MAPPING Transformations

McGOWAN | William G. McGowan Charitable Fund

2017 Annual Report

William G. McGowan

A man of vision, action, and ethics

William G. McGowan (1927–1992) believed in the power of education, the urgency of community needs, and the promise of medical research. Born of modest means and destined to lead and grow one of America's first telecommunications giants, he also believed in the efficacy of action. The William G. McGowan Charitable Fund reflects those values.

Bill McGowan is probably best known as the motivating force behind the success of MCI. During his 24 years as the head—and very public face—of MCI, McGowan expanded the company from a struggling local radio service to a $9.5 billion telecommunications force. He was instrumental in the toppling of the Ma Bell monopoly and, with his dogged efforts and successful antitrust litigation, helped usher the highly regulated telecommunications industry into the modern, competitive era. Those who knew him know that he also championed ethics in business.

Bill died in 1992 after a six-year battle with heart disease that included two heart attacks and a transplant. Soon after his death, the McGowan Fund was established to provide financial support to organizations that reflect the visions, concerns, and life experiences of its benefactor and have proven success in improving societal conditions.

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Vision

To impact lives today, create sustainable change, and empower future generations to achieve their greatest potential.

Mission

The William G. McGowan Charitable Fund brings our vision to life through grant-making efforts in three pillar areas: Education, Human Services, and Healthcare & Medical Research. We give priority to programs that have demonstrated success, have measurable outcomes and plans for sustainability, and aim to end cycles of poverty and suffering.

Resolute in our belief in the power of partnerships or collaborative efforts to maximize impact, we embrace opportunities to work with other funders in our program areas, and we look for funding opportunities that share our philosophy and explore the possibility of joint projects with other nonprofit organizations.

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Letter from the Chair & Executive Director

Dear Friends,

Transforming lives facing the perils of poverty is hard work. That's why we're eager to share the stories of some of our outstanding nonprofit partners who worked with the William G. McGowan Charitable Fund last year.

As we approach our 25th anniversary, we also want to share news of our behind-the-scenes work. In an effort to understand the impact that the McGowan Fund has had, we commissioned two evaluations. Just as our nonprofit partners have mapped transformations in their work and their communities, so too have we, inaugurating a continual internal assessment designed to help us learn and grow.

The first study, a reflective evaluation, looked at grants awarded across 25 years, exploring the impact the Fund has had on a short- and long-term basis for grantees, their participants, and the community. The second report focused on how nonprofits—both applicants that received grants and applicants that did not—perceived the work of and interaction with the Fund. We believed and continue to believe that opening ourselves to such feedback is a powerful way for the organization to improve.

Both studies provided rich information that has already begun to influence our grant-making strategy and operations. For instance, we decided that we'll engage every nonprofit who approaches the Fund in a phone conversation, even in the early, exploratory phases. We also learned how meaningful and important the long-term partnerships with grantees have been.

In all of our work, the Fund is tenacious in locating organizations that not only offer immediate support to those in need, but also work to solve the underlying and complex causes of poverty and its expressions—lack of education and job readiness, homelessness, hunger, and ill health. Though never easy, we must say "no" to good organizations that are not well aligned with our programmatic pillars or that have not yet realized measurable and sustainable outcomes for participants.

Those programmatic pillars remain the same: We award grants in the areas of Education, with the goal of improving high school graduation rates; Human Services, with an eye to moving people from a state of homelessness to self-sufficiency; and Healthcare & Medical Research, where efforts focus on the power of prevention and the body's ability to reverse disease. But our interest in new ideas and new organizations continues as well. We welcome collaborations, such as our recent participation in the Early Education Funders Collaborative, based in Kansas City Metro. And we welcome broad and daring efforts based on strong evidence and experience, such as Geneva 2020, which you can find in this report. Most important, we continue to commend and thank our partners in the field as they innovate, learn, succeed, take measure, and share what they've done.

Ours is a state of gratitude. Grateful for our partners, grateful for every life transformed for the better, and grateful to serve in this capacity.

We hope you enjoy a glimpse into our work of fiscal 2017.

Sincerely,

William P. McGowan
Chair

Diana K. Spencer
Executive Director

MAPPING

New Solutions for Those in Need

Every year since 1993, as we've worked to eradicate poverty and its causes, the William G. McGowan Charitable Fund has learned important lessons from our grantees. They've taught us new ways to map change and transform lives across our six regions and within our three pillars of giving: Education, Human Services, and Healthcare & Medical Research.

Recognizing the complexity of poverty and its roots, this year we've gathered 18 stories of strong planning, innovation, and collaboration across the country. You'll meet a small community that banded together to boost success among all its students, a food bank that offers cooking classes to parents, and a robust job-training program that launches each day with an exuberant celebration of confidence and purpose. Alongside these regional stories are three national initiatives, two of which map new replicable pathways to improving health and delivering impressive results.

All of these grants are stories of great dignity—in a rust belt once deemed among the most unhappy areas of the nation, in a boomtown where prices put housing out of reach, even for families with jobs. People can change and do when the map they have is well-designed, multidimensional, and sustainable. We share these transformations and measurable results in the hope that they spark even more trailblazing solutions aimed at poverty and also with heartfelt thanks to our forward-thinking grantees.

Northeastern Pennsylvania

Transformation is in the air in a rust belt region once known for being among the unhappiest places in the nation.

Commission on
Economic Opportunity

A veteran organization adds a transformative, educational program

Feeding America, the nationwide network of food banks, recently produced a commercial sung by a little six-year-old boy as he scours an empty refrigerator.

I want to eat, eat, eat apples and bananas
I need to eat, eat, eat apples and bananas
Why can't I eat, eat, eat apples and bananas?

The song by Raffi, an Armenian singer and composer, rings true in Luzerne County, Pennsylvania, where 17 percent of families experience hunger and more than 40 percent of children are eligible for free lunches. Joblessness runs high, and the poverty rate is twice that of the state. Fighting these numbers has long been a focus for the Commission on Economic Opportunity, a member of Feeding America; locally, CEO works in cooperation with The Harry and Jeanette Weinberg Foundation, and with support from the McGowan Fund. CEO's Monsignor Andrew J. McGowan Center for Healthy Living distributes more than 7.7 million pounds of food annually. But in 2017, something changed, and 1,200 families benefitted directly.

"We as an organization, through the inspiration of Monsignor McGowan, believe that you always have things to learn," says Gene Brady, CEO's executive director. With a well-established food bank, CEO focused on helping people live healthier lives through their diets and transforming how they access and prepare nutritious food. "It starts with the process of getting the whole family involved," says Brady.

