



SCCF

South Cumberland
Community Fund



Celebrating
Healthy Living *on the*
South Cumberland Plateau

'18
PHILANTHROPY
REPORT

Dear Friends,



Our Home. Our Mountain. Our Future.

THE MISSION of South Cumberland Community Fund is to improve the quality of life across the Plateau by increasing philanthropic giving and providing community leadership to:

- Build on the strength of the area's people, communities and natural setting
- Enhance community capacity and collaboration
- Support innovative ways to solve community problems

SCCF IS PLEASED TO share our 2018 Report on Philanthropy that highlights how we have partnered with organizations across the Plateau since 2012 to impact the health and quality of life of residents young and old. The World Health Organization defines health as "a state of complete physical, mental, and social well-being, and not merely the absence of disease." This is why our partnership with Beersheba Springs Medical Clinic, the Grundy County Health Council, Mountain Goat Trail Alliance, local schools and community organizations, and the University of the South, to name a few, has been so important to our collective work on the Plateau.

Thanks to you and your support we have been able to expand our partnerships with local organizations and leaders who are eager to create meaningful change. Through our collaborations with the Mountain Goat Trail we are connecting communities across the Plateau while providing an opportunity for all residents to enjoy the outdoors and reap the physical and mental health benefits. Through our grants program and collaboration with the University of the South in its sponsorship of the AmeriCorps VISTA and Bonner and Canale student leader programs, area schools have created gardens, after-school health education and activity programs, and walking trails. This collaboration has also expanded the reach of Activ8 Grundy in partnership with the Grundy County Health Council by providing Walk with the Mayor events, Run Club, and a diabetes prevention program, all of which culminated in a Governor's Healthier TN Communities designation for Grundy County. Through the VISTA program, we are supporting the crucial work of the Grundy Safe Communities Coalition Opioid Abuse Prevention Program, with more

than 700 elementary and middle school students participating in the Coalition's anti-drug programming.

Grants to Folks at Home have provided programs for elders to support healthy aging through the Boost Your Brain Memory Program and the Walk with Ease movement and strengthening program. Falls are one of the greatest threats to those who are aging, and the Walk with Ease program provides techniques for safe walking, while improving flexibility, stamina, and strength.

This report features the Beersheba Springs Medical Clinic and the new dental suite they are developing. As we know, oral health is important to one's overall health. According to the Mayo Clinic, gum disease appears to be more frequent and severe among diabetes patients, which is especially significant given the incidence of a higher rate of diabetes on the Plateau. This project is another example of organizations coming together to leverage funds to provide access to crucial services on the Plateau, and SCCF is proud to provide support to make this needed dental service available. To borrow a familiar phrase, it truly does take a village - and we have a good one.

We remain inspired by the incredible people and organizations who have joined together to make the Plateau a place of hope and prosperity. We thank you for your continued trust in supporting our efforts and we look forward to a healthy and productive 2019!

Yours in health,

Nicky Hamilton

Director of Community Development

BY THE
NUMBERS



52%

Percentage of total grants SCCF has awarded that support healthcare initiatives.

