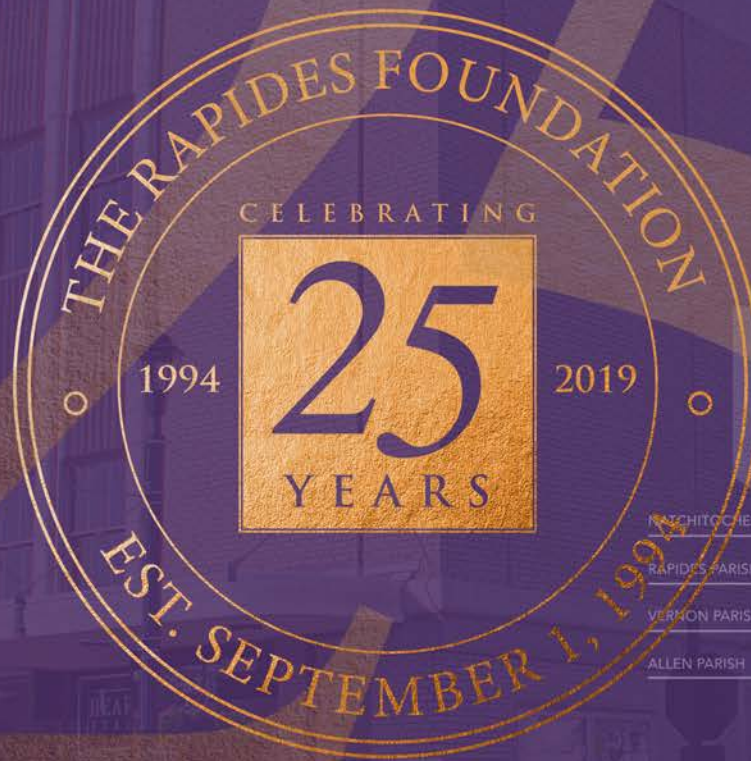


HEALTH & WELL-BEING @issue

A PUBLICATION OF THE RAPIDES FOUNDATION FALL 2019

HONORING THE FIRST 25 YEARS



THE RAPIDES FOUNDATION

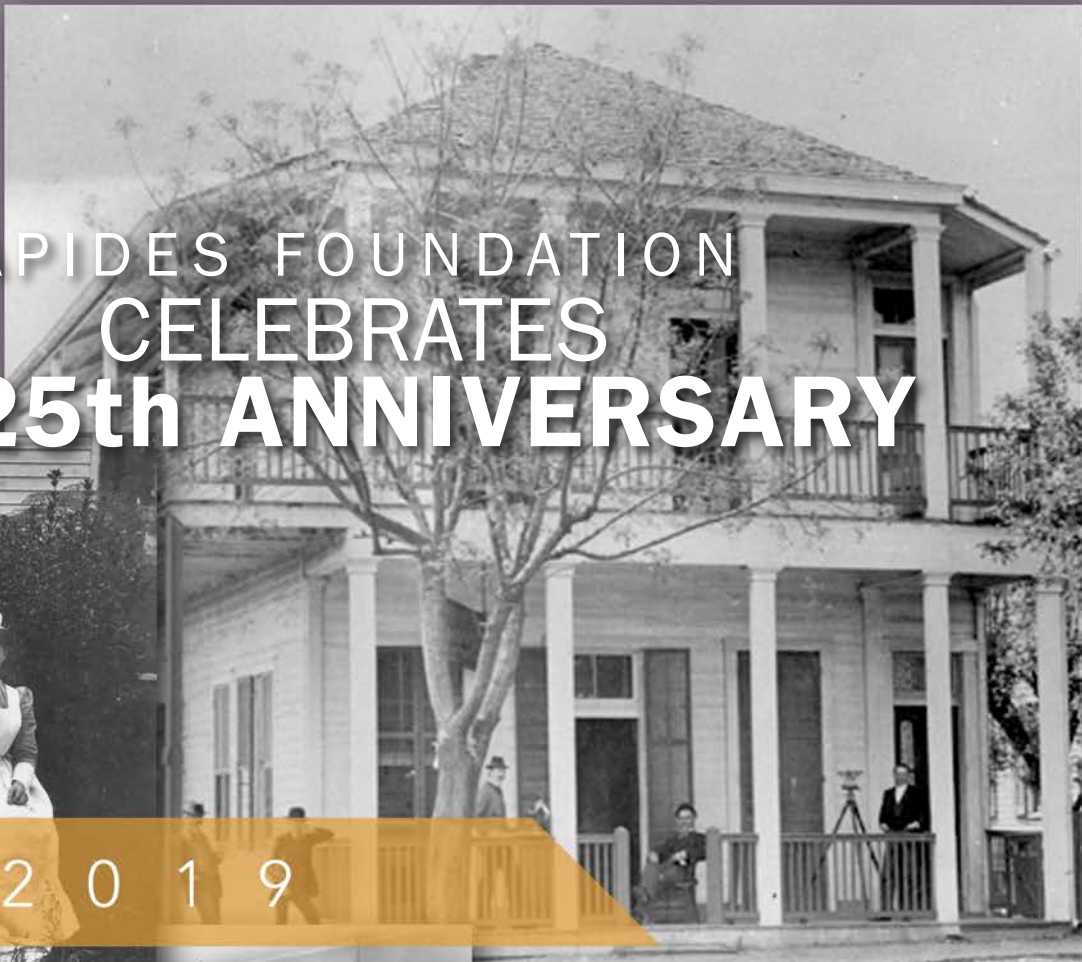

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THE RAPIDES FOUNDATION CELEBRATES 25th ANNIVERSARY



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**ALEXANDRIA'S
OLDEST HOSPITAL**

The Alexandria Sanitarium, founded by six area physicians, was opened January 1, 1903 in a former hotel at Second and Lee streets "to provide for the skillful treatment of medical and surgical cases of any nature." In 1905 the first building at Third and Scott streets, one block northeast, was built by the Scott Street Land and Development Co. Dr. John L. Wilson, president in 1917 the property was given to the Louisiana Baptist Convention and the name changed in 1919 to The Baptist Hospital. The Convention operated the hospital for 33 years, adding wings in 1910, 1936, 1941, 1944 and 1947. In 1970 the hospital was released to become a not-for-profit community hospital and the name changed in 1971 to Rapides General Hospital. Rapides Regional Medical Center, established in 1981, by 1990 included the Medical Terrace, Medical Plaza, Cancer Treatment Center and the Rapides Women's Hospital. In 1994 RRMC entered a joint venture with Columbia/RCA Healthcare Corporation to become part of the Columbia Regional Health System.

RAPIDES REGIONAL MEDICAL CENTER





Foundation President and CEO Joe Rosier explained the Foundation's mission and history. "While our work has evolved through the past 25 years, our commitment to our mission remains steadfast."



A panel discussion on the Foundation's current work featured (pictured from left) 2019 chairman Anna Moreau and former board chairmen Michael Reese, Bruce Barton and Regionald Seastrunk.

The Rapides Foundation marked its 25th anniversary with an event on September 5 that celebrated its history in its dual role as part owner of Rapides Regional Medical Center and a leading health grantmaker in Central Louisiana.

A joint venture partnership that was signed September 1, 1994, between the hospital and HCA (formerly Columbia/HCA) created a \$140 million endowment to establish the Foundation. The partnership extended the hospital's ability to provide quality healthcare in a changing environment and created a wellspring of Foundation resources dedicated to improving the health status of Central Louisiana residents. Today, the Foundation has current assets of \$295 million, has disbursed more than \$223 million in grants, and continues to have a 26% ownership stake in the healthcare system that resulted.

