



# The Future is Bright

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## Congratulations to our Spring 2023 Discretionary Grant Recipients!

- **Bebashi Transition of Hope**
- **Covenant House**
- **Philadelphia Youth Football Academy**
- **Philly Goat Project**
- **Yoga 4 Philly**

## Welcome back to autumn!

While I write this it feels like we were just here, but I am sure the return to school and other transitions may not feel the same for all of us. My hope is that we can all enjoy cooler weather, new/return to routines, and reconnection with neighbors as outdoor events pick up in our area.

I am very excited to share that we have moved our office! We are now located on East High Street in Germantown. Not only are we closer to many of our partners, we are in a shared working space with other nonprofit organizations serving Northwest Philadelphia. This is a great opportunity to learn from others, partner for greater impact, and help provide meeting space for the community. Please come visit us - we would love to have you!

As you read on, I am sure you will notice that a lot has happened over the summer. Welcome to Abby Gustafson! Congratulations to our 2023 Community Health Grantees - learn more about their work on page 3. We are pleased to share with you our discretionary grant recipients for May 2023 (lower left of this page). These are smaller grants to small local organizations or for specific projects in the community. Please join us in congratulating the 2023 Messori Nursing Education Award winners - fantastic nurses at Chestnut Hill Hospital!

Last, but certainly not least, MANNA is being highlighted this month. Their work to provide medically tailored, nutritious meals to individuals with various illnesses to improve their health and speed recovery is amazing! I hope you enjoy learning more about each of these invaluable organizations serving our neighborhoods.

**We couldn't do this without you! Your donations make this possible. THANK YOU!**  
**Thank you so much for your care and support of our community.**



## Welcome Abby Gustafson!

**Abby Gustafson recently joined the Foundation as the Director of Community Engagement.**

Abby has been a social worker for over twenty years and has lengthy experience in community outreach, program implementation, building partnerships, and direct service practice.

She has worked in a wide variety of sectors such as behavioral health, trauma-based services, prevention, and advocacy. Abby graduated with a Bachelor of Arts in Social Work from Ohio University, a Master of Social Work from Temple University, and served as a Health Education Volunteer in the United States Peace Corps.

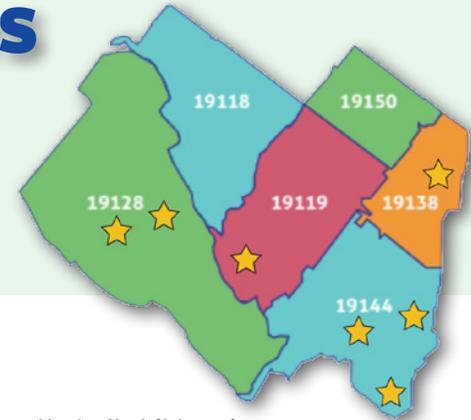
She has a passion for health and wellness as well as serving communities she knows and loves. Abby is also a dedicated yogi and self-proclaimed amateur baker.





# 2023 Community Health Cycle Grantees

F4HE proudly announced 2023 Community Health Cycle grantees in May. Grants were awarded to agencies that both provide exemplary direct services and are working to affect systems that create/sustain inequity. Congratulations and thank you to the following organizations!



## PHILADELPHIA CHILDREN'S ALLIANCE

Philadelphia Children's Alliance: Dedicated to ensuring that all children in Philadelphia are safe from abuse. PCA's mission is to lead a coordinated response to achieve safety, healing, justice, and prevention for children and families impacted by the adverse childhood experiences of sexual abuse, exploitation, and violence.



## MATERNITY CARE COALITION

Maternity Care Coalition: Through its programming and systems change work, MCC is committed to improving the health and well-being of pregnant and parenting families of children 0-3. They are working toward a future where all families are healthy, connected, with all children thriving and ready to learn.



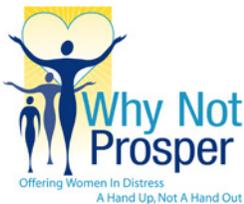
## MANNA: FOOD IS MEDICINE

MANNA: Food is medicine! Leaders in evidence-based nutrition services, MANNA brings together dietitians, chefs, drivers, and thousands of volunteers to cook and deliver nutritious, medically appropriate meals and provide nutrition counseling to neighbors who are battling serious illnesses. In addition, their local and national advocacy efforts shine a spotlight on the need for medically appropriate meals to be incorporated into standard healthcare delivery models.



## SENIOR LAW CENTER

SeniorLAW Center is the only nonprofit law organization in PA devoted to protecting the legal rights of seniors. Their free and confidential telephone service, staffed by attorneys, provides information, advice and referrals for those 60 years and older. They also offer community education and they advocate on local, state, and national levels.