CEO launched Healthy Start, a comprehensive nutrition initiative reaching pre-kindergarten children and their families through childcare centers. The program offers fresh produce distribution, education workshops about choosing nutritious options at the grocery store, and cooking classes. The cooking classes are especially popular: Adults learn how to prepare healthy meals and when it's time to eat, children join in, unexpectedly becoming advocates—and not just for apples and bananas. One of the most off-putting and successful veggies: rutabaga. (Mashing it made a big difference, notes Gretchen Hunt, director of nutrition programs and resource development.) Another innovation: At one preschool, children shop the Children's Produce Market on their own before their parents arrive.

"To have kids say to their parents, 'Let's have it at home!' is changing the way they're growing up," says Hunt.

Catholic Social Services
of the Diocese of Scranton

A little follow-up with the homeless goes a long way

When you're homeless, it's easy to get lost between shelters that fill up fast and programs that have been cut back. As a leader in homeless services in the Scranton region, Catholic Social Services wanted to keep better track of people they'd served, a measure aimed at helping clients go the full distance: a living wage, a permanent home.

With a grant from the McGowan Fund, CSS hired a case manager to identify clients, provide outreach support, and offer attention on the road to employment and permanent housing. The grant also goes to bus passes for clients, ensuring that when they get a job, they have the means to get there and back. The case manager, Samantha Orth, is already having an impact: In less than a year, 75 percent of her clients are in permanent housing, and 67 percent have gained employment.

tecBRIDGE

Engaging high schoolers as the region turns tech

There was a time when Northeastern Pennsylvania was known for its record of opportunity-crushing tragedies: a labor massacre in 1887; mining accidents and strikes, even as late as 1984; a 1972 flood that still haunts Wilkes-Barre; and the 2009 national crash, which dampened the region's nascent recovery.

But you can't keep a good region down, especially when companies like eBay, igourmet.com, BabyAge.com, APPEK, Net Driven, and OPTiMO are moving in. Boosting this transformation: tecBRIDGE, a nonprofit committed to creating a technology-rich region, chock full of entrepreneurs and growing tech companies. Among its most successful programs is Entrepreneurship Institute, which convenes college students, academic experts, and entrepreneurs to discuss subjects like branding and the top mistakes entrepreneurs make. Now, with McGowan's support, tecBRIDGE is developing an Entrepreneurship Institute for high schools, with an eye to enhancing student readiness for college and a career beyond school, and the hope that young talented minds will stay and take their resilient region even further.

Northeastern Pennsylvania

Need by the Numbers

Percentage of residents living in poverty in Scranton:
30.7 percent

Percentage in Wilkes-Barre:
28.9 percent

Percentage in the U.S.:
14.3 percent

Homeless students in Pennsylvania, 2007–08:
11,756

Six years later:
22,765

Jobless rate in Scranton:
6.2 percent

In Wilkes-Barre:
7.6 percent

McGowan's investment in 2017:
$813,400

Rochester Metro & Yates County

A region older than the nation gives birth to new ways of improving lives.

Hobart and William Smith Colleges

The children were failing. The community cared. It was time to band together

At first glance, the graduation rate looked average—70 percent. But when the town of Geneva, New York, looked closer, the numbers were upsetting. Learning disabled children were graduating at 37 percent, children of color at 42 percent. That's when Dr. Mark Gearan, then-president of Hobart and William Smith Colleges, went to Washington. He came back with lessons about collective impact, an approach to community change that involves, well, just about every stakeholder in sight.

"It sounds easy in theory," notes Katie Flowers, director of the Center for Community Engagement & Service Learning at the colleges. "But it was messy." One hundred and forty people—including leaders from a local bank, the regional newspaper, the Boys & Girls Club, the local community college, and a furniture store—packed the local Ramada. Together participants realized that what was messy was their traditional aquarium approach to civic action, with one organization tutoring reading, another providing after-school activities. "Every fish was swimming in a different direction," notes Flowers. With collective action, Geneva, population 13,000, could turn its education around.

Since launching Geneva 2020 in 2011, Geneva has made its mark. In 2015, it won an All-American City designation (competing against towns like Tallahassee, population 181,000). The win

sparked another win, $10 million from the State of New York. But the biggest win is the way the community contributes, developing regular programs connecting college students with second, sixth, and ninth graders; offering free college classes to high school seniors; and developing science stations for students.

Graduation rates rose from 70.7 percent in 2010 to 84.9 percent in 2016, and the number of high school students taking AP exams has tripled. With support from McGowan, Geneva 2020 now has a full-time coordinator, which could help extend its vision well beyond 2020, says Flowers.

Inspirer-in-chief Mark Gearan is now at Harvard, but he knows the future is bright. "The genius of collective impact is that it gave direction," he says. HWS's current president, Greg Vincent, has affirmed the direction. Watching HWS students tutor children at the Boys & Girls Club, he told them, "Sitting side by side with these kids [is] where some of your most important lessons will be learned." And one of them will be: *Work together.*

Foodlink

A food bank adds to its menu of ingenious solutions

Foodlink's founder, Tom Ferraro, once said, "There is no thinking outside the box. There is only *living* outside the box."

To solve problems outside the box, you have to live there, and Foodlink does, with 11 programs that span traditional mobile food pantries to a backpack program that gives kids food they can prepare at home. Altogether, Foodlink distributes 19 million pounds of food a year.

Now, with help from the McGowan Fund, a new 28,000-square-foot industrial kitchen has tripled the organization's capacity to deliver meals to children in the area. "We have by far the healthiest meal in town," notes Executive Director Julia Tedesco. The kitchen also boosts Foodlink's capacity to slice and bag apples from two cases an hour to 30. That out-of-the-box program provides income to the food bank while giving an economic boost to the region's farmers.

But perhaps the most dynamic aspect of the kitchen is the workforce development program, which offers training in food processing and preparation, giving participants the experience and skills to secure entry-level employment. This program will grow, adding modules that help participants pursue a number of career paths in the regional food sector.

Hope Hall

A children's garden of achievements, tended with care and ambition

Every year the students of Hope Hall School bury their fears—literally. Each writes down one thing she thinks she can't do—for example, make friends or master subtraction—and places it in a hole where new plants will soon grow. Some are grappling with central auditory processing disorder, a neurological condition that can make it difficult to understand speech, others with attention deficit disorder or autism, but these students will succeed 100 percent. They'll graduate and more: "Starting with our youngest kids, they know the difference between a job and a career," says Sister Diana Dolce, the school's founder. A robust career program provides college visits, computer skills training, a trade program, and other support.

