

2010 Annual Report

The Center for
African-American
Health

Celebrating Our Volunteers

*“The world is hugged
by the faithful arms
of volunteers.”*

— Terri Guillemets



The Center for African-American Health Highlights of 2010

- 4,400 African Americans received free health screenings for high blood pressure, diabetes, breast cancer, prostate cancer, and many other diseases.
- 10,000 African Americans took part in the Center's classes, workshops, presentations and exhibits about nutrition and physical activity, diabetes, heart disease, colon cancer, depression, and emergency preparedness.
- 51,000 African Americans received culturally-specific health education materials at 80 black churches and in other non-medical community settings.
- 200 seniors participated in Senior Wellness Initiative activities, including exercise, nutrition, dance, storytelling and fall prevention classes.
- Senior Wellness Initiative wins an El Pomar Foundation Award for Excellence.
- Launched new evidence-based diabetes self-management program for teaching African Americans with type 2 diabetes the skills they need for the day-to-day management of their disease.



Organizational Profile

The Center for African-American Health is a community-based organization dedicated to improving the health and well-being of African Americans, who have higher rates of illness, disability and premature death from diseases such as cancer, diabetes, and cardiovascular disease.

Launched in 2005, the Center partners with a wide array of health-education and health-delivery organizations to provide culturally-appropriate disease prevention and disease management programs to thousands of African Americans living in metro Denver each year. Our aim is to educate African Americans about health disparities and empower them to adopt healthier lifestyles.

The Center also is active in the public policy arena, advocating for system reforms focused on prevention and on reducing health disparities.



From the Director

“Those who can, do. Those who can do more, volunteer.”

— unknown author

It is for very good reason that the theme of our annual report this year is “Celebrating Our Volunteers.”

They are a big part of the Center for African-American Health’s past and present, and will be an even bigger part of our future. Like most community-based agencies, we would not be able to meet the ever-growing need for our services without the unselfish and noble actions of our volunteers.

In this report you’ll meet four of those faithful volunteers. But there are many more. Like Lisa Quintana, they serve as our health outreach liaisons at the more than 80 churches that partner with us to provide health education and screenings to thousands of African Americans each year. Like Helen Thompson, they are experienced health care professionals who volunteer at our annual health fair or for our disease prevention and disease management classes.

Or like Betty Martin and Tim Hartman, they are just people who want to give back to their community.

Our new strategic plan calls for volunteers to play an even greater role in the delivery of our health programs. For the Center is in the midst of a major transition to evidence-based health promotion approaches to programming. Evidence-based programs increase the effective use of our limited resources, provide hard data to advocate for new programs, and they are program models that have been extensively evaluated and proven successful.

And many of the evidence-based models we are adopting utilize volunteers. For example, volunteers are trained and certified lay leaders for the diabetes self-management and chronic disease self-management classes the Center offers. And they’ll be the coaches for the senior fall prevention workshop we’re in the process of implementing.

In 2010, we began gearing up for recruiting and training the volunteers we’ll need. For example, we applied and were accepted to be part of the Boomers Leading Change in Health Initiative, an effort to harness the experience, energy and conviction of adults 50+ as volunteers. We also trained the first group of volunteers to lead our diabetes self-management class, the evidence-based program developed by the Stanford School of Medicine.

In 2011, we’ll train more volunteers for our diabetes class, as well as for our chronic disease self-management class, also developed by the Stanford School of Medicine. Plus, we’ll begin training coaches for our new A Matter of Balance fall prevention program for seniors. In addition to allowing us to offer these programs more frequently in a variety of settings and reaching a higher number of participants than would otherwise be possible, these evidence-based programs position us well for more productive partnerships and more substantial health outcomes for the people we serve.

As always, we thank you for your past support and look forward to continuing our work together to alleviate the health disparities facing the African-American community.

Live Well!

Grant Jones, *Founder and Executive Director*

Congratulations to Byron Conner, M.D.



