2013 ANNUAL REPORT

Healthy People, Healthy Places

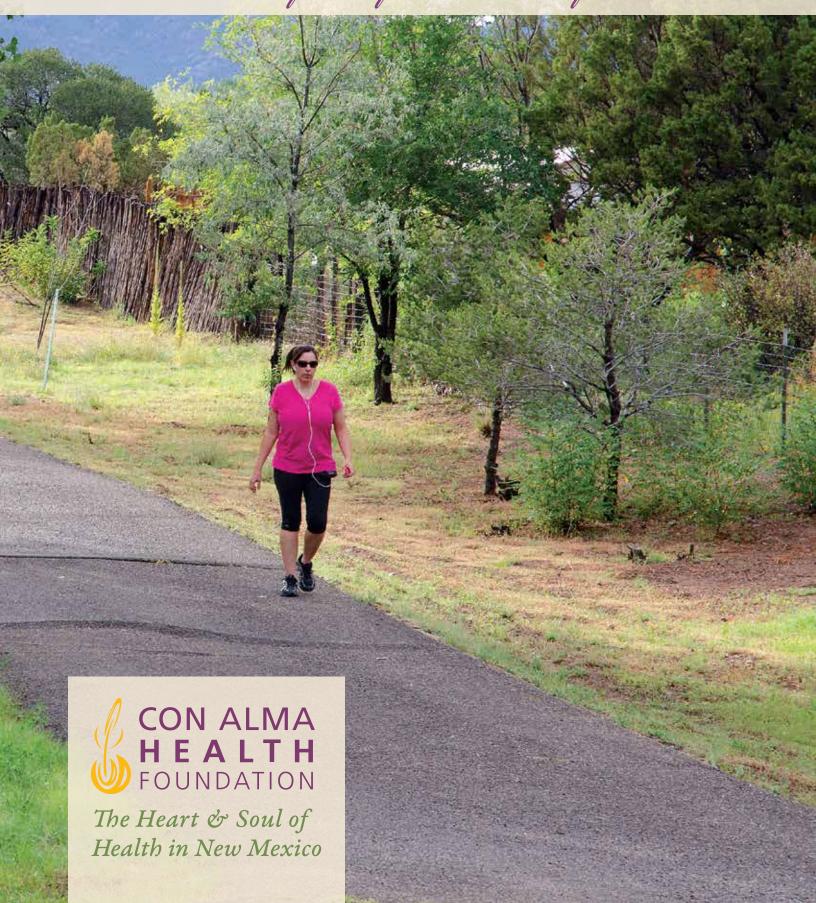


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From the President & Executive Director

Since our beginning, Con Alma Health Foundation has worked to improve health in New Mexico. This year we are proud to lead an initiative that can help advance health equity, achieved when all individuals, regardless of their economic or social background, have the same access to quality, affordable health care and a chance at a better life.

With support from the Convergence Partnership of Tides Foundation, comprised of eight national and seven New Mexico funders, the Healthy People, Healthy Places initiative is based on a simple concept: Place matters. Where you live affects your ability to lead a healthy life.

To achieve that, we are providing grants and technical assistance to nonprofits that share our vision of changing policies and the environment to support healthy people and healthy places. We brought together partners across the state to identify and implement specific strategies that make it easier for people to get healthy food, be active, and live in safe communities. We support policies that help families make healthy choices while elders pass down their cultural and traditional practices.

We couldn't work on this initiative or our other work improving health without the incredible partners we have across New Mexico. It takes all of us—nonprofits, businesses, government, and our Community Advisory Committee and Board of Trustee members and other funding and community partners—to make New Mexico's communities healthy places for every person.

We continue to promote diversity among the state's nurses, advocate for the growing aging population, and help implement health care reform. We remain dedicated to our mission of improving health by investing in children, families and communities, leveraging resources, supporting nonprofits and bringing people together to collaborate and develop solutions to health challenges in our state.