"The Rapides Foundation is a unique organization that continues its legacy as a healthcare provider through continued ownership in Rapides Healthcare System and involvement in its success, but also as a significant grantmaker in Central Louisiana," said Joe Rosier, who has led the Foundation as CEO and President from the beginning.

"Through both of those avenues we pursue our mission of improving health status to ensure that there is quality healthcare, there's access

to that care, and other drivers of health are also addressed through our philanthropy. We do that in a very intentional way that these resources can make a difference in Central Louisiana," he said. "While our work has evolved through the past 25 years, our commitment to our mission remains steadfast."

The anniversary event, attended by current and former board members, staff and grantees, included presentations that highlighted the Foundation's beginnings, its ongoing work in fulfilling its mission and its goals for the future.

A panel discussion on the Foundation's early years featured four of the Foundation's original board members: Greg O'Quin, Harry Silver, JoAnn Kellogg and Van Davidson. A second panel discussion on the Foundation's current work featured former board chairmen Regionald Seastrunk, Bruce Barton and Michael Reese, and current chairman Anna Moreau.

The Foundation stems from a legacy of healthcare and community service that began in 1903 when a group of six physicians formed the 20-bed Alexandria Sanitarium at the corner of Second and Lee streets. The Louisiana Baptist Convention acquired the Sanitarium in 1917 and operated it as the Baptist Hospital until 1970 when it was turned over to the community as Rapides General Hospital.

By the hospital's 90th anniversary in 1993,



A panel discussion about the Foundation's early years featured founding trustees (pictured from left) Van Davidson, JoAnn Kellogg, Greg O'Quin and Harry Silver.

challenges to its long-term ability to provide quality healthcare were recognized by the hospital's trustees. The board worked with a consultant to determine strategic options for the future, pursued those options and eventually began discussions with HCA, which led to the joint venture partnership that created The Rapides Foundation.

In the years following the closing of the joint venture, The Rapides Foundation began to define itself as a grantmaker, while also maintaining active involvement in governance of the hospital. As 26% owner, the Foundation provides oversight to the community benefit delivered by Rapides Regional Medical Center.

"One of the things we learned was that as a continuing partner in the hospital with Columbia HCA, we couldn't be a passive owner. We had to assert our tax exempt interest. And so that really manifests itself in community benefit," Rosier said. "We have always and until now had a strong oversight of the community benefit that the hospital provides. It's really the essence of why our board chose to stay in and retain a part of the hospital."

Early in its 25-year history, the Foundation's Board of Trustees also recognized the need for a structured, strategic and deliberate way to spend its limited resources in order to have the biggest impact. In its research, the Foundation realized it would best impact health by focusing on factors that represent the root determinants of mortality and disability.

"I think the largest movement we made in advancing our grantmaking was when we learned and became aware of the impact of behavioral and social determinants on health status. Certainly having access to healthcare is critical, but the larger driver on premature death or illness are behaviors," Rosier said.

Today, the Foundation's grantmaking efforts focus on three interconnected priority areas: Healthy People, to improve access to healthcare and promote healthy behaviors; Education, to increase the level of educational attainment and achievement as the primary path to improved economic, social and health status; and Healthy Communities, to improve economic opportunity and family income, and enhance civic and community opportunities for more effective



2019 Board Chairman Anna Moreau spoke about the Foundation's direction.

leaders and organizations.

In addition, some of the Foundation's work is handled through its subsidiaries, The Orchard Foundation and Cenla Medication Access Program, and its operating program, Community Development Works.

The Foundation's service area consists of Allen, Avoyelles, Catahoula, Grant, LaSalle, Natchitoches, Rapides, Vernon and Winn parishes. Close to 80 individuals from throughout the service area have served as members of the Board of Trustees since 1994. The board shapes and adjusts strategic plans, basing their decisions on expert advice, data from periodic Community Health Needs Assessments, issue-specific research and knowledge, and current best practices.

