

Independent Health Foundation 2023 Annual Report

**KIDS
RUN**


**first
night**
buffalo®

Healthy Options.

Good for the
Neighborhood.

**Fitness
for Kids**
CHALLENGE

**SOCCER FOR
SUCCESS**
U.S. SOCCER FOUNDATION


**STUDENT PEER
ADVOCATE PROGRAM**

**growing
up strong**



Independent
 **Health**
FOUNDATION

WHO WE ARE

Our Mission

To improve the health and well-being of Western New York residents through awareness, prevention and education programs focused on community health priorities.

Our Vision

To promote health equity and build resiliency through our free signature programs, ensuring a healthier future for our community.

Independent Health Foundation Team

Raby Ba
Kiara Barlow
April Gampp
Kelsey Garvelli
Melanie Goehle
Tahmina Haider
Emma Hartman
Alana Humphrey
Kelsi Maciejewski
Carrie Meyer
Jen Mitri
Carri Nutty
Mai Pa Kue Yang
Jessica Robins
Anastasia Royal
Megan Ruszczyk
Veronica Twumasi
Brianna Wallenhorst

Board of Directors

Officers

President: Michael Cropp, M.D.
Executive Director: Carrie Meyer
Chair: Stuart Angert
Vice Chair: John Rodgers, RPh
Secretary: Ann McCarthy
Treasurer: Karen Brim, RPh
Vice President of Finance-Affiliates: Steve Timmel

Board Members

John Antkowiak, M.D.
Patricia Clabeaux
Pastor Richard D. Hague, Jr.
Oswaldo Mestre, Jr.
Yvonne Minor-Ragan, Ph.D.
Magdalena Nichols
Casimiro Rodriguez, Sr.
Tanya Staples
Stephen Tucker
John N. Walsh, III

We are grateful for the service of our dedicated volunteer board.

Thank You to Our Volunteers



19 Community Members

136 Independent Health RedShirtsSM

7 Youth Students

Offered 99 volunteer opportunities across WNY through our programs.



162 volunteers dedicated their time to give back to our community in 2023.

What our volunteers are saying...

"This program is so meaningful to the communities that are served. It is amazing to watch the participants and families and know how much this program means in their lives!"

- RedShirt® Volunteer

"Love this event and the great services that are offered to the community."

- Kim Marino

"I love the work the Foundation does in the community."

- Bernie Esposito



KIDS RUN

Encourages families to be physically active and lead healthy lives together by participating in a walk/run.

★ 95% of survey respondents were likely to recommend the event and participate again.

★ Collected 758 lbs. of donations from attendees for FeedMore WNY food drive.

★ Partnered with Gigi's Playhouse to offer a quiet space **sensory tent** for families who needed it.

★ 25 community partners hosted tables and offered resources to participants.



"Such a great event for the children in the Buffalo community. Well done! Kudos to the Foundation."
- Luci Ann

11,288 participated with 4,911 people at Delaware Park and 6,377 students from 21 schools.



Educates community members on how to eat healthier when dining out and cooking at home.

★ 510 families across rural and urban areas of WNY were served by Healthy Options at Home.

★ 90% of families felt confident cooking healthy meals on a budget at the end of the Healthy Options at Home program.

★ 22 restaurants served 44 different menu items for the inaugural Healthy Options Restaurant Week.

★ 16 Tower Gardens were provided and installed in Buffalo Public Schools.

"Loved spending time preparing meals with the kids. They were so proud of the meals they made! My daughter even did a report at school about healthy eating."
- Healthy Options at Home Participant



Provided 8,160 healthy meals for families to learn new skills and cook together at home.



Provides a family-friendly New Year's Eve celebration filled with healthy and fun activities.



★ Provided a **free** online show with **over 2 hours** of interactive activities and original performances.

★ Reached a **First Night record** number of over **132,000** online views!

★ **2,200** First Night Party Packs were distributed throughout the community – including **365 donated** to those in need.

"Thanks Independent Health Foundation for another amazing party box and all the family fun we had bringing in the New Year."
- Lauren Buono



93% of survey respondents were satisfied with the event and 89% were likely to recommend it to others.

