



2024

**ANNUAL
REPORT**

CONTENTS

4	A Legacy of Care: Our History
5	Message from the Acting President/CEO
6	Our Mission
	Our Vision
7	Our Values
	A Culture of Compassion & Innovation
8	Who We Serve
9	Health Strategies Team
10	Chronic Disease Prevention and Management
	<i>Reaching Residents</i>
	<i>Helping Residents Prevent Diabetes</i>
11	<i>PROGRAM SPOTLIGHT: Pulse of Change</i>
12	The Pink Ribbon Place
	<i>Women's Cancer Seminars</i>
	<i>Support for Breast Cancer Survivors</i>
	<i>Physical Activity Programs</i>
	<i>Counseling and Support Groups</i>
	<i>Client Navigation Services</i>
13	<i>PROGRAM SPOTLIGHT: Pink on Parade</i>
14	Women's and Maternal Health
	<i>Birthworkers Collaborative of the Inland Empire (BCIE)</i>
	<i>Community Doula Trainings</i>
15	<i>PROGRAM SPOTLIGHT: Mothers and Babies/Mamás y Bebés</i>
	<i>Stephanie's Journey</i>

16	Community Health
	<i>Resident Leadership Academy</i>
	<i>Eastside HEAL Zone & REAL Groups</i>
	<i>Annual Holiday Posada</i>
17	<i>PROGRAM SPOTLIGHT: Engaging the Community in Community Improvement</i>
18	Teen Health
18	<i>PROGRAM SPOTLIGHT: Youth Advisor Program</i>
19	The Path Forward
20	Community Settlement Association
	Food Security
	Educational Support
	Program Spotlight: Thanksgiving Meal Distribution
22	Health and Well-being
	Economic Empowerment
23	Our Health Centers: Improving Access to Care
24	Grantmaking
	Our Commitment
	What We Fund
25	Our Partners in Community Health
	<i>2023 GRANTEE SPOTLIGHT: Sankofa Birthworkers Collective of the Inland Empire</i>
26	RCHF's Commitment to Health Equity
27	A Legacy of Impact & Innovation
	Empowering Health, Enhancing Lives
	A Future Focused on Health Equity,
	Looking Ahead





A LEGACY OF CARE

OUR HISTORY

Riverside Community Health Foundation was born out of a shared commitment to meeting the most pressing needs of our community. What began with three main areas of focus has since grown into a comprehensive network of health centers, community programs, and advocacy efforts that touch thousands of lives each year.

Through the years, we have:

- Built accessible community health centers that serve uninsured and underinsured residents.
- Developed preventive health programs focused on pediatric oral health, nutrition, active living, mental wellness, teen health, and chronic disease management.
- Partnered with schools, businesses, civic organizations, and community residents to drive lasting health solutions in our neighborhoods.

Our history is not just about where we have been, it is about where we are going.

At RCHF, we believe that health is more than medical care—it is empowerment, education, and equity.

Message from the Acting President/CEO

Dear Friends, Partners, and Advocates,

Every great movement begins with a story. Riverside Community Health Foundation's (RCHF) story began decades ago with a vision, a belief that every person, regardless of their background or financial means, deserves access to quality healthcare, support, and resources to lead a healthy life.

As I reflect on this past year, I am deeply moved by the resilience of our community. Families have faced health crises, economic challenges, and emotional hardships, but through it all, they have persisted. RCHF has stood as a pillar of hope. We have built on the importance of social connectedness and access to resources, expanded our services, built stronger partnerships, and reached thousands of lives through community-driven approaches to meet the growing needs of our community.

This report is a testament to the people we serve—the mother who no longer must choose between medicine and groceries, the senior who found companionship in a wellness program, the teenager who discovered hope through mental health resources and support. These are the lives we touch, the futures we impact.

As we look ahead, our commitment is steadfast. We will continue to innovate, expand, and advocate to meet the needs of our community. But we cannot do it alone. We need you. Whether you are a donor, a community leader, a healthcare provider, or a neighbor, your support makes our mission possible.

Thank you for believing in the power of health, hope, and healing. Together, we are transforming lives.



With gratitude,

A handwritten signature in black ink that reads "Ninfa E. Delgado". The signature is fluid and cursive.

Ninfa E. Delgado, MPA
Acting President/Chief Executive Officer

OUR MISSION IS CLEAR

To improve the health and well-being of our community.

Throughout the years we have been able to put our mission into action by expanding access to healthcare, advancing education, and fostering partnerships that empower individuals to lead healthier lives.

This mission drives every program, every service, and every initiative we undertake. Whether it is through health education, mental health resources, or nutrition education, we are committed to ensuring that no one in Riverside is left behind.



"Every movement begins with a moment of need. Our story began with a call to action."
-Ninfa Delgado

OUR VISION

To inspire a healthier, happier, and more active community for generations to come.

- Imagine a Riverside where:
- Every child has access to preventive care and wellness programs.
- Every family has the resources to make healthy choices.
- Every senior receives quality care, social support, and respect.
- Every individual, regardless of income, has access to health care services.

We are building this future together to last for generations to come. We envision a community where health disparities no longer define outcomes, where wellness is a shared value, and where every person is empowered to live a full and healthy life.

Our journey began with a simple yet powerful belief: that **everyone deserves access to quality healthcare and the opportunity to live a healthy life.** From our earliest days, we have been more than an organization—we have been a lifeline, a champion for the underserved, and a partner in building a healthier Riverside.