## WHY NOT PROSPER

Why Not Prosper: Why Not Prosper is a grassroots organization founded by a formerly incarcerated woman for other formerly incarcerated women. WNP are strong advocates for women and are committed to providing programs and services that support women in their re-entry efforts from prison to community.



# Food is Medicine!

By: Sophie Keane, MANNA Institutional Relations Manager

**Founded by volunteers in response to the HIV/AIDS pandemic in 1990, MANNA now provides 1.6 million home-delivered, medically tailored meals annually to over 5,900 critically ill clients across Southeastern Pennsylvania and Southern New Jersey.**

MANNA's complete medical nutrition intervention helps improve health of those with a wide variety of serious illnesses (such as cancer, heart disease, severe diabetes, and others).

Each MANNA client receives a customized diet plan from a licensed dietitian, adapted to the client's primary diagnosis, co-morbidities, and preferences. Meals are prepared in MANNA's facility by professional chefs, with the assistance of volunteers, and home-delivered to clients' doors by friendly drivers. Clients



receive a once-weekly delivery of 21 medically tailored meals (three meals a day, seven days a week) along with fruit, nutritious snacks, and healthy desserts. MANNA also provides complete daily nutrition to any dependents in need in the client's household, including caregivers and dependent children or adults. Throughout their time on MANNA's meal program and beyond, clients receive access to individualized nutrition counseling with licensed dietitians to help them better understand their prescription diets and find ways to eat healthy on a budget, or when fresh fruits and vegetables may not be as accessible as heavily processed foods in their area.

Since early 2020, the onset of the COVID-19 pandemic, MANNA has sustained a 50% increase in clients served annually. While serving more critically ill clients than ever, MANNA

also affects systems-level change to promote more equitable access to medically tailored meals. The MANNA Institute, their research and evaluation arm, assesses the impact of their program and conducts independent research on food as medicine to help educate policymakers. Using the MANNA Institute's evaluation and outcomes data and peer-reviewed research, in addition to their years of experience serving the community, MANNA advocates for policy to make medically tailored meals a universal standard of care, accessible to all who need them. While this is a long-term goal, it recently gained national attention as part of the agenda for the 2022 White House Conference on Hunger, Nutrition, and Health. Additionally, this past spring, Pennsylvania State Representative Donna Bullock and others introduced a bill in the State House to establish a Medically Tailored Meals Pilot Program across Pennsylvania, which would allow hospitals state-wide to refer qualified individuals for medically tailored meal programs and nutrition counseling. Their research and policy achievements along with MANNA's wonderful community of donors, volunteers, and supporters help to advance **MANNA's vision of a world where those with serious illnesses can access prescribed medical diets as easily as they access their medications at a pharmacy.**



**Delivering Nourishment.  
Improving Health.**



**FISCAL YEAR DONORS**

Thank you for all your support!

**Lifetime Gifts**

The Foundation gratefully acknowledges the following individuals who have made beneficial provisions through various deferred trust instruments:

**Mary Ashmead****Nancy S. Day****Robert L. Ervin****Margaret Pearson\*****Bettina Pedersen****Joan Thayer****Gifts in Memory of**

Anne & Caesar Massaro  
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 Drs. George & Janet Parker-Popky

**Gifts in Honor of**

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 Glyness Roney  
 Janet Shapiro  
 Carl Tannenbaum  
 Phyllis Taylor

*\*Our most sincere sympathy for the family.*

## 2023 Elissa Messori Jacobsen Nursing Award

Foundation for Health Equity and Chestnut Hill Hospital gathered in June to celebrate the 2023 recipients of the Elissa Messori Jacobsen Nursing Award.

The Elissa Messori Jacobsen Nursing Award Fund was established by Dr. and Mrs. Divo Messori to celebrate the life of their daughter Lisa. Lisa, a nurse on the 3rd floor, and Dr. Divo Messori, a surgeon, were both dedicated and beloved staff at Chestnut Hill Hospital. Lisa died in 2001 after battling breast cancer.

“Doing this, helping others, means something and helps to get through the loss,” said Dr. Messori at the first Nursing Awards Presentation on May 8, 2002. “It’s a measure of comfort. There is pleasure in giving.”

**Continued gratitude to Dr. Messori for his unwavering support and commitment to the nursing profession, and continued gratitude to all nurses for the invaluable work you do!**



Photo (L-R): Dr. Messori, Veronica Davis, Amanda Holden, Jenine McCloskey, Bethany Flood

### **Congratulations to the 2023 Nursing Award Recipients:**

Veronica Davis  
Amanda Holden  
Jenine McCloskey