\$369,997

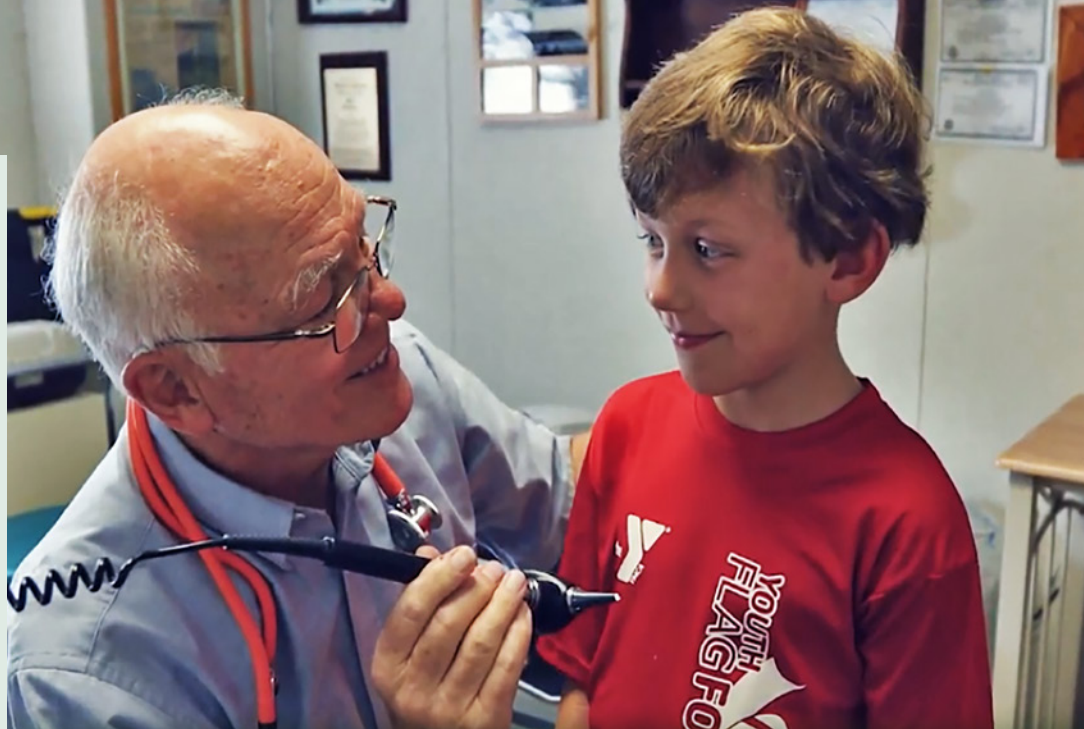
Sum of the 49 SCCF health grants given across the South Cumberland Plateau.

Dental health is just as important as other health issues. Without good teeth it's difficult to have a nutritious diet, which provides an important link between dental and bodily health.

Dr. Garrett Adams, Founder,
Beersheba Springs Medical Clinic

SCCF got the wheels rolling on the dental clinic by being the first substantial donor for the project. It is a dream come true.

Alison Gower, Executive Director
Beersheba Springs Medical Clinic



First Free Dental Clinic on the Plateau

Dr. Garrett Adams, founder of Beersheba Springs Medical Clinic, believes many Americans have fallen victim to a health system they cannot afford. As he explains, patients come to the Clinic who have never received medical attention in their lives, a fact supported by his account of providing treatment for a man in his 50s who had never had a physical examination. "The need is desperate," Adams says. "We can fill that need, but we need help." South Cumberland Community Fund is proud to collaborate with Beersheba Springs Medical Clinic in this effort to improve lives across the Mountain, and beyond.

Since the Clinic opened, Dr. Adams has been struck by the incidence of tooth abscess in patients. This trend led him to explore the possibility of adding dental care to the Clinic's portfolio. In spring of 2018 SCCF awarded a \$9,864 grant to fund the

cost of a dental chair and compressor to equip the first dental suite to offer services at no charge on the Plateau. The dental clinic is expected to open in April or May of 2019.

Dr. Bruce Baird, a retired dentist who makes his home on the Plateau, will provide the dental care for this new endeavour. Initially, the focus will be on tooth extraction; the hope is to find other qualified medical personnel to volunteer at the Clinic to enable the facility to offer additional dental services for its patients.

SCCF's partnership with Beersheba Springs Medical Clinic and other health-related organizations on the Mountain has provided a variety of opportunities for SCCF to support initiatives that improve the lives of area residents. These improvements serve as incentives for future generations to exercise, eat healthy foods, and be part of a community dedicated to well-being for all.



2,232

Patient visits to the Beersheba Springs Medical Clinic in 2018.