Mil gracias,

bus Bougans

Erin Bouquin, MD President, Board of Trustees

Platous F. Roylee Dolores E. Roybal, PhD, MSW

Executive Director, Con Alma Health Foundation





Con Alma Health Foundation

Mission

Con Alma Health Foundation is organized to be aware of and respond to the health rights and needs of the culturally and demographically diverse peoples and communities of New Mexico. Con Alma seeks to improve health status and access to health care services and advocates for health policies that address the health needs of all New Mexicans. The Foundation makes grants and contributions to fulfill its mission.

Con Alma Health Foundation's work is guided by six core values:

- Improve the health status of all New Mexicans
- Maintain the public trust
- Involve, collaborate and partner with New Mexico communities
- Innovate and lead
- Teach and learn
- Be an effective advocate for a health policy which supports the Foundation's charitable purpose and mission

Believing in the future

We believe everyone is entitled to a healthy life.

We believe communities should help define solutions because of the great diversity of our state.

We believe our assets are greater than our dollars and that Con Alma should be an advocate for so<mark>un</mark>d <mark>he</mark>alth policy.

We respect the values and experience of all people and will honor those values in our policies, oper<mark>ations and grantmaking</mark>.

History

When Blue Cross Blue Shield New Mexico changed from a nonprofit to a for-profit business, state law required that its non-charitable assets of more than \$20 million be devoted to nonprofit use. In 2001, that nonprofit became Con Alma Health Foundation, the largest foundation in New Mexico dedicated solely to health. In 2002, Banner Health Systems, a nonprofit, sold Los Alamos Medical Center to Province Health Care, a for-profit. The health care conversion proceeds of a combined \$4.5 million established the Northern New Mexico Health Grant Group, which addresses the health needs of people in Los Alamos, Rio Arriba and northern Santa Fe Counties. It is a joint initiative of Con Alma Health Foundation and the Los Alamos Medical Center Hospital Auxiliary, Since established in late 2001, the permanent endowment of Con Alma has grown to \$25 million and it has invested more than \$11 million to help people in New Mexico improve their health. The Foundation also advocates for health policy and brings people and organizations together to find ways that everyone in our state can live a healthy life.

10TH ANNIVERSARY

Northern New Mexico Health Grant Group

Since 2003, Northern New Mexico Health Grant Group has awarded 143 grants to 50 organizations, totaling \$2,105,279.

NNMHGG Grantees 2003-2013

Adaptive Ski Program

Alzheimer's Association, New Mexico Chapter

Amigos del Valle

Boys & Girls Club del Norte

Breath of My Heart Birthplace

Cancer Foundation for New Mexico

Cancer Services of New Mexico

Casa Mesita Group Home

Coming Home Connection

Community Wellness Center

Corazon Behavioral Health Services

Crisis Center of Northern New Mexico

El Centro de los Ninos

El Centro Family Health

Family Strengths Network

Family YMCA, The

Guru Ram Das Center

Hands Across Cultures

HELP

Holy Cross Hospital

Hoy Recovery Program

Inside Out

Interfaith LEAP

La Clinica del Pueblo de Rio Arriba

Las Clinicas del Norte

Las Cumbres Community Services

Los Alamos Council On Cancer

Los Alamos Family Council

Los Alamos First Born Program

Los Alamos Heart Council Inc.

Los Alamos Juvenile Justice Advisory Board

Los Alamos Lions Club

Los Alamos Medical Center Hospital Auxiliary

Los Alamos National Laboratory Foundation

Los Alamos Retirement Center (Aspen Ridge)

Los Alamos Retirement Center (Sombrillo)

Los Alamos Visiting Nurse Service Inc.

Many Mothers

New Mexico Acequia Association

New Mexico Lions Eye Foundation

New Mexico Suicide Intervention Project

North Central Community Based Services

Planned Parenthood of New Mexico

Pueblo of Pojoaque Counseling & Social Services

Sage Cottage School, Inc.

Santa Fe Recovery Center

Self Help, Inc.

St. Elizabeth Shelter

Tewa Women United

University of New Mexico Foundation

In 2003, the Northern New Mexico Health Grant Group (NNMHGG) formed to support nonprofits in Los Alamos, Rio Arriba and northern Santa Fe counties. NNMHGG is a partnership between Con Alma Health Foundation and the Los Alamos Medical Center Hospital Auxiliary.