How does it work? According to 7-year-old Gavin, "They teach different. I couldn't focus. I needed a little bit more attention. At my old school there was like 27 and in this school there's only 6." For 16-year-old Sienna, the opportunity to teach dance changed the way she felt about herself and her life. For 17-year-old Fidel, the community support raised him from despair. Hope Hall is holistic, collaborative, and uncompromising in its faith in its students.

As one teacher says, "All the children here are remarkable."

Rochester Metro & Yates County

Need by the Numbers

Hunger rate in Monroe County, 2017:
13 percent

Hunger rate, 2013:
11 percent

Poverty rate for African-American children in Monroe, 2017:
50 percent

For Hispanic children:
45 percent

Percentage of Rochester students who are homeless, 2017:
8.8 percent

Proportion of Rochester ninth graders who make it to college:
1 in 40

McGowan's investment in 2017:
$1,015,000

Chicago

Two neighborhoods ranked "barely livable" see a new school, new tools, and lots of motivation.

Cara

Where job seekers sing, dance, applaud—and transform their lives

Four mornings a week, joy and determination break out in a loft space just west of Chicago's Loop. Some 60 men and women form an exuberant circle to share their stories, cheer each other on, sing, dance, applaud, and address profound questions.

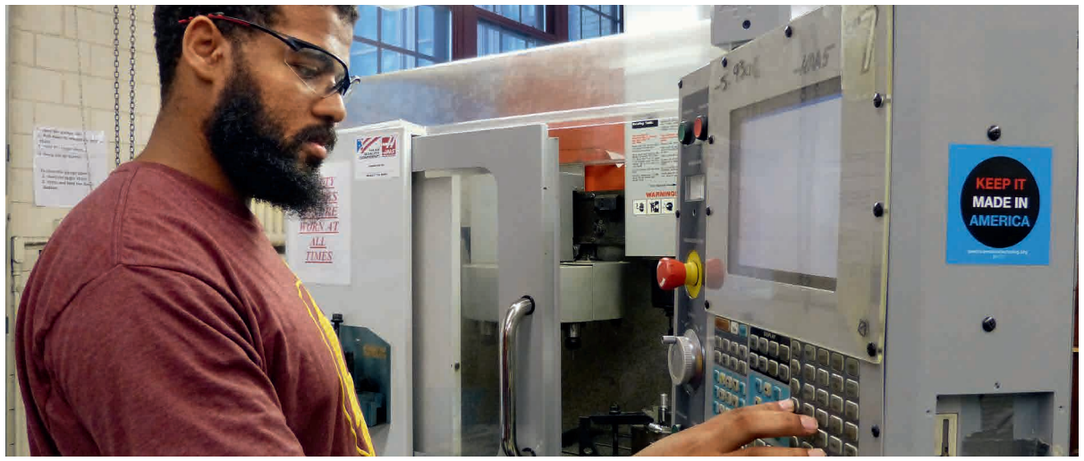
Questions have included: "What do you love about yourself?" "What is the title of your obituary?" And when actor Bill Murray joined the circle a few years ago: "What goals have you set [to achieve] for your life and through your life?" (His robust answer is available on YouTube.)

The early morning-tradition is called Motivations; the participants are people in search of sustainable work and new lives. The program is Cara, a job training, placement, and retention program with a certain style: a holistic program that feels thoughtful and yet jet-propelled. In fact, CEO Maria Kim calls Cara "a runway to employment."

Since 1991, the "runway" has been offering intensive job and life-skills development courses that have put more than 5,000 people in jobs. The stories are heartrending and heartwarming: Ronald once lived on the Blue Line of the Chicago L system; now he's a bus server for the Chicago Transit Authority. Oreletta beat her addiction through another program, then transformed herself into a breast cancer program coordinator at a major medical center through Cara. Many of Cara's participants hail from the Austin neighborhood where 30.7 percent of neighbors live below the poverty line, and the North Lawndale neighborhood, where 40 percent of neighbors do.

Meanwhile Cara has developed its own businesses: Cleanslate, a neighborhood beautification program and TCP Staffing, a temp firm. Both help graduates get work experience as they transition to a stable job.

The program and its ethos are so infectious, Cara participants actually create the Motivations circle for companies in need of a little zing. The questions and tasks prove just as hard for full-time employees as they do for job seekers. Imagine the challenge and the electrical charge when someone across the room commands, "Motivate me! What next for *you*, my friend?"



Jane Addams Resource Corporation

Fast Track courses speed skill-building—and employment

Like many of her colleagues, Valerie's job history was spotty. She bounced from one job to another as she struggled with abuse and addiction. She had no transportation.

Then she made a surprising transformation. She became a welder at a company called Freedman Seating.

The secret ingredient in her new life? She'd found the Jane Addams Resource Corporation's Careers in Manufacturing Programs, four fast-track courses serving low-income job seekers. JARC had just opened a new branch of its Careers in Manufacturing Programs in the Austin neighborhood, where it's housed in the Austin College & Career Academy. Austin is a strategic location for JARC's training programs because it offers a manufacturing community in an area of significant poverty. The area is home to about 700 family-owned manufacturing companies. "Our partnership with Fast Track is invaluable in the effort to find skilled candidates and build the community surrounding our headquarters," notes Craig Freedman, CEO of Freedman Seating.

Ninety percent of JARC's graduates get jobs, and 90 percent keep them, according to Brewer-Johnson.

Moving Everest Charter School

Positive change in a neighborhood looking for hope

Last October, a 14-year-old boy was shot while helping his father tie a bed to a van. The shot was random; the family was in the process of moving out of Austin, a Chicago neighborhood that is tough on kids. Poverty, hunger, violence, and a lack of opportunity hover over Austin's young people like a fog.

Enter Moving Everest Charter School, a bright spot that could counter some of those challenges. In its first year of operation, Moving Everest first graders achieved an average of 1.2 years of growth in reading and 1.38 years of growth in math. How? The school's blended learning model combines the best practices of traditional learning with new, innovative models to optimize student success, and its technology-assisted instruction helps children learn at their own paces.

Moving Everest is also becoming a multidimensional neighborhood force. "It is a presence in the neighborhood," says Mike Rogers, Moving Everest's executive director. "It's transformative. There are events that reach out and fold in parents and primary caretakers, too."

Chicago

Need by the Numbers

Food insecurity rate in North Lawndale:
35.1–57.8 percent

In Austin:
35.1–57.8 percent

Income per capita in North Lawndale:
$12,342

In Austin:
$15,844

High school graduation rate in North Lawndale, 2015:
81 percent

In Austin, 2015:
74 percent

McGowan's investment in 2017:
$785,972

Kansas City Metro

With an alarming number of children facing poverty, health and education are crucial tools.

