

For Immediate Release

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**The American Red Cross and Chelsea Community Hospital Receive
Chelsea Community Foundation Grants**

Chelsea, Mich. – Two nonprofit organizations recently received grants totaling \$29,500 from the Chelsea Community Foundation for programs aimed at improving the lives of residents in the Chelsea area.

The American Red Cross–Washtenaw County received an \$8,600 grant to expand its Family Caregiving Program, which offers free education and training to individuals in Chelsea who care for loved ones at home. The grant will enable the organization to offer nine one-hour presentations in areas such as home safety, personal care, healthy eating, legal and financial issues, and care for individuals with Alzheimer’s or dementia.

“Taking care of ailing or elderly loved ones is challenging,” says Donna Duvin, executive director, American Red Cross–Washtenaw County. “Our goal is to provide the knowledge and expertise necessary for caregivers and their loved ones to enjoy the best possible quality of life,” she added.

The Chelsea Community Hospital also received a grant of \$20,900 to expand its obesity prevention program, *Move Forward! Healthy Choices for Kids and Families*, to all three elementary schools in the Chelsea School District. The program was launched in 2005 at Pierce Lake Elementary School with a two-year grant from the Chelsea Community Foundation. An interim evaluation revealed an increase in awareness and importance of physical activity and consumption of healthy foods among Pierce Lake students. Results also showed that parents and teachers believe the program has been working.

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The current grant will enable the program to expand to include North Creek Elementary and South Meadows schools. The objectives of the program will remain the same – to increase physical activity of students, increase consumption of healthy foods, and to enhance students’ knowledge of good nutrition and fitness.

“We are excited about expanding this successful program to reach more children and families in Chelsea,” says Ruth Shantz, vice president for regulatory affairs, Chelsea Community Hospital. “The importance of establishing good nutrition and healthy lifestyles early in life cannot be overstated. Kids at this age are so eager to learn and are enthusiastic about doing the right thing.”

*The Chelsea Community Foundation is a permanent charitable endowment fund that provides an ongoing source of revenue for a wide range of programs and activities in the Chelsea community. Founded in December, 1995, the Chelsea Community Foundation is a \$1.9 million permanent charitable endowment and has provided more than \$740,000 in grants to organizations working to improve the quality of life in Chelsea and surrounding communities. For more information on the Foundation, call (734) 475-9891 or visit www.cfsem.org and www.chelseamichamber.org. **The Chelsea Community Foundation is an affiliate fund of the Community Foundation for Southeast Michigan.***

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