When the nonprofit Banner Health Systems sold Los Alamos Medical Center to a for-profit corporation, some of the proceeds of the sale were set aside to serve the unmet healthcare needs of the people who receive care from the Los Alamos Medical Center.

Over the past decade, NNMHGG has provided 50 nonprofits in the tri-county area with more than \$2.1 million. This year we honor the work of the founding and current members of the Northern New Mexico Health Grant Group, and we look forward to more successful years partnering to help people lead healthy lives.

—DOLORES E. ROYBAL, executive director of Con Alma Health Foundation and member of the Northern New Mexico Health Grant Group Advisory Committee



Los Alamos Medical Center Hospital Auxiliary

2013 Hero of Health



Juliana Anastasoff

In 2009, Con Alma Health Foundation began a tradition of recognizing individuals who have made extraordinary contributions to the health of their communities. Each year, we call for nominations for heroes honored at our annual Grantee Recognition Event.

The 2013 Hero of Health was Juliana Anastasoff, a Picuris-Peñasco Valley resident and University of New Mexico health extension rural officer in Northern NM, based in Taos. She was nominated by Dr. Arthur Kaufman, vice president for community health at the University of New Mexico.

As an advocate for her rural community, she helped build health infrastructure in northern NM, recruiting local health providers and supporting community health related initiatives. She also spearheaded an effort to bring mental health first aid training to local rural communities. In addition, she helped write a grant that led to Taos getting its first community health clinic primarily serving the uninsured.

In honor of the 2013 hero, Con Alma provided a \$1,000 donation to the nonprofit of her choice, the New Mexico Acequia Association. This organization was chosen because of its strong focus on community health work – supporting communities around self-determination of their resources, promoting pride and the capacity of our youth to engage in traditional agricultural systems.

Beyond Grantmaking

Con Alma Health Foundation's assets go beyond the dollars with which it makes grants; Con Alma also brings people together and acts as a catalyst for positive, systemic change.

2013 Initiatives

Advancing Health Equity in New Mexico

Con Alma completed a two-year grant from the Kellogg Foundation designed to help Con Alma further its mission, advance health equity in New Mexico, and build Con Alma's organizational capacity.

EngAGEment Initiative

This initiative, a partnership with the New Mexico Association of Grantmakers, ended in 2012. It was designed to promote an awareness of, and funding of, aging issues in New Mexico. Con Alma continued this work through 2013 to help implement the objectives that grew out of the original project.

Health Care Reform

In additional to grantwriting services Con Alma provided to the New Mexico Office of Health Care Reform to secure funding to help plan the Health Insurance Exchange, the Foundation also supported the following activities to support the implementation of health care reform in New Mexico:

- 1. Resource Team Reports
- 2. Health Care Reform Convenings
- 3. New Mexico Alliance of Health Councils
- 4. New Mexico Health Connections
- 5. Commissioned reports on The Economic Impact of ACA in NM, and Making Health Care Reform Work for Small Business in New Mexico (in partnership with the McCune Charitable Foundation)
- 6. Native American Health Care Reform Guide

Hispanics in Philanthropy

Con Alma partnered with the national Hispanics in Philanthropy and local funders on a Funders' Collaborative for Strong Latino Organizations, a three-year initiative that awarded grants to Hispanic led or Hispanic serving nonprofits in New Mexico. Con Alma serves as the anchor foundation.

New Mexico Nursing Diversity Partnership Project

The project, completed in 2013, worked to strengthen and diversify the New Mexico nursing workforce. This initiative was a matching grant from the Robert Wood Johnson Foundation and Northwest Health Foundation, with contributions from Con Alma Health Foundation, the New Mexico Board of Nursing, and St. Vincent Hospital Foundation.

Sustaining Impact Initiative

Con Alma received a technical assistance non-cash grant through the Sustaining Impact Initiative (SII), to help build the capacity and sustainability of nursing organizations in New Mexico.

Promoting Health and Equity through Built

Place Matters

Social determinants of health are the conditions in which people are born, grow up, work, play, and age. These include income levels, housing conditions and community safety, as well as access to medical care, quality food, education, and good public transportation.

We believe that the conditions in which people live influence their overall health – that the choices we make are limited by the choices we have. The Healthy People, Healthy Places Initiative aims to address inequities in local environments and to serve as a catalyst for systemic change to advance health equity.

