



2024

ENGAGING CREDIBLE MESSENGERS

Cohort 2, Small Wellness Mini-Bid Awardees

Bureau of Health Equity and Community Engagement



Department of Health
COVID-19 Health
Disparities Programs

INTRODUCTION

This yearbook highlights the powerful work of a select group of community-based organizations in New York State. The New York State Department of Health (the Department), through its partner, Health Research, Inc., received a \$33 million grant from the Centers for Disease Control and Prevention (CDC) to address health disparities exacerbated by the COVID-19 pandemic.

The Department used a significant portion of this historic investment to fund 181 small, grassroots, community-based organizations across the state (excluding New York City, which received its own grant). The organizations that are highlighted in this book are part of the second cohort of organizations that received onetime funding valued at just under \$50,000. This second cohort included 111 community-based organizations; 92% are new partners and had not worked with the Department. With each organization, there is a brief description about their small wellness mini-bid project and links to get more information about the organization's broader work and mission. The dollar amount was small, but the impact was large.

Along with the funding, the organizations received extensive technical assistance and training about public health, and support through the process of applying for funding from the Department with the goal that they would be better able to access future funding opportunities. The Department also took steps to transform the way it partners with the community. In this way, the Department has made a commitment to be more equitable in the process of distributing funds and to codesign and authentically partner with community organizations that know their communities best.

We offer our deepest thanks to our community partners for the amazing work they do and share our commitment to engaging and connecting with them as partners.

Sincerely,

Kirsten Siegenthaler, Wilma Alvarado-Little, and Karen Madden
Principal Investigators

ACKNOWLEDGEMENT

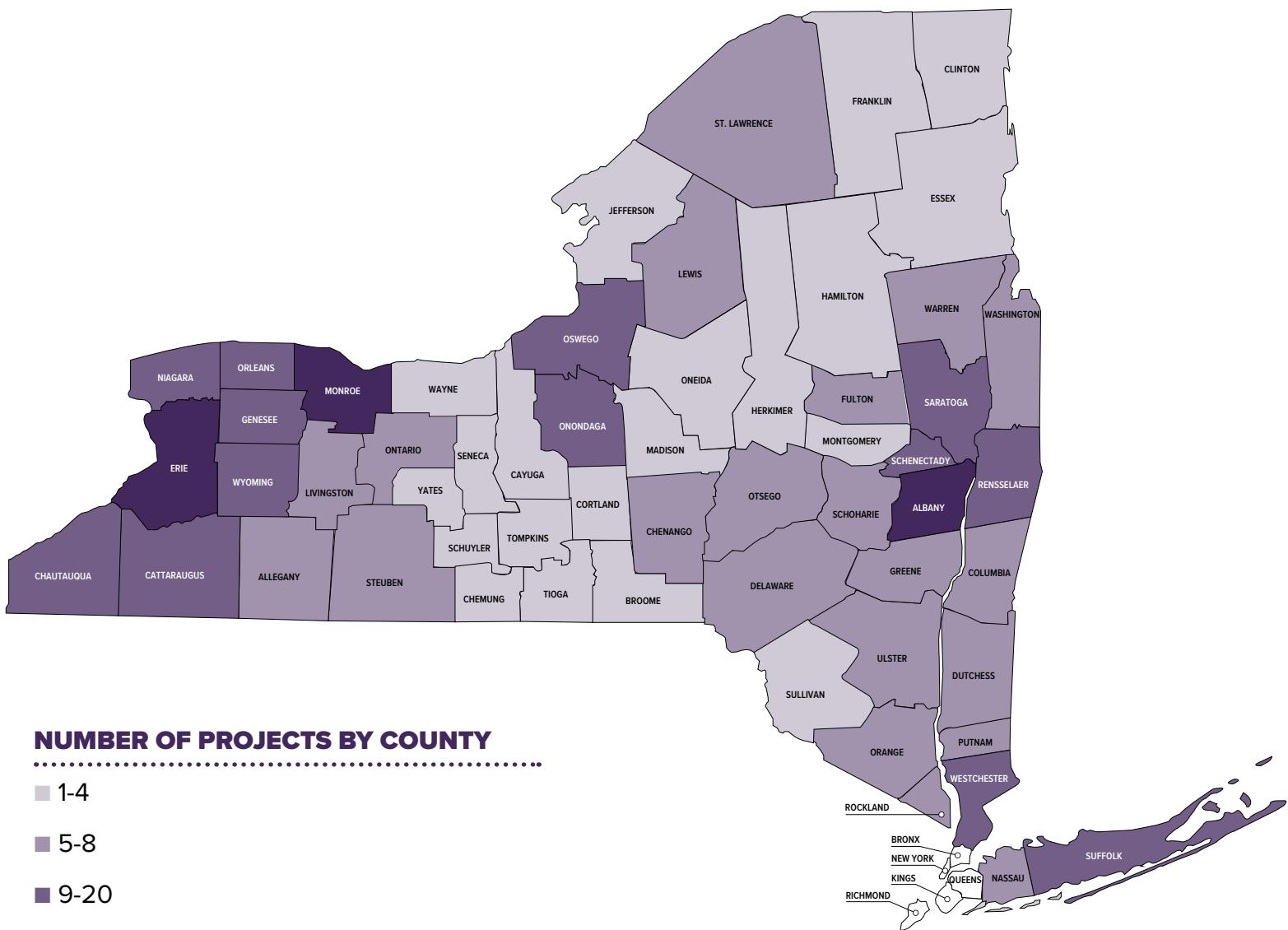
The Small Wellness projects are intended to prevent the spread of COVID-19 and reduce COVID-19 health disparities in underserved, marginalized, under-resourced, and rural communities in New York's Rest of State (counties outside New York City). The Small Wellness projects are funded under the Centers for Disease Control and Prevention, Center for State, Tribal, Local and Territorial Support under grant OT21 2103 (June 1, 2021–May 31, 2026) administered by Health Research, Inc. (healthresearch.org/funding-opportunities/). The contents of this directory are those of the authors and do not necessarily represent the official position of, or endorsement by, the Centers for Disease Control and Prevention.