THE VALUES That Guide Us

Our foundation is built on unwavering values:

- **Integrity** – We are committed to inspiring trust, credibility, and excellence in all that we do.
- **Inclusiveness** - We value the unique qualities of others, treating everyone with dignity and respect.
- **Leadership** – We prioritize taking the time to listen to others, always acting for the greater good, formulating solutions and action plans to bring forth the greatest impact.
- **Community** - We are community-centered and driven, dedicated to meeting the health needs of our community and mobilizing our communities as a powerful force for wellness.
- **Partnership** - We believe that through collaboration we can accomplish more together to create long lasting community change.
- **Teamwork** - We are service-oriented, serving with purpose in a shared responsibility to meet our mission.

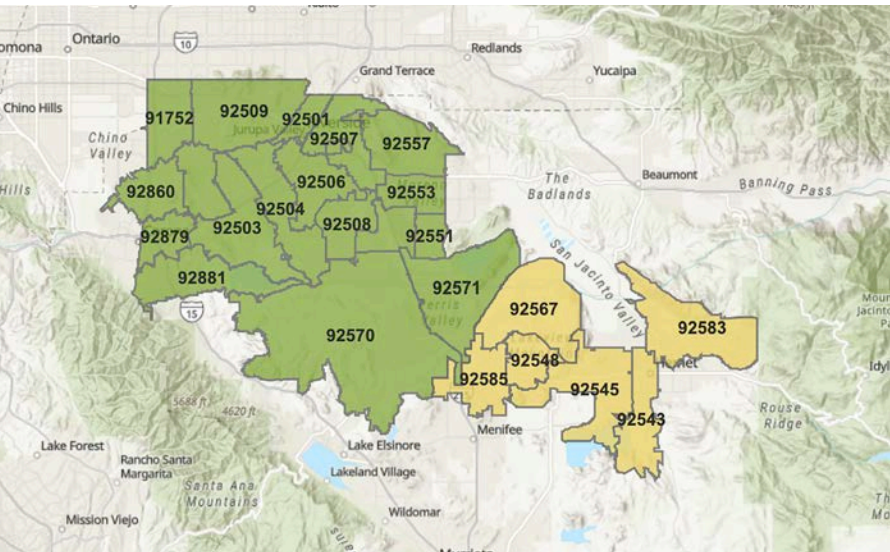
A Culture of **COMPASSION & INNOVATION**

At Riverside Community Health Foundation, we believe in building relationships. Our culture is centered around:

- **Community-Centered Care:** Meeting people where they are, in health centers, schools, and neighborhoods.
- **Preventative Health Education:** Empowering individuals to take charge of their health and well-being.
- **Whole-Person Healing:** Addressing physical, mental, and emotional health together.

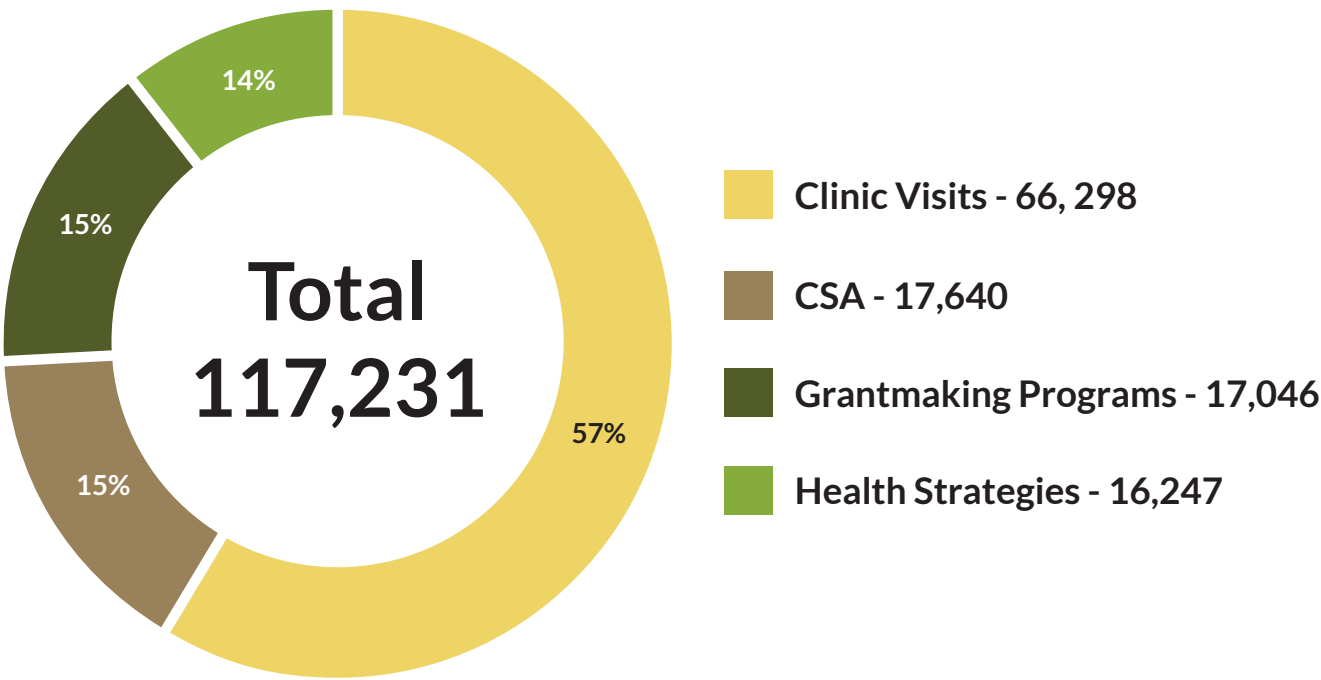
We believe that true wellness is a journey, not just a destination—and we walk alongside our community every step of the way.

WHO WE SERVE



RCHF serves 21 zip codes reaching the cities of Riverside, Jurupa Valley, Moreno Valley, Corona, Norco, and Perris through its direct programs and services.