"Where we live, learn, work and play can have a greater impact on how long and how well we live than medical care. ...our zip code may be more important to our health than our genetic code."

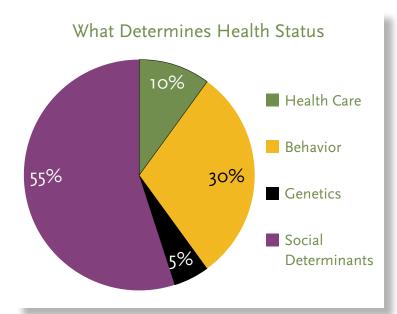
-Robert Wood Johnson, Issue Brief 7, December, 2009

The Project

The goals of the Healthy People, Healthy Places Initiative are to:

- Promote equity and health by improving the built environment and access to healthy food, with a focus on lowincome communities, rural communities, and communities of color
- Support the preservation and enhancement of cultural and spiritual assets in the community
- Develop capacity by creating a long-term commitment to equity-focused policy and environmental efforts

The project encourages collaboration among varied stakeholders and provides technical assistance, mini-grants, and targeted support for local endeavors. We have created a steering committee to identify and assist efforts to improve community infrastructure and healthy food access in New Mexico. We intend to bring together people from organizations throughout the state to foster a multi-sector approach to creating healthy communities. By



working together, we hope to recognize, inspire, and learn from existing efforts and build upon them.

Moving Forward

Systemic change requires sustained effort. Through the Healthy People, Healthy Places Initiative, we hope to spur further discussion about the importance of place in health equity, and ultimately, changes in policies to support more equitable living situations for underserved populations.

Healthy Places

Environment and Food Access Policy

Health Equity in New Mexico

Health equity is achieved when all individuals, regardless of their economic or social background, have the same access to quality health care and a chance at a better life. New Mexico lags significantly behind, particularly in rural areas, communities of color, and underserved populations such as the elderly, immigrants, border communities, and veterans.

- Hispanic and American Indian adults are over twice as likely to be without health insurance as whites
- More than one quarter of New Mexico's immigrant population lives below the poverty line
- 21.2% of adults aged 60 and older are food insecure, one of the highest percentages in the nation
- The U.S.-Mexico border area ranks last in per capita income and first in the percentage of children uninsured
- Rural residents are nearly twice as likely to die from accidental injuries, in part due to longer emergency response times

Demographic trends show worsening health and equity indicators, as underserved populations continue to grow and resources are further stretched. Focusing on fundamentals such as prevention, nutrition, health promotion, and holistic health is crucial for tackling New Mexico's health care challenges.

Our Partners

Con Alma Health Foundation is one of 13 local foundations in the U.S. to be recognized with a 2012 national <u>Innovation Fund</u> grant awarded by the <u>Convergence Partnership</u>. The Partnership consists of eight funders who share the goal of changing policies and the environment to achieve the vision of healthy people living in healthy places.

Convergence Partnership

Ascension Health

The California Endowment

Kaiser Permanente

<u>The Kresge Foundation</u>

Nemours

Robert Wood Johnson

Foundation

Rockefeller Foundation

W. K. Kellogg Foundation

New Mexico Partners

Con Alma Health Foundation

McCune Charitable Foundation

New Mexico Community Foundation

Notah Begay III Foundation

PNM Resources Foundation

Santa Fe Community Foundation

Simon Charitable Foundation

Con Alma Health Foundation

Small Grants: \$125,000

- <u>Appleseed of New Mexico</u> (\$10,000) to support the Native American Community Engagement Program that expands Navajo children's access to healthy food, nutrition education, job opportunities and academic education
- <u>Chainbreaker Collective</u> (\$10,000) to launch Nuestra Santa Fe, a program that addresses issues in built environment, such as lacking affordable transportation, that make it difficult for people who live in poverty to lead healthy lives
- Dar a Luz Birth and Health Center in Albuquerque (\$10,000) to research, recommend and advocate for a way to create a regulatory system for midwifery care in New Mexico and remove barriers for Medicaid reimbursement
- <u>Eastern New Mexico University Roswell Foundation</u> (\$10,000) to support the Chaves County Comprehensive Resource System, which consolidates updated community resource information online for all members of the community
- KRWG Radio in Las Cruces (\$12,000) to produce