The 2010 Bernard F. Gipson, Sr. Health Leadership Award Recipient

This annual award from the Center for African-American Health recognizes individuals who have made outstanding contributions to the health and well-being of the African-American community. Dr. Conner, a Denver native, has practiced internal medicine for more than 30 years, including volunteer work as the health ministry director at Park Hill Seventh-day Adventist Church and a missionary in Africa.

2010 Financial Information

STATEMENT OF FINANCIAL POSITION

Assets

	2010	2009
CURRENT ASSETS		
Cash and cash equivalents	\$359,445	\$393,125
Grants receivable	49,235	136,037
Inventory	12,920	12,920
Prepaid expenses	26,504	13,813
Total current assets	448,104	555,895
Property and equipment		
Equipment, furniture and fixtures	35,010	33,910
Less accumulated depreciation	(30,253)	(25,890)
Property and equipment, net	4,757	8,020
Total assets	\$452,861	\$563,915

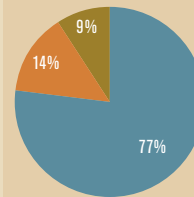
Liabilities and Net Assets

	2010	2009
CURRENT LIABILITIES		
Accounts payable	\$3,514	\$3,447
Accrued expenses	5,626	7,087
Total Liabilities	9,140	10,534
Net assets		
Unrestricted	88,048	139,392
Temporarily restricted	355,673	413,989
Total net assets	443,721	553,381
Total liabilities and net assets	\$452,861	\$563,915

STATEMENT OF ACTIVITIES

	Unrestricted	Temporarily Restricted	Total 2010	Total 2009
REVENUE, GAINS, OTHER SUPPORT				
Grants	244,155	573,058	= \$817,213	\$1,048,429
Other contributions	32,800	1,000	= 33,800	43,247
Interest income	879	-	= 879	1,275
Special events, net	(5,182)	-	= (5,182)	51,430
Net assets released from restriction	632,374	(632,374)	= -	-
Total support and revenue	\$905,026	(\$58,316)	= \$846,710	\$1,144,381
EXPENSES				
Program services	\$740,991	-	= \$740,991	\$882,994
General and administrative	136,186	-	= 136,186	112,910
Fundraising	79,193	-	= 79,193	92,490
Total expenses	956,370	-	= 956,370	1,088,394
Change in net assets	(51,344)	(58,316)	= (109,660)	55,987
Net assets, beginning of year	139,392	413,989	= 553,381	497,394
Net assets, end of year	\$88,048	\$355,673	= \$443,721	\$553,381

2010 Expenses



77% Program Services
14% General and Admin.
9% Fundraising

Contributors*

The Center for African-American Health extends its heartfelt appreciation and gratitude to its contributors.

Caring for Colorado Foundation

Colorado Dept. of Public Health & Environment

Daniels Fund

Denver Foundation

El Pomar Foundation

Gary-Williams Company

JVA Consulting

Kaiser Foundation

Office of Minority Health – Denver Health Disparities

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*Contributors of \$1,000 or more



You must be the change you wish to see in the world.

— Mahatma Gandhi

Call the Center for African-American Health at 303-355-3423 or e-mail us at volunteer1@caahealth.org

Make a Difference: Volunteer!

Lisa Quintana is without a doubt the Number 1 Recruiter for the Center for African-American's Health's disease prevention and disease management programs. As the health outreach liaison at St. Ignatius Loyola Catholic Church, one of the 80 churches participating in the Center's Faith & Health Ministries' program, Lisa recruits church members, but also community members, and even family and friends, to participate in all the Center has to offer, from diabetes self-management classes to prostate cancer and breast cancer screenings, and CPR classes. The church liaisons work closely with the Center's staff to coordinate the routine delivery of health education materials developed by the Center and free health screenings, and to promote increased physical activity and healthy eating habits. "I believe in what the Center is doing," says Lisa. "I believe they are making a difference in the health of our community."