TOTAL PROGRAM PARTICIPANTS BY SOURCE, 2024



16,247 program participants served through our health strategies programs, with outreach to **18,411** residents in our community.

17,640 resident encounters through Community Settlement Association's programs and services.

17,046 encounters through the programs and organizations we fund through our Stebler and Health and Racial Equity grants.

66,298 patient encounters through our Arlanza and Eastside Health Centers.

HEALTH STRATEGIES TEAM

FOCUS AREAS AND COMMUNITY IMPACT



The Health Strategies Team is dedicated to improving the well-being of our community by focusing on four key areas:

- 1** Chronic Disease Prevention & Management
- 2** Teen Health
- 3** Community Health
- 4** Women's and Maternal Health



Each area offers a variety of programs and services designed to meet the specific needs of residents.

CHRONIC DISEASE

PREVENTION & MANAGEMENT (CDPM)

Residents in our service area experience significantly higher rates of chronic diseases, including diabetes and obesity, compared to the broader Riverside County. Obesity rates among adults and teens in our area exceed 30%, with some zip codes surpassing 40%. Additionally, many residents face barriers to accessing healthcare and preventive services, especially for critical screenings like those for diabetes, hypertension, and cancer. This has led to screening rates that are lower than the county average.

To address these health disparities, our Chronic Disease Prevention & Management division offers a comprehensive range of services and programs, including:

- **National Diabetes Prevention Program (NDPP):** Designed to prevent Type 2 diabetes.
- **Health Education Classes:** Focused on nutrition, physical activity, and other healthy living practices.
- **Specialized Hypertension Management Classes:** To help residents manage high blood pressure.

Additionally, **The Pink Ribbon Place** offers invaluable support for cancer survivors and their families, providing counseling, support groups, and health navigation services. These initiatives aim to improve health outcomes and enhance the quality of life for those affected by chronic diseases.

REACHING RESIDENTS

Engaging residents is crucial to improving community health outcomes. This engagement occurs through direct programming, such as workshops and classes, and outreach activities. In 2024, our CDPM branch served:

- **5,428** program participants, with 58% taking part in physical activity classes.
- **7,703** resident encounters through various outreach efforts for CDPM programs.

Our outreach includes presentations, attendance at events, and a social media campaign designed to raise awareness of our services and programs.



Francis Beltran, Community Health Worker, leading Zumba Class

HELPING RESIDENTS PREVENT DIABETES

The **National Diabetes Prevention Program (NDPP)**, recognized by the CDC, is a year-long program designed to prevent or delay Type 2 diabetes. Participants receive education on nutrition, exercise, stress management, and strategies to support a healthy lifestyle. Key accomplishments include:

59% of participants reported losing 5-7% of their body weight after completing the program.

100% of participants made progress or achieved their goal of increasing physical activity.

100% made progress or achieved their goal of healthier eating.

86% of participants would recommend the program to others.

79% are confident in maintaining the lifestyle changes they learned.

Pulse of Change



Carl Olton, Community Health Worker at Screening Event

In collaboration with seven other organizations across California, Riverside Community Health Foundation (RCHF) was selected by the **California Health Care Foundation** to help create a safer and stronger health system for Black Californians. The Pulse of Change initiative focuses on reducing hypertension rates among Black adults in Riverside County through early screening and intervention, using community and faith-based partnerships.

THROUGH THIS INITIATIVE, WE PROVIDE:



Free onsite community-based blood pressure screenings



Referrals for patients identified with high blood pressure to ensure prompt care



Educational workshops on hypertension and heart health



Nakita Hooper, Community Health Worker at Screening Event

In 2024, Pulse of Change screened 317 residents at 16 events, raising awareness of hypertension risks and recruiting participants for workshops. Our screenings revealed that 72% of participants had stage 1 or higher hypertension, with 56% of those diagnosed with hypertension still having unmanaged conditions. Feedback from residents highlight the program's positive impact on the community, with one resident stating, "Knowledge is power, and info on heart health and diabetes is needed in our community."

THE PINK RIBBON PLACE

The Pink Ribbon Place Cancer Resource Center offers a broad spectrum of support for cancer survivors and their families, including counseling, support groups, health education workshops, and a product bank for wigs, bras, and prostheses. Additionally, we host **Pink on Parade**, Riverside's Breast Cancer Awareness Walk, an annual event that raises awareness and funds for the services at The Pink Ribbon Place Cancer Resource Center.



Participants at Women's Cancer Seminar 2024

WOMEN'S CANCER SEMINARS

In 2024, we hosted the Women's Cancer Seminars in both English and Spanish, at Orange Terrace Community Center and Hunt Park respectively. These seminars empower female cancer survivors by providing education and direct workshops. Key accomplishments from the seminars include:

84% of attendees reported an increase in their knowledge of cancer-related topics.

70% felt more confident navigating resources for cancer survivors.

77% rated the seminars as "Excellent."

SUPPORT FOR BREAST CANCER SURVIVORS

The Pink Ribbon Place offers critical support to breast cancer survivors through its **Wig Bank** and **Bra Bank**:

- The **Wig Bank** provides wigs to individuals experiencing hair loss due to cancer treatment.
- The **Bra Bank** offers breast prostheses and mastectomy bras for those who have undergone mastectomy procedures.

In 2024, we distributed **175** items to **174** clients, ensuring that survivors have access to the products they need to feel comfortable and confident during their recovery.

PHYSICAL ACTIVITY PROGRAMS

Our **Aquamotion Water Aerobics** and other fitness classes have had a profound impact, with 100% of participants reporting that the programs inspired them to incorporate physical activity into their daily lives. These classes play a key role in improving overall health and well-being.