 "La Frontera A changing America: Latina Behavioral

 Health in New Mexico," a television broadcast series to

 educate and support Latinos with substance abuse or

 mental health conditions
- Native American Community Academy Foundation (\$12,000) to pilot a program that gives teachers tools to better understand and support students, which can improve their education and contribute to their long-term health and wellness
- New Mexico Community AIDS Partnership (\$10,000) to provide training and support that increases the capability of health-care providers in southeastern New Mexico to provide culturally competent and excellent care to LGBQ patients
- New Mexico Direct Caregivers Coalition (\$11,000) to develop online educational courses for caregivers and a program that matches caregivers with employers and people needing care statewide
- New Mexico Farmer's Marketing Association (\$10,000) to develop a plan that results in more people using their WIC Farmers' Market Nutrition Program benefits and SNAP (food stamps), to buy fresh produce at farmer's markets
- New Mexico Health Resources (\$10,000) to implement a public-private collaboration that provides technical assistance and education in Grants on how to recruit and retain primary-care health professionals

- <u>Senior Citizens' Law Office</u> (\$10,000) to conduct an educational campaign for legal services providers, benefits counselors and clients in central New Mexico to help them know about a law that protects Social Security Insurance benefits
- <u>Sierra Health Council</u> (\$10,000) to improve health and wellness though educational events, helping people enroll in health insurance, and developing a transportation system that improves access to healthcare services

Northern New Mexico Health Grant Group: \$145,000

- <u>Alzheimer's Association, New Mexico Chapter</u> (\$11,000) to support a Northern Caregiver Conference designed to educate and empower caregivers and family members caring for individuals with Alzheimer's
- Amigos del Valle (\$15,000) to provide in-home services, including transportation, information and referrals, to seniors who earn low incomes, wish to remain independent in their homes and live in a 20-mile radius of Española
- Boys and Girls Club del Norte (\$15,000) to implement Triple Play and Health Habits, which shows youth in Abiquiú, Chimayo and Española how eating smart, keeping fit and forming positive relationships adds up to a healthy lifestyle
- <u>Breath of My Heart Birthplace</u> (\$15,000) to increase access to culturally appropriate prenatal care and improve maternal-child health outcomes at a clinic and birth center in Española serving the city and surrounding communities
- <u>Cancer Foundation for New Mexico</u> (\$15,000) to develop a communications plan that increases awareness among county service providers about support services for individuals seeking cancer treatment in Santa Fe
- <u>Family Strengths Network</u> (\$6,800) to support We Help Ourselves and Healthy Relationships program, which empowers students in the Los Alamos Public School by teaching safety and personal advocacy skills
- <u>Family YMCA</u> (\$15,000) to support the Española YMCA Teen Center Health and Education Outreach Project, which provides education, intervention, prevention and health outreach programs for youth in the Española Valley
- <u>Inside Out</u> (\$10,000) to help peer counselors provide free relapse prevention tools and behavioral health care services to uninsured youth and adults recovering from substance abuse in Rio Arriba, Los Alamos and northern Santa Fe counties

2013 Grants

- Los Alamos Council On Cancer (\$10,000) to provide community awareness and educational and outreach services, including support groups, speaker programs and a cancer resource center, for cancer patients, caregivers and family members
- Los Alamos Family Council (\$15,000) to address gaps in care for residents of Los Alamos, Rio Arriba and northern Santa Fe counties who need emergency teen suicide intervention or services to address substance abuse or domestic violence
- Los Alamos Visiting Nurse Service (\$2,200) to educate and certify as trainers all of its nursing staff in end-oflife care so they can provide care and train other nurses in the community how to care for people who have a terminal illness
- New Mexico Acequia Association (\$15,000) to connect low-income Hispanic youth and families in the rural communities of Abiquiú, Alcalde, Chimayo and Española with the resources needed to grow healthy, traditional foods

