



25

1999–2024

METROWEST HEALTH
FOUNDATION

ANNUAL REPORT 2024

BUILDING FORWARD



“I’m deeply proud of all we accomplished with our partners over 25 years. I am confident that the Foundation remains in a strong position and will continue to guide the next phase of healthcare innovation in MetroWest.”

Marty Cohen
Former President/CEO



“In the midst of significant change—internal and external—the MetroWest Health Foundation remains steadfast in its commitment to health equity in our region. It’s a powerful and increasingly necessary mission.”

Anna Cross
Former Chair, Board of Trustees

FY24 IMPACT

\$5.7M+

in new grants

72

health-related
scholarships +
internships
funded

49

organizations
supported



Dear MetroWest Community,

We anticipated change. As we celebrated the MetroWest Health Foundation's 25th anniversary and its many accomplishments in 2024, we knew our founding CEO would be retiring. Our second ever CEO arrived in February, and two new staff members joined the team in the fall. All of us share the foundation's commitment to improving health outcomes of all who reside in MetroWest.

During this period of transition, we've kept the foundation's critical work moving forward, making new grants and scholarships and launching important innovations, including the Health Equity Timeline featured in this report. We've held fast to the foundation's long-held values, centering health equity, listening to our community, using data to inform our work, and investing in future leaders and health system capacity.

Our foundation's greatest strength has always been our community. We rely on close relationships with our grantees and other partners, as well as the 45 residents serving on our board, grantmaking, and other committees, to keep us grounded in what matters to MetroWest residents.

Our community is what matters to us, and we remain committed to you.

As we grapple with great change and uncertainty in our broader world, the foundation is ready. We will continue to work with you to meet new challenges while embracing opportunities to cultivate a stronger, healthier MetroWest.



Phillip González
CEO/President



Claire Levesque, MD
Claire Levesque, MD
Board Chair

**The MetroWest
Health Foundation
commits to
building forward
from our 25-year
legacy, serving as a
source of stability,
continuity, and
future-facing ideas
for our community.**

Building on 25 Years of Impact

25

Communities



25

Years

Est.
1999

\$83M+

Total Giving



1999

Foundation
launches



4 community
health
assessments
conducted

47
volunteer
board
members

Partnership

Equity

\$819K
in internship
stipends

\$1.3M
in COVID
relief



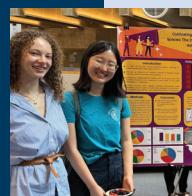
173 Health
Leadership
Program
graduates

9 years
of the
MetroWest
Adolescent
Health Survey

1,213
healthcare
scholarships
awarded

16
schools
adopt BRYT

Innovation



2
new community
health centers

\$4.2M
to make
medications
more
accessible

\$8.8M
in Basic
Health Needs
grants

Care

Impact

1570
total grants
made

\$3.1M
in support to
public health
agencies

\$2.8M
to support new
collaboratives



OUR PROUD 25-YEAR LEGACY

Since 1999, MetroWest Health Foundation has supported hundreds of nonprofits and municipal agencies to build a more resilient, healthy, and equitable MetroWest. As an independent health philanthropy, we work as a grantmaker, convener, thought leader, and ally to cultivate innovative ideas and stronger health systems in our region.

We believe in the power of dialogue and sustained partnership. Across all our work, we're guided by data, rigorous research, and the voices of our community.

Introducing the Foundation Team



Phillip González
President & CEO

With a long career in health philanthropy, Phillip has been a national leader in advocating for equity, dialogue, and community partnership in the field. He's thrilled to bring that experience to an organization that he considers a model of effective community-centered philanthropy.



Rebecca Donham
Senior Program Officer

A lifelong MetroWest resident, Rebecca has supported the foundation's grantees and grant selection processes for two decades. With a background in evaluation and nonprofit capacity-building, she emphasizes transparency and rigor in grant selection and serves as a thoughtful partner to grantees.