80%

Percentage of Clinic visitors (representing five states) that are from Grundy County.

Tracks & Trails

MARYJO GALLAGHER

Health Coordinator
Grundy County School System



2018 Grand Opening of Mountain Goat Trail in Tracy City.

THE walking tracks at Grundy County elementary schools are enjoyed by students, faculty, staff, and community members. We anticipate the new walking track at Tracy City Elementary to be especially popular community-wide, as it ties in to the Mountain Goat Trail.

Gardens

ALEXIS PICKLESMIER

2nd Grade Teacher
Tracy City Elementary School



In 2017 AmeriCorps VISTAs came together to create a hoop garden for Tracy City Elementary School.

THE Garden Club appeals to every grade level, and students can't wait to get outside and dig in the dirt. This program allows students to come full circle from planting to eating what they grow, and teaches them that hard work pays off.

Wellness

STEVEN WICKHAM, MPA, RN KAREN WICKHAM, RN

Former members of
Grundy County Health Council



Community members join Grundy County Mayor Michael Brady for the annual Walk with the Mayor.

KNOWING what we know about the success of the Reversing Diabetes program, we had to do something. SCCF provided grant assistance to help us offer this educational tool to the people of the Plateau who need it so much, and who are benefiting greatly from their new knowledge.

BY THE
NUMBERS



\$26,707

Sum of the five grants SCCF has awarded for community gardens.



\$49,821

Sum of eight SCCF grants given for projects related to recreation.

Wellness

WALL WOFFORD

Executive Director
Folks at Home



Elders on the Plateau enjoy taking exercise in the Walk with Ease program.

GENEROUS funding from SCCF allowed Folks at Home to reach people across three counties with a gentle and very doable entry level exercise program, Walk with Ease. One of the best things about this program is the opportunity to socialize and get to know new people.

Gardens

CLINT SHRUM

Sheriff
Grundy County Sheriff's Office



Reading Shakespeare during a quiet break in the jail garden.

THE inmate garden provides our detention facility with fresh produce, which allows our kitchen staff to prepare healthier meals. Inmates who are assigned to the garden crew gain valuable skills in gardening and responsibility and accountability. Two of our inmates have gone on to staff jobs with the University's dining services.

Recreation

AMANDA KNIGHT

Community Volunteer



Creative play during the first Mountain-wide Play Day held at four sites on the Plateau in 2018.

WITH the support of SCCF, St. James Episcopal Church, and area residents, we have been able to create a beautiful park for the Midway community, making it possible for us to serve as one of four sites for the first Plateau Play Day last summer, which was attended by 25 elementary students.



\$129,950

Sum of the 12 grants awarded by SCCF to support the construction of tracks and trails.



\$163,519

Sum of the 28 grants given to support wellness programs.

Look What Happens When We Work Together

JANUARY

20 AmeriCorps VISTA MLK Service Day • CCC Camp, Fiery Gizzard



MARCH

3 SCCF's Make A Difference Day



8-9 Play-based Experiential Learning reading initiative workshop



MAY

26 SCCF spring grant awards announced

SCCF awarded 14 grants to area nonprofits totaling \$94,108 in its 2018 spring cycle of grant-giving.

JULY

1 SCCF Celebration of the Plateau honors 14 grantees



14 Plateau Play Day



OCTOBER

15 UOS students announce Philanthropy Internship grantees



25 CNM Art of Leadership workshop

"This workshop shifted my mindset and way of thinking about what leadership entails."
—Workshop participant

NOVEMBER

15 Philanthropy Internship Program grants ceremony

University of the South students awarded eight grants to Plateau nonprofits, totaling \$31,566, at a presentation held in the University's Convocation Hall.

BY THE
NUMBERS



30,533

Collective number of AmeriCorps VISTA cohort hours donated to the Plateau in 2018, translating to \$753,869 (based on \$24.73/hour).