Healthy People, Healthy Places Mini-Grants: \$68,200

- Amigos Bravos (\$2,000) to work with community organizations in Bernalillo County to determine what health impacts there may be for people who eat fish in the Rio Grande, and \$7,500 to help communities protect and restore the health of the waters they play and fish in, use to irrigate crops, drink, and honor through ceremony
- Bernalillo County Place Matters (\$7,500) to help develop a toolkit for community members that explains land-use permitting steps
- El Valle Women's Collaborative (\$2,000) to encourage healthy eating and future farming by teaching young people in El Valle how to farm, care for livestock and cook meals, and \$5,000 to support developing community gardens to increase access to healthy foods, teach farming skills, mentor young people and support local businesses
- Hidalgo Medical Center (\$7,500) to help develop a regional food policy council
- La Familia Medical Center (\$5,000) for a train-thetrainer multi-media community storytelling workshop to express personal experiences with access to healthy foods and physical activity
- New Mexico Farmer's Market Association (\$2,000) to reduce nutrition-related disparities by linking more people to fresh, local produce through farmers' markets

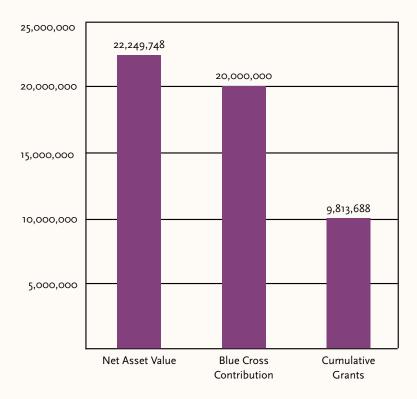
- Oso Vista Ranch (\$2,000) to operate the Blue Corn Enhancement Project, which promotes healthy and economic stability by enabling elder mentors to teach people how to plant blue corn, a native food of Navajos
- The Great Conversation (\$4,400) to support 15 community dialogues about health issues in Doña Ana
- University of New Mexico Prevention and Research Center (\$7,500) to help researchers explore barriers farmers' markets face in accepting federal nutrition assistance benefits such as SNAP and WIC
- *Valle Encantado* (\$2,000) to promote health and equity through its La Cosecha Community Supported Agriculture Project, which makes local, organic food and nutrition education available to families who earn low incomes in Albuquerque's South Valley
- *Volunteer Center of Grant County* (\$2,000) to provide technical assistance and training on policy and advocacy for the Grant County Food Policy Council and \$4,000 to hold an ongoing series of community conversations to engage decision makers and communities of color and low-income families
- Zuni Youth Enrichment Project (\$7,500) to help Zuni Youth Enrichment Project pair Head Start students with elders to create more community gardens and inspire a future generation of farmers in Zuni Pueblo

Oso Vista Ranch

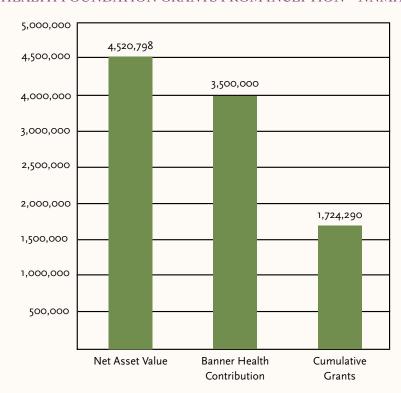


Grants from Inception

CON ALMA HEALTH FOUNDATION GRANTS FROM INCEPTION - CON ALMA 2013



CON ALMA HEALTH FOUNDATION GRANTS FROM INCEPTION - NNMHGG 2013





Statement of Financial Position

As of December 31, 2013 with Comparative Totals for 2012

| ASSETS | 2013 | 2012 |
|---|---------------|--------------|
| Current assets | | |
| Cash and cash equivalents | \$2,378,823 | \$1,837,422 |
| Account and other receivables | \$97 | \$15,844 |
| Prepaid expenses | \$2,507 | \$2,493 |
| Investments | \$23,788,933 | \$22,386,224 |
| Total current assets | \$26,170,360 | \$24,241,983 |
| Property and equipment, net of depreciation | \$828,668 | \$838,640 |
| Total assets | \$26,999,028 | \$25,080,623 |
| LIABILITIES AND NET ASSETS | | |
| Current liabilities | | |
| Accounts payable | \$64,254 | \$30,959 |
| Accrued payroll liabilities | \$38,129 | \$18,647 |
| Grants payable | \$126,100 | \$125,000 |
| Total liabilities | \$228,483 | \$174,606 |
| Net assets | | |
| Unrestricted | \$719,334 | \$755,223 |
| Temporarily restricted | \$22,551,211 | \$20,650,794 |
| Permanently restricted | \$\$3,500,000 | \$3,500,000 |
| Total net assets | 26,770,545 | \$24,906,017 |
| Total liabilities and net assets | \$26,999,028 | \$25,080,623 |

