





*CHA Revere Care Center  
Providers Chris Simons, MD and  
Lauren Alukonis, Nurse Manager,  
volunteering at the Mobile Market.*

Imagine the relief of seeing bananas, celery, pumpkins, apples, squash, carrots and cucumbers – all items that were given away at the October mobile market – when you or your family is hungry. Since CHA began the mobile market in March of 2018, more than 90,000 pounds of food have been shared with over 1,500 patients and community members – kids, parents, seniors and children. While 60% or more of the students in CHA communities are eligible for free or reduced lunches, only 20% of the food-insecure families qualify for government assistance.

CHA staff and friends volunteer to sort, bag and distribute the produce. Volunteers are inspired by the people, like Daiane and her children, who visit. Relationships are formed as everyone helps one another. In addition to the food, there is also a health fair with recipes and food samples.

CHA and our partners are enrolling 1,000 patients to study the impact of food as an intervention – participants receive nutritional coaching and their health outcomes are measured. In 2016, Children's HealthWatch reported that \$1.4B in healthcare related costs could have been avoided if food insecurity was eliminated in Massachusetts. By providing fresh food to those in need, we hope to demonstrate how we're helping to reduce those costs.

The Revere Mobile Market is just one program of many that work to improve the lives of our patients and community members. We rely on gifts like yours to care for the health of those in need and to heal their hearts. It's because of your generous support that we can continue to serve and care for all.

Please consider making a gift by December 31, 2019, so that we can continue this important work. Please send in your gift or contribute online at [www.challiance.org/donatenow](http://www.challiance.org/donatenow) today, and we will put your donation to work right away to help families like Daiane's receive the best care available. Your commitment to CHA's mission helps us to provide the services our neighbors need most. We thank you from the bottom of our hearts for giving generously to support CHA's work in helping build healthier communities. We wish you a joyous holiday season!

Warmly,

**Mary Cassesso**  
President, CHA Foundation and  
Chief Community Officer,  
Cambridge Health Alliance

**Josh Posner**  
Chair, CHA Board of Trustees

**Assaad Sayah, MD**  
Interim Chief Executive Officer  
Cambridge Health Alliance

## **We appreciate your support. Thank you once again!**

Cambridge Health Alliance is a vibrant integrated health care delivery system dedicated to providing essential services to all members of the community. It also provides a vital safety net for underserved and vulnerable populations facing barriers to care. CHA patients receive high quality care in convenient neighborhood locations, and have seamless access to advanced care through CHA's affiliation with Beth Israel Deaconess Medical Center.

CHA's community commitment extends beyond serving its patients. CHA collaborates with many local agencies and organizations to provide programs that improve the health of local residents. As a teaching hospital of Harvard Medical School, Harvard School of Public Health, Harvard School of Dental Medicine and the Tufts University School of Medicine, CHA trains the health care providers of tomorrow.



CHA Somerville Hospital  
Foundation Office, 5th Floor  
230 Highland Avenue, Somerville, MA 02143

[www.challiance.org](http://www.challiance.org)





*CHA Revere Care Center  
Providers Chris Simons, MD and  
Lauren Alukonis, Nurse Manager,  
volunteering at the Mobile Market.*

Imagine the relief of seeing bananas, celery, pumpkins, apples, squash, carrots and cucumbers – all items that were given away at the October mobile market – when you or your family is hungry. Since CHA began the mobile market in March of 2018, more than 90,000 pounds of food have been shared with over 1,500 patients and community members – kids, parents, seniors and children. While 60% or more of the students in CHA communities are eligible for free or reduced lunches, only 20% of the food-insecure families qualify for government assistance.

CHA staff and friends volunteer to sort, bag and distribute the produce. Volunteers are inspired by the people, like Daiane and her children, who visit. Relationships are formed as everyone helps one another. In addition to the food, there is also a health fair with recipes and food samples.

CHA and our partners are enrolling 1,000 patients to study the impact of food as an intervention – participants receive nutritional coaching and their health outcomes are measured. In 2016, Children's HealthWatch reported that \$1.4B in healthcare related costs could have been avoided if food insecurity was eliminated in Massachusetts. By providing fresh food to those in need, we hope to demonstrate how we're helping to reduce those costs.

The Revere Mobile Market is just one program of many that work to improve the lives of our patients and community members. We rely on gifts like yours to care for the health of those in need and to heal their hearts. It's because of your generous support that we can continue to serve and care for all.

