



HEALTH
across the
LIFE SPAN

WILLIAMSBURG
Health
FOUNDATION

Report to the Community for 2023



Reflecting on 2023 is another opportunity to recognize the tremendous impact of area nonprofit organizations, government agencies, and community partnerships that served to maintain or improve the health of Greater Williamsburg Area residents across generations with interventions that addressed social isolation, food insecurity, physical inactivity, transportation needs, and provided social supports and/or access to behavioral, dental, and primary care. The Williamsburg Health Foundation Board of Trustees and Staff applaud the collaboration of this exemplary network dedicated to improving the well-being of all who live, work, and play in Greater Williamsburg.

– Deanna Van Hersh, *President & CEO*

From our BOARD & STAFF

The Williamsburg Health Foundation (WHF) Board of Trustees and Staff are pleased to share our 2023 Report to the Community highlighting the work of WHF-supported community organizations to improve the health and well-being of Greater Williamsburg Area residents throughout each phase of life. Across the life span — from pregnancy to infant, toddler to school-age, adolescence to young adult, middle age to older adult — individuals at each stage of life are touched by the efforts of community partners to improve health.

Investments in strengthening health are traditionally measured by the absence of disease. Yet, some less-considered factors, such as the social and community context and access to quality care, are predictors of health. Increasing access to healthy opportunities throughout each stage of life enhances our collective well-being and strengthens our community.

Despite the impact that nonprofits make in communities, public awareness of these

contributions is remarkably low. In fact, according to the Lilly Family School of Philanthropy at Indiana University, only five percent of Americans report being aware that they or their immediate family members have benefited from nonprofit organizations. As we reflect on the accomplishments of WHF grant recipients in 2023, we illuminate how each organization touches our community throughout the various stages of life.

We envision a community where healthy choices and opportunities are available for all. Among those working to realize this aspiration through collaborative efforts are community members and nonprofits in behavioral, dental, and primary health care; social services; faith; education systems; and local governmental agencies. Together, we are shaping a future where each of us may access the support we need at every stage of life as we collectively foster a community committed to the health and well-being of us all.



Being active is key to achieving optimal health at every age. These photos (top, left to right) capture Child Development Resources, the School Health Initiative Program (SHIP), The Arc of Greater Williamsburg, and R.F. Wilkinson Family YMCA energizing our community and supporting physical activity across all generations.



Working with the Williamsburg Health Foundation over the past eight years has been a transformative journey and one of the most rewarding experiences of my professional life, filled with learning, growth, and the satisfaction of making a difference. I am honored to have contributed to our collective mission of improving the health and well-being of those who call the Greater Williamsburg Area home. As I prepare to pass the torch, I am confident in the Foundation's direction and the continued success of community partnerships to improve health across the life span.

– Beth Davis, *Chair, Board of Trustees*





Child Development Resources serves over 2,300 **children** annually in our community through their Children’s Services programs, and more than 8,000 children are impacted by CDR’s Virginia Infant & Toddler Specialist Network across the Commonwealth. CDR provides early intervention services for infants, toddlers, and their families, and empowers them to reach their full potential, whatever their challenges.

The **City of Williamsburg and James City County Child Health Initiative Care Teams** partner with local families who have elementary school **children** or younger and are experiencing multiple challenges. The Care Teams offer health education, support for navigating healthcare and educational resources, and connections to employment and vocational training. By taking a two-generation approach in addressing needs, Care Teams help families gain life skills focused on healthy living, self-advocacy, and economic stability. During the program year, 150 individuals from more than 40 families received Care Team support.

