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Final Grants for 2016 Announced by Williamsburg Health Foundation

WILLIAMSBURG, VA –

In 2016's second and final round of grants, the Williamsburg Health Foundation awarded over a million dollars to 15 different organizations – bringing the year's grants to total more than \$4.5 million.

"We are announcing several new grant-funded programs. We are always pleased when our support helps long-time grantees continue to provide high quality programs and services to those who need them. We are also pleased to fund new equipment and new endeavors," said Jeanne Zeidler, the Foundation's President and CEO.

One initiative is Child and Family Connection's Neurofeedback Counseling Program. The neurofeedback technique teaches self-regulation by showing patients a real-time EEG feed of their brain's activity. "This type of treatment offers an alternative to medication for some children and adults. Without our investment, this therapy would be inaccessible to many of our neighbors with low-incomes and/or no insurance," said Zeidler. The grant pays for the purchase of neurofeedback equipment.

A second new grant investment brings a national diabetes prevention program to area residents who otherwise could not afford to participate. The Peninsula Metropolitan YMCA will host a Diabetes Prevention Program at the RF Wilkinson YMCA. The program is designed for adults diagnosed with pre-diabetes. The course, hailed as a success by the US Secretary of Health and Human Services, connects people with the coaching, information, and tools to maintain a healthy lifestyle. The Foundation's grant underwrites the program to make it accessible to more adults.

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The Williamsburg Health Foundation also added one new organization to its list of grantees: The Doorways. The Doorways is a hospitality house in Richmond that offers lodging to Medical College of Virginia patients and their families. Many people from the Greater Williamsburg area stay there, and the Foundation's grant contributes towards their continued access to the unique facility.

Olde Towne Medical and Dental Center was awarded \$450,000 to support its day-to-day operations. An additional \$50,000 will fund a program to connect uninsured or under-insured hospital patients with a nurse for follow-up recommendations and referrals to both Olde Towne and the Lackey Clinic. This program of connecting patients to care beyond an emergency situation will help individuals avoid future emergency room visits and hospital stays and lead to better overall health.

Grants also include \$78,400 for access to healthy food; \$41,000 to increase active living; and \$194,000 for mental health services. "We use the World Health organization's definition of health as 'a dynamic state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity,'" said Zeidler. "Working towards a healthier community is complex. We are fortunate to have many organizations doing good work in and for our community."

A full list of grantees, programs, and award amounts is attached here.