



### CARE TW THE PEOPLE

November 12, 2019

MR. WAYNE ALTMAN 10 COYNE DRIVE WOBURN, MA 01801-1946

Dear Mr. Altman,

# More than 600,000 people in Massachusetts go without food every day – 1 in 5 are children.

Chris Simons, MD, a primary care physician at the CHA Revere Care Center, knows firsthand that going without food hurts his young patients' growth and development. He sees how hunger contributes to chronic conditions like diabetes and cardiovascular disease with his older patients. During a recent interview with WCVB-TV about food insecurity and how CHA is working to address it in Revere, he spoke of "the heartbreak hearing from patients who haven't eaten all day."

In October, CHA received the Greater Boston Food Bank's Community Champion award for the Revere Mobile Market – a free farmer's market distributing fresh produce. Each month, about 270 people from Revere, Everett and nearby communities visit the market, which provides food for almost 1,000 individuals. ALL are welcome.

The CHA Revere Care Center team recognized the severity of the problem when more than 50% of their patients screened positive for food insecurity in 2017. Food insecurity is when families have empty cupboards and refrigerators and must choose between buying food or paying rent. In response, CHA banded together with community partners to bring fresh food to people once a month at the center.

"After my first visit to the mobile market, I took a picture of the food I cooked for my family and sent it to CHA," said Daiane, a recent immigrant living in Malden with her husband and two children. "I was, and still am, so grateful. We don't have a lot of money and food is so expensive. The fresh produce

helped me eat better throughout my pregnancy, and it helps feed my whole family. I rely on the fruits and vegetables to help manage my kidney stones which can be prevented by a better diet."

Continued on reverse

Daiane and her children



Please tear off this portion and return it in the reply envelope

Yes! I'd like to help make a difference in patients' lives!	Put your gift to work faster! Make a secure gift online at www.challiance.org/DonateNow.							
\$250 helps us care for homeless patients	☐ Visa ☐ MC ☐ Discover ☐ Amex							
■ \$500 provides support for the Revere Mobile Market	☐ I have enclosed a check. ☐ I'm an employee. Sign me up							
\$1,000 provides much-needed resources for school based health centers including dental care	for the employee payroll contribution program.							
\$2,500 helps us fund peer recovery coaches in our emergency departments	Name							
\$5,000 helps us support free cancer screenings and help for families	Card # Expiration Date Sec. Code							
An amount of your choosing  Any and all contributions help those most in need including immigrants	Address City State Zip							
Your gift is tax-deductible to the extent allowed by law.	Telephone Email							
FY20YEM	Signature							



CHA Revere Care Center Providers Chris Simons, MD and Lauren Alukonis, Nurse Manager, volunteering at the Mobile Market.

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CHA staff and friends volunteer to sort, bag and distribute the produce. Volunteers are inspired by the people, like Daiane and her children, who visit. Relationships are formed as everyone helps one another. In addition to the food, there is also a health fair with recipes and food samples.

CHA and our partners are enrolling 1,000 patients to study the impact of food as an intervention participants receive nutritional coaching and their health outcomes are measured. In 2016, Children's HealthWatch reported that \$1.4B in healthcare related costs could have been avoided if food insecurity was eliminated in Massachusetts. By providing fresh food to those in need, we hope to demonstrate how we're helping to reduce those costs.

The Revere Mobile Market is just one program of many that work to improve the lives of our patients and community members. We rely on gifts like yours to care for the health of those in need and to heal their hearts. It's because of your generous support that we can continue to serve and care for all.

Please consider making a gift by December 31, 2019, so that we can continue this important work. Please send in your gift or contribute online at www.challiance.org/donatenow today, and we will put your donation to work right away to help families like Daiane's receive the best care available. Your commitment to CHA's mission helps us to provide the services our neighbors need most. We thank you from the bottom of our hearts for giving generously to support CHA's work in helping build healthier communities. We wish you a joyous holiday season!

Mary Cassesso

President, CHA Foundation and Chief Community Officer, Cambridge Health Alliance

Josh Posner

Chair, CHA Board of Trustees

Assaad Savah, MD

Interim Chief Executive Officer Cambridge Health Alliance

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CHA Somerville Hospital Foundation Office, 5th Floor 230 Highland Avenue, Somerville, MA 02143







### CARE TY THE PEOPLE

November 12, 2019

MR. JAMES BARRETT 6 CRESCENT ROAD WOBURN, MA 01801-4716

Dear James,

## More than 600,000 people in Massachusetts go without food every day – 1 in 5 are children.

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Continued on reverse

Daiane and her children



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	<b>\$250</b> helps us care for homeless patients	☐ Visa	□ мс		Discover	Amex				
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	<b>\$1,000</b> provides much-needed resources for school based health centers including dental care					for the employee payroll contribution program.				
	<b>\$2,500</b> helps us fund peer recovery coaches in our emergency departments	Name								
	<b>\$5,000</b> helps us support free cancer screenings and help for families	Card #			Expira	ation Date	Sec. Cod	de		
	An amount of your choosing  Any and all contributions help those most in need including immigrants	Address			City		State	Zip		
	Your gift is tax-deductible to the extent allowed by law.	Telephone	)		Email					
	FY20YEM	Signature								



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CHA Somerville Hospital Foundation Office, 5th Floor 230 Highland Avenue, Somerville, MA 02143







### CARE TY THE PEOPLE

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MS. MARY HART 7 ARBOR LN WOBURN, MA 01801-3439

Dear Ms. Hart,

# More than 600,000 people in Massachusetts go without food every day – 1 in 5 are children.

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