The work that is represented in this book would not be possible without the dedication and hard work of the staff of the Bureau of Health Equity and Community Engagement within the Division of Family Health, and the larger Center for Community Health in the Department of Health, as well as staff from the Office of Minority Health and Health Disparities Prevention, the Office of Rural Health, and the Public Affairs Group.

SMALL WELLNESS MINI-BID PROJECTS

Funding for 181 small, community-based organizations to expand or enhance chronic disease management and preventive care or social determinants of health programs to include COVID-19 health literacy.

The Small Wellness Mini-Bid funding opportunities support community-based organizations across New York State, outside of New York City,* that are trusted voices in underserved and marginalized populations, including racial and ethnic minority groups and rural communities.



*New York City has their own funding.

4TH FAMILY INCORPORATED

Hold financial literacy and housing sessions for BIPOC youth.

Counties Served: Albany, Schenectady

[Website](#)

Jahkeen I. Hoke, jhoke@4thfamily.org

50 FORWARD MOHAWK VALLEY

Conduct health literacy, healthy aging, and falls prevention workshops for older adults.

[Website](#)

County Served: Oneida

Kari Johnson, kjohnson@50forwardmv.org



ABUNDANT LIFE FAITH CENTER, INC.

Conduct nutrition and cooking demonstrations in conjunction with the Common Ground Health Blood Pressure Project for BIPOC seniors.

[Website](#)

County Served: Monroe

Sharon Murrell Dilbert, sharonlavoice@live.com

ACCESS OF WNY

Develop culturally-tailored health workshops and community engagement events for people experiencing poverty.

[Website](#)

County Served: Erie

Talib Abdullah, abdullaht@accesswny.org



ACCESS TO INDEPENDENCE OF CORTLAND COUNTY, INC.

Hold health literacy workshops focused on COVID-19, financial education, nutrition, and health and wellness for people with disabilities, LGBTQ+, and low-income residents.

[Website](#)

County Served: Cortland

Jadelyn Phillips , jphillips@aticortland.org

AENON MISSIONARY BAPTIST CHURCH

Conduct wellness workshops and seminars for underserved youth and young adults, with a focus on COVID-19, physical fitness, healthy eating, health education, mentorship, and community engagement.

[Website](#)

County Served: Monroe

Karen Lee Byfield , kleebyfield@gmail.com



AMERICAN CIVIC ASSOCIATION

Conduct community health workshops and *Know Your Rights* sessions for new immigrants and refugees, to include COVID-19 vaccine clinics, navigating health care coverage, education, and finances.

[Website](#)

County Served: Broome

Francesca Bove, fbove@americancivic.com



ARC GLOW

Conduct healthy-movement-based sessions for people with developmental disabilities in rural areas. Provide accessible healthy eating cookbooks and shopping guides.

[Website](#)

Counties Served: Genesee, Livingston, Orleans, Wyoming

Mallory Diefenbach, MDiefenbach@ArcGLOW.org

ATLANTIC STATES LEGAL FOUNDATION, INC.

Conduct wellness workshops - “Reimagine Greenspace for Healthy Living” - focusing on nutrition, gardening, and healthy cooking for people experiencing poverty.

[Website](#)

County Served: Oswego

Dylan Seaver, dseaver@aslif.org

AZEEM FAMILY FOUNDATION

Conduct the Health, Wealth, and Wellness Series with a focus on financial education, Zumba, wellness, and life skills for marginalized youth and their families. Held a two-day Healing through Art Wellness event to bring awareness to mental health and support healing from gun violence.

[Website](#)

County Served: Erie

Zaheera Hemphill, azeemfamilyfoundationinc@gmail.com



BABY SAFE SLEEP COALITION

Conduct Baby Safe Sleep Health and Wellness Summit for underserved parents and caregivers experiencing limited resources, including how to address COVID-19-related traumas, mental health, and financial stress.

[Website](#)

County Served: Monroe

Jeannie Slaughter, jslaugh1@rochester.rr.com



BANGLADESHI AMERICAN SOCIAL & CULTURAL ORGANIZATION WNY, INC.

Provide community health seminars and community outreach events for South Asian, non-United States born and religious minority populations with a focus on health literacy, health care access, how to stop smoking, nutrition, mental health, child development and autism awareness.

[Website](#)

County Served: Erie

Anwar Chowdhury, anwar.chowdhury@gmail.com





BEHAVIORAL HEALTH SERVICES NORTH, INC.

The Healthy Families New York (HFNY) North Country Program held health and safety workshops for underserved families in the rural North Country region.

[Website](#)

Counties Served: Clinton, Essex, Franklin, Hamilton, Warren

Esther I. Piper, epiper@bhsn.org

BEYOND THE SANCTUARY, INC.

Conduct Social Determinants of Health (SDOH) and COVID-19 training program to prepare the launch of the Referral Team and Peer Educators community resource navigation service.

[Website](#)

County Served: Monroe



Carmen Allen, beyondthesanctuary20@gmail.com



BIG BIG TABLE COMMUNITY CAFE, INC.

Conduct wellness events in the community cafe with a focus on COVID-19 education, nutritional health, mental health, and physical health for individuals experiencing homelessness, mental illness, and poverty.

[Website](#)

County Served: Erie

Maddie Collins, maddie@bigbigtable.org

BLACK ABOLITIONIST DIRECTIVE

Develop a culturally relevant referral portal that contains materials and resources for Black and LGBTQ+ communities with limited access to health care, housing, employment, and resources. Conduct community events and activities for the Raising Awareness of Black Abolitionist Directive.

[Facebook](#)

Counties Served: Albany, Schenectady

Kasey Charles, bad@blackabolitionistdirective.com



BLACK BOYS READ TOO

Conduct Barbershop Literacy events for Black youth, their caregivers, mentors and community members in the Buffalo area.