Angela Castrillo Vilches
Program Officer

A native of Framingham, Angela brings a background in political organizing and immigrant health advocacy to her new role. She believes in centering the needs of the community in grantmaking and program decision-making. Angela is excited to apply that passion in her home region.



Maria Panasian
Director of
Administration
and Finance

Maria comes to the foundation with extensive experience in finance, accounting, and human resource leadership. A fan of details, deadlines, and efficiency, she keeps the foundation's internal operations moving in service of greater community impact.



Kate Baker
Research Director

Kate leads policy, programs, and data research for the foundation. A MetroWest resident and parent, she aims to make data accessible and engaging to inform partners' work. Kate is a resource to organizations as they improve health systems and serve the region's residents.



**Our staff believe
deeply in our
mission to improve
the health and
wellbeing of all
who live in
MetroWest.**

Looking Back to Move Forward

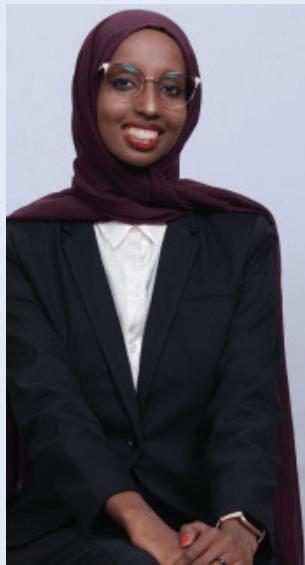
New Health Equity Timeline puts today's health experiences in historical perspective.

Last April the foundation launched an exciting tool to support MetroWest residents in understanding public health patterns in our region. The Health Equity Timeline is a free online tool that curates pivotal moments in history to help explain health disparities currently experienced by residents and inspire civic action moving forward.

Designed as an interactive community resource, the searchable timeline can be used to inform advocacy efforts, bolster fundraising, and enrich educational programs. Our team engaged dozens of community informants—including the staff of local history centers and libraries, authors, historians, and grassroots experts—to identify examples of public policy, individual leadership, acts of discrimination, and other power shifts that helped shape today's health environment. The format is deliberately iterative and continues to evolve in response to community feedback.



Explore the Health Equity Timeline
and contribute ideas here.



Sirad Hassan HEALTH EQUITY TIMELINE INTERN

Sirad has been a core contributor to the timeline project since early 2024. A PhD student in Population Health Science at Harvard, Sirad previously researched mental and reproductive health in U.S. Somali communities. A future public health leader, Sirad is passionate about engaging marginalized communities in telling their stories through participatory research.

A GLIMPSE INTO METROWEST'S PUBLIC HEALTH HISTORY

1905 >>>

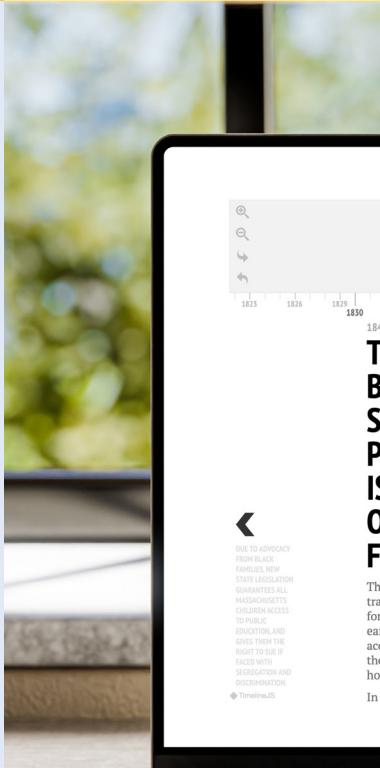
Dr. Solomon Carter Fuller, the first Black psychiatrist in the U.S. and a leader in Alzheimer's disease and dementia research, returns to Westborough State Hospital to continue his groundbreaking research, despite discrimination.

