

# 2021 ANNUAL REPORT

Supporting Physicians, Patients, and Communities



Massachusetts Medical Society and  
Alliance Charitable Foundation

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Cover photo: Amherst Survival Center volunteers sort food for the Free Grocery Delivery Program.

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## HISTORY

In May 2000, the Massachusetts Medical Society (MMS) House of Delegates established the MMS and Alliance Charitable Foundation as a supporting organization of the MMS. The Foundation, a not-for-profit 501(c)(3) organization, is a mechanism for consolidating the MMS’s charitable giving to the community into one entity, building on the activities of the former MMS Committee on Community Action and the MMS Alliance Charitable and Educational Fund.

## MISSION

The mission of the Foundation is to support the charitable and educational activities of the MMS and the MMS Alliance, including, but not limited to, developing and nurturing cooperation between individuals, professions, institutions, and the community to creatively address issues that affect the health, benefit, and welfare of the community.



# Message from the Chair



Dear Friends and Colleagues,

Over this past year the COVID-19 pandemic has brought on so much change in our lives, but the one thing that remains a constant is our Foundation's commitment to supporting organizations providing health care services to vulnerable populations. This past year your Foundation awarded grants totaling \$235,200 to 17 organizations, addressing food insecurity, behavioral health, education, and outreach, among others.

We are grateful every day for the continued financial support from the Massachusetts Medical Society, Physicians Insurance, district medical societies, and our many individual donors in these unprecedented times. It is because of you that we can fulfill our mission of supporting physicians, patients, and communities.

While we carry forward with our mission, we are faced with financial challenges. Contributions from individual donors are down from years past and once again, your Foundation did not host a silent auction at the recent annual meeting. I ask that you take time right now to make a secure donation to the Foundation by visiting <https://donate.mmsfoundation.org/donate>.

Our grantees are truly doing impressive work. Please continue reading to learn how your contribution supports efforts to provide health care services to vulnerable individuals across the Commonwealth.

The path forward is unknown as we try to recover from this public health crisis, but we do so with optimism because of supporters like you. I thank you for your past and future generosity.

— Lee S. Perrin, MD



**DONATE**



# Fiscal Year 2021 Grants

This year, we supported 17 organizations for a total of \$235,200. These organizations help communities across the Commonwealth address current health issues while also improving health on a community-wide level. Our grants this year focused on health equity, food insecurity, homelessness, and behavioral health care, among others. We are proud to share more information about these organizations in the following pages as they assist with our mission to support physicians, patients, and communities across Massachusetts.



Amherst Survival Center volunteers prepare food for individuals who are unable to come to the center.

# 2020–2021 Grants

## BREAKDOWN BY TOPIC OF FUNDED PROJECTS — FY 2021

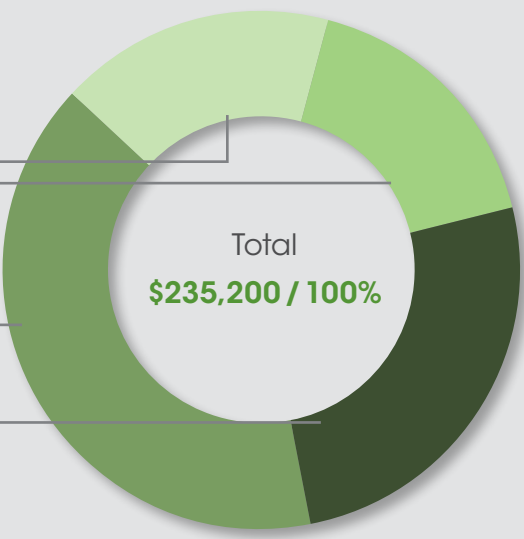
TOTAL: \$235,200

Health promotion through proactive prevention, education, and outreach **40,700 / 17%**

Improved access to health care by overcoming barriers to health care delivery **39,500 / 17%**

Behavioral health services when not available **60,000 / 26%**

Programs aimed at addressing the social determinants of health **95,000 / 40%**



## BEHAVIORAL HEALTH

### Cooley Dickinson Health Care, Northampton — \$20,000

This pilot program at Cooley Dickinson’s Oxbow Primary Care will provide free, on-site, short-term therapy for transgender patients who are otherwise unable to find a provider who affirms and understands their lived experiences.