"Understanding the complexity and interconnectedness of the many factors that drive health, we aim to make decisions that are relevant to the needs of today and also strive to make decisions that favorably impact the anticipated needs of the future," 2019 Board Chairman Anna Moreau said. "We are also committed to looking at new data and knowledge regularly to ensure we are on the right track."

As the Foundation moves into its next quarter century, it will continue its reliance on planning,



Commemorative Book, Video

In commemoration of The Rapides Foundation's 25th anniversary, a special edition booklet and video are available to view on the Foundation's website, www.rapidesfoundation.org. To receive a printed copy of the special edition booklet, contact the Foundation at 1-800-994-3394 or email grantinfo@rapidesfoundation.org.

implementation and critical, ongoing examination of its work, all with the goal of working toward a healthier Central Louisiana.

"We are excited about the future for Central Louisiana, and we pledge that The Rapides Foundation is dedicated to researching the critical issues – to find solutions for positively impacting the health status of our communities," Rosier said. "By working together, we believe Cenla will be a healthier place to live and work."

THE RAPIDES FOUNDATION
ENCOURAGES YOU TO

HAVE A
HEALTHY
HOLIDAY

The Foundation offers a variety of healthy holiday recipes, including (clockwise from top) chocolate cream pie, pumpkin pie whipped mousse cups, cornbread and Cornish game hens.



The Rapides Foundation is encouraging everyone to “Have a Healthy Holiday” with healthier holiday recipes and preparation videos, simple exercise videos, and tips to keep you on track with your health goals during the busy holiday season.

To give you a jump-start on a healthy holiday menu, the Foundation is featuring several recipes on its website and social media platforms, and in newspaper ads throughout the holiday season. The recipes include: Ben Mims’ Perfect Cornbread, Creole-style Black-Eyed Peas, Chicken and Smoked Sausage Paella, Roasted Cornish Game Hens with Pumpkin Seed Pesto, Old-Fashioned Chocolate Cream Pie and Pumpkin Pie Whipped Mousse Cups. Additional recipes from previous holiday campaigns are also available. As an added bonus, preparation videos for each of the featured recipes are available to watch on the Foundation’s website and YouTube channel.

The Foundation can also help you learn how to incorporate simple exercises into your daily activities. Video demonstrations of simple exercises like squats, bends, pushups, lunges and many others are available to view. A challenge calendar with daily fitness and nutrition challenges is also available for download.

All of the recipes, preparation videos, and exercise videos can be found by visiting The Rapides Foundation’s website anytime at www.rapidesfoundation.org/holiday, or by visiting the Foundation on Facebook, Twitter, Pinterest or YouTube.



Here are some tips for creating a healthy holiday plan during this busy season:

- **Eat Smart:** Choose fresh, non-processed food options whenever possible. Before leaving for a party, drink plenty of water, and eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to overindulge.
- **Cook Right:** Choose one of our healthy recipes for your holiday table. You can watch a demonstration of how to prepare each featured recipe on our website at www.rapidesfoundation.org/holiday.
- **Get Moving:** Sneak in any calorie-burning activity you can. Check out the exercise tips and videos on our website and YouTube channel. Some other simple tips: take the stairs, dance, play with your kids, and trim the tree. It may not seem like much, but any extra activity throughout the day will burn calories and relieve stress.
- **Sleep Well:** Try to get 7-8 hours of sleep each night. You may be tempted to stay up until the wee hours wrapping presents, but research has shown that constant sleep deprivation leads to weight gain. Sleeping well will keep your metabolism and body running at top speed and efficiency.
- **Find Joy:** Laugh, reflect and enjoy the time spent with the people you love. There’s so much more to the holidays than overindulging.

Let rapidesfoundation.org be your healthy holiday resource for delicious recipes, cooking and exercise videos, and holiday tips. It’s all there to help you and your family eat smart, cook right and get moving!