Good for the Neighborhood.

Connects families to resources that address social determinants of health and gaps in health care.

★ 2,589 people participated in the program to improve their health.

★ 26 programs were hosted in 9 different sites across Erie and Niagara counties.

★ 653 participants were provided with free health screenings.

★ 3,900 people received a free, fresh produce bag with a recipe card.

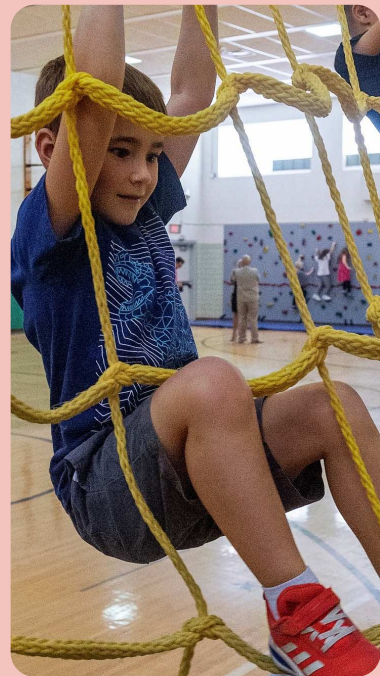
"I love seeing people come back to get their health checked and to see how they are doing. We've really tried to deepen that trust for our neighbors to be healthy and well."
- Crystal Selk, West Side Community Services

2,000 kids received a free backpack filled with school supplies.





Educates children on the importance of healthy habits using 95210+YOU goals.



★ Expanded program into **7 new schools** across **5 WNY counties**.

★ Hosted classroom fruit and vegetable tastings where **3,385** students tried new healthy foods.

★ Awarded monthly student prizes, assemblies, and **over \$28,000** to schools based on their participation in the program.

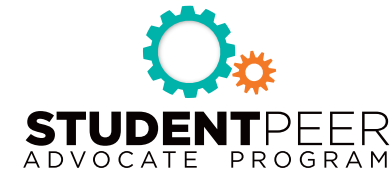
★ **3,241** classroom challenges were completed.



"My student was always telling me about the challenges and all the times their family was playing sports and working out together. They gained a lot of confidence and felt very proud."
- Julie Palmeri, John A. Sciole Elementary School

10,729 students from **575** classrooms participated across **44** WNY schools.

Builds skills for students to become leaders and make a positive impact on the health of their community.



★ Coordinated **9** monthly workforce development workshops, including resume writing and interview preparation.

★ Experienced healthy activities firsthand through participation in **cooking classes** and **3 field trips**.

★ In 2023, every participating graduating senior was heading to **college**.

★ Students **created and met goals** surrounding improved grades, study habits, sleep and physical activity.



93% of eligible students received **\$500 Independent Health Foundation scholarships** for college or other post-graduation paths.



"The program helped me throughout high school and will continue to help me as I transition out of it. It taught me many life skills and has created a support system I will have throughout my life."
- Jordan M., Student Participant

Provides mentorship to children in underserved areas, focusing on healthy habits and social-emotional skills through soccer.



★ **1,800** healthy meal bags were distributed to families over long weekends when free school meals are unavailable.

★ **92%** of participants felt safe and supported by one another at Soccer for Success.

★ **100%** of participants felt encouraged to work through difficult problems.

★ **77%** of participants succeeded in improving their social and emotional learning competencies.

"My son is very shy. After day 1, he never wanted to miss a day of practice. I then saw he had made friendships with several other students. This is new for him because he typically stays to himself."
- Soccer for Success Parent



2,446 kids participated at **31** sites across Erie, Niagara, Genesee and Cattaraugus counties.