[Website](#) | [Facebook](#)

Counties Served: Erie, Niagara

Jelicia Jimenez, info@blackboysreadtoo.org



BLACKWELL CHAPEL BABY CAFÉ

The Baby Café is a baby-friendly environment for navigating services and providing support, in addition to providing COVID-19 education. It works with breastfeeding teens and pregnant mothers with a concentration on the BIPOC and marginalized communities to assist and encourage mothers to breastfeed for longer periods of time, for a more healthier infant/baby.

[Facebook](#)

County Served: Chautauqua

Blackwell Chapel Baby Cafe, blackwellchapelbabycafe@yahoo.com



BLOW DRY LOUNGE, LLC.

Conduct New Beginnings & A Fresh Start workshops, and hair care educational clinics for BIPOC people with disabilities, individuals experiencing poverty, and women and children affected by domestic violence.

[Facebook](#)

Counties Served: Erie, Monroe, Onondaga, Oswego

Falicia Garries, Blowdryloungellc@gmail.com

BLUEPRINT GENEVA, INC.

Provide a series of financial literacy and fitness workshops, as well as healthy cooking demonstrations and a community health fair to address chronic health issues and food insecurity for under-resourced rural persons.

[Facebook](#)

County Served: Ontario

Dr. Jacqueline Augustine, jackie@blueprintgeneva.org

BOYS & GIRLS CLUB OF NORTHERN CHAUTAUQUA COUNTY

Conduct community wellness programs for underserved school-age youth and their families with a focus on COVID-19 education, healthy foods, health literacy, and educational mentoring.

[Website](#)

County Served: Chautauqua

Jeannie Gallaway, jeannieg.bgc@gmail.com



BOYS ON THE RIGHT TRACK

Conduct regional wellness programs in rural areas for boys and their families focused on COVID-19, physical fitness, healthy eating, health education, emotional well-being, communication, leadership, and conflict resolution.

[Website](#)

Counties Served: Allegany, Chautauqua, Erie, Genesee, Orleans

Juliet Meade, julietmeade@boysontherighttrack.org



BREAST CANCER NETWORK OF WNY, INC.

Conduct “Day of Renewal” workshops to address health and wellness, focusing on health information, support, and COVID-19 education for cancer survivors and their families.

[Website](#)

Counties Served: Cattaraugus, Chautauqua, Erie, Niagara

Rob Jones, rob@bcnwny.org



THE BREASTAURANT

Conduct culturally-relevant wellness sessions reaching Black and Brown pregnant and parenting people and their partners. The sessions focus on COVID-19 literacy and they promote healthy practices to prevent maternal mortality.

County Served: Erie

Alexcia R. Harrod, CD MPA, thebreasturant@gmail.com



BREWSTER CARES

Provide sessions of Brewster Cares, a comprehensive program for people experiencing homelessness that focuses on financial literacy, navigating social programs and health care, substance issues, and survival/de-escalation skills. Link people to vaccination clinics.

[Website](#)

County Served: Putnam

Julianne Noce, juliannnoce@comcast.net



BRIDGE THA GAP RESOURCE & OUTREACH, INC.

Provide mental and emotional health support services for the BIPOC community, individuals experiencing housing insecurity, and immigrant youth and young adults. Approach includes: identifying strengths in each individual through Social Determinants of Health assessments, assisting in transportation and handoff of resources, and providing linkages to community providers and on-site support groups.

[Facebook](#)

Counties Served: Albany, Rensselaer, Schenectady

Eva Bass, bridgethagapcommunity@gmail.com

BSB – BEAUTIFUL SHADES OF BROWN

BSB is dedicated to nurturing the social enhancement and life skills development of youth and young adults ages 10 to 25 years old, providing them with mentorship, workshops, and sessions that foster strong social skills, support, and meaningful relationships. The organization works to create an environment where every young person feels empowered, supported, and connected, enabling them to navigate life's challenges with confidence and resilience.

County Served: Putnam

Christine Richards, EdD, bsob2017@gmail.com



CAPITAL DISTRICT CENTER FOR INDEPENDENCE, INC.

Conduct the Benefits Navigation and Assistance Program (BNAP) for older adults and individuals with disabilities to help them access resources.

[Website](#)

Counties Served: Albany, Schenectady

Laurel Kelley, laurelk@cdciweb.com



CAPITAL DISTRICT RECOVERY CENTER

Provide health literacy workshops for people with addiction and their families. The curriculum will include presentations on various topics by partnering with health care providers.

[Website](#)

Counties Served: Albany, Saratoga, Schenectady



Deborah Eley, albanygrantwriter123@gmail.com



CATHOLIC CHARITIES STEUBEN/LIVINGSTON

Conduct economic stability educational sessions for people at risk of homelessness living in rural areas, including screening for Social Determinants of Health needs.

[Website](#)

Counties Served: Livingston, Steuben

Sally Ressue, Sally.Ressue@dor.org

CATSKILL HUDSON AREA HEALTH EDUCATION CENTER, INC.

Conduct a series of health literacy trainings for the health care and human services essential workforce who serve under-resourced populations.

[Website](#)

Counties Served: Columbia, Delaware, Dutchess, Greene, Orange, Otsego, Rockland, Schoharie, Sullivan, Ulster

Megan Deichler, mdeichler@chahec.org



CELEBRITIES BARBERSHOP

Hold after-school community wellness sessions for underserved, BIPOC youth.

[Facebook](#)

County Served: Albany

Luis Williams, Celebritiesbarbershop1@gmail.com



CHRISTINA FECIO CONSULTING, LLC.

Conduct 'Building Joyful Classrooms' and 'Wellness Wednesday' workshops for essential workers in rural areas to address mental health challenges.

[Website](#) | [Website](#)

Counties Served: Chautauqua, Erie, Genesee, Niagara, Wyoming

Christina Fecio, christina.fecio@gmail.com



COLUMBIA COUNTY SANCTUARY MOVEMENT

Hold mental health resource workshops tailored for the needs of immigrants in this county.