NSU's Dr. Curtis Penrod assists CLIP resident Rebecca Dole with the new laptop she received as part of the teacher residency program.



2020 CLIP PROGRAM

APPLICATIONS BEING ACCEPTED

Applications are being accepted for the Central Louisiana Instructional Partnership, a paid teacher residency program that develops middle school math and science teachers for high-needs schools in Central Louisiana. The deadline to apply for the CLIP cohort slated to begin in summer 2020 is March 30.

Applicants selected for the CLIP residency program will complete a 15-month accelerated graduate program of study culminating in a Master of Arts in Teaching degree from Northwestern State University and a professional teaching certification. CLIP residents receive full tuition and an additional \$36,000 stipend during

their residency. Residents agree to teach in a Central Louisiana school for at least three years after they graduate.

The first group of 11 CLIP residents began its work in June. CLIP Field Coordinator Jennifer Cowley said now is the best time for potential candidates to begin the application process for the second cohort, which will start its graduate work next summer.

To qualify, applicants must have earned a bachelor's degree, must not have a teacher certification, and must meet Northwestern State University's Master of Teaching graduate school requirements. Interested persons should complete and submit the CLIP application, release form, essay and a current resume to The Orchard



Foundation, and apply directly to NSU's graduate school. Application forms and more information can be found online at www.theorchardfoundation.org/clip. Complete CLIP program requirements will be reviewed during the applicant interview process.

While completing their graduate coursework, residents will be immersed in an academic year school-based residency in a high-needs school identified by the nine partner public school districts. CLIP residents will experience a variety of learning opportunities alongside a trained and experienced mentor teacher. Upon completion of the program, graduates will be placed in CLIP-participating schools and will receive two years of induction support with sustained coaching and professional development.

The Orchard Foundation, the education arm of The Rapides Foundation, serves as the lead organization for CLIP. Project Partners include: the nine Central Louisiana School Districts of Allen, Avoyelles, Catahoula, Grant, LaSalle, Natchitoches, Rapides, Vernon and Winn; NSU's Gallaspy College of Education & Human Development and College of Business & Technology-Computer Information Systems; Urban Learning & Leadership Center; EvalWorks; and The Rapides Foundation. CLIP is funded through a \$4.5 million grant from the U.S. Department of Education's Teacher Quality Partnership grant program.

For more information about the CLIP program and application process, contact Jennifer Cowley at 318-767-3017 or jennifer@theorchardfoundation.org.



CLIP residents Edgar Lewis Evans of LaSalle Parish (top photo) and Venus Nears of Winn Parish work on a robotic Lego project during a 2019 resident training.



CMAP OFFERS FREE MEDICATIONS, CANCER SCREENINGS

An initiative of The Rapides Foundation provides eligible residents with free prescription medications and cancer screens. The Cenla Medication Access Program, created by The Rapides Foundation in 2001 to address access to quality healthcare in Central Louisiana, offers free or reduced-cost prescriptions to clients throughout

Louisiana. The CMAP Cancer Screening Project provides free screenings for breast, cervical and colorectal cancers for Central Louisiana residents.

Both programs are administered by CMAP and funded under the Foundation's Healthcare Access Initiative. CMAP Executive Director Wendy Roy said CMAP wants to reach as many residents as possible to ensure that people are able to get potentially life-saving medications and cancer screens.



CENLA MEDICATION ACCESS PROGRAM

CMAP's medication service offers free or low-cost medications through its partnerships with pharmaceutical companies. CMAP Patient Assistance Program specialists work with rural health clinics and primary care practices to provide patients' prescriptions. In addition, Rapides Regional Medical Center contracts with CMAP to provide free or low-cost medications to patients who visit the HP Long Outpatient Clinics.