D diabetes has reached epidemic proportions in the general U.S. population; for African Americans it's twice as bad. As a certified diabetes educator, **Helen Thompson** is appalled that people with diabetes don't know what they can do themselves to manage the disease so they avoid its terrible complications. "They're told to watch their diet and exercise, but they don't know what that really means," says Helen. But because of her volunteer efforts and the Center for African-American Health's diabetes self-management program that situation is changing. More than 200 African Americans participate each year. "The Center's classes are always full," says Helen. "They are geared toward African Americans with respect for their culture and traditions. By being a volunteer, I am making a difference in people's lives by helping them to live well with their diabetes."

Putting on a health fair that serves a thousand people in one day takes planning, lots of planning, and volunteers, plenty of them. Some are medical professionals who help the Center for African-American Health provide the numerous free health screenings available at the fair, and others are people like **Betty Martin** who just want to give back to their community. Betty has helped with registration, logistics and crowd control at the African-American Health Fair for five years. She likes helping her family, friends and neighbors access free health screenings and important health information. And she knows firsthand that the health fair makes a difference. One year at the health fair, she noticed she had difficulty reading the eye chart. Further testing revealed a hole in her eye, for which she received immediate treatment. Says Betty, "It makes me feel good to know I'm part of helping so many people."

All nonprofit organizations struggle with being able to demonstrate they are making a difference. The Center for African-American Health must be able to report to funders, partners, and the community at large that its programs improve the health of African Americans. And thanks to a volunteer with very special skills, they can. Long-time volunteer **Tim Hartman** uses his professional expertise as a medical outcome specialist with the pharmaceutical giant, Pfizer Inc., to analyze data collected from the Center's program participants and report the results. "It's a broader way of impacting health in our community," says Tim. "If I can look at data and help the Center use their resources better to improve the health of the African-American population, I find that very rewarding."

Board Members

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Staff

Grant Jones
Executive Director

LaQuana Guillory-Williams
*Diabetes Project
Outreach Coordinator*
(through Dec. 2010)

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Ralph Kennedy
Director of Research and Evaluation

Angel Paige
*Breast Health &
Program Coordinator*

JoAnn Pegues (through Oct. 2010)
Focus on Diabetes Project Manager

Rosalyn Reese (through Aug. 2010)
*Faith & Health Ministries
Coordinator*

Mella Dee Warren
Congregational Nurse

David Washington
Director of Special Initiatives

Current Resources and Programs of the Center for African-American Health

Health Education Materials

- Learn to Live Well with Diabetes
- You Can Prevent Colorectal Cancer
- The African-American Man and His Prostate
- Depression and African Americans
- An African American's Guide to Breast Health
- The African-American Man's Playbook on Cardiovascular Disease
- Cardiovascular Disease and African Americans: What You Should Know
- "Live Well" e-newsletter

Health Screenings

Call the Center for African-American Health for help with **screening information and referral for:**

- High blood pressure
- Diabetes
- Prostate cancer
- Breast cancer
- Colon cancer

Disease Management and Health Promotion Classes

- Diabetes self-management
- Chronic disease-self management
- Heart Health Workshop
- Project POWER: Diabetes Awareness Workshop
- Nutrition/healthy cooking
- Exercise and nutrition classes for seniors
- Fall prevention workshops for seniors

Special Health Programs/Events

- Home safety inspections for seniors
- Annual African-American health survey
- Annual African-American health fair (February)
- American Heart Month initiatives (February)
- National Colon Cancer Awareness Month activities (March)
- Annual Destination Health 5K Run/Walk and Health Expo (Summer)
- Prostate Cancer Awareness Month education and screening activities (September)
- National Breast Cancer Awareness Month support and referral (October)
- American Diabetes Month outreach and education (November)



**The Center for
African American Health**
Empowering the Community to

Live Well!