### Interfaith Social Services, Quincy — \$10,000

The New Directions Counselling Center is a safety net for the un- and underinsured and addresses the mental health needs of impoverished people without health insurance or with inadequate coverage.

### Lynn Shelter Association, Lynn — \$15,000

This partnership with Eliot Community Human Services will address the unmet behavioral health needs of homeless families, including school-age youth with an on-site licensed clinician at each of the three family shelters each week to provide behavioral health assessments, recommendations for treatment, and one-on-one and group support to parents/caregivers and children.

### YMCA of Metro North, Peabody and Lynn — \$15,000

This partnership with the Lynn Community Health Center will establish both an on-site youth behavioral health clinic and a therapeutic after-school program within the Lynn YMCA. These two long-standing Lynn institutions will share resources, collaborate on programs, and expand their collective capacity to serve the mental health needs of low-income families of color in Lynn.



## HEALTH PROMOTION

### **Boys & Girls Clubs of MetroWest, Hudson, Marlborough, and Framingham — \$10,000**

The Emotional Wellness Training for at-risk youth focuses on building foundational social-emotional skills, with a focus on healthy mental health practices, self-management, and coping. Through check-in conversation starters, small-group discussions, and one-on-one conversations, youths will have dedicated time to discuss problems, concerns, successes, etc., with a respected mentor. The second component is the implementation of SMART Moves: Emotional Wellness, a research-based 10-week program to support youths in their mental health journey by teaching positive coping strategies.

### **Martin Luther King Jr. Family Services, Springfield — \$700**

Funding will allow for expansion from holding the Martin Luther King Jr. Family Services (MLKFS) Food Justice Fair once to twice annually. The fair provides nutrition, health education, and social service resources to residents of the Springfield community who use the emergency food pantry at the MLKFS Community Center. Topics include heart health, diabetes screening and education, nutrition and cooking demonstration, case management and advocacy, CPR, Stop the Bleed, wellness and exercise, and smoking cessation. More than 60 volunteers from UMass Medical School and health professions schools in Western Massachusetts will plan and run the fairs in collaboration with faculty and providers from UMass and Baystate Health.

### **GreenRoots, Chelsea — \$25,000**

The COVID-19 pandemic exposed harsh truths about health inequities faced by Chelsea residents. Responding to these inequities, GreenRoots established Health Equity Corps (HEC), a team of three community leaders (fluent in English, Spanish, Arabic, and Somali) to conduct intensive community engagement and outreach. HEC's goal is threefold: conduct multilingual, culturally appropriate, trusted community education to stop the spread of COVID-19; connect vulnerable residents to critical resources; and understand and identify advocacy initiatives to address the health disparities.

### **Sociedad Latina, Roxbury — \$5,000**

Sociedad Latina's youth leaders are young people in grades 9–12 in Boston Public Schools who have expressed an interest in addressing the health disparities, especially in relation to the COVID-19 pandemic, that affect Boston's Latinx and immigrant communities. Through bilingual education materials, youth leaders will address the lack of COVID-19 testing and confidence in receiving the vaccine among Boston's Latinx and immigrant communities, an extension of the bilingual mask-up campaign that promoted the importance of wearing a mask and social distancing to prevent the spread of the virus.



Youth at the Boys & Girls Club of MetroWest participate in the SMART Moves program.