1948 >>>

The monumental Framingham Heart Study begins, with 5,209 local subjects, all people of European American background.

1950 >>>

Natick Fair Housing Practices Committee is founded to actively work against post-WWII housing discrimination, or "redlining" practices.



"We were excited to get involved because the timeline uncovers these pivotal moments in public health history that have shaped the real-world questions people have today. By going into the experiences of the past, we can be much more ready for what we're encountering today and in the future."

Anna Tucker, Executive Director, Framingham History Center

"Public health encompasses so much—the built environment, economic capital, all of the social determinants of health. This project shows how everything comes together and influences a person's health and wellbeing."

Sirad Hassan, Health Equity Timeline Intern



Building Forward with Our Grantees



METROWEST FOOD COLLABORATIVE

Closing gaps to food security via community-informed outreach

MetroWest Food Collaborative is developing new strategies to engage residents and increase participation in SNAP and WIC benefits in eight communities, part of its broader mission to build a more coordinated and just regional food system.

“The Foundation supported us from the beginning—not just with grant funds but with guidance. We’ve gotten feedback around growing and sustaining as an organization. It’s been excellent, authentic advice that’s helped us stay true to the mission.”

Christine Guthry,
Executive Director
SPARK KINDNESS



FAMILY PROMISE METROWEST

Launching a campaign to address family homelessness in Metrowest

With resources from a new grant, Family Promise increased its reach through its diversion program from 88 to 120 families at risk of losing housing and hired a full-time advocacy specialist to identify opportunities to increase housing access and mobilize for change.

“It’s been our privilege to support communities with data they can use to understand adolescent health disparities and drive decision-making about the strategies and programs they need to support adolescent mental and physical wellbeing.”

Shari Kessel Schneider,
EDC Senior Project Director
METROWEST ADOLESCENT HEALTH SURVEY



OUT METROWEST

Ensuring free, affirming mental health care for LGBTQ+ youth in our community

During the pandemic, OUT MetroWest's program participants voiced a need for affirming mental health support. In response, staff secured a grant from MWHF to fund three onsite clinicians (representing different LGBTQ+ identities) who provide drop-in sessions, group support, and referrals for all youth who attend weekly programs. "They feel very seen by our therapists," says Executive Director Mel Pace. "It gives them a feeling of like, okay, I have someone to check in with no matter what's going on."



METROWEST CARE CONNECTION

Building a coordinated, people-first approach to connecting residents with the care they need

It began as bold idea: create a one-stop hub for MetroWest residents to access a range of health, behavioral health, and social services, including housing and food support. Since 2020, the partnership has served nearly 5,000 residents with multilingual care coordination. MWCC creates important "connective tissue" among the region's many providers and systems. "We're getting people together on a regular basis to talk about what's working, what's not, how we can respond as a system," says Project Director Shannon Ahern.

Sustaining a Regional Network

In 2024, the MetroWest Health Foundation distributed \$5.7M in grants to 49 nonprofits and agencies that are leading the way in providing health services that improve lives and strengthen local communities.



ADOLESCENT HEALTH

Education Development Center, Inc.

To conduct the 2025 MetroWest Adolescent Health Survey.

\$706,000

BASIC HEALTH NEEDS

Advocates, Inc.

Behavioral Health

\$225,000

Edward M. Kennedy Community Health Center, Inc.

Oral Health

\$150,000

Edward M. Kennedy Community Health Center, Inc.

Primary Medical Care

\$525,000

Edward M. Kennedy Community Health Center, Inc.

Prescription Assistance

\$450,000

Health Care For All

Insurance Enrollment

\$75,000

Latino Health Insurance Program, Inc.

Insurance Enrollment

\$150,000

MetroWest Free Medical Program

Primary Care

\$150,000

MetroWest Legal Services

Medical-Legal Partnership

\$225,000

Riverside Community Care

Behavioral Health

\$100,000

South Middlesex Opportunity Council, Inc.