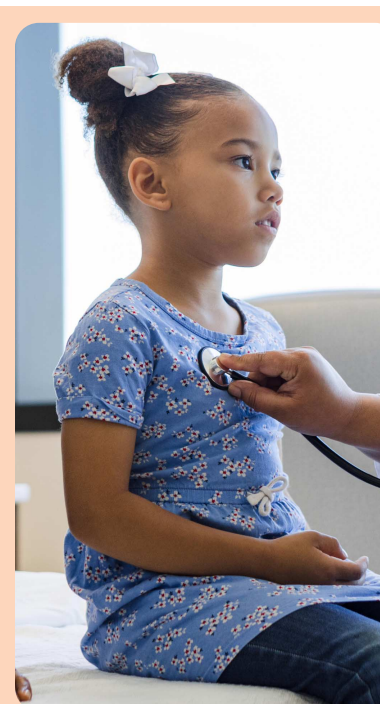
Supports families and pediatricians in meeting the developmental needs of children ages 0-3 through a collaborative approach.

★ All 5 participating provider offices **completed training** to become official **HealthySteps** practices.

★ **Over 600** families received a "Family Needs Assessment" and were referred to additional services, if needed.

★ **Over 400** participating mothers received a maternal depression screening, appropriate referrals and in-office services.

"Patients and families are being better connected to needed medical and social care services – and we're seeing great progress in the area of maternal depression."
- HealthySteps Specialist



Over 1,600 children were served as participation grew to **5** provider offices at community health centers and care clinics in Buffalo and Blasdell.

Financials

As a 501(c)(3) not-for-profit, tax-exempt, charitable organization, all administrative and operational expenses are supported by our parent company, Independent Health Association (IHA). The administrative grant provided by IHA ensures that all other contributions directly support those we serve.



STATEMENT OF ACTIVITIES AND CHANGES IN NET ASSETS FOR THE YEAR ENDED DECEMBER 31, 2022 (in thousands)

SUPPORT AND REVENUE:

Contributions*	\$460
Admission & Ticket Sales	\$34
In-Kind Services	\$527
Total Support and Revenue	\$1,021

EXPENSES - Program Services:

Public Health Programs	\$2,600
In-Kind Expenses	\$637
Support Services: Program Management & Administration	\$212
Total Expenses	\$3,449

CHANGES IN NET ASSETS FROM OPERATIONS (\$2,428)

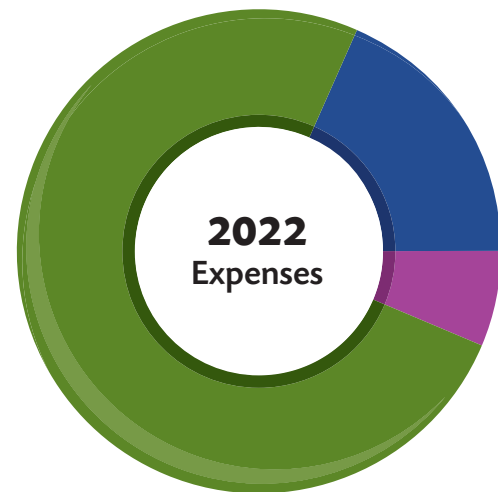
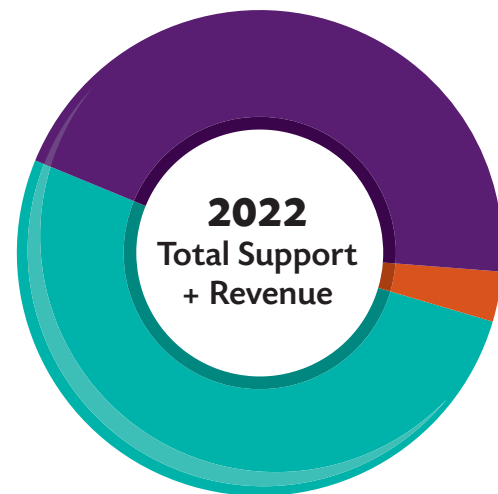
INVESTMENT AND OTHER EXPENSE - NET (\$166)

DECREASE IN NET ASSETS (\$2,594)