2023 GRANTS Awarded



Public Policy Advocacy

HousingForward Virginia

housingforwardva.org

Housing Policy Advocacy \$20,000

Mental Health America of Virginia

mentalhealthvirginia.org

Behavioral Health Policy Advocacy \$20,000

Virginia Association of Free & Charitable Clinics

vafreeclinics.org

Health Policy Advocacy \$20,000

Virginia Early Childhood Foundation

vecf.org

Child Policy Advocacy \$20,000

Virginia Health Catalyst

vahealthcatalyst.org

Health Policy Advocacy \$20,000

Voices for Virginia’s Children

vakids.org

Child Policy Advocacy \$20,000



Two-Generation Family Services

Child Development Resources

cdr.org

Basic Operating Support \$237,000

City of Williamsburg

williamsburgva.gov

Child Health Initiative \$283,500

James City County

jamescitycountyva.gov

Child Health Initiative \$283,500

Virginia Down Syndrome Association

virginiadsa.org

Williamsburg Community Coordinator \$46,800

Board Discretionary Grants \$2,500

2023 GRANTS Awarded



Healthy Eating Active Living

Colonial Court Appointed Special Advocates

colonialcasa.org

Healthy Eating Active Living (HEAL)
for Colonial CASA \$16,000

FISH, Inc

fishwilliamsburg.org

Food Distribution Program \$20,000

Grove Christian Outreach Center

groveoutreach.com

Food Distribution Program \$20,000

Fresh Food Distribution \$15,000

Refrigeration Units \$50,000

James City County

jamescitycountyva.gov/635/Parks-Recreation

Community Fitness Court \$150,000

The Arc of Greater Williamsburg

thearcgw.org

Fitness Program \$37,500

The Salvation Army of Greater Williamsburg

williamsburg.salvationarmypotomac.org

Food Distribution Program \$20,000

Virginia Legacy Soccer Club

valegacysoccer.com

Virginia Legacy WJCC Recreational
Soccer Program \$60,000

Virginia Peninsula Foodbank

hrfoodbank.org

Food for Kids BackPack Program at WJCC Schools ... \$20,000

Mobile Food Pantry \$60,000

Williamsburg Community Growers

growwilliamsburg.org

Increase Our Impact \$92,000

Williamsburg House of Mercy, Inc.

williamsburghouseofmercy.org

Food Distribution Program \$20,000

Williamsburg-James City County Public School Division

wjccschools.org/academics/ship

Healthy Educational Appetizing Tasteful (HEAT)
Summer Food Service Program \$50,000

School Health Initiative Program (SHIP) \$770,000

Board Discretionary Grants \$2,000



School Health Initiative Program (SHIP)

focuses on improving health and wellness through the promotion of healthy eating and active lifestyles among Williamsburg-James City County Public School division **students** and staff. Operating across 16 schools, SHIP works to integrate nutrition education and physical activity into classrooms, school culture, families, and the community to optimize learning and development of lifelong healthy habits.

Virginia Legacy Soccer Club

offers a free comprehensive recreational soccer program in the fall and spring to Greater Williamsburg **youth** ages 4-18. The league receives about 1,900 registrations annually and caters to families of all income levels and youth of all skill levels, allowing players to improve through practices and games. With the support of volunteer coaches, kids stay fit, build confidence, and enhance communication skills.

Colonial Court Appointed Special Advocates' Youth Mentoring

connects young people with adult mentors to support the health and wellness of participants.



Foundation for Rehabilitation Equipment & Endowment (F.R.E.E.)

provides donated mobility and rehabilitation equipment to low-income, uninsured, or underinsured **adults** with injury, disability, or chronic illness, ensuring access to tools necessary for daily living and independence. By supplying wheelchairs, walkers, and other equipment at no cost, F.R.E.E. reduces financial burdens and improves quality of life. With the 2023 grant, the Williamsburg office of F.R.E.E. provided 686 pieces of mobility equipment to 501 individuals.

The Arc of Greater Williamsburg advocates for and supports **adults** with intellectual and developmental disabilities. They provide programs and services, including continuing education, vocational training, employment support, and social activities. These services promote inclusion, enhance skills, and foster independence, enabling individuals with disabilities to lead more fulfilling lives. In 2023, 183 Arc clients regularly attended The Arc’s weekly fitness program.