To be eligible for CMAP's free prescription service, residents must be 18 or older, reside in Louisiana and cannot have Medicaid or prescription coverage through private insurance. The resident's household income must be at or below 250% of the Federal Poverty Level. The income requirement allows people to enroll if their monthly income is \$2,602 or lower for one person; \$3,523 for a family of two; \$4,444 for a

family of three; and \$5,365 for a family of four. The complete list of income requirements can be found at www.cmaprx.org.

To expand its reach, CMAP opened its medication program to Louisiana residents who are on Medicare. While Medicare covers many prescriptions, CMAP would benefit a Medicare patient who is put on a medication that may not be fully covered under their current plan. "CMAP could fill the gap," Roy said. "You may or may not need help right now, but call us and apply so you can get the process out of the way. Once you are enrolled, you are eligible for the whole year."

Callers will be asked to fill out a one-page application, send in a copy of their driver's license or photo ID, and proof of income. The application and other information can be found on the CMAPrx.org website. Call 318-443-7494 or 1-888-443-7494 to apply.

CANCER SCREENING PROJECT

The Cancer Screening Project offers free screenings for breast, cervical and colorectal cancers for Central Louisiana residents who have no medical insurance or are on Medicaid. The program follows the American Cancer Society screening guidelines, which recommend how often men and women should get screened, and at what ages.

“Early detection is so important, so the goal of the Cancer Screening Project is for people to get screened,” Roy said. In partnership with the Feist-Weiller Cancer Center’s Partners in Wellness Program at LSU Health Shreveport, CMAP is able to bring screenings to the nine parishes in the Foundation’s service area through a mobile unit. People with appointments can get digital mammograms, clinical breast exams, Pap smears

and cervical exams inside the unit, which travels to communities twice a month. In addition, residents can pick up take-home colorectal cancer screening tests called FIT kits. A list of the Cancer Screening mobile unit stops can be found at www.cmaprx.org.

Central Louisiana residents can get screened at any location, so they are encouraged to call for an appointment now and not wait for the mobile unit to come to their parish. Call Cancer Screening Specialist Kayla Edwards at 318-767-3027 or 1-855-767-3027 for an appointment.

The Foundation’s Healthcare Access Initiative is designed to address medication access and cancer screenings; foster the establishment and expansion of primary care access with integrated behavioral and oral health services; and address medical manpower shortages.



LSU Health Shreveport Nurse Practitioner Carlyss Ducote (left), CMAP Executive Director Wendy Roy (center) and CMAP Cancer Screening Specialist Kayla Edwards are seen on the cancer screening mobile unit.

HEALTHY PEOPLE



CENLA STUDENTS ATTEND
2019 YOUTH SUMMIT
 ON HEALTHY BEHAVIORS



As part of its Healthy Behaviors Initiative, The Rapides Foundation hosts the Youth Summit on Healthy Behaviors each year as a way for Central Louisiana students to learn how to become advocates for healthy choices and policy change in their schools and communities.

The ninth annual Youth Summit on Healthy Behaviors was held October 9, with approximately 600 students and teachers from seven Central

Louisiana school districts attending the event at the Randolph Riverfront Center. The theme was *#MoveMore #EatWell #LiveClean*, and the event included youth advocacy presentations, energizer breaks, and breakout sessions to educate summit participants on the issues of tobacco prevention, substance and alcohol abuse prevention, and healthy eating and active living. Presenters included nationally recognized advocates in those focus areas.



2019 Youth Summit keynote speaker Dr. Matt Bellace addressed participants.

Matt Bellace, a motivational speaker and comedian who has a Ph.D. in clinical neuropsychology, the study of the brain and behavior, presented the opening session. Bellace's keynote titled "A Better High" focused on using healthy natural highs such as exercise, meditation or laughter instead of unhealthy coping strategies like alcohol and vaping nicotine.

The 2019 summit was planned with a group of youth advocates from throughout Cenla who serve on the Foundation's Youth Summit Staff. In addition to assisting with summit planning, Youth Summit Staff members learn leadership, teambuilding, research and public speaking skills.

