up on her calendar, CHP dental hygienist Kristabel Vargas lights up. He is a longtime patient, and Kristabel has a special fondness for him and for other dental patients who have special needs. Tim has Down syndrome.

People with Down syndrome often need more frequent dental care than typical patients, and Tim is happy to take a seat in Kristabel’s chair. Tim, 50, has a ten year history with CHP Family Dental Center in Great Barrington. Tim’s mom, Nancy Duryea, also a patient of CHP Family Dental, knows good health care when she sees it.

For 30 years, Nancy was the head coach of the Red Raiders team in Berkshire County Special Olympics, consisting of athletes from southern Berkshire. In that role and now as an...
Our Mission...

CHP’s mission is to improve the health of people throughout the Berkshires by delivering exceptional, compassionate health care.

As a federally qualified health center, we care for patients and work with families whose needs are not always reimbursed by health insurance. Your support matters. Please donate today at chpberkshires.org/donate.

Donor Spotlight: Leisl and Kevin Moriarty
Crowd-sourcing for good—and for CHP

“We give annually to causes that mean something to our personal network of connections.”

Leisl and Kevin Moriarty of Lenox have taken a more personalized approach to their annual giving. Each year, via social media, they query friends and family from all over the country and ask for suggestions for unique and local nonprofits doing good things in their communities. This outreach has generated gifts for a wide array of small and large nonprofits: from community gardens, humane societies, and violence prevention to video production training for teens, and recently, a generous gift to Community Health Programs.

“We give annually to causes that mean something to our personal network of connections and we hear about all kinds of interesting organizations,” said Leisl. “It’s informal and so inspiring to support organizations that are personally meaningful in some way to our friends and family.”

Last year, after making a donation to CHP, Leisl was invited to visit Family Services to see their donation in action. Immediately upon stepping through the doors of the play area, she stopped and turned; “This place really resonates with me. How can I do more?”

Leisl works for the American School Counselor Association, and Kevin is a construction engineer for the Massachusetts Department of Transportation. They met at UMass-Amherst and lived in the Washington, D.C. area for a time, before relocating closer to family in New England, and smaller town life here in the Berkshires.

Earlier this year Leisl stepped up to assist CHP in planning its 2019 Annual Meeting in June, applying her expertise in nonprofit event management and has offered to help with future fundraising events.

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**Why Giving is Good**

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Another study at University of California-Berkeley found that elders who volunteered regularly in their communities were 44 percent less likely to die over a five-year period than their non-volunteer counterparts (when adjusted for factors related to health conditions).

Kindness and generosity just feel good. Giving connects us to shared causes and people of similar interests and values. So whether you give money, or give of your time, we all benefit.

As the holiday season approaches, we hope to inspire a spirit of giving and generosity that lasts throughout your year - for our benefit and yours.

Thank you,

Lia Spiliotes

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**Mission Moment**

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advocate for her son, she has seen a wide range of capabilities among health care providers. She's impressed with CHP Family Dental Center in Great Barrington, and with Kristabel and dentist Dr. Lina Bermudez.

Advocating for Tim has comprised much of her life's work as a mother. It's something she does on a regular basis, as Tim is not able to advocate for himself.

It was 45 years ago, when Nancy was working at a former residential school for children with disabilities in Great Barrington, that she met a little blond boy with a Dutch boy haircut. Occasionally, she would invite some of the children to her home for a day or weekend, for a home-cooked meal or change of scenery. Tim kept coming back time and time again, until finally in 1982, with the blessing of his biological parents, Nancy adopted Tim and they became family. Tim now has two families!

Tim’s family story offers a beacon of compassion and commitment, and inspires CHP in its work with patients of all backgrounds and abilities.

Tim’s friendship with Kristabel Vargas goes beyond the patient/provider relationship. Tim recently spent his 50th birthday having pizza with family and friends, including Kristabel. Says Kristabel, “Tim, is really special. I look forward to seeing him. It is not just my job. I take pleasure in also taking the time to get to know him, beyond his oral care.”

“Advocacy is something I do on a regular basis, as Tim is not able to advocate for himself. CHP is the first place, maybe the only place, where he was just accepted and welcomed from the minute we walked in the door ten years ago.”

—Nancy Duryea

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“A candle loses nothing by lighting another candle.”