Aquamotion Class at Hunt Park

COUNSELING AND SUPPORT GROUPS

The Pink Ribbon Place offers individualized counseling and support groups to cancer survivors, their families, and caregivers.

In 2024, we provided:

- **61** clients took part in support groups, attending a total of **150** sessions.
- **7** clients received individual counseling support through **34** sessions.

Results showed that 100% of participants felt more connected through the support groups, with half strongly agreeing. Additionally, 100% of attendees felt the sessions improved their personal well-being, and 75% reported improvements in their relationships with family and loved ones.

CLIENT NAVIGATION SERVICES

Navigating the healthcare system can be particularly challenging for cancer survivors. In 2024, our resolute staff helped **178** clients, offering guidance to ensure they received the necessary care. We are committed to supporting these survivors and helping them thrive.

Pink on Parade

A Community Effort to Raise Breast Cancer Awareness



On October 26, 2024, **Pink on Parade** brought the community together for a 5K walk at Mt. Rubidoux and a Family Fun Walk at Ryan Bonaminio Park, with approximately **1,200 participants**. The event featured a Survivor Pavilion, a classic car show, a Pink Pet Parade, a Kids Zone, and a vendor expo. The event successfully raised more than **\$66,400** to support **The Pink Ribbon Place** and its mission to provide essential services to those affected by breast cancer.

Attendees shared heartfelt words of appreciation for the Survivor Pavilion and the personalized nature of the event, such as, “You all are amazing and make this event so memorable for a survivor and family!” These sentiments reflect the powerful role such events play in connecting individuals to vital resources and emotional support in their health journey. As preparations begin for next year’s event, RCHF is committed to continuing this impactful work.



Survivor Celebration at Pink on Parade 2024

Pink on Parade serves as a powerful example of the collective impact a community can have when it comes together for a cause. This event not only raises awareness and funds for breast cancer but also offers significant emotional support for those affected by cancer, proving how community-led efforts can deeply affect health outcomes. The feedback from attendees reinforced the success of the event, with 98% of participants noting the event’s excellent organization. An overwhelming 90% of attendees felt that it offered significant support and encouragement to cancer patients and their families, highlighting the emotional and practical support provided throughout the day.



~1200
ATTENDEES

894
WALKERS

\$66,400
RAISED

“You all are amazing and make this event so memorable for a survivor and family!”

WOMEN'S AND MATERNAL HEALTH

Nurturing Families, Building Futures

At Riverside Community Health Foundation (RCHF), we recognize that investing in the health of women and mothers has a profound effect on entire families and entire communities. By prioritizing the well-being of birthing individuals and new parents, we create a ripple effect that strengthens the foundation for healthier futures. Through initiatives like the Birthworkers Collaborative of the Inland Empire (BCIE), Childbirth Preparation Classes, Abriendo Puertas/Opening Doors, and the Mothers and Babies (MyB) program, RCHF provides the essential education, resources, and support that women need to navigate their health journey with confidence.

BIRTHWORKERS COLLABORATIVE OF THE INLAND EMPIRE (BCIE)

The Birthworkers Collaborative of the Inland Empire (BCIE) has been a beacon of support for local birth workers, including doulas, midwives, lactation consultants, and therapists, helping them provide culturally competent care during pregnancy, childbirth, and postpartum. This year, RCHF worked diligently to increase the number of doulas enrolled as Medi-Cal providers. We guided 30 doulas through the Provider Application and Validation for Enrollment (PAVE) process, and 60% of them are now able to receive Medi-Cal reimbursements for their services. This ensures that more women in Riverside County can access the care they deserve, regardless of their financial situation.

COMMUNITY DOULA TRAININGS

Our Community Doula Training program also made significant strides in 2024, with 15 individuals completing a comprehensive 30-hour training to prepare them for a career in birth work. With a 100% success rate in advancing participants' knowledge, the training has helped cultivate a new generation of compassionate, skilled doulas ready to support families in their most vulnerable moments. This training is just one example of RCHF's commitment to building a strong network of care providers who are dedicated to the health and well-being of Riverside's mothers and babies.



Mothers and Babies



Our work does not stop at physical health. Mental health is an integral part of maternal care, and RCHF's **Mothers and Babies (MyB) program** is here to ensure new and expecting mothers have the tools to thrive emotionally as well as physically. This program, which focuses on addressing postpartum depression and building healthy parent-child relationships, saw 108 mothers successfully complete the 8-week course in 2024. The results were striking: 74% of participants showed a reduction in depressive symptoms, with 34% experiencing substantial improvements.

Stephanie's Journey

One particularly moving story is that of Stephanie, a mother who took part in Mothers and Babies. When she joined, she was excited for the support the program offered, but life took an unexpected turn when she experienced a miscarriage during the course. Despite the heartbreak, Stephanie found solace and strength in the community of mothers who shared their experiences, offering support and understanding during her darkest hours. "We realize that we are not alone," Stephanie shared. "Not everything bad happens only to me. Groups like Mamás y Bebés create that safe space to talk and express my feelings."

Stephanie's journey of healing and resilience is a testament to the power of community support and the lasting impact of programs like MyB. By addressing both mental and physical health needs, RCHF is helping mothers feel empowered and supported every step of the way.



"We realize that we are not alone"
-Stephanie

COMMUNITY HEALTH

Empowering Residents, Transforming Neighborhoods

At Riverside Community Health Foundation, we believe that true health and wellness start within the community. Our **Community Health** team collaborates with Riverside residents to find their unique needs and empower them to become active change-makers within their neighborhoods. By engaging residents in health-promoting activities and leadership development, we foster a sense of ownership, responsibility, and pride in their own well-being.