[Website](#)

County Served: Columbia

Noah Eckstein, noah@sanctuarycolumbiacounty.org



COMMUNITIES PROMOTING READING

Conduct wellness workshops for youth and young adults, people 65 years and older, and those experiencing homelessness, mental illness, or poverty with a focus on COVID-19 health literacy, financial literacy, fitness, family mental and physical health, and nutrition.

[Instagram](#)

County Served: Putnam

Elease Wiggins, elease@afarewelltowelfare.com



COMMUNITY ACTION OF ORLEANS AND GENESEE

Conduct Mental Health First Aid for adults and Teen Mental Health First Aid sessions focusing on mental health awareness and education. Hold Skills and Recreation activity sessions for individuals with family members experiencing mental illness focusing on healthy behaviors and wellness strategies.

[Facebook](#)

Counties Served: Genesee, Orleans

Renee M. Hungerford, rhungerford@caoginc.org



COMMUNITY CAREGIVERS, INC.



Provide one-on-one outreach services to older adults who are experiencing poverty and/or have a disability to identify their unmet needs and provide supportive services, including grocery services, transportation, and supportive phone calls. Conduct health education sessions about COVID-19.

[Website](#)

Counties Served: Albany, Rensselaer

Meredith Osta, Meredith@communitycaregivers.org

CONFIDENT GIRL MENTORING PROGRAM, INC.

Conduct E3 Menstrual Health Equity Project community pop-up events that support Black and Hispanic youth and young adults experiencing poverty in rural parts of the counties.

Facilitate youth-led community conversations to tackle social determinants.

[Website](#)

Counties Served: Erie, Niagara

Tiffany R. Lewis, tlewis@confidentgirlmentoring.com



CORNELL COOPERATIVE EXTENSION OF COLUMBIA AND GREENE COUNTIES



Conduct cooking demonstrations and personal wellness workshops for under-resourced parents and youth experiencing food insecurity in rural areas.

[Website](#)

Counties Served: Columbia, Greene

Rebecca Polmateer, rp328@cornell.edu

CULTIVATING HEALING AND JUSTICE INITIATIVE SUPPORT SERVICES, INC.

Provide educational workshops on prostate cancer to include COVID-19 health literacy. Conduct outreach, referral, and peer education with individuals with prostate cancer and intellectual and/or developmental disabilities (IDD).

[Facebook](#)

Counties Served: Dutchess, Orange, Rockland, Ulster

Karen Abramson, info@chjisupportservices.org



CULTRUE, INC.

Conduct Healing Buffalo Through the Arts workshops to promote emotional wellness and healing for the BIPOC community.

[Website](#)

Counties Served: Erie, Niagara

Alexa Wajed, culturulife@gmail.com



CULTURES LEARNING TOGETHER, INC.

Widening the TOGETHER safe space into the community through wellness workshops and educational field experience activities that focus on mental health support, access to health care, and cultural learning. Breaking linguistic barriers by meeting the needs of the immigrant and migrant farmworker population through English and Spanish classes.

[Facebook](#)

Counties Served: Livingston, Wyoming

Beth Adams, bethadams@cultureslearningtogether.org





DRESS FOR SUCCESS BUFFALO

Conduct health literacy workshops to support women living in poverty.

[Website](#)

County Served: Erie

Michelle Barron, buffalo@dressforsuccess.org

ECONOMIC OPPORTUNITY PROGRAM, INC.

Conduct educational workshops addressing Social Determinants of Health (behavioral health, nutrition, RSV, SNAP, exercise, and more) for traditionally under-resourced persons in rural areas.

[Website](#)

Counties Served: Chemung, Schuyler

Briana Storch, bstorch@cseop.org

EMPOWERING PEOPLE MOVEMENT

Conduct Healthy Healing workshop sessions for low-income Black, Latino, and Asian youth and young adults focusing on mental health, healing from trauma, job preparation, time management, managing emotions, and financial literacy.

Counties Served: Erie, Monroe, Onondaga, Oswego

Falicia Garries, empoweringpeoplemovement@gmail.com

ENCOMPASS RECREATION

Conduct inclusive wellness events for youth with disabilities and their families with a focus on COVID-19, physical fitness, healthy eating, health education, mentorship and community engagement.

[Website](#)

Counties Served: Jefferson, Lewis

Kylie Schell, kylie@encompassrec.com



EVERY BOTTOM COVERED, INC.

Expand enrollment of pregnant persons experiencing poverty in the From the Womb Case Management program, and provide wrap-around support and follow-up case management, including referral-driven resources: health and wellness workshops, information about doula care, health care and mental health access, healthy eating tips, support groups, and financial literacy.

[Website](#)

County Served: Allegany

Raziya Hill, raziyahill@everybottomcovered.org



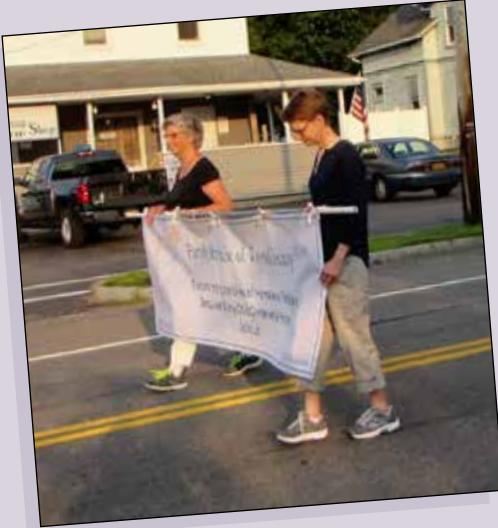
EXODUS TRANSITIONAL COMMUNITY

Exodus provides reentry services and gun violence prevention activities in Newburgh and surrounding areas. They also conduct wellness workshops with a focus on how health is affected by poverty, racism, and incarceration. Workshops focus on the long-lasting impact of COVID-19, healthy eating, mindfulness, mental health, harm reduction (alcohol and tobacco), financial literacy, and health care for non-United States-born residents.