Summit attendees are students and teachers participating in the Foundation's Healthy Behaviors School District Partnership Grant. The goal of the grant is to provide students, staff and teachers with the knowledge and skills necessary to make better and informed behavior decisions leading to healthier lives. Participating school districts in the 2019-20 grant are Allen, Avoyelles, Catahoula, Grant, Natchitoches, Rapides and Vernon.



CENLA NONPROFIT LEADERS GRADUATE FROM EXECBUILDERS PROGRAM



2019 Cenla Execbuilders graduates are (left to right) Stanley Celestine, Martha Powell, Dallas Russell, Ashley Mack, Curtis Lewis and Andria Fontenot.

Six Central Louisiana nonprofit leaders graduated September 27 from Cenla Execbuilders, a leadership development program for nonprofit executive directors.

Cenla Execbuilders, a program of Community Development Works, provides a unique opportunity for executive directors in Central Louisiana, regardless of experience level, to become more effective in their roles as leaders of local nonprofit organizations. The program uses a combination of intensive training, professional coaching and peer networking opportunities grounded in adult learning methodologies. By developing and improving leadership skills, participants have the opportunity to become part of a close-knit



CENLA EXECBUILDERS

community of skilled leaders and increase their capacity to lead high performing organizations.

The 2019 graduates of Cenla Execbuilders are:

- **Stanley Celestine**
Executive Director, Truly Thrive
- **Andria Fontenot**
Co-Founder and Executive Director,
Fostering Community
- **Curtis Lewis**
Administrator for Operations,
Re//DEFINED
- **Ashley Mack**
Executive Ministry Coordinator,
Family of Grace Church
- **Martha Powell**
Executive Director, The Extra Mile Region VI
- **Dallas Russell**
Executive Director, Ben D. Johnson
Educational Center

The graduates now join a group of 50 Cenla Execbuilders alumni who participate in the program's peer leadership network.

To learn more about Cenla Execbuilders, call CDW at 318-443-7880 or 1-800-803-8075, or visit the CDW website at www.communitydevelopmentworks.org. Community Development Works is a program of The Rapides Foundation.



At the 2019 graduation ceremony, Martha Powell spoke about the Cenla Execbuilders participant experience on behalf of the graduating class.

2019 Cenla Boardbuilders graduates are (from left) Claire Heatherwick, Taura Denmon, Joshua Bester, Kelli West, Jared Price, Titan Marler and Delphine Hammer.



CENLA BOARDBUILDERS

PREPARES LEADERS FOR NONPROFIT BOARD SERVICE

Eight Central Louisiana leaders graduated October 18 from Cenla Boardbuilders, a leadership development program for interested community members who want to become active on local nonprofit boards.

Through Cenla Boardbuilders, a program of Community Development Works and The Rapides Foundation, participants are trained through a series of sessions on the roles and responsibilities of an effective board member. Two learning tracks are available: Track I, for newly seated board members with limited service experience who are seeking training only; and Track II, for individuals with no previous board service who are seeking training and help to connect with local nonprofits.

“For many nonprofit organizations, mission success depends on the strength of the board. We believe the Cenla Boardbuilders training helps build the capacity of nonprofit organizations by providing a pool of knowledgeable board members,” said Ashley Stewart, Director of Programs

CENLA BOARDBUILDERS

for The Rapides Foundation. “Graduates of Cenla Boardbuilders are trained in what their responsibilities are as a board member and enter board service with the skills needed to contribute immediately.”

Graduation speaker Leroy Divinity, principal consultant for Paraclete Consulting and a Cenla Boardbuilders trainer, charged graduates to ask themselves whether they have another “yes” as they take what they have learned through the program and apply it to board service.

“Now comes the time to move from the theoretical to the actual; to be a part of helping to make things better not only for the organization and the board, but for our community,” Divinity said. “Do you have another yes? Because you’re there for a purpose; you’re there for a reason. What you bring to the table is what the board needs. Yes, share your perspective; yes, share your opinion; and say yes to the commitment to do the work necessary as a board member.”