RESIDENT LEADERSHIP ACADEMY

The Riverside Community Health Foundation's Resident Leadership Academy (RLA) is a cornerstone initiative aligned with RCHF's mission to enhance the health and well-being of Riverside communities. Through structured, community-driven education, RLA empowers residents with knowledge and leadership skills to address key neighborhood concerns, particularly in public health, sustainability, and social connectivity. As a key component of the Connecting Neighbors to Neighbors Grant and the Transformative Climate Communities Grant, RLA operates in multiple neighborhoods, the Eastside and the Arlanza communities in the City of Riverside. RLA fosters civic engagement through a 12-week training program that equips community members with the skills to lead neighborhood improvement projects. By implementing the RLA training, culminating in leadership training workshops and community improvement projects, the program strengthens local communities, promotes healthier environments, and fosters long-term neighborhood resilience.

EASTSIDE HEALZONE & REAL GROUPS

The Eastside HEAL Zone Collaborative is a group of members representing both public and private sectors, including residents, county agencies, school district staff, community businesses, elected officials, park and community services staff, local health clinics and foundations. The initiative is resident-driven, focused specifically on the Eastside neighborhood within the city of Riverside, and facilitated by the Riverside Community Health Foundation. The vision of the HEAL Zones is that communities will be measurably transformed so that opportunities for engaging in healthy behaviors—walking and biking on safe routes, buying affordable fresh fruits and vegetables close to home, exercising in parks, and participating in active after-school programs—are part of daily life.

The REAL (Residents of Eastside Active in Leadership/ Residentes de Eastside Activos en Liderazgo) group consists of Resident Leadership Academy graduates who work in partnership with stakeholders to actively assess the community's needs and implement community improvement projects to improve the quality of life in their area. Projects range from alleyway cleanups and improvements to walkability and bikeability, supporting local stores with access to healthy food, and much more.



RLA Graduation 2024



Holiday Posada 2024

REAL'S 9TH ANNUAL HOLIDAY POSADA

The Holiday Posada was organized by the REAL community group in December 2024. This beloved event brought together over 365 community members to celebrate the holiday season, strengthening bonds and fostering a sense of unity. Attendees enjoyed activities such as arts and crafts for children, face painting, and a toy giveaway, with the event serving as a joyful reminder of the power of connection, especially in times of adversity.

Engaging the Community in Community Improvement



The most transformative projects are often the ones driven by residents themselves. The Resident Leadership Academy (RLA) has been a cornerstone of RCHF's approach, empowering community members to lead their own projects. Through RLA, residents are taught how to find key community concerns, propose solutions, and implement tangible changes. This year, a notable project is the Community Garden Initiative, which is part of an effort to enhance public spaces in Eastside Riverside. With art corridors along high-traffic areas, the initiative has helped increase walkability and safety while fostering community pride and volunteerism.

Another exciting initiative is the Eastside Neighborhood's Walkability and Bike-Ability Project, a resident-led effort to improve transportation options and make Riverside safer and more sustainable. By collaborating with local schools, youth groups, and city officials, have been working



Bikes for All, Community Improvement Project

together and came up with projects to create bike lanes, install solar-powered walkways, that could reduce the reliance on cars for school commutes. This could be a project that can reduce over 300 miles of daily travel for students, while simultaneously improving access to healthy transportation options.

Together, these projects stand for the power of community-driven change. Whether it is improving infrastructure, creating safe spaces for gathering, or fostering a culture of health, RCHF's Community Health team is dedicated to building a more vibrant, empowered Riverside. By nurturing local leaders and providing tools for meaningful action, we are helping transform Riverside into a healthier, more resilient community where everyone can thrive.



Alleyway Cleanup in the Eastside Neighborhood

TEEN HEALTH

Empowering a Generation of Change-Makers

In Riverside County, the path to better health for youth begins with education, empowerment, and removing barriers to care. At Riverside Community Health Foundation (RCHF), our Teen Health program plays a vital role in this mission, equipping teens with knowledge, resources, and support to make informed choices about their well-being. With funding from the California Department of Public Health's Maternal, Child, and Adolescent Health (CDPH/MCAH), the program has expanded its impact. Since 2022, the Personal Responsibility Education Program (PREP) has reached more than 2,700 students in local schools using the evidence-based Making Proud Choices! curriculum, helping teens prevent unintended pregnancies and sexually transmitted infections while fostering responsible decision-making.

But education is only part of the solution. Many teens face systemic barriers to reproductive health services, including transportation challenges, parental concerns, and lack of insurance. Surveys revealed that while 60% of



Youth Advisor Bake Off, 2024

teens typically obtain birth control from clinics or hospitals, two-thirds had never visited a Riverside County clinic. To address this gap, RCHF launched an online store to improve access to reproductive health products, ensuring young people have the tools they need to protect their health. This ongoing work underscores the transformative power of community-driven solutions in breaking down barriers and advancing teen health.

PROGRAM SPOTLIGHT

Youth Advisor Program

Empowering Youth Through the Youth Advisor Program

The Youth Advisor Program, funded by the Information & Education grant from ASH ED, stands as a shining example of this. Through this initiative, 13 young people, ranging in age from 12 to 22, have been empowered to become leaders and advocates for their peers. These youth advisors receive extensive training in leadership, sexual and reproductive health, and mental health, equipping them to be trusted voices in their communities.

The results speak for themselves. One youth participant reflected, "I learned how to talk to community members I did not know and gained insights into the importance of marketing and presentation. I also improved my time management skills and learned more about various sexual health concepts." This experience isn't just academic—it's deeply personal. Advisors like Africa Valencia and Sebastian Beltran have not only contributed their knowledge and enthusiasm but have also been recognized for their leadership, being invited to join RCHF as part-time Community Health Workers. Their stories exemplify the success of the Youth Advisor Program, showing how investing in youth can lead to real, lasting change.

