



ACTIVE HEALTHY VIBRANT TOGETHER!



PATH FOUNDATION
pathforyou.org

2016-2017 Year in Review

Dear
Neighbors,

The PATH Foundation is thrilled to show you the progress and projects that we have been able to foster over the course of the last year. To give a brief glimpse, we invested more than \$4 million in grants and programs in 2016 and increased this support in 2017. We have sponsored programs to encourage healthy eating, build parks, expand mental health services, and prevent and treat drug abuse.

For our leadership and staff, it all comes back to our mission: to strengthen the health and vitality of our community. To do this successfully, we've continued to focus on these four core areas identified as the most urgent issues based on the community health needs assessment:

Mental Health Senior Services Childhood Wellness Access to Health

By working with our local nonprofits and government partners in Fauquier, Rappahannock and northern Culpeper Counties, we are striving to make our communities a place where everyone has the opportunity to achieve his or her full potential. At the PATH Foundation, we consider it a privilege to make meaningful impacts in our community.

"We believe that by working together to strengthen the overall health and vitality of our community, our community will achieve great things to benefit generations to come."

– Christy Connolly, PATH Foundation President and CEO



OUR MISSION:

The **PATH**
Foundation
strengthens
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COMMUNITY SUPPORT
Year in Review



PATH Resource Center

In a joint effort between the PATH Foundation and the Center for Nonprofit Excellence, the Resource Center provides tools, training, consulting and resources to help strengthen and support area nonprofits, whatever their mission. The Resource Center works to ensure that nonprofits have the tools they need when they need them, to be competent, operate with integrity, steward their resources, and maximize their impact. The Resource Center provides resources and consulting on a variety of topics, including governance, finance, philanthropy, marketing and community engagement, and hosts a series of free monthly workshops, Leadership Circles, and nonprofit-related book discussions. To get the latest on offerings, consider signing up for the Resource Center's twice monthly newsletter with news about the nonprofit community, upcoming trainings and events, articles of interest, grants, and employment opportunities. The Resource Center is open Monday through Friday, from 10 a.m. to 4 p.m.



PATH Volunteer Center

PATH's Volunteer Center runs Let's Volunteer, an online resource and database that matches volunteers to organizations in Fauquier, Rappahannock and Culpeper Counties that need a hand. As of September 30, 2017, there were 641 registered volunteers and 87 active agencies posting volunteer opportunities. The PATH Volunteer Center also hosted its first community-wide Let's Volunteer Day in April, lending lots of helping hands to area organizations.

By making an account, volunteers can register, follow their favorite causes and nonprofits and view available volunteer opportunities. There are also options for students, groups and individuals — just another way that volunteers in our community can match their skills and schedules in the most efficient way. Sign up at letsvolunteer.org to see which activities are the perfect fit for you.



From its opening in November 2016 through September 30, 2017, the PATH Volunteer Center recorded:

689 Volunteer Hours Reported
641 Registered Volunteers
87 Active Agencies
195 Possible Volunteer Opportunities

Grantee

Spotlights:

Rapp@Home

"What would a senior village look like in a rural setting?" This is the question that Rapp@Home is answering. With the help of a \$40,000 Program and Planning grant, Rapp@Home is rising to the challenge of bringing the urban concept of supported senior living to a rural area. Focusing on the idea of neighbors helping neighbors, Rapp@Home is a "reimagined senior village for a rural reality." Since the grant, Rapp@Home has helped participating seniors live independently by providing help with transportation, grocery and prescription pick up and delivery, and social activities.

Telehealth/Fauquier Free Clinic

Reaching a mental health professional can be hard to do. Fauquier Free Clinic received \$370,000 to improve mental health services, with the introduction of a new tele-psychiatry program. This means that people can get in touch with a mental health professional through an online video chat, making mental health services more accessible and more available. With this addition, the Fauquier Free Clinic was able to strengthen its ability to offer a full continuum of care under one roof for its patients.

VOLTRAN

In small towns and rural communities, transportation can be a big challenge, especially for older adults and people with disabilities. With a \$20,000 Program and Planning grant, VOLTRAN, a volunteer ride service, tripled its driver pool and doubled the number of rides, logging almost 17,000 travel miles in 2017. VOLTRAN is an important partner in the one-call ride center operated by Foothills Area Mobility Systems, which also received support from the PATH Foundation for its work to provide access to medical appointments.