Literacy for Life prepares **adults** with skills to understand, navigate, and use information to make well-informed decisions concerning their health.

adults

2023 GRANTS Awarded



Behavioral Health Services

Bacon Street Youth and Family Services

baconstreet.org

Emergency Support for Bacon Street Youth and Family Services \$20,000
 Support for Operations \$350,000

Center for Child & Family Services, Inc.

kidsandfamilies.com

Multicultural Counseling and Outreach Program (MCOP) \$70,000
 The Reboot Program \$133,000

Colonial Behavioral Health

colonialbh.org

Greater Williamsburg Child Assessment Center (GWCAC) \$284,500

Postpartum Support Virginia, Inc.

postpartumva.org

Healthy Moms, Healthy Babies \$20,000

The College of William & Mary, The Flanagan Counselor Education Clinic

education.wm.edu/centers/fcec

Play to Thrive \$95,000

Board Discretionary Grant \$500



Other

Colonial Behavioral Health

colonialbh.org

Intensive Outpatient Program \$25,000

Literacy for Life

literacyforlife.org

Health Education and Literacy Program (HEAL) in Williamsburg \$20,000

The Doorways

thedoormways.org

Support for Operations \$7,500

2023 GRANTS Awarded



Healthy Aging

Foundation for Rehabilitation Equipment & Endowment (F.R.E.E.)

free-foundation.org

F.R.E.E. of Williamsburg \$30,000

KFH Group, Incorporated

kfhgroup.com

Access Williamsburg One-Call Center

Technical Assistance \$11,864

Peninsula Agency on Aging (PAA)

paainc.org

Nutritious Noontime Meals \$75,000

PAA RIDES \$130,000

PAA Williamsburg \$84,000

Williamsburg Faith in Action

wfia.org

All Transportation \$50,000

In-Home Support Services \$15,000

YMCA of the Virginia Peninsulas/R.F. Wilkinson Family YMCA

ymcavp.org/locations/rf-wilkinson-family-ymca

Active Older Adults at R.F. Wilkinson Family YMCA \$15,000



Peninsula Agency on Aging

promotes healthy aging through nutrition, in-home care, and wellness activities. They provide meals, care coordination, and resources to help **older adults** manage chronic conditions and live safely at home. Their RIDES program provides non-emergency medical transportation services to area residents ages 60 and older to help improve access to essential services.

R.F. Wilkinson Family YMCA's

Active Older Adults Program offers fitness classes, social activities, and health education tailored to the needs of **older adults**. This program encourages physical activity and social engagement, which are key components of healthy aging.

Williamsburg Faith in Action

provides transportation and in-home support services including caregiver support, shopping, and household chores for **older adults** in Greater Williamsburg. These services help older adults live independently while staying connected to their community, also preventing social isolation, which can impact mental and physical health.



older adults



Olde Towne Medical & Dental Center provides comprehensive services for patients of all ages, from **pediatric through adult** primary care to women’s health, immunizations, mental health, and dental care. Through their patient programs, OTMDC staff helps patients to prevent and manage chronic conditions.

Lackey Clinic is a faith-based nonprofit providing free healthcare to uninsured **adults** in Virginia who are ineligible for Medicaid and can’t afford quality health insurance. The Clinic offers free medical care, dental care, eye care, virtual care, pharmacy services, and behavioral health services.

Gloucester Mathews Care Clinic provides medical, dental, behavioral, and pharmacy services, as well as health education to **adult** residents of Gloucester and Mathews and surrounding areas. They are dedicated to improving accessibility and engaging in community outreach to address social determinants of health.