Turner House Children's Clinic

Well care, weight management programs, and a big reason to smile

At 16, Maria was overweight, a common problem among patients at the Turner House Children's Clinic in Kansas City, Kansas. In fact, 24.6 percent of Turner House's young patients are diagnosed as obese or overweight. After joining the clinic's impressive weight management program, Maria began to lose pounds, until one month when she showed up 11 pounds heavier. What was wrong?

Turner's staff quickly realized that family problems were mounting all around Maria. Her single, impoverished mother was caring for Maria's two developmentally disabled sisters. Exacerbating the situation, Maria's mother no longer had guardianship over the 19-year-old, who had started experiencing seizures. Life was precarious. Maria was stressed.

With effective case work, Maria's mother got the legal assistance she needed to get guardianship, and Maria's sister got the

medication she needed through a hospital. Meanwhile, Maria met with a behavioral therapist and started losing weight again. “It’s easy to say that those levels of coordination don’t often happen in private practice,” notes Dr. William Pankey, Turner House’s medical director. Every year, Turner House brings this kind of attention to almost 6,000 underserved children, he says. “We are a small clinic, but it works.”

Alongside obesity, staff see a high rate of dental caries, which put children at risk for infections, pain, heart disease in later life, and a decreased quality of life in a culture that values beaming white smiles. Pankey recalls a young African refugee who’d been kicked in the mouth playing soccer prior to arriving in the United States. One of his upper front teeth was just “waving” in his mouth, and naturally, he did his best to keep it hidden. But when he received his prosthetic replacement, he showed everyone in the clinic, smiling endlessly. Turner House is the only safety net clinic in the area that offers dental care alongside medical and behavioral healthcare.

Rockhurst High School

Prepping at-risk boys for an education that will change their lives

Rockhurst High School in Kansas City, Missouri, is a worthy goal. An all-boys, Jesuit Catholic college preparatory school, it offers more that 15 advanced placement courses, as well as some eye-catching options, such as Robotic Engineering and Mandarin Chinese. Ninety-nine percent of its graduates go on to four-year colleges, and in 2017 the school produced seven National Merit Finalists. Not surprisingly, there’s an entrance exam for applicants.

Until recently, low-income students struggled with that exam. In 2013, with inaugural support from the McGowan Fund, Rockhurst established the Hurtado Scholars Program, an intensive, three-year initiative aimed at improving scores among low-income boys, enabling them to attend Rockhurst or another prepatory high school. The year-round program works with boys between the sixth and eighth grades, combining course work with educational field trips, mentoring, and recreational activity, and also offering after-school programming.

In 2016, the entire first class of scholars was admitted to Rockhurst—a remarkable show of talent, effort, and strong programming. “They’re pioneers,” says Marvin Grilliot, director of the Hurtado Scholars Program. And as pioneers, they contribute a special model of what it takes to overcome major challenges, a lesson for everyone at Rockhurst.

Crossroads Charter Schools of Kansas City

Excellence, one hour at a time

When Crossroads Charter Schools opened its first elementary school in downtown Kansas City, Missouri, in 2012, 51 percent of its students were receiving free or reduced lunch, and the school was still inventing itself. “When we were first designing the school, we had the luxury of creating it from scratch,” says Executive Director Dean Johnson. “We were looking at ways to maximize learning time and have as many tools as possible for kids to have individualized learning.”

Within three years, the school was the highest performing charter school in Missouri. A second campus was added in 2016. One reason for their success: the extended school day.

Each student takes on 60–90 minutes of additional, personalized instruction in core areas like language arts and math every school day, with the goal that every student will master 85 percent of learning goals each year. Alongside these critical areas are enrichment activities such as dance or music. Called Response to Intervention, the program involves every student and every teacher. “It’s all hands on deck,” says Johnson.

Kansas City Metro

Need by the Numbers

Poverty rate in the Crossroads Central Campus neighborhood, 2015:
16.4 percent

Poverty rate in Wyandotte County, which includes Kansas City:
21.9 percent

State health ranking, Kansas:
27

Key threats:
Obesity, physical inactivity, children in poverty

State health ranking, Missouri:
37

Key threats:
Obesity, physical inactivity, smoking

McGowan’s investment in 2017:
$1,120,000

Denver Metro & Eagle County

In a 21st-century boomtown, innovative programs reach those left behind.

SOS Outreach

With lots of attention and a little snow, kids learn discipline, compassion, and more

Sergio Panela has been an educator for 14 years in the Mapleton School District outside of Denver, where 68 percent of students qualify for free or reduced lunches. More than 40 percent are second-language learners. Few students have gotten close to the mountains that surround them. “We are in a tough area,” he says.

Still you might catch him brandishing a sign that announces, “I’ve introduced 500 people to snowboarding!” That’s right, snowboarding.

Panela coordinates a district-wide program, called SOS Outreach, which leverages mountain sports, volunteer teachers and mentors, and a motivating record of success to help students transform their lives. In his first six years with SOS at a school called MESA, every one of the valedictorians was an SOS member. This year, he’s welcoming back an SOS member and volunteer who now attends Stanford University.

As a national organization, SOS focuses on six core values, including courage and humility (think new experiences on very big mountains). The program runs over a four-year period, starting with five days of mentoring and sports, plus three days of service learning. By year four, members have developed their own service projects and taken leadership roles. Ninety-six percent set their sights on college. Sixty-one percent of SOS graduates return to serve as peer mentors.

Why does it work? On the hills, kids learn determination and compassion. “When you fall,” Panelo says, “strangers retrieve your goggles. That’s a surprise for some kids.” But outdoor sports are just the stage set; personal interactions are the year-round strategy. “We use passion-based activities to connect young people with mentors—which eliminates all the awkwardness that could happen in relationships focused solely on mentorship,” explains Executive Director Seth Ehrlich.

In Panelo’s words, “The more people involved in a student’s life, the higher the probability of success, and the more individualized the connection is, the more powerful it is. This program has made the most impact in a school district that I’ve ever seen.”

The Action Center

Copilots in a region of sky-high rents

People find their way to The Action Center in different ways. Paul, a college graduate and former professional skier, eventually found the Center after getting caught up in an embezzlement scheme, putting in jail time, living on the streets, and gaining and losing jobs and housing. Stephanie simply lost her job, hurt her ankle, and ran out of food for her two sons.