Fauquier County Public Schools

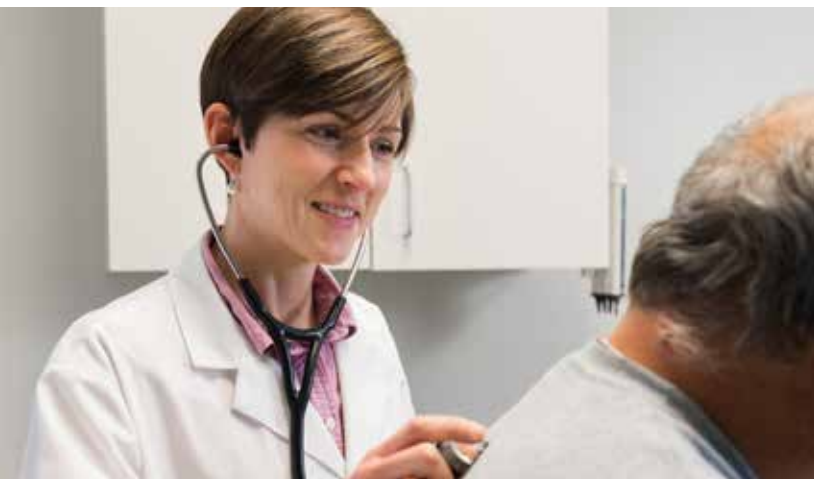
Youth Mental Health First Aid is an eight-hour course designed to teach school staff, parents, health and human services workers, and other caring citizens how to help adolescents (age 12-18) experiencing a mental health or addiction challenge or crisis. Through federal grant funding, classes are offered at no charge by Fauquier County Public Schools and the Mental Health Association of Fauquier County. To encourage increased participation, a PATH Foundation partnership provides financial incentives for schools and other youth-focused nonprofit organizations completing this valuable training. In addition to those working in the schools, volunteers and staff of sports leagues, faith communities, scout groups, law enforcement and more have completed the training. More than \$19,000 in incentives were awarded and almost 800 people were trained by the end of September.

Northern Piedmont Community Foundation

A \$35,000 General Operations grant helped Northern Piedmont Community Foundation begin to close the community health gap. Through their public awareness campaign, NPCF helps to engage the community in new and unique ways and work toward a healthier, more vibrant Piedmont. The PATH Foundation also supports NPCF's Give Local Piedmont efforts with a \$100,000 donation that offers matching grants to nonprofits raising money on their annual day of giving.

Friends of the Rappahannock

As the fifth most endangered river in the United States, Friends of the Rappahannock received a \$10,000 General Operations grant to support educational and restoration activities in the headwaters of the Rappahannock River through summer camps, river cleanup and advocacy.



FRESH

2016 and 2017 have proven to be big years for student health. Fauquier Reaches for Excellence in School Health (FRESH), along with Generation Fresh Foundation, Commit to Be Fit in Rappahannock Schools and the Warrenton Farmer's Market, youth nutrition is in the spotlight. FRESH is bringing a culture of health and wellness to Fauquier County Public Schools and the communities around them. In their first year, FRESH engaged with 20 schools to incorporate physical activity in the classroom, support and enhance cafeteria nutrition, and encourage healthy habits throughout the county. Starting with kindergarten through 2nd grade classrooms, more than 1,950 students experienced learning in a physical and active environment.

Commit to Be Fit

At Rappahannock County Public Schools, Commit to Be Fit focused on community health by implementing a variety of new programs. With goals like enhancing school nutrition, student-centered healthy choices in the cafeteria, and reducing the amount of time students spend sitting down, Commit to Be Fit presents a challenge to students, staff and families in the area. With fitness workshops, kids' cooking classes and nutrition counseling, Commit to Be Fit was just as relevant to the outside community as it was to students involved at school. So far, Commit to Be Fit has added daily fresh fruit options and made lunches healthier, while increasing sales and adding 12 new cafeteria menu items. Within the community, Commit to be Fit offered more than 300 classes, workshops and events.



Make it Happen!

Highlights

Educating children in a healthy environment is important, and that's exactly what **St. Stephen's Episcopal Preschool** has done with their outdoor classroom. They were awarded \$6,990 for a WeatherBug outdoor weather station. By improving their outdoor classroom, children can learn about weather patterns in a new, engaging way.



Through a \$25,000 Make it Happen! grant, the Generation Fresh Foundation created a new youth health program — with **Fresh Bucks**, local students were able to go to the Warrenton Farmer's Market and exchange their Fresh Bucks for any of the various healthy options sold there. The popularity of the program lasted throughout the summer.

With their \$3,400 grant, the **Warrenton Middle School Musical Theater** program purchased a projector and other materials for use during musicals, talent shows and other school programming, allowing the troupe to project different backdrops created in collaboration with the Fauquier High School graphic arts and media students.



After conducting the PRIDE Survey with Fauquier County Public Schools and the Mental Health Association, **Fauquier's Community Alliance for Drug Rehabilitation (CADRE)** noticed a need to help youth and families prevent prescription drug abuse. With a \$13,000 Make it Happen! grant, they launched the Lock Your Meds campaign, created by the National Family Partnership, in Fauquier County. The campaign educates individuals and families on the importance of keeping prescription and over-the-counter drugs secure to reduce the misuse of these drugs by community youth.

The **American Roots Revue Concert Series** showcased a series of five concerts during the summer of 2017 at Buchanan Hall in Upperville, representing the diverse roots of American music prevalent in this area for generations through the celebration of shared musical traditions. A \$25,000 Make it Happen! grant allowed for the outfitting and promotion of the popular summer series.