29 CNM Evaluation:
Love It or Hate It workshop

“Excellent workshop – I’ve spent a lot of time in similar programs that didn’t teach me much and only served to reiterate common sense practices. This was incredibly productive and so worth my time!”
—Workshop participant

APRIL

24 SCCF Clifftops
community gathering



27 Grundy County School System
Attendance/Family Engagement
Summit

“To pull together community leaders and school personnel is a great feat and...set(s) the foundation for full community engagement and improved family engagement and attendance.”
—Summit attendee

SEPTEMBER

11 AmeriCorps VISTA 9/11
Service Day in Grundy County



15 *An Evening with
Marguerite Kondracke*



15-16 Positive Deviance Summit
led by Dr. Arvind Singhal



DECEMBER

6 CNM *Storyteller Leadership* workshop
with Buddy Teaster



SCCF Says Thank You to Founding Board Members, Bonnie McCardell and Leah Rhys

SOMETIMES to make a dream come to life you need a confluence of the right people at the right time who carry that same vision. Bonnie McCardell and Leah Rhys, who rolled off of the South Cumberland Community Fund board of directors at the end of 2018, are perfect examples of “the right people.” Bonnie and Leah were committed participants in SCCF’s early community discussions and served on the steering committee that set the foundation for the organization.

“Bonnie is the most rooted, committed, inclusive, and responsible kind of servant leader, no matter the job at hand. She always thinks ahead about ways to inform and empower her colleagues on the board, as well as the broader community that she has made her own.”

Jack Murrah, SCCF Board Member

BONNIE was the first chair of SCCF’s Communications Committee, and helped the Fund find its voice so that it could effectively share its story with donors and the larger community. She later took on the job of chair of the Community Development Committee and worked hand-in-hand with Community Development Director Nicky Hamilton to identify capacity building programs that reinforce the strengths of area non-profit partners. Bonnie also assisted in creating a relationship with the University of the South that has increased SCCF’s productive, cooperative community efforts that would never have been possible without her guidance.



Leah Rhys and Bonnie McCardell

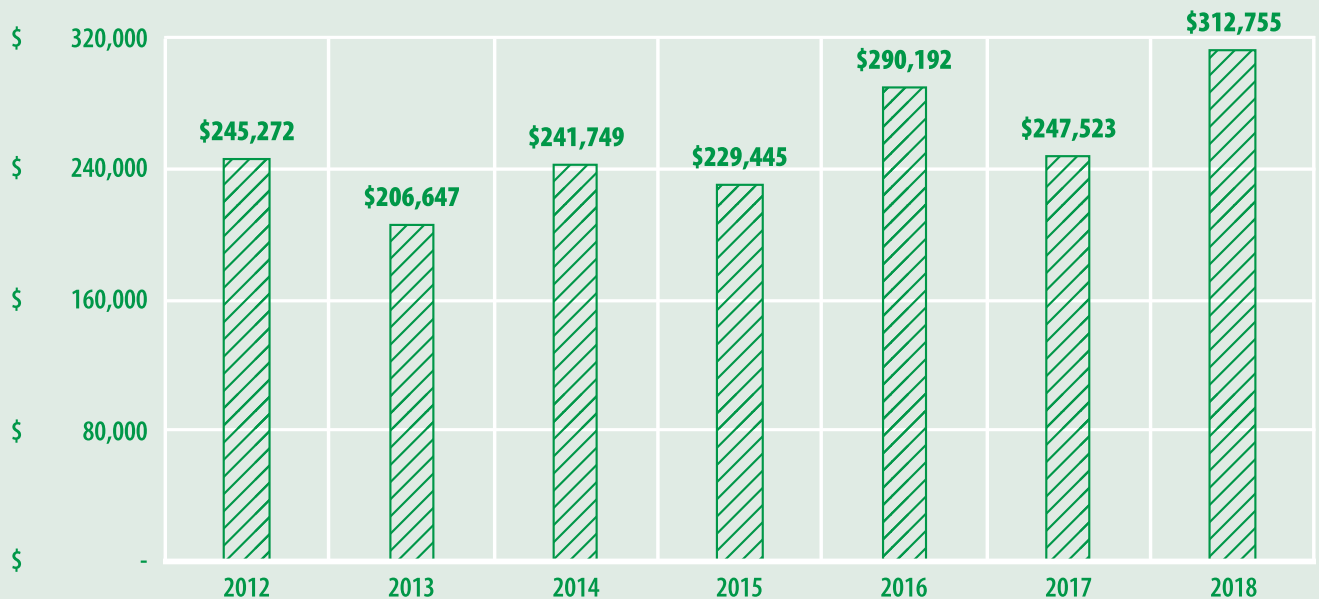
“Leah is an amazing individual, and it has been a pleasure working with her. She is constantly looking for ways to improve SCCF, and her tireless efforts have resulted in a stronger organization as well as positive change in our community.”