—James Keller
By The Numbers: Value—Impact of CHP in our community

Access to care

29,732
MEDICAL & DENTAL PATIENTS SERVED*

100,339
PATIENT VISITS*

7,169
CHILDREN AND ADOLESCENT PATIENTS*

241
HOMELESS PATIENTS*

889
VETERAN PATIENTS*

Savings to the health system

24%
LOWER COSTS FOR HEALTH CENTER MEDICAID PATIENTS**

14%
$21 MILLION SAVINGS TO MEDICAID**

Donor Spotlight
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“CHP appeals to us with its Family Services programs and assurance of health care for all who need it,” said Leisl.

The couple is expecting their first child in December. Leisl is also now a patient of CHP Barrington OB-GYN.

Board of Directors News

Former board member, M. Leslie Davidson

CHP would like to thank M. Leslie Davidson for her many, many years of service not only to Community Health Programs, but to our entire community.

A long standing resident of Great Barrington, Leslie was a board member at CHP for literally decades. During that time she served in a variety of roles including Board President, Vice-President, Capital Campaign Committee, and Children’s Attic volunteer. She was a consistent voice for equity, inclusion, and learning from the past to shape our future.

We wish her all the best as she begins her next chapter out west. Thank you for a job well done!
Gifts & Grants

*CHP is Awarded an Expansion Grant from the Massachusetts Department of Early Education & Care*

With this award, CHP now has funding in the amount of nearly $100,000 for the ParentChild+ FY2020 program, and will serve a total of 41 families.

This funding includes support from Berkshire United Way, Berkshire Taconic Community Foundation, and Massachusetts Department of Early Education & Care. The ParentChild+ program, is part of a nationwide initiative to prepare children for success in school.

*CHP is Awarded a Grant from the Jewish Women’s Foundation of Berkshire County*

Thanks to the generosity of the Jewish Women’s Foundation of Berkshire County, CHP Family Services presented “Check Yourself Before You Wreck Yourself,” a free workshop for parents and caregivers focused on practical tips and real solutions for dealing with tantrums, transitions, and difficult moments. These highly successful workshops were led by Cynthia Segui, LICSW and Kim Waterman, MSEd.

*CHP is Awarded a Grant from Price Chopper Golub Foundation for Thanksgiving Meals*

As in years past, we are thankful to the Golub Foundation for enabling CHP to provide Thanksgiving meals to those in need.

Eligible families receive bountiful boxes filled with their choices of traditional holiday offerings from turkeys and potatoes to produce.

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*Altruism is most commonly thought of as a selfless act that benefits the recipient. However, the science behind good deeds suggests that altruism isn’t entirely selfless. In fact, some research suggests that helpers may gain more from their altruistic acts than recipients.*

Here are just a few of the ways that altruism can improve your attitude and make you healthier, happier, and less stressed:

- Releases endorphins
- Feeling of satisfaction
- Helps you feel more grateful for what you have
- Distracts you from your own problems
- Improves physical health

—Sherrie Bourg Carter Psy.D, Psychology Today

Thank you for your 2019 contribution!
The Berkshire Fallon Health Collaborative (BFHC), a MassHealth Accountable Care Organization (ACO) Partnership Plan, recently announced the launch of our new state-of-the-art Mobile Health Unit (MHU) that will travel throughout Berkshire County, increasing outreach and bringing healthcare directly to patients.

The 40-foot vehicle contains two full exam rooms, an intake area and a bathroom. It will be staffed by a coordinator, nurse practitioner, and medical assistant and offers a variety of services from primary care, sick visits, preventative health screenings, ophthalmology and social services.

MHU staff will also provide basic care, including blood pressure checks, flu shot clinics, immunization clinics, vision screenings, and screenings for chronic conditions such as diabetes, heart disease, and asthma. The unit will also offer social services through such organizations as Women, Infants & Children (WIC) Nutrition Program, Supplemental Nutrition Assistance Program (SNAP), Fuel Assistance, and licensed clinical social workers. A calendar of events and locations can be found at CHPBerkshires.org/calendar.

“The Berkshire Fallon Health Collaborative Mobile Health Unit is unique in that it offers such a broad range of health care and social services, at accessible locations and times for the community. Our community members deserve to have a high level of care no matter what ZIP code they are in. And under this innovative model, they can. Community Health Programs is pleased to be part of this important effort that will surely improve the lives of many of our neighbors.”

— Lia Spiliotes, CEO of Community Health Programs.