Homelessness

\$225,000

South Middlesex Opportunity Council, Inc.

Behavioral Health

\$225,000

Spoonfuls, Inc.

Food Insecurity

\$225,000

Wayside Youth & Family Support Network, Inc.

Behavioral Health

\$225,000

“Over the past 20 years, we have turned to the foundation for guidance, consult, and partnership to keep up with the demand for affordable and inclusive health care. We thank you for your leadership and dedication to MetroWest.”

The Edward M. Kennedy Community Health Center team

BEHAVIORAL HEALTH

Advocates, Inc.

To support the work of the MetroWest Care Connection to improve access to behavioral health services for MetroWest community members.

\$494,859

Advocates, Inc.

To hire two bilingual/bicultural clinical professionals for the community behavioral health center in Framingham.

\$42,000

CAPITAL

Natick Service Council, Inc.

To expand the food pantry space.

\$40,000

CONTINUATION

Amazing Things Arts Center, Inc.

To support community engagement and resident involvement in South Framingham.

\$67,084

MetroWest Legal Services

To assist Afghan immigrants in obtaining special immigration relief as people who worked for or assisted the U.S. Government during the War in Afghanistan.

\$20,000

SPARK Kindness, Inc.

To address and prevent Identity-Based Bullying, Online Hate, and Hate Speech.

\$49,000

GIRLS MENTAL HEALTH

African Cultural Services, Inc.

To improve the mental health of 20 low-income African girls from the MetroWest area.

\$30,000

Medway Public Schools

To provide group counseling intervention for middle school girls.

\$6,525

Wellesley College, Wellesley Centers for Women

To offer a Digital Wellbeing Workshop series tailored to the mental health needs of girls in the MetroWest area.

\$30,000

HEALTH AND HOUSING STABILITY

Bethany Hill Place

To expand onsite health and wellness care access and resources for residents.

\$25,000

Gifts of Hope Unlimited

To support relationship abuse survivors as they transition from shelters to a safe home and future.

\$12,500

Hudson Health Department

To help Town of Hudson residents find and maintain affordable, safe and dignified housing.

\$30,000

Massachusetts Public Health Association

To build community and municipal public policy capacity in MetroWest for housing policy improvements.

\$16,332

Metro Community Development Corporation

To increase housing stability and safety for older adults.

\$30,000

MetroWest Mediation Services

To prevent eviction of renters through mediation and other resources.

\$30,000

RIA, Inc.

To reduce housing insecurity among clients.

\$28,574

South Middlesex Opportunity Council, Inc.

To provide emergency short-term hotel shelter to families in MetroWest.

\$25,000



South Middlesex Opportunity Council, Inc.
To increase access to housing and wraparound support to individuals and families with complex needs.
\$29,952

Wayland Council on Aging
To help residents decrease clutter in their homes that is putting their housing, health, and safety at risk.
\$30,000

IMPROVING HEALTH EQUITY

Assabet Valley Collaborative
To improve access to care by securing transportation to appointments.
\$5,000

Brazilian American Center BRACE
To provide free health insurance enrollment assistance for vulnerable immigrants.
\$25,000

Community Foundation for MetroWest
To host a free weekend clinic to provide medical, dental, and vision services.
\$5,000

Framingham Public Schools

To increase access to childhood vaccines within the school setting.
\$25,000

Health Care For All
To support outreach and education about the updated COVID-19 vaccine, and broader public health and social service related issues.
\$25,000

Jewish Family Service of Metrowest
To increase migrant access to health care and improve their health.
\$24,426

MetroWest Worker Center - Casa
To promote health insurance enrollment among local immigrant populations.
\$75,376

Natick Center Associates, Inc.