NET ASSETS - Beginning of year \$4,227

NET ASSETS - End of year \$1,633

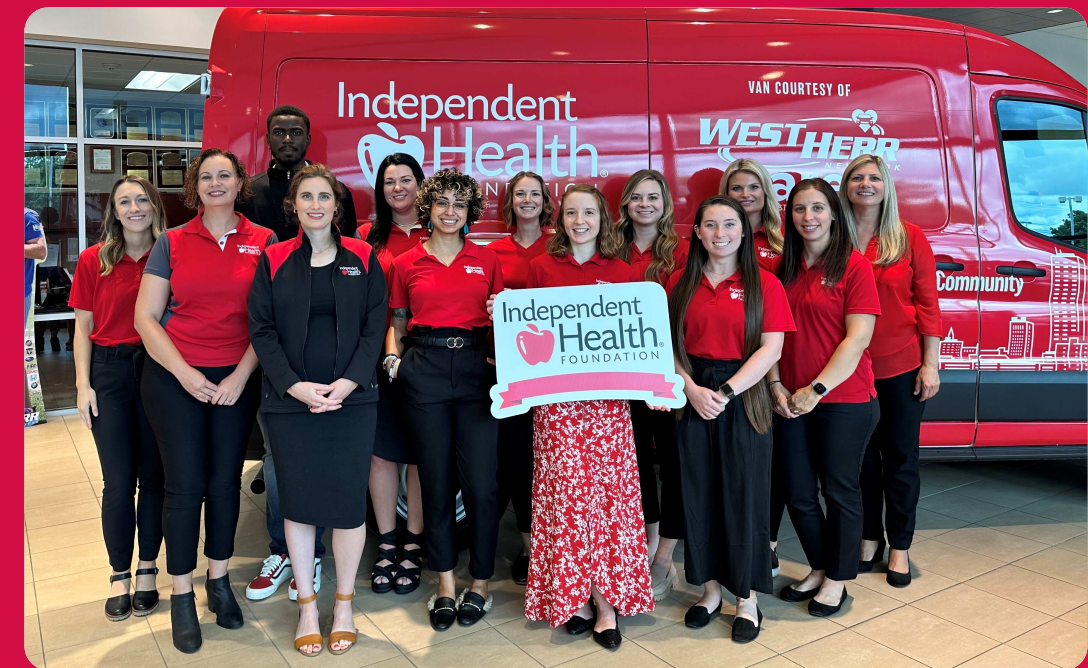
*Please note an Independent Health administration operational grant in the amount of \$2.2 million is not included in contributions, as it was recorded in the 2023 financial statements.



Thank You West Herr!

Transporting equipment and healthy food to neighborhood programs got a little easier thanks to a partnership with West Herr Auto Group.

The van, which was custom wrapped, made its debut in June and has proven to be an invaluable asset to all of Independent Health Foundation's numerous programs.



"Our goal is to meet people where they are, and that translates into many trips across Western New York," said Carrie Meyer, Executive Director of Independent Health Foundation. "We're bringing fitness and sports equipment to neighborhood parks and schools with Soccer for Success and the Fitness For Kids Challenge, as well as health screenings and fresh fruits and vegetables to communities through Good for the Neighborhood and Healthy Options. This van from West Herr will make all these deliveries much easier for our dedicated team. We are beyond grateful for their support."

Thank You to Our Valued Partners

Thanks to the following corporate partners, organizations, and individuals, whose generous contributions directly support our community programs.

DONORS

Alliance of Community Health Plans
The Joyce & Stuart Angert Fund at the
Community Foundation for Greater Buffalo
Anthony J. Baynes
Jason Bechtel
Dr. Anthony Billittier & Barbara Billittier
Donald & Marilyn Boswell
Kevin Bradt
Derek & Karen Brim
Delana Butler
Kimberly Chiacchia
David & Patricia Clabeaux
Luis Colon
Dr. Michael Cropp
Eric Decker
Mansi Demla
Susan Evancho
Dr. Thomas Foels & Patricia Foels
Kelsey Garvelli
Jennifer Gay
Kathy Glieco
Bridgette Jemison
Renee Jones
Olga Karman
S. Koepfel
Brandi & Constantine Krassopoulos
Harry Lach
Stacy Lauck
Alexandra Lopez
Beth Machnica
Michele Magyar
Iris Malpica
Kim Marino
Theresa McCann
Ann & Bob McCarthy
Allyson & David McNamara
Dr. Lisa Mendonza
Patty Mertens
Dr. Yvonne Minor-Ragan
Patricia Morgan
Dr. Kathleen Mylotte & Joseph Mylotte
Lou Natalizia