Left: Volunteers for GreenRoots conduct intensive community outreach to combat health inequities faced by Chelsea residents. The multilingual group serves as a trusted source of reliable health information, connects residents to critical services, and promotes advocacy initiatives. *Photo credit: Marilyn Humphries.*

Right: Martin Luther King Jr. Family Services Food Justice & Health Fair was held on July 22, 2021. Lucinda Li, DO (fourth year/PGY4) (left), and Charlotte Beers, MD (second year/PYG2) (right), both med-peds residents at Baystate Medical Center, provided educational resources at the heart health station and took blood pressure readings.



## IMPROVED ACCESS TO HEALTH CARE

### **Family Health Center of Worcester, Worcester — \$24,500**

The Community Recovery Outreach Worker Program is an innovative and targeted approach to offer services such as navigation, peer support, and outreach to patients and community members experiencing homelessness or unstable housing to promote engagement in substance use disorder treatment.

### **Father Bill's & MainSpring (FBMS), Quincy and Brockton — \$15,000**

The Outreach Project provides direct services to homeless people living outdoors in Southern Massachusetts. The current health crisis has strained already limited capacity in shelters and other systems of care and reduced re-housing opportunities. To meet the demand, FBMS will increase outreach services in Brockton and expand to include Greater Quincy and its entire service region by hiring a second triage outreach worker. The Outreach Project provides impactful services that this population might not receive otherwise. Staff members meet participants where they are outdoors and provide for their basic needs, before bringing them into shelter. Once engaged, participants access non-emergency health services at on-site clinics.

## ADDRESSING SOCIAL DETERMINANTS OF HEALTH

### **Amherst Survival Center, North Amherst — \$20,000**

Funding will support the expansion of the Free Grocery Delivery Program, which was launched in April 2020 to meet the food access needs of individuals who have transportation or health barriers that prevent them from coming to the center. The expansion will increase grocery allocations, providing two weeks of groceries each month instead of one, and lengthen delivery routes and widen service area, providing free grocery delivery to 1,300–1,500 area residents and increasing their food security.

### **Brockton Area Multi-Services, Inc., Brockton — \$10,000**

COVID-19 has impacted two of the organization's programs significantly. Funding supports the Dorn Davies Senior Center, which collaborates with dozens of area agencies and individuals to provide food to low-income seniors, and the organization's Helpline, which provides individuals and families in Plymouth County with direct basic needs assistance (rent assistance, utility assistance, food, and clothing) and information and referral to programs designed to address more systemic challenges (unemployment, substance abuse, mental and physical health, trauma, domestic violence, and adequate access to education).



### **Chelsea Collaborative/La Colaborativa,**

#### **Chelsea — \$10,000**

Throughout the COVID-19 pandemic, Chelsea has not only been a hot spot of infection and death, but it is also suffering one of the most acute crises of hunger and evictions in the state. Funding will support the purchase and distribution of food to those most impacted and to support ongoing work to provide quality health information to Spanish speakers on how to protect oneself from COVID-19 and about vaccines.

### **Food Link, Inc.,**

#### **Arlington — \$15,000**

Funding will support the expansion of fresh food distributions to the gateway cities of Chelsea, Lawrence, Lynn, Malden, and Peabody, which have been disproportionately impacted by economic disparity exacerbated by the COVID-19 pandemic. The populations of these communities are typically more racially and ethnically diverse; some of these communities have large immigrant populations. Many of the residents lack access to grocery stores; a third (34 percent) report that they struggle to provide food for their families or have received food from a food bank since the coronavirus crisis began, compared with 20 percent of residents elsewhere in the state.

### **Old Colony YMCA,**

#### **Brockton — \$15,000**

Funding will support the implementation of the MyMarket system, which will allow pantry visitors to complete one intake and subsequently check-in to the pantry using a scan card, while humanizing the experience and eliminating the need to provide personal information every visit. The system will also track food inventory in real time, take requests for food delivery to homebound individuals, and accept referrals from health care partners for medically tailored food needs.