[Website](#)

County Served: Orange

Nora Reissig, nreissig@etcny.org



FAMILY PROMISE OF WAYNE COUNTY

Conduct COVID-19 health literacy presentations for individuals experiencing homelessness and/or living on the poverty level, and connect individuals to the Family Promise of Wayne County program.

[Website](#)

County Served: Wayne

Evonne Pomerantz, Evonne.Pomerantz@waynecap.org

FAMILY SERVICE ASSOCIATION OF GLENS FALLS, INC.

Provide one-on-one support sessions for people who are homeless or at risk of homelessness. Conduct Outreach Day events to support individuals' well-being and connect them to community organizations and human services agencies.

[Website](#)

Counties Served: Saratoga, Warren, Washington

Kim Sopczyk, fsa150@outlook.com



FOSTERING GREATNESS, INC.

Conduct Mirroring Greatness workshops for foster youth and younger foster care alumni that focus on building life skills, self-care, mental health, and accessing community resources and support.

[Website](#)

Counties Served: Erie, Genesee, Niagara, Orleans

Leah Daniel, leah@fosteringgreatnessinc.org



FRANKLIN COMMUNITY CENTER

Hold community wellness events focused on topics, such as COVID-19, diabetes, influenza, and nutrition education for low-income individuals.

[Website](#)

County Served: Saratoga

Mary Beth McGarrahan, marybeth@franklincommunitycenter.org



FREE FOOD FRIDGE ALBANY



Offer healthy cooking workshops for youth and young adults, people experiencing poverty, BIPOC, and LGBTQ+ individuals in underserved communities with a focus on COVID-19 literacy, wellness, and nutrition. Distribute COVID-19 and healthy lifestyle educational materials through the community fridge network and community events.

[Website](#)

Counties Served: Albany, Schenectady

Jammella Anderson, freefoodfridgealbany@gmail.com

GARDENSHARE

Conduct nutrition and food accessibility and sustainability sessions for rural youth experiencing food insecurity, as well as engaging with rural schools and community organizations to implement these sessions.

[Website](#)

County Served: Saint Lawrence

Carlene Doane, office@gardenshare.org



GALACTIC TRIBE, INC.

Conduct SPEAR workshop sessions to promote awareness of the value of physical and mental health with Black and Brown youth.

[Website](#)

County Served: Erie

Tyrell Ford, ford@voicebuffalo.org



GKNY MENTOR LEAGUE

Conduct wellness events for youth and young adults in BIPOC communities, focusing on COVID-19, physical fitness, health education, mentorship, and community engagement.

[Website](#)

County Served: Albany

Gerald Kenneth Malcom, gkmpublishing@hotmail.com

GLOVERSVILLE PUBLIC LIBRARY

Conduct Queer by Nature intensive wellness sessions (mental, physical, and social) for hard-to-reach LGBTQ+ people living in poverty in rural areas.

[Website](#)

Counties Served: Fulton, Montgomery

Valerie Acklin, vacklin@mvls.info

GLYS WESTERN NEW YORK

Conduct socioemotional support sessions for rural LGBTQ+ youth at residential behavioral health sites as well as at a central drop-in center.

[Website](#)

Counties Served: Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans, Wyoming

Jack Kavanaugh, executive@glyswny.org



GOODMAN RUSSELL CONSULTING CORP.

In response to the ongoing impact of COVID-19 and the rising concern of childhood obesity, conduct community-wide wellness events that promote fun movement, healthy nutrition, and COVID-19 education through sports activities, gardening, nature walks, and group exercise sessions.

[Facebook](#)

County Served: Nassau

Beatrice Goodman, goodmanbeatrice@gmail.com



GREATER HARVEST CHURCH MINISTRY

Conduct wellness workshops focusing on chronic disease and mental health, reaching a range of individuals, and ensuring that the sessions reach Black or African American people. Tailor some workshops for youth on healthy eating and exercise.

[Website](#)

County Served: Monroe

Tamikyo Taylor, tamikyotaylor@gmail.com





HEARTS AND HANDS: FAITH IN ACTION, INC.

Conduct workshops for caregivers of older adults, focusing on increasing elder mobility, setting boundaries to ensure senior citizens are treated with care and respect, Hands-Only CPR, Mental Health First Aid, and wellness programming to prevent burnout (e.g., chair stretching, laughter yoga, meditation/wellness techniques).

[Website](#)

Counties Served: Erie, Niagara

Aaron Carlson, acarlson@heartsandhandsfia.org

HOME BENEATH OUR FEET (HBOF)

Conduct Enhanced Mentorship Through Fitness programs that incorporate COVID-19 literacy, fitness activities, and healthy cooking demonstrations for parents and youth with limited resources. Link families to educational role model leaders.

[Website](#)

County Served: Erie

Dr. Clement Kwakye, Clemkwakye@gmail.com

HOUSE OF PSALMS 23, INC.

Conduct supportive sessions that focus on coping skills, self-esteem, empowerment, personal growth, resilience, trauma, addiction, and mental health for women who are incarcerated and affected by domestic violence.

[Facebook](#) | [Website](#)

County Served: Onondaga

Ashlee Haste, houseofpsalms23@gmail.com

HUDSON MOHAWK AREA HEALTH EDUCATION CENTER

Hold panel discussions for community members experiencing social isolation to promote socioemotional well-being.

Convene cross-county workgroups to develop a community plan of action for addressing social isolation.

[Website](#)

Counties Served: Albany, Fulton, Saratoga, Warren

Kelly Owens, kowens@hmahec.org



HUDSON VALLEY HEALTH LITERACY COALITION

Conduct Emotion Commotion© – COVID Edition, trauma-informed Social Emotional Reading Program (SERP) workshop sessions featuring Dr. Valerie Williams-Sanchez, her Valorena Online, LLC and Cocoa Kids Collection® books (pictured) that includes learning around the social determinants of health for youth ages 6-8 and their families/caregivers. Hold Poetry, Prose and the Pandemic Writing Workshops to help process COVID-19 experiences and build health literacy with different focus populations of underserved individuals featuring poet H.E. Fisher and Say Ah's health literacy curriculum.