Community Outreach

Chris Herren

On September 13 and 14, 2017, former NBA player Chris Herren addressed more than 3,000 students at Fauquier, Kettle Run and Liberty high schools. Chris struggled for years with drug addiction, and his story was the subject of ESPN's 30 for 30 documentary, "Unguarded."

Chris connected with students about the importance of self-worth and avoiding behaviors that can lead to substance abuse. The impact of his message, which centers on self-esteem, was overwhelming. At each assembly, he told students, "You need to know you're good enough," a statement met with knowing nods and occasionally some tears.

Work with Herren has continued with additional assemblies for high school students in Culpeper and Rappahannock Counties, Highland School and Wakefield School, as well as middle school presentations in Fauquier and Culpeper Counties planned for Spring 2018.



Holiday Kindness

In December 2016, the PATH Foundation embarked on a project to bring acts of kindness to the community. With the help of our 2016 summer interns, we began the 12 Days of Kindness with free pop-up events and surprise gestures throughout the area. In addition to suggestions on how community members could participate on a personal level, the PATH Foundation's activities included:

Free children's books

400 free copies of "One Good Deed" for children.

Free roller skating

A free skate night attended by more than 300 people.

Overdue book amnesty

Overdue book fines were paid at the Fauquier and Rappahannock public libraries.

Free gingerbread house decorating

100 children and their families attended our gingerbread house party, complete with hot chocolate.

Free WARF passes

209 people took advantage of a free swim day at the WARF.

Animal Rescue, Shop with a Cop, and Wood Ministry

Donations of funds and supplies were made to Fauquier Shop with a Cop, Fauquier SPCA, For the Cats' Sake, Humane Society of Culpeper, Paws for Seniors, Rappahannock Animal Welfare League, RappCats and the Warrenton Wood Ministry.

Free coffee, laundry and haircuts

We surprised customers at different locations with free coffee, free cycles at the laundromat and free haircuts.



Intern Program

This year, PATH's 2017 Summer Internship program hosted nine college students from Fauquier, Rappahannock and Culpeper Counties. They met once a week at the PATH Foundation offices to engage in leadership activities and plan "Linger Longer," a pop-up demonstration project in Old Town Warrenton.

In addition to their work at PATH, each intern was assigned to a different nonprofit or government entity in the community, working everywhere from the Fauquier County Public Library to the Fauquier Free Clinic and Rappahannock Rapidan Regional Commission.



Our summer 2017 interns included:

Emily Berg
Fauquier Free Clinic

Jessica Cannon
PATH Foundation
Communications

Zachary Harris
Town of Warrenton

Caroline Kessler
Fauquier County
Public Library

Hannah Michnya
Rappahannock Rapidan
Regional Commission

Anna Ritter
Mental Health Association
of Fauquier County

Shelby Thornhill
PATH Resource Center

Ward Van de Water
Warrenton Aquatic and
Recreation Facility

Allie Zaleski
FRESH (Fauquier Reaches for
Excellence in School Health)



The PATH Foundation proudly serves Fauquier, Rappahannock and northern Culpeper Counties.



PATH Foundation

2016 Grantees

Aging Together	Friends of the Rappahannock	Rappahannock County Sheriff's Office
Bluemont Concert Series	Generation Fresh Foundation	Rappahannock Rapidan Community Services
Boys and Girls Club of Fauquier, Inc.	Girls on the Run Piedmont	St. Stephen's Episcopal Preschool
Buchanan Hall	Headwaters Foundation	The Arc of North Central VA
Culpeper County	Healthy Culpeper	The Child Care and Learning Center
Economic Development Authority of Fauquier County	Highland School	The Clifton Institute, Inc.
Fauquier CADRE	Hospice Support of Fauquier County	The Warrenton Salvation Army
Fauquier Community Child Care, Inc.	Leadership Fauquier	VOLTRAN
Fauquier Community Food Bank and Thrift Store, Inc.	Local Energy Alliance Program	Warrenton Lions Club Charities, Inc.
Fauquier County Public Schools	M.M. Pierce Elementary School	Warrenton Middle School
Fauquier Education Farm	Marshall Middle School	Warrenton Police Department
Fauquier Equestrian Forum	Mental Health Association of Fauquier County	Windmore Foundation for the Arts, Inc.
Fauquier FISH	Northern Piedmont Community Foundation	Windy Hill Foundation
Fauquier Free Clinic, Inc.	Our Saviour Lutheran Church	Young Life
Fauquier Habitat for Humanity	Rapp@Home	
Foothills Forum	Rappahannock County Public Schools	

\$4,644,920

IN FUNDING FOR GRANTS AND PROGRAMS

\$1,855,231 in funding for health priorities of access to health, childhood wellness, mental health and senior services

\$952,041 in community engagement

\$1,155,955 in capacity building

\$165,426 in regional health

Figures represent FY2016 audited numbers

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