The following graduates completed the 2019 Cenla Boardbuilders Program:

Track I: Currently serving on a board

- **Claire Hetherwick**, Opioid Use Disorder Prevention Specialist, The Extra Mile Region 6; Board Member: Red River Dance Theatre Company.
- **Kellie Peyton**, Owner & Lead Creative, Queen Bee Marketing; Board Member: Central Louisiana Homeless Coalition.

Track II: Seeking board service

- **Joshua Bester**, Case Manager, Federal Bureau of Prisons.
- **Taura L. Denmon**, Deputy Director, Alexandria Housing Authority.
- **Delphine Hammer**, Adjunct Clinical Professor and Charge Nurse, CLTCC and Oceans Behavioral Health Hospital.
- **Titan Marler**, Loan Officer Trainee, Bank of Montgomery.



Leroy Divinity, a Cenla Boardbuilders trainer, was guest speaker for the graduation event.

- **Jared G. Price**, Attorney.
- **Kelli West**, Director of Marketing and Communications, Natchitoches Convention and Visitors Bureau.

The 2019 graduates join a group of 213 Cenla Boardbuilders alumni. Employer partners participate in the program by allowing their employee time off during work hours to attend training sessions and board meetings. Nonprofit partners connect with Cenla Boardbuilders graduates to offer board service opportunities.

For more information about Cenla Boardbuilders or to learn how to participate in the 2020 program, call CDW at 318-443-7880 or 1-800-803-8075.





THE RAPIDES FOUNDATION RECOGNIZED WITH IMPACT AWARD

The Rapides Foundation received the Walter G. Bumphus Excellence in Leadership Award at the Louisiana Community and Technical College System Foundation's Impact Awards on September 25. The Impact Awards spotlight individuals, organizations, business and industry whose leadership efforts have been notably effective in advancing Louisiana's education and workforce needs of students within the LCTCS system, businesses and communities.

The Walter G. Bumphus Excellence in Leadership Award recognizes those who have advanced innovative strategies to improve opportunity and excellence in higher education and have demonstrated leadership qualities that have been central to the achievement of substantial improvements in higher education.

The Rapides Foundation was recognized with the award because of its partnership with the Central Louisiana Technical and Community College to advance manufacturing training in Central Louisiana.

The Rapides Foundation in late 2017 awarded a \$2 million matching grant to the LCTCS Foundation to be used by CLTCC to establish the Central Louisiana Manufacturing Technology Center in downtown Alexandria and to expand its manufacturing programs located on campuses throughout the region. The state of Louisiana matched the Foundation's funding with a \$2 million Rapid Response grant.

The Foundation's funding will be used over a three-year grant term to strengthen the manufacturing core curriculum, create pathways to generate a larger pipeline of students, increase

IMPACT^{AWARD}

work-based learning opportunities, expand specialized processes for programs such as welding, purchase training and distance learning equipment, and develop an outreach plan to drive enrollment and deliver graduates for the high-wage, high-demand, high-skill jobs in the manufacturing sector throughout the Central Louisiana region.

The Rapides Foundation's grant is part of its Economic Development Initiative, which supports the Foundation's mission to improve the health status of Central Louisiana by making the link between healthy economies and healthy people. Healthy economies with low unemployment rates and higher wage jobs provide people with the means to purchase medical insurance, make better healthcare choices and live healthier lifestyles. The initiative aims to raise the standard of living in Central Louisiana by improving the region's capacity to produce higher wage jobs for all income levels.



The Rapides Foundation partners with CLCC to advance manufacturing training in Cenla.

THE RAPIDES FOUNDATION

The Rapides Foundation continues a legacy of community healthcare initiated in 1903.

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is published by The Rapides Foundation

rapidesfoundation.org