Africa and Sebastian's journey is a testament to the power of youth leadership. Both have stood out for their commitment to service and engagement, and their recent opportunity to present at the Annual State Meeting in February 2024 further solidified their roles as influential community advocates. Their experiences reflect the extraordinary potential that lies within young people when given the opportunity to lead.

As part of our vision to empower youth, we celebrate these stories of success, knowing that by investing in the next generation, we can create a ripple effect that will help the entire community. The Teen Health program is not only preparing youth for healthier lives today but also cultivating leaders who will continue to inspire positive change for years to come.



Sebastian Beltran and Africa Valencia

THE PATH FORWARD

A LEGACY OF EMPOWERMENT

The stories of Africa, Sebastian, Stephanie, and countless others are a powerful reminder of the lasting impact of the work we do. From empowering youth to transform their communities, to supporting mothers in their mental health journeys, to fostering leadership and collaboration, RCHF is committed to creating a healthier, more fair future for all.

As we move forward, we invite our donors, community partners, and civic leaders to continue supporting these vital programs. Together, we can ensure that Riverside County is still a place where everyone has access to the care, support, and opportunities they need to thrive.



COMMUNITY SETTLEMENT ASSOCIATION

Serving the Riverside Community for 113 Years

Community Settlement Association (CSA), an affiliate of RCHF, continues to serve as a vital resource for Riverside residents, offering essential services such as, food assistance, social services support and resources, and educational programs. In 2024, CSA reached over 17,000 individuals, with a sizable part receiving help from the food pantry program. CSA's long-standing commitment to the community strengthens its ability to address a range of social needs, providing foundational support that helps families thrive.

FOOD SECURITY

Access to nutritious and healthy food is still a critical challenge for many individuals in our community. Our recent assessment revealed an elevated level of concern about the availability of healthy food options, particularly among households with children. These families face significant barriers to securing sufficient food due to financial challenges.

To tackle this pressing issue, CSA runs a food pantry for residents on Mondays and Wednesdays. The pantry sources food through generous donations from local stores and farms, providing a wide variety of dietary options to meet the diverse needs of the community. In 2024, CSA achieved remarkable milestones in its food security efforts:

- **12,202** residents through the food pantry.
- Received **342,352** pounds of food donations from local stores, markets, and restaurants.
- Distributed food to **241** individuals and families during the annual Thanksgiving event.
- Distributed **283,256** pounds of food and re-donated over **83,000** pounds of food.



EDUCATIONAL SUPPORT

To prepare residents for the technology-driven world, CSA provides essential computer and technology education. CSA held classes on basic computing (including hardware components and navigation) and Gmail basics, offering crucial skills for today's digital landscape. The impact of these classes is clear:

67% of participants reported an increased knowledge of the topics covered.

88% said they were highly likely to use what they learned in real-life situations.

4.9 The average rating for the computer literacy classes was 4.9 out of 5



Computer Lab at CSA



PROGRAM SPOTLIGHT

Annual Thanksgiving Giveaway

A Season of Giving: How CSA's Annual Thanksgiving Giveaway Transformed Lives and Strengthened Community Bonds

A true testament to community collaboration, CSA's Annual Thanksgiving Giveaway, supported by partners like Hensel Phelps and Molina Healthcare, ensures that families in need can gather around the table with a full Thanksgiving meal. The event, held on the Friday before Thanksgiving, provides up to 300 households with a complete meal package, including a turkey, fresh produce, and all the traditional trimmings. Over the years, this initiative has grown significantly, with many families returning not only to receive support but also to give back as volunteers.

This year, CSA expanded outreach by partnering with local churches and organizations to ensure unclaimed meals reached the most vulnerable families. The Annual Thanksgiving Giveaway serves as an important reminder that food insecurity does not just affect individuality, it affects entire communities. By joining forces, we can offer both immediate relief and long-term support to those in need.

The event also promotes a culture of giving, with families who once benefited now actively volunteering and supporting future events. As awareness of CSA's food pantry grows, more individuals are seeking consistent support throughout the year.



Young Volunteer at Annual Thanksgiving Giveaway

COMMUNITY SETTLEMENT ASSOCIATION

HEALTH AND WELL-BEING

CSA is committed to promoting the health and well-being of residents through workshops on a variety of important topics, including mental health, nutrition, gardening, and sexual health. In addition to these workshops, CSA also runs a diaper bank and clothing closet to further support the community. In 2024, CSA served:

- 251 residents through the diaper bank.
- 259 residents through the clothing closet.
- 860 participants through health and well-being workshops.



One of CSA's key initiatives, the **Wellness Wednesday** mental wellness program, helps participants feel more comfortable discussing mental health challenges and seeking necessary resources. The impact of this program is clear:

91% felt more comfortable discussing mental health topics with friends.

95% felt more confident seeking help for themselves or others.

97% knew where to find mental health resources.

ECONOMIC EMPOWERMENT

CSA is dedicated to empowering residents with the financial knowledge and skills necessary for achieving long-term financial stability. This includes providing workshops on financial literacy, budgeting, and understanding credit. The workshops also support residents in navigating housing challenges and accessing housing information through First Time Home Buyers program workshops and tenant rights classes. Some key highlights include:

63% of participants reported an improvement in their ability to manage a budget.

93% indicated they were highly likely to apply what they learned to their financial decisions.

100% of attendees gained a better understanding of their rights and responsibilities as tenants, as well as resources available if they face difficulties with housing.

