TUFTS HEALTH PLAN

Nonprofits awarded grants

The Tufts Health Plan Foundation announced more than $1.6 million in new funding to 43 Massachusetts and Rhode Island-based organizations, including two in Waltham, as part of its first cycle of funding for 2014.

The largest number of grants this cycle was in the foundation’s Health & Wellness program area, primarily for initiatives that promote chronic disease self-management and prevention, exercise and nutrition, and fall prevention. The foundation also awarded more than 25 percent of its grants in the area of Purposeful Engagement, which includes community involvement, volunteerism and intergenerational programs as well as caregiver support programs.

“We’re proud of our partnerships in the community and recognize that we don’t do this work alone,” said Nora Moreno Cargie, executive director of the Tufts Health Plan Foundation and vice president, corporate citizenship, for Tufts Health Plan. “These grantees rose to the top of a competitive process and we applaud them for the great work they do to support healthy living as people age.”

Included in the grants are the following Waltham-based nonprofits:

- Jewish Family & Children’s Service (JF&CS): A grant of $50,000 was for the second year of a two-year grant for JF&CS’s Aging Well at Home program. Aging Well at Home brings health and wellness programs to older adults living in five independent senior housing and two multigenerational sites in Boston, Greater Boston and MetroWest. More than 250 people per year will participate in activities at each housing site, which are designed to encourage regular physical activity, healthy eating, self-management of chronic conditions and social connection.

- Springwell: A grant of $52,140 will fund the Healthy Living Initiative Transition to Sustainability program. Through this program, Springwell will continue to offer evidence-based programs to older adults including Chronic Disease Self-Management, Diabetes Self-Management, Healthy Eating for Successful Living, Powerful Tools for Caregivers, and The Arthritis Foundation’s Tai Chi, while also developing a new model of sustainability for the Healthy Living Program based on capacity-building work with Root Cause currently underway.