[LinkedIn](#) | [Website](#)

Counties Served: Rockland, Westchester

Anna Allen, allen@say-ah.org

Dr. Valerie Williams-Sanchez, Valerie@ValorenaOnline.com



HUSTLE FOR HEALTH PROGRAMS

Conduct wellness workshops for underserved individuals in the BIPOC community with a focus on COVID-19 education, physical fitness, healthy eating, health education, cardiovascular disease, and harmful effects of smoking.

[Website](#)

Counties Served: Erie, Monroe

Jennifer R. Williams, hustleforhealth@gmail.com



INTERFAITH COMMUNITY CO-OP @ 324

Conduct wellness events and health cooking demonstrations for people facing food and housing insecurity, substance use, and mental health challenges.

[Website](#)

County Served: Onondaga

Galy Murphy-Stanley, outreach@uumcsyracuse.org

IOTA ETA ETA, INC. OF CHI ETA PHI SORORITY, INC.

Conduct family wellness workshops for Black and Brown individuals to combat diabetes, hypertension, and obesity.

County Served: Erie

Dr. Kafuli Agbemenu, kagbemenu@yahoo.com



JAMESTOWN YMCA

Conduct Walk with Ease programs for persons in the aging population dealing with mobility issues.

[Website](#)

County Served: Chautauqua

John Barber, jbarber@jamestownymca.org

JSAY STRATEGY SOLUTIONS

Conduct Cage Your Rage mental health workshop sessions for Black and Brown youth who have limited access to resources.

[Website](#)

County Served: Monroe

Shelby E. Boyd, shelby.boydsb@gmail.com

JUDAH HOUSE OF DELIVERANCE, INC.

Conduct Health and Wellness Seminars focusing on nutrition, chronic disease education and exercise for Hispanic and African American individuals.

[Facebook](#)

County Served: Suffolk

Carmen Rice, judahhouseofdeliverance@gmail.com



KEEPING OUR PROMISE, INC.

Conduct wellness workshops focused on health care navigation, health insurance information, making provider appointments, trauma-informed care, and emotional support resources for new immigrants from Afghanistan

[Website](#)

County Served: Monroe

Ellen Smith, ellen@keepingourpromise.org

KENMORE VILLAGE IMPROVEMENT SOCIETY

Conduct Conversation Club health and wellness workshops to address and decrease social isolation for seniors.

[Website](#)

County Served: Erie

Melissa Foster, melissa@villageofkenmore.com

loneliness

Humans have an instinctive need or feeling. 'What this report is not just, there are countless ways (our bodies) that are comparable to actual physical and psychological pain.' The pain of loneliness uses the same pathways as physical pain in our bodies.

Solitude is a natural or normal response to help protect us. Just like physical pain tells us that there is something wrong in our bodies, the feeling of loneliness serves as a warning to protect us from the dangers of remaining isolated.

Creating a feeling of belonging within ourselves can make a big difference when we are experiencing loneliness.

Physical & Psychological Harm

Loneliness contributes greatly to increased risk of developing or worsening:

- Heart and lung disease
- Hypertension, stroke
- Obesity
- Limited immunity
- Fragmented sleep
- Alzheimer's
- Depression
- Anxiety
- Negativity
- Fatigue

Research has shown that loneliness is as bad for our health as smoking almost a pack of cigarettes a day.

Why is loneliness so bad for us?

Loneliness activates a cascade of stress within our bodies. This increases the hormone cortisol, which can cause inflammation and can ultimately disease and death.

Feeling lonely or not belonging to be a predominantly visual or emotional need. It is not just at times of grief, loss, or depression. It can be experienced at times of loneliness and different resources for addressing the issue. Often, loneliness can mirror as less open to social interaction and being more withdrawn. It is important to have a way to deal with loneliness, but there are different things that can deal with it.

Here is what therapists, doctors, and researchers say are some of the best strategies to cope with loneliness:

- Get some exercise.
- Connect with others in your neighborhood.
- Join a club, organization, or church that aligns with your interests.
- Participate in a class based on hobby interests.
- Attend programs in the library and community center.
- Connect with pets.
- Take a cooking, education course or class.
- Practice living a good life and focus on what you can do and be a good friend to yourself.
- Make new connections.
- Those who feel loneliness can be bad with others, write those down in a journal.
- Make a phone call.
- Volunteer in the arts or sports.
- Exercise and eat healthy foods.
- Recall old or new things you're grateful for.
- Smile, it makes feel good.

Remember that we all have times where we feel lonely. Taking just a few of the above can help reduce your loneliness and should help you start to feel better.

If you're read some of these suggestions for some time but are still feeling lonely, please consider seeking help from a professional counselor.

For more information please visit helpforloneliness.com

LA'MOVEMENT FITNESS, LLC.

Conduct sessions of the Rollin' Healthy wellness program with a focus on heart health, access to quality health care, protecting oneself from COVID-19, mental health, and community and state resources for individuals in the BIPOC community.

[Website](#)

Counties Served: Erie, Niagara

Lancia Woods, lamovementfitness@gmail.com



LEKIA TECH, LLC.

Conduct Powerful Voices interactive workshops for BIPOC and/or LGBTQ+ youth and young adults to focus on positive connections and relationships, health equity and social justice, developing self-awareness and confidence, and empowering participants to speak up about community public health issues. Hold Community Virtual Navigation Seminars to inform and connect community members to social, physical, and mental health community resources.

[Website](#)

Counties Served: Monroe, Onondaga, Oswego

Lekia K. Hill, Lekia@lekiatechllc.com



LITERACY VOLUNTEERS OF RENSSELAER COUNTY

Provide health literacy programs for English Language Learners (ELL), providing each person with individualized, customized support.