Additionally, CSA holds quarterly job and resource fairs linking community residents to local employers and support resources. In 2024, CSA launched a business readiness and access to capital program in partnership with Caravanserai. This program is designed to support underserved entrepreneurs and small business owners at various stages of their development: idea, start-up and more advanced throughout a series of twelve workshops.

Through these programs, CSA helps residents take control of their financial futures, fostering self-sufficiency and greater economic independence.

OUR HEALTH CENTERS

IMPROVING ACCESS TO CARE

In partnership with Neighborhood Healthcare, RCHF is proud to offer affordable, high-quality healthcare services at our Eastside and Arlanza locations. These health centers provide comprehensive medical, dental, and behavioral health services to individuals and families in need. In 2024, our health centers saw significant growth in patient engagement, including:



- Over **66,000** total patient visits across the 3 health centers, a **25% increase** from 2023
- Patient visits at our Eastside and Arlanza health centers increased by 25% from 2023 to 2024
- A monthly average of 5,525 visits, with peak activity in July, August, and October
- In 2024, our health centers recorded nearly 13,000 visits at Eastside A, 19,000 at Eastside B, and over 34,000 at Arlanza

These services are integral to ensure that all community members have access to the healthcare they need to thrive. By continuing to expand these efforts, RCHF and Neighborhood Healthcare are working together to improve the overall well-being of Riverside and beyond.

RCHF's programs, partnerships, and outreach initiatives are a testament to the power of the community in fostering health and wellness. From supporting cancer survivors to empowering youth leaders and strengthening families, RCHF continues to make a lasting impact by ensuring that every individual has the resources, support, and opportunities needed to lead a healthy and fulfilling life. By investing in community-driven health initiatives, RCHF is laying the groundwork for a future where every resident has access to the care and resources they deserve.



GRANTMAKING

at Riverside Community Health Foundation

Empowering Community Health through Partnerships

OUR COMMITMENT

The Riverside Community Health Foundation (RCHF) was founded with the mission of improving the health and well-being of residents in our service area, especially those from underserved communities. Since its start, RCHF has worked tirelessly to address health disparities, elevate community health outcomes, and provide resources to organizations dedicated to promoting health and providing healthcare access. Rooted in compassion, inclusiveness, and empowerment, RCHF strives to create a healthcare landscape where all individuals, regardless of their socio-economic status or background, can access the services they need to lead healthy and fulfilling lives.

At the heart of RCHF's work are the core values of **integrity, inclusiveness, leadership, community, partnership, and teamwork**. We believe in the power of partnership to transform lives and communities and significantly impact health outcomes. Through thoughtful grantmaking, we aim to uplift organizations that share our commitment to improving access to healthcare through a comprehensive health approach and ensuring that all individuals can thrive.

WHAT WE FUND

Supporting Partners in Community Health

RCHF provides funding to local organizations through two main grant programs: the Stebler Grant Fund and the Health and Racial Equity (HRE) Grants. In 2024, two organizations were funded through the Stebler Grant Fund.

Stebler Grant Fund: Funded by the Fred and Eva Stebler Trust, these grants focus on the treatment and care of low-income minors under 18 in Riverside County who do not qualify for state or county programs. The goal of the Stebler Grant Fund is to ensure that vulnerable youth receive the care and support they need to thrive despite financial or system barriers.

Health and Racial Equity Grants: These grants support initiatives that work to improve healthcare access by addressing socio-cultural, economic, psychological, and policy-driven systemic barriers. The goal is to reduce health disparities, especially related to mental health and chronic conditions, by promoting cultural and racially sensitive treatment, empowering community health workers, and advancing long-term racial equity in healthcare delivery.



OUR PARTNERS IN COMMUNITY HEALTH

RCHF's partnerships with organizations across Riverside County aim to ensure that services are delivered equitably and with the cultural competence needed to meet the diverse needs of our community. Below are some of the impactful initiatives funded through our grants:

RCHF Stebler Fund 2024 Grantees

Riverside Area Rape Crisis Center | \$30,000

To support the "Strengthening Child and Family Resilience" project in its provision of strengths-based clinical case management and mental health services to 50 children and their families. Other project activities include strengthened community partnerships for referrals to RARCC; strengths-based clinical case management training to mental health graduate students and RARCC case managers; and the conducting of clinical supervision and internal evaluation.

Stebler Distribution/ September 2024

A Coming of Age to Adulthood Inc. | \$30,000

To support the expanded access to intensive mental health services and supports for 36 foster children/youth and their foster parents in Riverside County through the expansion of ACOA's Intensive Services Foster Care (ISFC) and in-house mental health services. Project activities include the increasing of staffing levels; intensive mental health services; and the conducting of ongoing monitoring and evaluation of services provided.

Stebler Distribution/ September 2024

2023 GRANTEE SPOTLIGHT

Sankofa Birthworkers Collective of the Inland Empire

Implemented December 2023 - June 2024

Riverside Community Health Foundation granted \$18,000 to springboard the pilot program, Mama's Harambee: A postpartum support group for Black birthers. Newly postpartum mothers and birthing people have the incredible opportunity to share their postpartum concerns, gain skills and tools to improve their mental health, and build community.



'Mamas Harambee, is such a source of energy and love, it helped me build strong friendships and my village when I needed it the most, allowing me to be the best version of the mother I can be.'

- Noor Abourizk





RCHF's Commitment to Health Equity

"RCHF's funding helps support the infrastructure of health and racial equity in Riverside County, enabling us to invest in community-driven solutions that tackle health disparities head-on.

RCHF's strategic grantmaking approach is guided by a commitment to equity, community well-being, and long-term health transformation. Through the support of innovative, community-based organizations such as those listed above, RCHF looks to address systemic health inequities, empower marginalized communities, and create a more just and inclusive healthcare system.