Working with more than 50 community partners and assisted by an army of 4,700 volunteers, The Action Center reaches 25,000 people a year with shelter, healthy food, and rent assistance. Even more critical in the booming Denver area, where housing prices are sky high, the center helps clients find their way to independence. The Self-Sufficiency Pathways Program, for example, works with partner agencies to build client skills and, through active case management, helps them obtain a job if they don’t already have one, as well as secure a home. “We firmly believe in the self-determination of our clients,” says Executive Director Mag Strittmatter. “We can be copilots.”

LiveWell Colorado

On the menu: fresh ingredients, fewer processed foods, and new culinary skills

Think Colorado. No doubt you're imagining an unvarying stream of fit people flying down ski slopes and jogging through the breath-stealing, low barometric pressure with ease—and you'd be wrong. "Most people think we are the healthiest state," says Gabriel Guillaume, president and CEO of LiveWell Colorado, a service and advocacy group. "But the reality is that we have some substantial barriers to health."

For instance, although Colorado has the lowest obesity rate in the nation, one in four children, ages 5 to 14 years, is overweight or obese. According to LiveWell, children consume up to 50 percent of their calories at school; the percentage is higher for low-income students.

That's the rationale behind LiveWell's School Food Initiative, which has changed the lunch menu and raised the skills of kitchen staff in more than 90 Colorado districts. One macaroni and cheese recipe went from 24 highly processed ingredients to 6 healthy and fresh ones. "Our program builds culinary capacity," Guillaume says. And it also beats back chances of type 2 diabetes, high blood pressure, and joint problems in kids who have little control over their daily intake.

Denver Metro & Eagle County

Need by the Numbers

Poverty rate in the Mapleton School District:
13.3—18.5 percent

In Denver County:
17.3 percent

Increase in homelessness in Denver Metro, 2015–16:
13 percent

In the nation:
3 percent decrease

Food insecurity rate among Denver County's children:
13.3 percent

In Colorado:
16.5 percent

In the nation:
8 percent

McGowan's investment in 2017:
$513,592

Reno Metro

The pain of poverty is relieved by housing, education, and training.

Catholic Charities of Northern Nevada

Food, housing, and the next big step toward reentry

Catholic Charities of Northern Nevada makes a big claim on its website: "No one does more to ease the pain of poverty."

The assertion is probably true. Every month, the organization provides emergency assistance, housing, and job placement to 1,000 people. Last Christmas, CCNN distributed more than 7,000 holiday meals, and in February, the organization brought together 90 service agencies with more than 1,000 homeless and impoverished people. While they were there learning about options in housing, food assistance, and job training, guests had access to medical and dental services, veteran assistance, legal aid, and even free haircuts.

Central to CCNN's services is its Crossroads housing program. With three locations in Reno, Crossroads offers safe and caring environments for men and women as they transition out of homelessness. The need is undeniable. In one of the three zip codes Crossroads serves, the poverty rate is 30.7 percent and the jobless rate 12.1 percent. Clearly, temporary housing isn't enough. A program called Learn to EARN, supported by the McGowan Fund, puts job readiness in the mix.

Crucial to reentering the workforce are soft skills that are often overlooked, including punctuality, productive co-worker interactions, job searching on the Internet, dealing with frustration on the job, and workplace etiquette. Learn to EARN participants learn these as well as specific job skills. They can take up to three six-week sessions before transitioning into volunteer work crews that prepare them for the competitive marketplace. Some volunteer jobs are good matches for those with lower skill sets or other mitigating issues: They provide maintenance for Washoe County Parks and Recreation Department or janitorial and thrift store work at CCNN. All aim for independence in the long term. “It’s not just preparing them for a job, it’s preparing them for the lifestyle of working that they haven’t been in for a while,” says CEO Peter Vogel. Also available on-site is Getting Ahead, which teaches financial literacy and is supported by the McGowan Fund as well.

Boys & Girls Club of Truckee Meadows

A place to learn and thrive in a world made of stress

The neighborhood of Truckee Meadows is stressed, the schools are stressed, and the children are too. More than 30 percent of households have incomes at or below the poverty level. Most of the children who use the local Boys & Girls Club attend Libby Booth Elementary, a school designated by the school district to serve homeless youth. At Booth, all the students qualify for free or reduced lunch, and the computer room was dismantled in 2016 to make way for more students.

Amidst this sadness is a bright spot: the club’s Project Learn center, a year-round, national program that offers educational opportunities, such as leisure reading, writing, discussions with knowledgeable adults, homework help, and games that develop cognitive skills. With McGowan’s help, the whole Club turns into a learning center, notes Executive Director Mike Wurm, and students experiencing housing issues now get free transportation to the Club on non-school and school days.

Early results are in: The neighborhood is seeing reduced school absences and an overall improvement in GPAs. “Our kids don’t really lose much in the summer,” says Wurm. “They gain.”

Opportunity Alliance Nevada

Personal transformation on the road to financial independence

People arrive at Crossroads, a supportive living program for men and women transitioning out of homelessness, from every stage of life and also loss—loss of family, friends, home, job, health. But they also arrive with goals, such as conquering addiction and getting a living-wage job.

Those are big goals, requiring intensely personal transformations. That’s why members of the Getting Ahead course start with imagining the lives they could lead, actually drawing a roadmap demonstrating how to get where they want to go.

Facilitated by Opportunity Alliance Nevada and supported by a grant from the McGowan Fund, three groups of Crossroads residents made a step towards establishing financial stability for the long term by taking the course this year through classwork and individual coaching.

Inspired by the common goal of a stable financial future—especially during a time of recovery from addiction—clients set the tone for the course and held one another accountable. “It’s real empowerment,” says Debora McDermed, master coach at Opportunity Alliance Nevada and coach of Getting Ahead. “They owned the success of the program.”

Reno Metro

Need by the Numbers

Poverty rate in Reno:
22.9 percent

In Nevada:
19.7 percent

Washoe County’s high school graduation rate, 2015:
75 percent

Expected graduation rate, 2018:
80 percent

Food insecurity rate among children in Washoe County:
25.8 percent

McGowan’s investment in 2017:
$446,793

National Programs

Three dynamic programs promise a healthier future for businesses, individuals, and communities.

American Heart Association

A popular program promises change to a generation

It's powerful. It's infectious. When young children learn about healthy exercise and eating, they spread their enthusiasm to the adults around them: teachers, guardians, and parents. Meanwhile, written policies at daycare centers boost the monitoring of at least one key factor in good health, including nutrition, physical activity, screen time, and infant feeding when applicable. That's the conclusion of Healthy Way to Grow, a heart health program inaugurated by the McGowan Fund and designed by the American Heart Association. It's now in its fourth year under the five-year McGowan grant.