A portion of funding will also support improvements to food services, allowing for increased capacity to store larger quantities of food and more efficacy in food provision and distribution.

### **The Open Door,**

#### **Gloucester — \$10,000**

Funding is for the Medically Tailored Grocery program, which will help food insecure people who have, or are at risk of developing, a chronic illness to better manage their health through the groceries and meals they consume. The program builds on the Food is Medicine movement, providing one-on-one nutrition counseling, nutrition coaching and education with our staff's registered dietary nutritionist, weekly workshops, and free, healthy food with accompanying meal plans, shopping lists, and recipes. The program will improve participating clients' health while decreasing the personal financial burden of making healthier food choices.

### **Volunteers in Medicine Berkshires,**

#### **Great Barrington — \$15,000**

Funding supports the hiring of a part-time roving community health worker to assist in identifying and assessing the needs of new patients as well as meet the needs of existing patients and strengthen the work with other service agencies. Throughout the pandemic, Volunteers in Medicine has never stopped operating. The goals were to keep patients with chronic conditions healthy, working (if they still had jobs), and, most importantly, away from hospital emergency rooms. Services and support to address social determinants of health continued and more than \$330,000 was raised and distributed to help more than 600 patients and their families pay for basics, including rent, food, utilities, childcare, car insurance, and gas.



Food preparation for the Medically Tailored Grocery program at the Open Door in Gloucester.



# Supporters and Tributes

Thank you for your support of the Foundation through your philanthropic gifts from June 1, 2020, to May 31, 2021.

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Robert H. Ackerman, MD  
(June 1, 1935–December 18, 2018)

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Volunteer at the Open Door  
packaging meals for the Medically  
Tailored Grocery program.



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*We have made every effort to properly recognize our generous donors. If we have made an error, we apologize.*

*Please contact us so we can correct our records.*

## TRIBUTES

*The Foundation is pleased to accept contributions recognizing special occasions in the lives of family, friends, and colleagues. We are honored to recognize these gifts.*

### **In honor of frontline workers**

Usha Upadhyay

### **In honor of Sophia Bogdasarian**

Gerrilu & Svend Bruun

Sandra M. Celona

Margaret Igne

Harriet Robbins Kantrowitz

Paula J. Madison

Zenie Popkin

### **In honor of Corinne Broderick**

Nancy B. Ghareeb

### **In honor of Jennifer Day**

Jane Lochrie, MD

### **In honor of Patricia Downs, MD**

Hubert I. Caplan, MD

### **In honor of Nancy B. Ghareeb**

Gladys Chan

### **In honor of David A. Rosman, MD, MBA**

Paula & Mark Madison

Massachusetts Medical Society  
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### **In honor of Martha Wright, WDMS executive director**

Francine Vakil

### **In memory of deceased Americans**

Robert L. Cooper, MD

### **In memory of those lost to COVID-19**

Sally Sveda, MD

### **In memory of Richard V. Aghababian**

Ann Aghababian

Sophia & John Bogdasarian

### **In memory of Jose Delgado, MD**

Sandra Delgado

### **In memory of William S. George, MD**

Massachusetts Medical Society  
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### **In memory of Maureen Keaty, RN**

Phillip M. Devlin, MD

### **In memory of Peter J. Leahy, MD**

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### **In memory of Manuel Lipson, MD**

Massachusetts Medical Society  
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### **In memory of Rashmi V. Patwardhan, MD**

Neena Patwardhan

### **In memory of William Pfeffer, MD**

Mrs. William Pfeffer Jr.

### **In memory of Barbara A. Rockett, MD**

Jack T. Evjy, MD

### **In memory of Louise A. Scola**

Jeanie & Keith Hilliker

### **In memory of Richard Winn**

Massachusetts Medical Society  
Alliance

### **In memory of Liang-Po Wu**

Chen-Han W. Wu, MD

### **In memory of James Morningstar Young, MD**

Mariette Aubuchon Young

If you would like to honor someone by making a gift to the Foundation, please call (781) 434-7044.