multiple
ages

2023 GRANTS Awarded



Integrated Care

Colonial Behavioral Health

colonialbh.org

Integrated Care Technical Assistance & Facilitation . . . \$18,000

Gloucester Mathews Care Clinic

gmcareclinic.com

Chronic Care Collaborative \$300,000

James City County

jamescitycountyva.gov

Consultant for James City County/

Colonial Behavioral Health study \$6,000

Lackey Clinic

lackeyclinic.org

Chronic Care Collaborative \$500,000

Olde Towne Medical & Dental Center

oldetownmedicalcenter.org

Basic Operating Support \$500,000

Chronic Care Collaborative \$400,000

Rx Partnership

rxpartnership.org

Basic Operating Support \$66,000

Virginia Health Care Foundation

vhcf.org

Greater Williamsburg Medication Access Program . . . \$47,000

Board Discretionary Grants \$1,500



Community Capacity Building

Community Health Solutions, Inc.

chsresults.com

Strategy Support \$41,350

United Way of the Virginia Peninsula

uwvp.org

Greater Williamsburg Trauma Informed
Community Network \$7,500

Other \$18,950

2023 GRANTS Awarded



Organizational Capacity Building

Alliance for Justice

afj.org

Education Workshops \$3,000

Catchafire

catchafire.org

Catchafire 2023-2024 \$115,000

Child Development Resources

cdr.org

Capacity Building: Conference \$850

City of Williamsburg

williamsburgva.gov

Capacity Building: Conference \$1,500

James City County

jamescitycountyva.gov

Capacity Building: Conference \$1,500

Network For Good

networkforgooddaf.org

Jumpstart Fundraising Services for WHF Grantees \$15,000

Williamsburg Community Foundation

williamsburgcommunityfoundation.org

Technical Assistance \$20,000

Williamsburg-James City County Community Action Agency

wjcc-cao.org

Capacity Building: Conference \$850

Child Health Initiative \$10,000

Williamsburg-James City County Public School Division

wjccschools.org

Capacity Building: Conference \$1,500



The **Virginia Health Care Foundation** focuses on increasing the availability of medical, dental, and mental health services for uninsured and medically underserved Virginians. This includes a special initiative to obtain free and low-cost medications by providing tools and support to Medication Assistance Caseworkers working in our local safety-net clinics.

Rx Partnership bridges the gap between high prescription drug costs and affordable access by securing donated and purchasing cost-effective medications that are distributed to clinic partners who serve vulnerable patients. Their work greatly reduces medication costs for low-income and uninsured area residents.

The Doorways provides lodging support to patients and families who travel to Richmond for medical care.

The **Virginia Down Syndrome Association** enhances health across the life span through individual and family programs for individuals with Down syndrome.

\$5,887,664

total amount of grants
awarded for 2023



multiple
ages



The **Virginia Peninsula Foodbank** leads the effort to eliminate hunger by partnering with local agencies. In 2023, the foodbank distributed over 2.3 million meals to residents through local organizations, including: **FISH, Inc., Grove Christian Outreach Center, The Salvation Army of Williamsburg, and Williamsburg House of Mercy.**

Williamsburg Community Growers donates fresh produce from their Teaching Farm to community organizations serving low-income, uninsured, or underinsured individuals.

Several organizations offer comprehensive behavioral health services to multiple age groups. **Bacon Street Youth and Family Services** supports youth and families, while the **Center for Child & Family Services** provides therapeutic services to individuals of all age groups. **Colonial Behavioral Health** delivers person-centered care throughout the life span. **Postpartum Support Virginia** aids new mothers, and the **W&M Flanagan Counselor Education Clinic** offers play-based therapy for preschool-age children.

multiple
ages

WHF Financial Summary

As of December 31 (in thousands)

The Williamsburg Health Foundation was formed in 1996 when the Williamsburg Community Hospital and Sentara formed a merger that included a provision for a new, locally organized and managed Foundation to benefit the community's health. In the inaugural year, WHF started with an endowment of \$55 million, anticipating providing \$1 million annually to support healthcare initiatives in the community. To fulfill the objective of providing financial support for community partner programs and health initiatives in perpetuity, the Foundation's Board of Trustees established a goal to achieve investment returns sufficient to support ongoing operations and grant distributions and maintain pace with inflation. Under the careful oversight of the Board of Trustees, the Foundation's endowment had grown to a value of \$147 million by the end of 2023, and WHF has awarded more than \$106 million in grants to benefit health and well-being in Greater Williamsburg.