Maybe the best lesson of all: People want to join. Schools are joining fast. In its first two years, HWTG reached 15,000 children in 175 early childhood centers in McGowan's six regions with healthy treats like ants on a log (raisins, peanut butter, and celery). Inside our regions, the number hit 33,000 kids in 284 centers this year. In addition, 60 centers opened in Salt Lake City, St. Louis, and Barnstable County, Massachusetts.

The timing is crucial. Since the 1970s, the percentage of children struggling with obesity has more than tripled in the U.S. Bullied more than normal weight children, obese kids run a higher risk for asthma, type 2 diabetes, risk factors for heart disease, and other conditions.

With its popularity and fresh approach, HWTG is just about ready for prime time—a national rollout that could change the way a generation grows. The work ahead: "Making Healthy Way to Grow more readily available," says Jennifer Weber, national director for the project. Her staff is building a stronger digital presence with information and ideas that might otherwise require a local coordinator. HWTG is also aiming for real-time data tracking, which will pave the way for fast measurement and new lessons in growing up healthy.

Meanwhile, this year, 37,043 children are proving to themselves and the grown-ups in their lives that healthy food rocks and that little kids are more than ready for the adventure.

Rush University

A lifestyle program proves its worth and spreads its wings

Back in 2011, with seed money from the McGowan Fund, Lynda Powell, PhD, who chairs Rush University's Department of Preventive Medicine, put about a dozen strangers in a room and launched Eat Well, Love Better, Move More (ELM), a lifestyle intervention program that takes aim at metabolic syndrome. MetS is a cluster of five risk factors: high blood pressure, elevated glucose, depressed HDL (the good cholesterol), elevated triglycerides, and what's called central adiposity (the accumulation of fat around the abdomen). Twenty percent of adult Americans display three of the five factors and qualify for MetS, which has a hand in diabetes, heart failure, and cardiovascular disease. That makes MetS costly—in medications and procedures—as well as literally heartbreaking.

Powell's team believed that ELM could reverse MetS before permanent damage was done. ELM could deliver sustainable results while also prove to be a financially viable program for a hospital setting. The approach presented a major paradigm shift for hospitals, which typically rely on medicines to treat aspects of MetS.

In the program, the participants exercised, cooked, and ate together. They also developed their own network, meeting outside the program to run and exercise. "That wasn't our idea," Powell says. "We learned that there are social networks and health networks. They created their own health network."

After six months, 61.5 percent no longer met the criteria for metabolic syndrome. "I think they felt better," Powell says. "They had more energy. Their eyes were sparkling." After two years, 54 percent have remained in remission; after seven years, 55 percent have lost or maintained their weight. ELM proved financially viable. Today, about 150 people have completed the program.

Now, under another grant from McGowan, ELM is planning its strategy for launching the program in the Fund's six regions across the U.S. The first step: simplify ELM to increase feasibility. Powell's team is also developing two manuals for the regional partners, one to aid implementation and the second to manage operations. Once the six regional partners are ready, with additional funding, they'll launch and measure ELM, a crucial step in developing the clinical evidence necessary to qualify for third-party reimbursement. Launch target: February 2018. The ultimate goal? Nothing less than full recognition by the medical community. "We want to be embedded in the whole American healthcare system."

McGowan Fellows Program

In a world hungry for ethical leadership—a willing band of MBAs

In an increasingly complex, voluble, and competitive world, there's still one territory that's wide open for talented and interested professionals: a broad range of unfilled roles ready for values-driven leaders in business, in government and nongovernmental agencies, and in the community. The world wants strong and humanistic leadership.

Enter the McGowan Fellows. Enthusiastic, accomplished, and diverse in their backgrounds and interests, the Fellows are among the best MBA students studying in the U.S. Chosen from 10 top business schools annually, the Fellows receive tuition assistance and mentoring.

As part of the program, the Fellows also consult on a project that falls within the Fund's giving priorities. During the 2016–17 academic year, they worked with Rush University Medical Center on a project called Eat Well, Love Better, Move More (ELM). Aimed at reversing metabolic syndrome, ELM is a lifestyle intervention program progressing toward a national rollout. The Fellows helped identify the needs of grantors, such as National Institutes of Health, and payors, such as insurance companies. Among the recommendations: develop strong relationships with payors; emphasize validity and impact in refining the program; and ensure cost-effectiveness and consistency in delivery.

Grants Awarded

In 2017, the William G. McGowan Fund transformed lives through 110 organizations working to ease poverty through programs in Education, Human Services, and Healthcare & Medical Research. Strategically, our support continued to emphasize holistic and sustainable solutions and measurable results. Working in the Fund's six regions, our grants totaled nearly $7.1 million.

Education Initiatives

Académie Lafayette **$20,000**
Kansas City, MO
Technology Leadership Training for Teachers

Big Brothers Big Sisters of Greater Kansas City **30,000**
Kansas City, MO
Adults Committed To Educating Students (ACES)

Big Shoulders Fund **50,000**
Chicago, IL
Access/Chairmen's Scholarship, Capital Improvement Program, and College Access Support Program

Bishop Miege High School **75,000**
Shawnee Mission, KS
The Helping Hand Tuition Fund

Bishop Ward High School **90,000**
Kansas City, KS
Project ForWard

Boys & Girls Club of Truckee Meadows **50,000**
Reno, NV
Project Learn at Bresson Avenue

By The Hand Club For Kids **50,000**
Chicago, IL
By The Hand–Austin

Causewave Community Partners **$30,000**
Rochester, NY
Monroe and Yates County Nonprofit Success Fund

Chicago Education Partnership **25,000**
Wheaton, IL
Moving Everest Charter School

Cristo Rey Kansas City **50,000**
Kansas City, MO
College Counseling and College Retention

Crossroads Academy of Kansas City **25,000**
Kansas City, MO
Response to Intervention (RTI) Program

DeLaSalle Education Center **35,000**
Kansas City, MO
Career Prep Academy

Employment Opportunity & Training Center—EOTC—of Northeastern Pennsylvania **30,000**
Scranton, PA
Parents as Teachers Program

Girl Scouts of the Sierra Nevada **15,000**
Reno, NV
Girl Scouts of the Sierra Nevada's Low-Income Families and Neighborhoods Program

Great Valley Technology Alliance dba tecBridge — $50,000
Scranton, PA
High School Entrepreneurship Institute

Greater Kansas City Community Foundation — 250,000
Kansas City, MO
Early Childhood Collaborative

Greater Scranton YMCA — 25,000
Dunmore, PA
Summer Learning Loss Prevention Program

Hobart and William Smith Colleges — 37,500
Geneva, NY
Geneva 2020

Hope Hall — 50,000
Rochester, NY
Career Development Program and Scholarships for Children with Learning Challenges