Magdalena Nichols
Nova Healthcare Administrators
Pharmacy Benefit Dimensions
Lillian Quintana
Jere Reed
John & Sue Rodgers
Dr. Fuad Sheriff
Colleen Smith
Tricia Smith
Kathy Sprung
Tanya Staples
Michael Szweczyk
Michael Tieu
Steve and Ann Timmel
Lynn Tortorello
Kelly Verrall
Jack Walsh
Lisa Wardynski
Amelida Weinmann
Daniel Weintraub
West Herr Auto Group
Rhonda Wilson
Amy Yurko

GRANTORS

Aerie Real Foundation™
Community Foundation for Greater Buffalo
Fidelity Investments Charitable Gift Fund
Garman Family Foundation administered by the
Community Foundation for Greater Buffalo
Health Foundation for Western & Central New York
John R. Oishei Foundation
KeyBank in Partnership with First Niagara
Foundation
The Margaret L. Wendt Foundation
National Philanthropic Trust
New York Health Foundation
Ralph C. Wilson, Jr. Foundation
Thelma L. & Milfred R. Beck Fund at
Niagara Area Foundation
U.S. Soccer Foundation
United Way of Buffalo & Erie County

SPONSORS

3 To Be Fit
Advantmed, LLC
Arbor Capital Management
Avery Morris Consulting Corp
Boys on the Right Track
Brite
Buffalo Dance Center
CannonDesign
Capstream Technologies LLC
Cencora
Cindy Miller Golf
Clarity Software Solutions
Compu-Mail, LLC
Crown Benefits Group, Inc.
CTG
D'Avolio
Decision Point Healthcare Solutions
Deloitte Services
Elite Dance Company
EmergenceTek Group
Erie and Niagara Insurance Association
Essential Care for Children
EyeMed Vision Care
Dr. Rebecca Falsafi
Family Choice of New York
Fresh Catch Poke Co.
Gelia
Goldfish Swim School
HealthEdge
HEALTHeLINK
Hines & Associates, Inc
Independent Health
Innovative Information Solutions
Jericho Road Community Health Center
John R. Oishei Children's Hospital
Kenmore Soccer Club
KeySource
Larkin Development Group
Lawley LLC
MAC Fitness
Magellan Rx Management
Mainline Information Systems
Mari Fox Wellness
The Martin Group
Master Khechen's Martial Arts Academy
Medecision
Miller & Associates
Millington Lockwood Business Interior Solutions
Multiplan

NationsBenefits
Naughty Nits
Nixon Peabody LLP
Other Party Liability Inc
Pacillo's Fitness Gear
Parkinson's Boxing LLC
Power Yoga Buffalo
Reddy Bikeshare
Rich's
RICOH
Runner's Roost
Rutowski Pharmacies
Shear Madness
Simplify Healthcare
Sirius Computer Solutions
StretchLab
Teladoc
Tivity Health - SilverSneakers Fitness Program
Tronconi, Segarra, & Associates
University at Buffalo Athletics
Virtual Medical Care PC
Wegmans Food Markets
Yoga Parkside Foundation
Zelis Healthcare

MEDIA

Audacy Buffalo
Buffalo Business First
Buffalo Criterion
The Buffalo News
Buffalo Rising
Buffalo Spree Publishing Inc.
Lamar Advertising Company
Townsquare Buffalo
WKBW - Channel 7

IN-KIND

360 PSG
Amor and Heritage
Buffalo AKG Art Museum
The Buffalo Bills
The Buffalo Zoo
Explore & More - The Ralph C. Wilson, Jr. Children's Museum
G&G Fitness
GiGi's Playhouse
Lemur Studio
NFTA
Rolly Pollies
Tops Friendly Markets

A Strong Community Is Our Foundation

Join us and help us do more.

Contact the Foundation today to give your time, talent, or treasure.

Volunteer – Become a Community Partner – Make a Donation.



511 Farber Lakes Drive, Buffalo, NY 14221

www.independenthealthfoundation.org

foundation@independenthealth.com

©2024 Independent Health Foundation IH34173