Please consider making a gift by December 31, 2019, so that we can continue this important work. Please send in your gift or contribute online at [www.challiance.org/donatenow](http://www.challiance.org/donatenow) today, and we will put your donation to work right away to help families like Daiane's receive the best care available. Your commitment to CHA's mission helps us to provide the services our neighbors need most. We thank you from the bottom of our hearts for giving generously to support CHA's work in helping build healthier communities. We wish you a joyous holiday season!

Warmly,

**Mary Cassesso**  
President, CHA Foundation and  
Chief Community Officer,  
Cambridge Health Alliance

**Josh Posner**  
Chair, CHA Board of Trustees

**Assaad Sayah, MD**  
Interim Chief Executive Officer  
Cambridge Health Alliance

## **We appreciate your support. Thank you once again!**

Cambridge Health Alliance is a vibrant integrated health care delivery system dedicated to providing essential services to all members of the community. It also provides a vital safety net for underserved and vulnerable populations facing barriers to care. CHA patients receive high quality care in convenient neighborhood locations, and have seamless access to advanced care through CHA's affiliation with Beth Israel Deaconess Medical Center.

CHA's community commitment extends beyond serving its patients. CHA collaborates with many local agencies and organizations to provide programs that improve the health of local residents. As a teaching hospital of Harvard Medical School, Harvard School of Public Health, Harvard School of Dental Medicine and the Tufts University School of Medicine, CHA trains the health care providers of tomorrow.



CHA Somerville Hospital  
Foundation Office, 5th Floor  
230 Highland Avenue, Somerville, MA 02143

[www.challiance.org](http://www.challiance.org)





*CHA Revere Care Center  
Providers Chris Simons, MD and  
Lauren Alukonis, Nurse Manager,  
volunteering at the Mobile Market.*

Imagine the relief of seeing bananas, celery, pumpkins, apples, squash, carrots and cucumbers – all items that were given away at the October mobile market – when you or your family is hungry. Since CHA began the mobile market in March of 2018, more than 90,000 pounds of food have been shared with over 1,500 patients and community members – kids, parents, seniors and children. While 60% or more of the students in CHA communities are eligible for free or reduced lunches, only 20% of the food-insecure families qualify for government assistance.

CHA staff and friends volunteer to sort, bag and distribute the produce. Volunteers are inspired by the people, like Daiane and her children, who visit. Relationships are formed as everyone helps one another. In addition to the food, there is also a health fair with recipes and food samples.

CHA and our partners are enrolling 1,000 patients to study the impact of food as an intervention – participants receive nutritional coaching and their health outcomes are measured. In 2016, Children's HealthWatch reported that \$1.4B in healthcare related costs could have been avoided if food insecurity was eliminated in Massachusetts. By providing fresh food to those in need, we hope to demonstrate how we're helping to reduce those costs.

The Revere Mobile Market is just one program of many that work to improve the lives of our patients and community members. We rely on gifts like yours to care for the health of those in need and to heal their hearts. It's because of your generous support that we can continue to serve and care for all.

Please consider making a gift by December 31, 2019, so that we can continue this important work. Please send in your gift or contribute online at [www.challiance.org/donatenow](http://www.challiance.org/donatenow) today, and we will put your donation to work right away to help families like Daiane's receive the best care available. Your commitment to CHA's mission helps us to provide the services our neighbors need most. We thank you from the bottom of our hearts for giving generously to support CHA's work in helping build healthier communities. We wish you a joyous holiday season!

Warmly,

**Mary Cassesso**  
President, CHA Foundation and  
Chief Community Officer,  
Cambridge Health Alliance

**Josh Posner**  
Chair, CHA Board of Trustees

**Assaad Sayah, MD**  
Interim Chief Executive Officer  
Cambridge Health Alliance

## **We appreciate your support. Thank you once again!**

Cambridge Health Alliance is a vibrant integrated health care delivery system dedicated to providing essential services to all members of the community. It also provides a vital safety net for underserved and vulnerable populations facing barriers to care. CHA patients receive high quality care in convenient neighborhood locations, and have seamless access to advanced care through CHA's affiliation with Beth Israel Deaconess Medical Center.

CHA's community commitment extends beyond serving its patients. CHA collaborates with many local agencies and organizations to provide programs that improve the health of local residents. As a teaching hospital of Harvard Medical School, Harvard School of Public Health, Harvard School of Dental Medicine and the Tufts University School of Medicine, CHA trains the health care providers of tomorrow.



CHA Somerville Hospital  
Foundation Office, 5th Floor  
230 Highland Avenue, Somerville, MA 02143

[www.challiance.org](http://www.challiance.org)