



## Southern New Hampshire Planning Commission

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### TUFTS HEALTH PLAN FOUNDATION AWARDS MORE THAN \$50,000 TO SUSTAINABLE SNHPC FOUNDATION TO PILOT AGE-FRIENDLY PROJECTS

**WATERTOWN, MA** – [Tufts Health Plan Foundation](#) announced a grant of \$50,280 to the Sustainable Southern New Hampshire Planning Commission (SNHPC) Foundation to support development of community pilots, building on the region’s age-friendly momentum. The grant reflects the Foundation’s commitment to building healthier communities by promoting collaboration and improving systems and best practices.

“Our investments focus on improving community livability and addressing inequities to help older adults live healthier, fulfilling lives,” said Nora Moreno Cargie, President of the Tufts Health Plan Foundation and Vice President, Corporate Citizenship for Tufts Health Plan. “Every community has different needs and opportunities. We want to honor communities where they are and catalyze health improvements for older adults and the entire community.”

The first age-friendly effort in the state, the SNHPC initiative focuses on creating and developing communities that work for residents of all ages. By building on partnerships established in earlier work, the Commission will engage SNHPC Region communities in the age-friendly movement. Their work will include assisting interested communities and businesses in developing age-friendly strategic plans and addressing actions identified by residents, stakeholders, and businesses. The projects will address a range of issues including housing; transportation and accessibility; recreation and social engagement; and a focus on business and economic development.

Sylvia von Aulock, Executive Director of SNHPC stated, “Our team is so excited to build on the great work accomplished in Phase 1, the assessment phase of this work. We are so grateful to the Tufts Health Plan Foundation, AARP, NHDOT, EngAGING NH, City of Manchester Health Department, Alliance for Healthy Aging, Manchester Regional Area Committee on Aging, SNHU, UNH, JSA Architects Inc., and the many agencies, citizen champions, and additional stakeholders that have been working with us to make southern New Hampshire an age-friendly region, and to make New Hampshire an age-friendly state.”

In all, Tufts Health Plan Foundation announced 21 new grants totaling more than \$1.7 million-- representing collaborations with more than 200 community organizations in Massachusetts, New Hampshire, and Rhode Island.

#### **About the Tufts Health Plan Foundation**

Established in 2008, Tufts Health Plan Foundation supports the health and wellness of the diverse communities we serve. The Foundation has given nearly \$26 million to Massachusetts, New Hampshire, and Rhode Island nonprofits that promote healthy living with an emphasis on older adults. The Foundation began funding in New Hampshire in 2016. The Tufts Health Plan Foundation funds programs that move communities toward achieving age-friendly policies and practices that are relevant, focus on older adults, and include them in community solutions. Visit [www.tuftshealthplanfoundation.org](http://www.tuftshealthplanfoundation.org) or follow on [Twitter](#), [Facebook](#), and [YouTube](#).