KIPP Chicago — 30,000
Chicago, IL
KIPP Through College

LEAP Innovations — 100,000
Chicago, IL
Driving Education Innovation in Chicago's Austin Neighborhood

Learning Club of KCK — 25,000
Kansas City, KS
Learning Club Urban Core Enrichment

Literacy Kansas City — 50,000
Kansas City, MO
Ticket to Read Expansion

M.K. Gandhi Institute for Nonviolence — 28,000
Rochester, NY
School Climate Transformation in Rochester City Schools

McGlynn Center — 50,000
Wilkes-Barre, PA
General Operations

Ozanam — $25,000
Kansas City, MO
Education Scholarships for High-Risk Students

Rochester Education Foundation — 25,000
Rochester, NY
College Access for Rochester City Students

Rockhurst High School — 50,000
Kansas City, MO
Hurtado Scholars

Sierra Association of Foster Families — 45,000
Reno, NV
K-12 Tutoring and Education, Financial Literacy Education

Sierra Nevada Journeys — 31,793
Reno, NV
Classrooms Unleashed

SOS Outreach — 85,000
Avon, CO
Transformative Programs Benefiting Underserved Denver Metro & Eagle CO Youth

St. John Fisher College — 30,000
Rochester, NY
Creating Trauma Sensitive School Communities

St. Paul Catholic School — 25,000
Olathe, KS
Project Advantage-Phase II

Starbridge Services, Inc. — 37,000
Rochester, NY
Education Services

The Artist Outreach — 25,000
Dallas, TX
"Play With Your Food!" Culinary Nutrition and STREAMliners Cross-Curricular Education

The Center of Teen Empowerment — 38,000
Rochester, NY
Youth Organizing for Lifelong Learners and Just Schools

The Children's Agenda, Inc. — $40,000
Rochester, NY
Priming the High School Graduation Pump

The Rockwell Museum — 20,000
Corning, NY
High School Learning Center

Truckee Meadows Parks Foundation — 50,000
Reno, NV
Student Stewards Consortium

United Way of Lackawanna and Wayne Counties — 22,900
Scranton, PA
Bullying Prevention

Wilkes-Barre Family YMCA — 25,000
Wilkes-Barre, PA
Power Scholars Academy: Hanover & Wilkes-Barre Area School Districts

Total — **$1,845,193**

Human Services Initiatives

A Safe Haven Foundation — $50,000
Chicago, IL
STRIVE Job Readiness and Vocational Skills Training Program

After the Harvest — 20,000
Kansas City, MO
Produce Procurement Program and The Gleaning Network

Avenue of Life — 32,500
Kansas City, KS
Impact Wednesdays and Impact Fridays

Bayaud Enterprises — 38,592
Denver, CO
Pathways to Sustainable Employment Plus

Bright Future Foundation — $20,000
Avon, CO
Trauma-Focused Counseling and Psychological Services

Cara — 50,000
Chicago, IL
Job Training, Placement, Retention & Advancement Program

CARE Chest of Sierra Nevada — 50,000
Reno, NV
Medical Equipment and Supplies

Catholic Charities Kansas City—St. Joseph Inc. — 25,000
Kansas City, MO
Welcome Center

Catholic Charities of Northeast Kansas — 45,000
Overland Park, KS
The Aspire Business Incubator for Refugees

Catholic Charities of Northern Nevada — 50,000
Reno, NV
Learn To EARN at Crossroads

Catholic Social Services of the Diocese of Scranton — 73,000
Wilkes-Barre, PA
Homeless Outreach and Impact Initiative

Center for Work Education and Employment (CWEE) — 30,000
Denver, CO
Colorado Women's Employment and Education, Inc. dba Center for Work Education and Employment (CWEE)

Center for Youth Services — 50,000
Rochester, NY
New Beginning House

Commission on Economic Opportunity — 264,500
Wilkes-Barre, PA
Healthy Start, An Early Childhood Nutrition Initiative

Community LINC — $70,000
Kansas City, MO
Housing Coordination
and Aftercare Services

Daystar for Medically Fragile Children Inc. — 45,000
Rochester, NY
Daystar's Family Advocacy Program

Don Bosco Community Center — 25,000
Kansas City, MO
Closing the Hunger Gap

EarthLinks, Inc. — 20,000
Denver, CO
EarthLinks Workshop

East House Corporation — 35,000
Rochester, NY
The Housing Emergency
Support Fund

Episcopal Community Services, Inc. — 25,000
Kansas City, MO
Brand KC

Family Tree, Inc. — 15,000
Wheat Ridge, CO
General Operating Support

Food Bank of Northern Nevada, Inc. — 60,000
McCarran, NV
Mobile Harvest Fresh Produce
Distribution Program FY17

Foodlink, Inc. — 50,000
Rochester, NY
Foodlink Community Kitchen

Gerard Place — 125,000
Buffalo, NY
Community Center

Giving the Basics — 20,000
Kansas City, MO
School Nurse Closet Project

Goodwill of the Finger Lakes — $20,000
Rochester, NY
2-1-1/LIFE LINE

HappyBottoms — 25,000
Lenexa, KS
Diaper Distribution Program

Hope House, Inc. — 20,000
Lee's Summit, MO
Hope House Emergency
Shelter Program

Jane Addams Resource Corporation — 25,000
Chicago, IL
Careers in Manufacturing
Programs—Austin

Jeffco Action Center, Inc., dba The Action Center — 35,000
Lakewood, CO
Assisting Low-Income and Homeless
Populations with Basic Needs and
Building Self-Sufficiency

Jewish Family Services — 35,000
Overland Park, KS
Food & Shelter

Judicial Process Commission — 20,000
Rochester, NY
Housing for Homeless Ex-offenders

Keuka Housing Council — 35,000
Penn Yan, NY
Hope Center Renovation

Kids TLC, Inc. — 50,000
Olathe, KS
Street Outreach Homeless
Services Program (SOS)

Lazarus Ministries — 7,500
Kansas City, MO
Emergency Shelter and Supportive
Housing for Homeless Women

Mercy Housing Lakefront — $45,000
Chicago, IL
Austin Affordable Housing/Family
Service Center & North Lawndale
Service Coordination

Metro Caring — 25,000
Denver, CO
Hunger Relief and Prevention

Nativity House KC, Inc. — 40,000
Kansas City, KS
New Beginnings

Nevada Youth Empowerment Project — 25,000
Reno, NV
Community Living Program

Newhouse, Inc. — 25,000
Kansas City, MO
Education and Employment
Readiness Program