# Financials

Statement of Revenues and Expenses and  
Changes in Net Assets for the Fiscal Year  
Ended May 31, 2021

Statement of Activities: June 1, 2020, to  
May 31, 2021 (unaudited)

| <b>REVENUE*</b>                           | <b>2020</b> | <b>2021</b> |
|---|-------------|-------------|
| <b>Contributions</b>                      |             |             |
| Community Action                          | 125         | 125         |
| Care for Medically Uninsured              | 50          | 50          |
| International Health Studies              | 3           | 3           |
| International Health Studies (restricted) | 2           | 2           |
| Management and General                    | 6           | 6           |
| Endowment                                 | 1           | 1           |
| Other Unrestricted                        | 88          | 56          |
| Total Contributions                       | 275         | 243         |

|                               |     |     |
|-------------------------------|-----|-----|
| <b>OTHER REVENUE*</b>         |     |     |
| Investment Activity           | 123 | 365 |
| Endowment Investment Activity | 54  | 296 |
| Total Revenues                | 452 | 904 |

| <b>EXPENSES*</b>                    | <b>2020</b> | <b>2021</b> |
|-------------------------------------|-------------|-------------|
| Community Action Grants             | 77          | 140         |
| Care for Medically Uninsured Grants | 111         | 145         |
| International Health Studies Grants | 8           | 0           |
| Management and General              | 7           | 6           |
| Total Expenses                      | 203         | 291         |
| Excess of Revenues over Expenses    | 249         | 613         |
| Net Assets, Beginning of Year       | 2,116       | 2,365       |
| Net Assets, End of Year             | 2,365       | 2,979       |

\*In thousands of dollars

# Financials

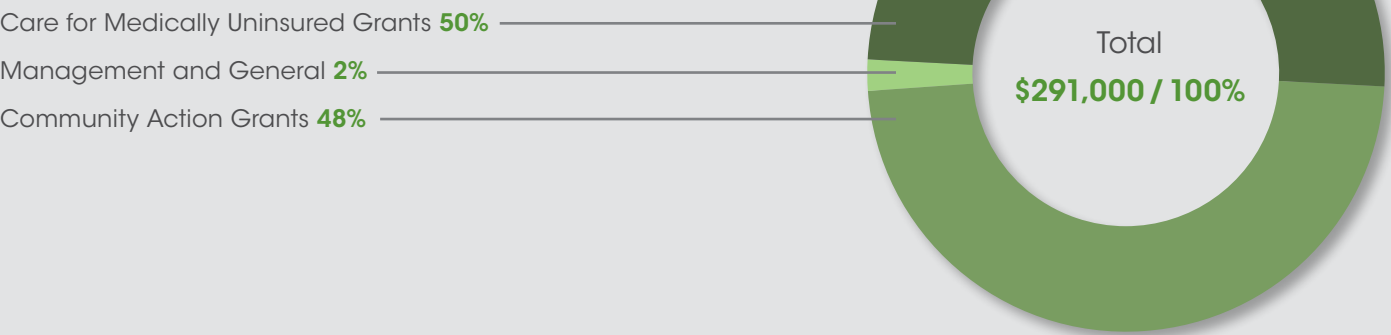
## MMS AND ALLIANCE CHARITABLE FOUNDATION FISCAL YEAR 2021 REVENUE

TOTAL: \$243,000



## MMS AND ALLIANCE CHARITABLE FOUNDATION FISCAL YEAR 2021 EXPENSES

TOTAL: \$291,000



Because of the extraordinary support the Foundation receives from the Massachusetts Medical Society, we are able to keep our overhead expenses extremely low. As a result, those who give to the Foundation can be assured that 100 percent of their contribution goes where it is needed most — to address issues that affect the health and well-being of the community.



WE ARE YOUR  
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