Summary Statements of Financial Position (in thousands)

	2023	2022
TOTAL ASSETS	\$147,720	\$136,900
Liabilities: Grants and Other Accounts Payable	1,490	1,400
Unrestricted Net Assets	146,230	135,500
LIABILITIES AND NET ASSETS	\$147,720	\$136,900

Summary Statements of Activities (in thousands)

UNRESTRICTED REVENUE AND GAINS (LOSSES)		
Investment Income and Gains (Losses), Net of Fees	\$17,890	\$(16,115)
EXPENSES		
Community Grants	5,650	4,050
Program, General, and Administrative Expenses	1,360	1,705
Federal Excise and State Tax (Benefit) Expense	150	430
	\$7,160	\$6,185
CHANGE IN NET ASSETS	10,730	(22,300)
NET ASSETS, BEGINNING OF YEAR	135,500	157,800
NET ASSETS, END OF YEAR	\$146,230	\$135,500

STRATEGIC Plan

Vision

Individuals **making healthy choices** in a community with health opportunities for all.

Mission

Collaborate, innovate, and invest to impact systems that improve the health and well-being of individuals living in Greater Williamsburg.

Goals

Advance organizations, systems, and public policy crucial to community health and well-being.

Target behavioral and social risk factors that influence the health of individuals throughout the life span.

Strengthen the healthcare safety-net for uninsured and underinsured individuals.

Values

Accountable: Steward community values and assets transparently.

Ethical: Work with honesty and integrity.

Respectful: Ensure all voices are heard and recognize those who do the work.

Engaged: Connect and commit to the community.

Catalytic: Instigate change to achieve real, measurable impact.

M. Anderson Bradshaw
Attorney, M. Anderson Bradshaw, P.C.

Elizabeth De Falcon, M.D.
Staff Physician, William & Mary

Andrea M. Donnor
Director, Platform
Marketing Operations
Capital One Financial, Inc.

Cheri Green
Senior Vice President
Private Wealth Advisor
Old Point National Bank

Nathan R. Green
Commonwealth's Attorney
Williamsburg/James City County

Kelli Mansel-Arbuckle
Retired Human Resources Director
The Colonial Williamsburg Foundation

Douglas J. Myers
Senior Vice President, Morgan Stanley

Steven R. Staples
Retired, School Superintendent/
Executive Professor, William & Mary
School of Education

Felicia A. Stovall
Senior Vice President
Senior Wealth Advisor & Trust Officer
Head of Administration
Chesapeake Wealth Management

Thomas G. Tingle
President, GuernseyTingle

Philip Tuning
President, Retired
John Deere Financial Canada

Glenda H. Turner
Senior Director of Marketing
and Public Relations
Jamestown-Yorktown Foundation

Adria Vanhoozier
President
Riverside Doctors' Hospital Williamsburg

Robert A. Whitehead, Sr.
Pastor, New Zion Baptist Church

Alfred L. Woods
Former Chairman, Aegion Corporation

Chair
Elizabeth F. Davis
Director, Patient Care Services, Sentara
Williamsburg Regional Medical Center

Vice Chair
Earl T. Granger, III
Chief Development Officer/
Vice President
The Colonial Williamsburg Foundation

Treasurer
Juanita M. Parks
Chief Financial Officer
Williamsburg Landing, Inc.

Immediate Past Chair
***Jackson C. Tuttle, II**
Retired City Manager
City of Williamsburg

Secretary
***Deanna Van Hersh**
President & CEO
Williamsburg Health Foundation

*Ex-Officio

2023 BOARD
of Trustees



757.345.0912

williamsburghealthfoundation.org

4801 Courthouse Street, Suite 200
Williamsburg, VA 23188