By partnering with organizations that share our vision, we can ensure a healthier future for all residents, particularly those who have historically been underserved."

Desiree Santos-Kho
RCHF Grants Manager

Riverside Community Health Foundation: *A Legacy of Impact and Innovation*

As we reflect on the journey of the past year, Riverside Community Health Foundation is proud to share the profound impact we have made in our community. Through our mission of improving the health and well-being of our community, Riverside continues to thrive, driven by our unwavering commitment to innovation, collaboration, and support for those who need it most.

Empowering Health, Enhancing Lives

Over the past year, RCHF has invested in initiatives that not only respond to the immediate health needs of our community but also pave the way for lasting improvements in wellness. Whether through our comprehensive health education programs, access to essential medical care, or targeted mental health resources, we have created a foundation of support that is both deep and wide-reaching.

Our partnerships with local healthcare providers and agencies have enabled us to meet Riverside residents where they are. The pandemic may have strained our systems, but it also ignited new ways of thinking. We are proud to have risen to the challenge, offering virtual care services and building new channels for communication and care delivery, ensuring that no one is left behind.

A Future Focused on Health Equity

Health equity is still at the core of our mission. While significant strides have been made, we acknowledge that the journey is ongoing. As we look toward the future, we are focused on closing gaps in healthcare access, particularly in underserved communities.

Through targeted outreach programs, we are working to reduce disparities in healthcare access and outcomes. Whether it's increasing education on preventive health measures, or making healthcare more accessible for people with chronic illnesses, we are committed to ensuring that everyone in Riverside, regardless of income, background, or circumstance, has access to the care they need.



Looking Ahead: A Vision of Hope and Progress

As we close another chapter of growth and success, we are committed to our vision: to inspire a healthier, happier, and more active community for generations to come and a future where health and wellness are accessible to all, where innovation drives meaningful change, and where our community thrives together. While we celebrate the milestones of the past year, we remain focused on the work still to be done.

The coming year promises exciting opportunities to continue our mission, deepen our impact, and expand our reach. Whether it is launching new health programs or improving access to care, we are more determined than ever to make a lasting difference in the lives of our neighbors.

Together, we are building a Riverside that is healthier, more vibrant, and more resilient than ever before. Thank you for your continued support, dedication, and belief in the transformative power of community.

Here's to a future full of health and hope.

Board of Directors

Michelle C. Burroughs (Chair)
Erin Phillips (Vice Chair)
Micah Tokuda (Treasurer)
Michelle Reyes (Secretary)
Cheylynda Barnard

Rafael Elizalde
Rich Erickson
Karl Leonard Hicks
Ben Johnson II
Rafaela King

Jason Lohr, MD
Kelly Marshall
Karl McCleary, PhD
Tom Podgorski
Richard Rajaratnam, MD

LaRonda Fisher-Rogers
Michelle Thomas, MD
Takashi Wada, MD
Jamie Wrage
Lisa Wright

Foundation Staff

Terri Akens | Senior Director of Health Strategies
Sarah Alkejek | Health Educator
Gohan Anaya | Food Pantry Assistant
Jessica Anaya | Food Program Specialist
Maricruz Martinez Andrade | Food Pantry Assistant
Lea D Aragon | Director of Human Resources
Davi Mariah Barrios | Senior Health Educator
Veronica Barron Villegas | Administrative Support Specialist
Jose Luis Becerril | Facilities and Maintenance Technician
Francisca Beltran | Community Health Worker/Promotor
Carolina Bojorquez | Senior Community Health Worker
Shene Bowie-Hussey | VP Of Strategy|- CSO
Maria Camarena | Community Health Worker/Promotor
Jay Cambare | Marketing Manager
Frances Carpenter | Thrift Shop Associate
Danielle P Cervantes | Health Educator
Maria Elena Chairez | Community Health Worker
Yaretzi Nereida Chavez | Health Educator
Brittany Clemons | Community Services Specialist
Marlen Cortes | Operations Manager
Jamilia Coulson Adams | Senior Health Educator
Priscilla De La Vega | Food Pantry Assistant
Jorge De Leon | Health Educator
Ninfa Delgado | VP Operations | COO
Gina Genovese | Executive Administrator
Abraham Gomez | Graphic Designer
Ruby Gonzalez | Food Pantry Assistant

Andrew Guzman | Program Assistant
Marilyn Hancock | Staff Accountant
Nakita Hooper | Program Assistant
Ana Jimenez | Health Education Navigator
LaNeisha Johnson | Health Education Navigator
Miguel Lujano | Senior Health Educator
Michael Matthews | Program Evaluator
Yolanda Medina | Community Health Worker/Promotor
Khyati Mehta | Senior Director of Finance
Melissa Melendez | Development & Events Manager
Ibrahim Mohamed | Staff Accountant
Kimberly Morales | Community Outreach Specialist
Brent Murray | Health Strategies Manager
Nayeli Pena-Quiroz | Community Center Manager
Lauren Randall | Health Education & Evaluation Specialist
Bianca L'erin Reid | Senior Health Educator
Devona Robertson | Health Education Navigator
Mialayja Robinson-Bassette | Food Pantry Assistant
Desiree Santos-Kho | Grants Manager
Alejandra Segura | Health Educator
Karie J Smith | Program Assistant
Jennie Terriquez | Program Assistant
Veronica Urrea | Health Education Navigator
Kevin A Valero | Program Assistant
LeeArtric Walker | Health Education Navigator
Lisa Wright | President - CEO
Donna Kay Zdep-Johnson | Thrift Shop Manager

4275 Lemon Street
Riverside, CA 92501

(951) 788-3471
rchf.org

Thank you to our 2024 Pink on Parade sponsors