Nancy Bowden, SCCF Development Committee Chair

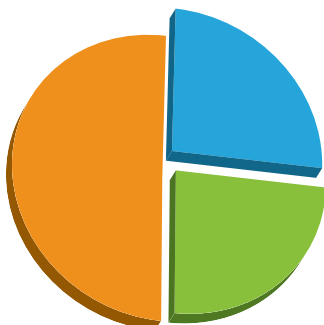
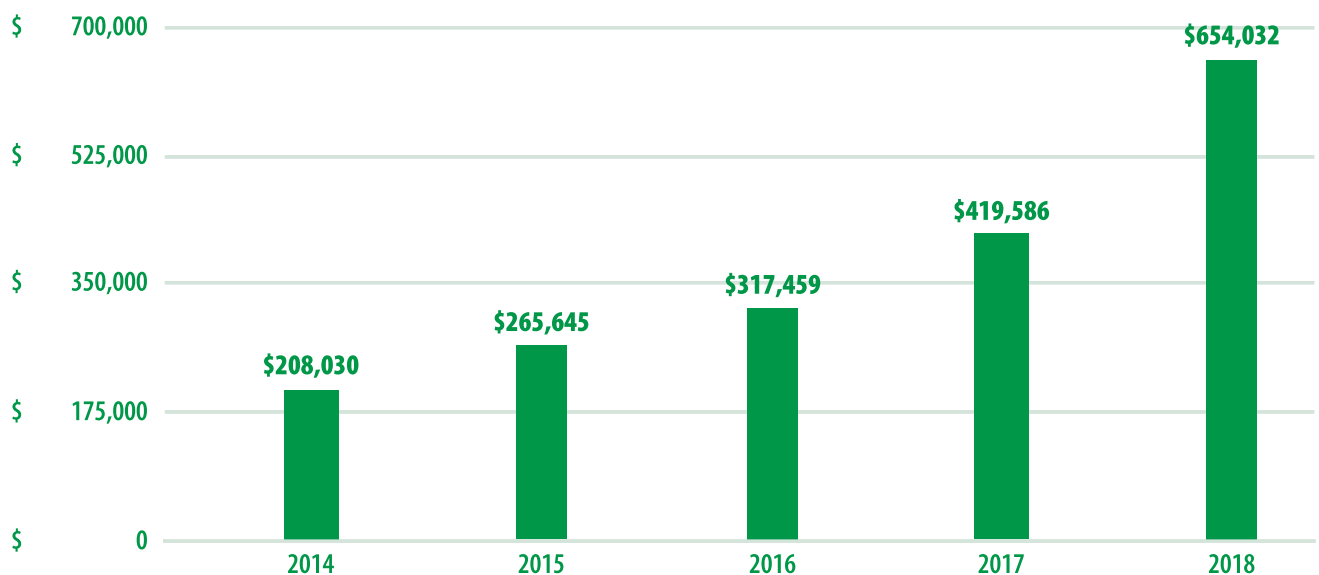
Leah led an extraordinary effort to build the financial resources of SCCF from the very beginning, which resulted in the kind of financial stability rarely found in a nonprofit organization at this stage in its development. She served as chair of the Development Committee for six years, building and supervising an impressive annual fund campaign as well as a healthy, growing endowment for the organization. Under Leah’s astute leadership SCCF has been able to award \$100,000 in grants from its very first year, in addition to providing funds to support SCCF’s dynamic community development program.