To provide a \$15 monthly match for those with SNAP benefits at the Natick Farmer's Market.
\$15,000

INNOVATIVE ACTION TO ADDRESS COMMUNITY PRIORITIES

Daniel's Table
To provide a Community Freezer Program designed to give partners an immediate response to hunger.
\$25,814

Family Promise Metrowest
To increase access to affordable housing in Natick and surrounding communities.
\$291,072

Hudson Health Department

To support the MetroWest Food Collaborative's efforts to launch a Supplemental Nutrition Assistance Program (SNAP) outreach pilot.
\$100,000

Jewish Family Service of Metrowest
To increase the availability of home healthcare through workforce development.
\$45,400



RESPONSIVE

A Place To Turn, Inc.

To support the food pantry.

\$30,000

Blackstone Valley Vocational Regional School District/Valley Tech.

To support short-term mental health services for 50 grade 9-12 students.

\$20,000

Greater Framingham Community Church

To provide an after school bike club.

\$20,000

Greater Framingham Community Church

To provide grocery bags for 120 families identified by Framingham Public Schools on a biweekly basis.

\$20,000

Hockomock Area YMCA— Beron Family Branch

To educate childcare participants about optimal nutrition standards.

\$10,000

MAB Community Services

To provide mental health services to MetroWest older adults with blindness or low vision challenges.

\$19,887

Medway Village Food Pantry

To ensure consistent access to culturally-preferred foods for Spanish- and Portuguese-speaking clients experiencing hunger.

\$20,000

Morse Institute Library

To offer free period supplies in all public and staff restrooms at the public library.

\$12,000

Natick Fire Department

Funding to send 3 members of the Natick Fire Department to paramedic school.

\$36,000

Natick Service Council, Inc.

To provide food for low-income residents.

\$30,000

Open Table, Inc.

To support food insecure households in Hudson.

\$19,002

OUT MetroWest

To provide access to LGBTQ-focused mental health care for a youth population with high needs and barriers.

\$20,000

Project Just Because

To provide partial funding for a full time Multilingual Interpreter.

\$20,000

Sherborn Council on Aging

To develop an outdoor fitness program to improve physical fitness and provide an environment of social engagement for older adults.

\$10,000

INTERNSHIP STIPENDS

Internship Stipends (16)

\$100,000

SCHOLARSHIPS

Nursing (36)

\$132,000

Medical/Clinical (20)

\$208,000

“We regard the foundation as a generous supporter of our efforts to educate the next generation of health care providers. How fortunate we have been to have the foundation in our community.”

David Podell, Ph.D., MassBay Community College



Governance

As of 9/30/2024

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Financials

STATEMENT OF FINANCIAL POSITION SEPTEMBER 30, 2024

(with summarized comparative totals as of September 30, 2023)

ASSETS	2024	2023
Cash and cash equivalents	\$4,006,951	\$1,543,550
Investments	\$112,921,692	\$98,862,588
Beneficial interests in perpetual trusts	\$8,340,538	\$7,104,287
Right-of-Use Asset – Operating, net	\$404,426	\$504,523
Other assets	\$113,440	\$104,302
Total assets	\$125,787,047	\$108,119,250

LIABILITIES & NET ASSETS

	2024	2023
Liabilities		
Accrued expenses and other	\$1,289,627	\$1,554,905
Grants payable	\$3,922,598	\$1,657,574
Operating Lease Liability	\$425,484	\$522,052
Deferred excise taxes	\$578,593	\$420,949
Total liabilities	\$6,216,302	\$4,155,480
Net Assets		
Without donor restrictions:		
• General purpose funds	\$69,145,152	\$58,055,237
• Grants Panels	\$28,266,257	\$27,362,168
Total without donor restrictions	\$97,411,409	\$85,417,405
With donor restrictions:		
Purpose restricted, including Grants Panel funds:		
• Expendable	\$9,029,477	\$7,367,826
• Endowments	\$4,789,321	\$4,074,252
Beneficial interests in perpetual trusts	\$8,340,538	\$7,104,287
Total with donor restrictions	\$22,159,336	\$18,546,365
Total net assets	\$119,570,745	\$103,963,770
Total liabilities and net assets	\$125,787,047	\$108,119,250