Open Door Ministries — 25,000
Denver, CO
Treasure House

Opportunity Alliance Nevada — 50,000
Reno, NV
From Poverty to Opportunity
Partnerships to End Homelessness

Pro Action of Steuben and Yates, Inc. — 70,000
Bath, NY
Hope Center

Rochester Area Interfaith Hospitality Network, Inc. — 12,500
Rochester, NY
Homeless Family Rental
Subsidy Program

Rochester/Monroe County Homeless Continuum of Care — 30,000
Rochester, NY
Homeless Needs and Gap Analysis

Rose Brooks Center — 25,000
Kansas City, MO
Emergency Shelter Nutrition Program
for Victims of Domestic Violence

Rural Health Corporation of Northeastern Pennsylvania — $40,000
Wilkes-Barre, PA
Tobacco Cessation for the Homeless

Safe Harbors of the Finger Lakes, Inc. — 20,000
Penn Yan, NY
Achieving Independence

Saint Joseph's Center — 20,000
Scranton, PA
Walsh Manor and Mother
Infant Home

Seton Center — 25,000
Kansas City, MO
Helping Neighbors in Need

Spiritus Christi Prison Outreach — 20,000
Rochester, NY
Bridges to Care Project

The Commonwealth Medical College — 40,000
Scranton, PA
Behavioral Health Initiative (BHI)—
Ending Homelessness Program

The Community Intervention Center of Lackawanna County — 8,000
Scranton, PA
Homeless Day Shelter Bathroom/
Shower Facility Renovation

The Delores Project — 30,000
Denver, CO
Steps to Stability

The Empowerment Center — 20,000
Reno, NV
Workforce Development—
Job Certification

Upstream Impact — 25,000
Denver, CO
Upstream Impact

Volunteers of America Colorado Branch — $20,000
Denver, CO
Transitional Housing Programs for Homeless Youth and Young Families

Volunteers of America of Western New York, Inc. — 22,000
Rochester, NY
Step by Step Program

Warren Village, Inc. — 100,000
Denver, CO
Self-Sufficiency and Workforce Development Program

Willow Domestic Violence Center formerly Alternatives for Battered Women — 35,000
Rochester, NY
Empowerment Project

Year One Inc., dba Mile High Youth Corps — 10,000
Denver, CO
Youth Employment and Education Program for Metro Denver

Total — **$2,368,592**

Healthcare & Medical Research Initiatives

American Heart Association — $723,395
Dallas, TX
Healthy Way to Grow—Year 5

CommunityHealth — 25,000
Chicago, IL
Essential Health Care for the Uninsured

Gift of Life — 30,000
Overland Park, KS
Transplant Mentors Program Expansion, Outreach and Training

Greater Carbondale YMCA — $40,000
Carbondale, PA
"In the Cardiac Direction" Wellness Program

LiveWell Colorado — 35,000
Denver, CO
Healthy Food Access and Physical Activity Engagement

Rush University Medical Center — 262,237
Chicago, IL
Planning Grant: Expanding Access to the ELM Program

St. Joseph's Neighborhood Center, Inc. — 25,500
Rochester, NY
SSJ AmeriCorps Interns serving the Neighborhood Center 2016-17

The Finger Lakes Museum — 65,000
Keuka Park, NY
Finger Lakes Foodways—Bringing Food to Life!

Turner House Children's Clinic — 50,000
Kansas City, KS
Access to Integrated Primary Medical, Behavioral Health and Dental Care for Underserved Children

Total — **$1,256,132**

McGowan Fellows Grants

Carnegie Mellon University, Tepper School of Business — $60,790
Pittsburgh, PA
2017 McGowan Fellow David Dierker

Columbia University, Columbia Business School — 68,792
New York City, NY
2017 McGowan Fellow Evan Zehnal

Dartmouth College, Tuck School of Business — 66,390
Hanover, NH
2017 McGowan Fellow Tom Allin

Duke University, Fuqua School of Business — $63,200
Durham, NC
2017 McGowan Fellow David Gross

Georgetown University, McDonough School of Business — 55,050
Washington, DC
2017 McGowan Fellow Alfredo Rivera

Massachusetts Institute of Technology, Sloan School of Management — 67,938
Cambridge, MA
2017 McGowan Fellow Samantha Fahrbach

Northwestern University, Kellogg School of Management — 66,462
Evanston, IL
2017 McGowan Fellow Heather "H. Kay" Merriman

University of Chicago Booth School of Business — 65,260
Chicago, IL
2017 McGowan Fellow Jonathan Fung

University of Michigan, Ross School of Business — 64,350
Ann Arbor, MI
2017 McGowan Fellow Muhammad Ali Akhtar

University of Pennsylvania, Wharton School of Business — 67,516
Philadelphia, PA
2017 McGowan Fellow Emily Lampert

Total — **$645,748**

Other Grants Awarded

Discretionary Grants — $300,000

FSG — 335,972

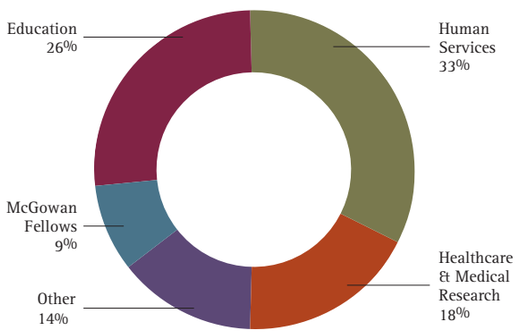
Matching Grants — 68,255

National Archives Foundation — 150,000
Washington, DC
William G. McGowan Theater Program and Audience Development

St. Leo's/Holy Rosary Church — 125,000
Ashley, PA
Church Renovations

Total — **$979,227**

Grant Distribution by Program Area



Audited Financial Statement

William G. McGowan Charitable Fund
Statement of Financial Position

Assets

	June 30, 2017	June 30, 2016
Cash	$ 1,246,101	$ 441,401
Investments	175,892,287	164,942,401
Accounts receivable	-	9,954
Accrued income	12,225	230,059
Prepaid expenses and other assets:		
Prepaid expenses	46,880	23,031
Deposits	30,000	30,000
Property and equipment – Net	155,732	176,860
Operating right-of-use asset	327,803	361,481
Total Assets	**$ 177,711,028**	**$ 166,215,187**

Liabilities and Net Assets

Liabilities		
Accounts payable	$ 144,788	$ 129,476
Operating lease liability	487,643	518,358
Other accrued expenses	20,393	14,592
Total Liabilities	652,824	662,426
Net Assets – Unrestricted	177,058,204	165,552,761
Total Liabilities and Net Assets	**$ 177,711,028**	**$ 166,215,187**

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Thanks!

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