Statement of Activities

For year ending December 31, 2013 with Comparative Totals for 2012

| | 2013 | 2012 |
|--|---------------|--------------|
| Revenues and support: | | |
| Grants | \$350,000 | \$292,700 |
| Contributions | \$5,100 | \$32,650 |
| In-kind contributions | \$1,739 | \$2,938 |
| Special events, net | (\$265) | (\$1,572) |
| Investment income, net | \$2,826,124 | \$2,789,756 |
| Other income | \$9 | \$750 |
| Net assets released from restrictions | \$0 | \$0 |
| Total revenues and support | \$3,182,707 | \$3,117,222 |
| Expenses and losses: | | |
| Foundation healthcare programs | \$812,098 | \$630,830 |
| NNMHGG healthcare programs | \$161,556 | \$220,999 |
| General and administrative | \$264,086 | \$279,908 |
| NNMHGG general and administrative | \$45,870 | \$0 |
| Fundraising | \$7,887 | \$8,496 |
| Total expenses | \$1,291,496 | \$1,140,233 |
| Change in net assets before provision for excise tax | x \$1,891,211 | \$1,976,989 |
| Excise taxes | (\$26,683) | (\$22,410) |
| Change in net assets | \$1,864,528 | \$1,954,579 |
| Net assets, beginning of year | \$24,906,017 | \$22,951,438 |
| Net assets, end of year | \$26,770,545 | \$24,906,017 |

This is a summary. The audited financial statements are available for inspection at the office:

Con Alma Health Foundation 144 Park Avenue Santa Fe, NM 87501 505.438.0776 staff@conalma.org www.conalma.org

Independent auditors: Hinkle & Landers, P.C

Our Partners

Thank You

Many dedicated organizations and individuals from diverse communities are our partners in improving health in New Mexico. We especially want to thank our funding and collaborative partners in 2013: Convergence Partnership through the Tides Foundation

Farm to Table

Los Alamos National Laboratory Foundation

McCune Charitable Foundation

National Alliance for Health Equity

National Rural Health Association

New Mexico Aging & Long-Term Services Department

New Mexico CARES Health Disparities Center at UNM

New Mexico Community Foundation

New Mexico Department of Health

New Mexico Public Health Association

Nirvana Mañana Institute

Notah Begay III Foundation

Oppenheimer Brothers Foundation

PNM Resources Foundation

Prevention Institute

Public Allies of New Mexico

Robert Wood Johnson Foundation / National Health Foundation

Santa Fe Community Foundation, Community Leadership Fund

Simon Charitable Foundation

St. Vincent Hospital Foundation

Taos Community Foundation

White House Rural Council

W. K. Kellogg Foundation

We value all our partners. We apologize for any omissions, and ask that you contact us at *staff@conalma.org* or 438.0776, ext. 4 to notify us of any additions or corrections.

Thank you to our 2013 sponsors







Our People

The vision and dedication of Con Alma Health Foundation's Board of Trustees, Community Advisory Committee, its staff and network of community-based organizations and funding partners extend Con Alma's reach beyond the dollars it grants—and enable us to fulfill our promise for a healthy future for New Mexico's people.

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Cecile LaBore, Information Manager

Dennis McCutcheon, Community Outreach Coordinator

Dolores E. Roybal, Executive Director

Fred Sandoval, Program Director

DEPARTING CON ALMA STAFF

Our thanks and best wishes to departing staff:

Michelle Gutierrez

Deborah Walker

And thanks to:

Cynthia Melugin, volunteer

NNMHGG ADVISORY COMMITTEE

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