[Website](#)

Counties Served: Albany, Rensselaer

Nancy Benz, litvoldirector@aol.com





LONG BEACH LATINO CIVIC ASSOCIATION

Conduct wellness workshops for youth and their families who are Hispanic, Latino or Latinx, and non-U.S.-born individuals, with a focus on COVID-19, physical health, mental health, health literacy, and financial literacy.

[Website](#)

County Served: Nassau

Helen Dorado Alessi, lblatinocivic@yahoo.com



LOUDFORCHANGE

Provide wellness workshops for youth identifying as BIPOC, LGBTQ+, or from minority religions with a focus on COVID-19, mental health, emotion regulation, conflict resolution, stress management and coping strategies.

[Website](#)

Counties Served: Albany, Columbia, Rensselaer, Saratoga, Schenectady

Yacouba Sangare, loudforchange@gmail.com



MAKE A PLAY

Develop and hold Wellness Initiatives workshops for underserved BIPOC youth and young adults, facilitated by trained peer mentors, promoting fitness, mental and physical health, stress control, and healthy sleep.

[Website](#)

Counties Served: Albany, Schenectady

Sean Brown, sbrown@makeaplay.org

MELODY'S

Conduct wellness workshops for Black or African American, Hispanic, Latino or Latinx people, and those experiencing poverty, focusing on COVID-19, well-being, mental health, physical health, sexual health, nutrition, and self-care, including community fitness classes.

Counties Served: Cayuga, Onondaga, Tompkins

Melody R. Johnson, melodyscny@gmail.com



MOVING FOR LIFE (KINGSTON, NY)

Conduct Moving for Life wellness sessions that include exercise, dance, and wellness activities to support older Hispanic, BIPOC, LGBTQ+ individuals, and persons living with disabilities, chronic illnesses, caregivers, and cancer survivors.

[Facebook](#) | [Website](#)

Counties Served: Delaware, Dutchess, Greene, Putnam, Sullivan, Ulster

Martha Eddy, info@MovingForLife.org

NEW YORK STATE PUBLIC HEALTH ASSOCIATION

Provide wellness workshops with a focus on COVID-19 education, nutrition, gardening, and financial literacy for non-U.S.-born individuals and those experiencing poverty and homelessness. Work with community partners to secure and distribute Period Pantry feminine hygiene products to those in need.

[Website](#)

County Served: Albany

Erin Sinisgalli, info@nyspha.org

OLA OF EASTERN LONG ISLAND, INC.



Conduct health literacy outreach to undocumented Latino immigrants and U.S.-born Latinos. Provide bilingual webinars addressing social determinants of health, including health care access and health education, and wellness programs focusing on fitness, movement, and overall wellness.

[Website](#)

County Served: Suffolk

Minerva Perez, mperez@olaeofeasternlongisland.org

OSSINING PADRES HISPANOS

Conduct trauma-informed mental health awareness programs for low-income and non-U.S.-born individuals and families with school-aged children, with a focus on promotion of family bonding, socialization, and trust-building.

[Website](#)

Counties Served: Putnam, Westchester

Ana Guzman, ana@ossiningpadreshispanos.org



OUR MOMMIE VILLAGE, INC.

Conduct sessions of Mother Blessings and Mommy Meet-ups for pre- and post-partum People of Color (POC) to support health and wellness.

[Website](#)

County Served: Erie

Shyana Broughton, ShyanaBroughton@ourmommievillage.org

PARLOR BEAUTY, INC.

Conduct Community Mastermind program sessions that support the BIPOC community to address heart disease, healthy eating, diabetes and mental health issues. Provide educational clinics on hair care for BIPOC community members to include hair care services for youth and teens and hair care education for parents and caregivers.

[Website](#)

Counties Served: Erie, Monroe

Chiquita Gordon, chi@parlorbeautyinc.com



PARTNERSHIP FOR ONTARIO COUNTY

Conduct Wellness Weekends for youth aging out of the foster care system with topics that include mental health, trusting community partners when in crisis, nutrition and healthy eating/cooking, fitness/physical health, and financial literacy.

[Website](#)

Counties Served: Ontario, Wayne, Yates

Karen Guidarelli, Karen@Partnershipoc.org



PLANT POWERED METRO NEW YORK

Conduct healthy cooking programs for low-income older adults living with chronic diseases, with a focus on COVID-19 education, healthy diet, nutrition, and including educational shopping tours to grocery stores.

[Website](#)

County Served: Westchester

Lianna Levine Reisner, lianna.levine.reisner@ppmny.org

POSITIVE ABOUT POSSIBILITIES, INC.

Conduct mental health and well-being workshops for seniors with a focus on stress management, mindfulness, and emotional well-being. Provide fitness and nutrition programs to support management of diabetes, hypertension, and/or chronic illness. Sessions include exercise, low-impact aerobics, stretching tailored to the needs of each senior, and nutrition education and meal planning.

[Facebook](#)

County Served: Dutchess

Debra K. Long, debrakayelong@gmail.com



POWEREDBYASHLEY, LLC.

Provide diabetes and hypertension education and wellness workshops for BIPOC seniors and persons experiencing poverty.

Counties Served: Albany, Rensselaer, Schenectady

Ashley Foster, afost1920@gmail.com



PROJECT MONA'S HOUSE, INC.

Conduct sessions of the Young Women's Empowerment Academy program to improve health and wellness of girls who are at risk for human trafficking. Program sessions include mentorship, health and wellness, and culturally-tailored cooking classes.

[Website](#)

County Served: Erie

Kelly Diane Galloway, kelly@projectmonashouse.com



PROJECT STORK, INC.

Conduct Happy Moms, Healthy Babies program to support low-income parents and caregivers. Program includes mental health screenings, providing information and education about navigating the post-partum period, and providing referrals to community services.

[Website](#)

Counties Served: Genesee, Orleans

Jenny Staebell, projectstorkinc@gmail.com



REACH CNY, INC.

Conduct health literacy and social support sessions for parents and caregivers that include education on COVID-19, vaccinations, how COVID-19 affects missing school and daycare, and strategies to improve their children's health.