STATEMENT OF ACTIVITIES AND CHANGES IN NET ASSETS FOR THE YEAR ENDED SEPTEMBER 30, 2024

(with summarized comparative totals for the year ended September 30, 2024)

REVENUES	2024	2023
Investment return, net	\$21,301,328	\$12,125,117
Net gains (losses) on beneficial interests in perpetual trusts	\$1,236,251	\$371,363
Income from outside trusts and other	\$512,331	\$420,660
Net assets released from purpose restrictions	—	—
Total revenues	\$23,049,910	\$12,917,140

OPERATING EXPENSES	2024	2023
Program services		
• Community Education and Advocacy	\$425,999	\$479,620
• Grant and related	\$6,251,359	\$2,651,225
Total program services	\$6,677,358	\$3,130,845
Management and general	\$765,577	\$596,142
Total operating expenses	\$7,442,935	\$3,726,987
Changes in net assets	\$15,606,975	\$9,190,153

NET ASSETS	2024	2023
Beginning of year	\$103,963,770	\$94,773,617
End of year	\$119,570,745	\$103,963,770

The Board of Trustees has engaged AAFCPAs of Westborough, Massachusetts to perform the annual audit. A copy of their complete audit report is available for review from the foundation.

Building Forward Together

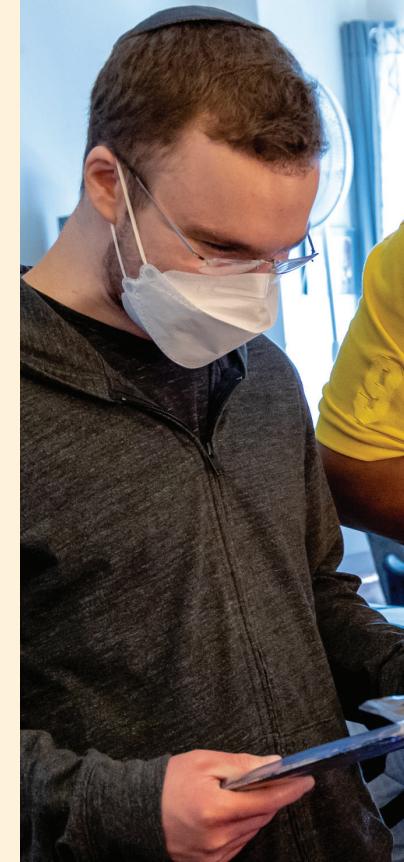
The MetroWest Health Foundation remains steadfast in our commitment to our regional partners and MetroWest community.

In this period of great uncertainty for publicly funded health systems and service providers, our independence is an asset. We commit to ongoing support to area nonprofits and municipal agencies so they may continue to meet their missions and address emerging needs in local communities.

We invite you to connect with us in the coming year.

Whether you are a current or past grantee, or a community partner or resident, there are multiple ways to obtain valuable information and support.

- »»» **Access** up-to-date health data and insights on our website and through our newsletters.
- »»» **Attend** a convening to connect with others working to solve health challenges in our region.
- »»» **Apply** for a grant or scholarship in one of our upcoming selection cycles.
- »»» **Contribute** to the Health Equity Timeline.





OUR MISSION

The MetroWest Health Foundation is an independent health philanthropy whose mission is to improve the health status of the community, its individuals, and families through informed and innovative leadership.

We serve the communities of: Ashland, Bellingham, Dover, Framingham, Franklin, Holliston, Hopedale, Hopkinton, Hudson, Marlborough, Medfield, Medway, Mendon, Milford, Millis, Natick, Needham, Norfolk, Northborough, Sherborn, Southborough, Sudbury, Wayland, Wellesley, and Westborough

METROWEST
HEALTH
FOUNDATION

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