SCCF Annual Fund Income



SCCF Endowment Fund Value



SCCF Grants Distribution



\$722,273

Total amount of grants awarded by SCCF to nonprofits across the Plateau.



\$350,500

Total SCCF investment in community development initiatives.

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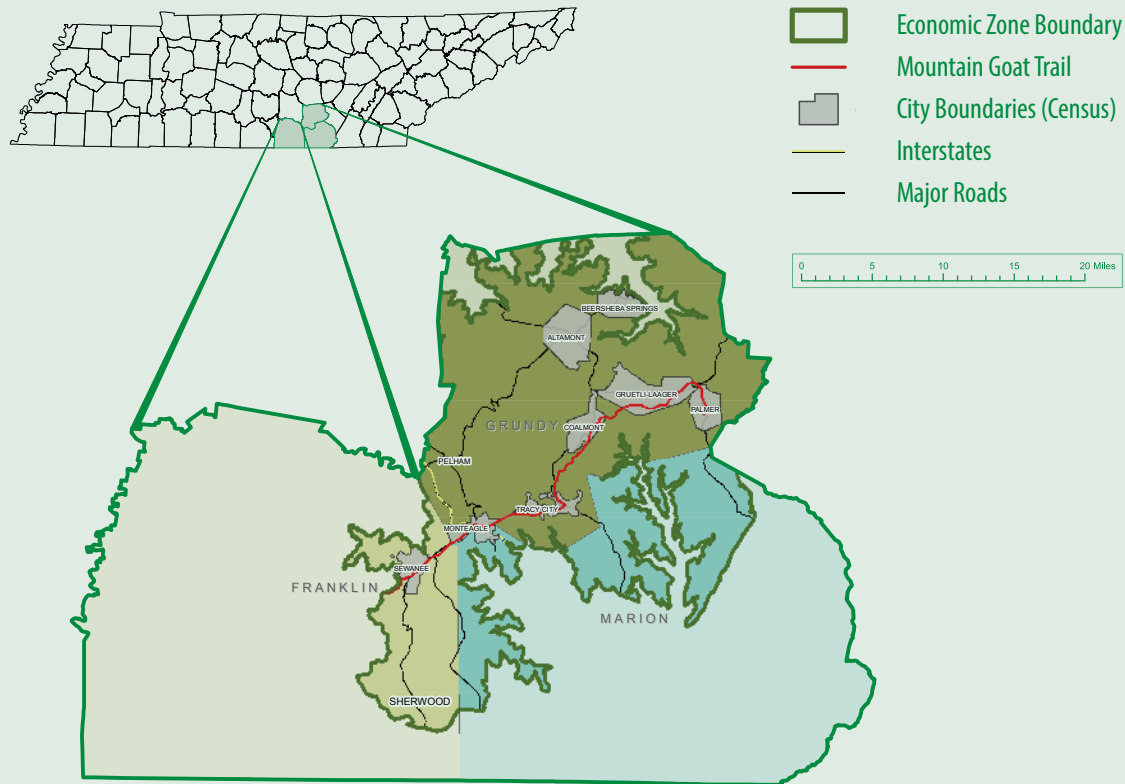
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THE VISION of South Cumberland Community Fund is that the Plateau be a place of hope and prosperity for all its residents and communities, inspired by the Fund's philanthropic and regional leadership.