[Website](#)

Counties Served: Onondaga, Oswego

Kathleen Harter, kharter@reachcny.org

ROOTED IN LOVE, INC.

Expand accessible community garden to promote nutrition education, mental health, and physical health for under-resourced, low-income families.

[Website](#)

Counties Served: Erie, Niagara

Tesha Parker, tesha@rootedinloveinc.com

RUPCO, INC.

Conduct “Housed & Healthy” education workshops for people at risk of homelessness, substance use disorders, food instability, severe mental illness, seniors, and those without family support. Provide information on housing independence, COVID-19 vaccination, farm-to-table opportunities, HIV/AIDS education, community mental health supports, and body movement classes, such as Tai-Chi and Reiki.

[Website](#)

County Served: Ulster

Emma Hambright, ehambright@rupco.org



SAFE SPACE CNY

Conduct peer-run support group sessions and community pop-up events to support mental health for BIPOC, LGBTQ+ individuals, and essential workforce.

[Website](#)

Counties Served: Onondaga, Oswego

Jessica Eckerlin, jeseschneider@gmail.com



SARATOGA BLACK LIVES MATTER

Hold Mental Health First Aid workshops for Black, Hispanic, LGBTQ+ youth and young adults. Conduct Art-Based Workshops that provide outlets for self-expression and healing for youth and young adults.

[Website](#)

County Served: Saratoga

Lexis Figuereo, lexisfiguereo@saratogablsm.org

SARATOGA REGIONAL YMCA

Deliver the Cancer Survivorship program to low-income individuals. The sessions are designed to empower cancer survivors to improve their quality of life through exercise and building positive social relationships.

[Website](#)

Counties Served: Warren, Washington

Lisa Camp, lisa.camp@srymca.org



SECOND CHANCE FOODS

Provide Community-Supported Nutrition Box Program (CSN) to low-income individuals experiencing food insecurity. The boxes include fresh food, information about healthy meal preparation, COVID-19, and making community connections to address social determinants of health (SDOH) needs.

[Website](#)

County Served: Putnam

Martha Elder, martha@secondchancefoods.org

SOMAR LUNA JE, LLC

Conduct wellness workshops and healthy cooking classes for people living with mental illness and experiencing housing insecurity.

[Facebook](#) | [Website](#)

County Served: Erie

Jasmine S. Ramos, somarlunaje@gmail.com



SRGMF/ALIVE + WELL

Conduct the Alive + Well program for young adults utilizing a mentorship model. Sessions focus on financial literacy, mental and physical health, and wellness.

[Website](#) | [Website](#)

County Served: Monroe

Shawn Goburn, shawn.gee@srgmf.com



STRENGTH 2 SAY

Provide a range of programs to support the well-being of individuals experiencing poverty: Order My Steps Literacy program, Family Page Turn Literacy workshops, and Changing the Game nutrition education sessions.

[Website](#)

County Served: Monroe

Clianda Florence, authorcliandaflorence@gmail.com



SUFFOLK COUNTY BLACK NURSES ASSOCIATION

Conduct workshops on cardiovascular disease, and maternal health for African American, Hispanic, Latino or Latinx women. Provide health education workshops for migrant workers on infectious diseases, chemical- and pesticide-related diseases, heat-related and respiratory illnesses.

[Facebook](#)

County Served: Suffolk

Jacqueline Winston, suffolkcountybna@hotmail.com



SULLIVAN 180, INC.

Conduct the 3rd Annual MLK Day of Service Youth Summit and the Sullivan Warrior Teens program to inspire informed, passionate teen leaders in the rural community. Sessions focus on mental health, substance use disorder, physical health, food access, and social determinants of health and include healthy cooking demonstrations as well as guided discussions with community partners.

[Website](#)

County Served: Sullivan

Kassondra Johnstone, Kassondra@Sullivan180.org



THE GROOM ROOM

Conduct wellness workshops for BIPOC men in underserved rural areas, with a focus on COVID-19, physical fitness, healthy eating, health education, stress management and coping strategies.

[Facebook](#)

Counties Served: Monroe, Oswego, Wayne

Monique C. Chatman, moniquehasgoals@yahoo.com



THE LOVE QUEST FOUNDATION, INC.

Conduct Introspective Rhythms workshops, a culturally-relevant mental, social, and physical education program for Black, Hispanic and LGBTQ+ youth.

Counties Served: Dutchess, Orange, Ulster, Westchester

Josayne Anderson-Tejera, alumni@thelovequestfoundation.org



WELLNESS AND WALLETS, LLC.

Conduct Health and Economic Stability sessions to address COVID-19 health literacy, health care access, equitable resources, and financial wellness for working class and low-income individuals.

Counties Served: Erie, Onondaga, Oswego

Ruth Simmons, info@wellnessandwallets.com

WESTERN NY COALITION OF FARMWORKER SERVING AGENCIES, INC.

Conduct multilingual Pesticide Safety and Chemical Hazard education sessions on worksites for hard-to-reach farmworkers.

[Website](#)

Counties Served: Chautauqua, Livingston, Monroe, Orleans, Wayne

Irene Sanchez, isanchez@wnycfsa.org



WINONA FOREST RECREATION ASSOCIATION

Conduct Adventure Challenge winter wellness programs, focused on prevention and management of cardiovascular disease, obesity, and diabetes for low-income individuals living in rural areas.

Counties Served: Jefferson, Oswego

Matthew Westerlund, snowshoerace@gmail.com

YATES COMMUNITY CENTER

Conduct community food and fitness sessions with a focus on COVID-19 Literacy, exercise, and healthy cooking demonstrations and education for low-income and underserved seniors.

[Website](#)

Counties Served: Ontario, Seneca, Yates

Leigh Berry, Leighberry@gmail.com



YOUTH MAKING CHANGES, INC.

Conduct Social Determinants of Health (SDOH) workshops for young adults focusing on COVID-19, wellness, financial stability, education, housing resources, and strategies to secure safe housing.

[Website](#)

County Served: Monroe

Denoris Crisler, youthsmakingchanges585@outlook.com



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