

2010 SABBATICAL PROGRAM AWARD

*** \$35,000 GRANTS AVAILABLE TO NONPROFITS ***

Applications and eligibility requirements
are available online under
the Leadership Recognition section at
www.calwellness.org

- \$35,000 grant allows nonprofit health executives up to a six month leave from the workplace
- Sabbatical recipients are notified by October 2010
- Open to eligible California health care organizations
- \$35,000 will be in the form of a grant payable to the organization

*** Deadline for applications is February 19, 2010 ***

sabbatical \sab-bat' -ical\

1. a break or change from a normal routine (as in employment); 2. a leave—often with pay—granted for rest or travel.

NEWS/NOTICIAS

FOR IMMEDIATE RELEASE

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THE CALIFORNIA WELLNESS FOUNDATION MAKES \$35,000 GRANTS AVAILABLE TO HEALTH NONPROFITS

Annual Sabbatical Program Award Provides Paid-Time Off to Nonprofit Executives

Woodland Hills, CA – The California Wellness Foundation (TCWF) is now accepting applications for its 2010 Sabbatical Program Award. The \$35,000 grant enables health nonprofit executives to spend up to six months away from the workplace getting much needed time off. The deadline for applications is Friday, February 19, 2010.

“Individuals leading and managing health-sector nonprofit organizations in California frequently work long hours for more than a decade without a break from these challenging positions,” said Gary L. Yates, TCWF president and CEO. “The health and well-being of an executive leader affects both the individual and the organization that he or she runs, which is why the program was designed to help them prevent burnout and stress-related illness; give them time to rest and focus on their individual health and well-being; and allow them to return to work with renewed energy and dedication.”

Applications and eligibility information are available online under the Leadership Recognition section at www.calwellness.org. The application process is open to all health nonprofit

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organizations that meet the eligibility requirements. Contact TCWF at (818) 702-1970 or by e-mail sabbaticalprogram@tcwf.org for questions regarding the application.

The program offers \$30,000 grants payable to health-sector nonprofit organizations for salaries and benefits and up to \$5,000 for the professional development of managers and staff who will assume additional responsibilities in the executive's absence. Sabbatical award honorees will be notified by October 2010.

Previous grant recipients have expressed how the sabbatical gave them a long-overdue time off for rejuvenation and provided their staff the opportunity to develop their leadership skills and build confidence in their ability to excel as a valuable member of the organization. "We worked on leadership issues that might come up during that time. It was probably the best thing we could have done," said a past sabbatical recipient.

The 2009 sabbatical awardees included the following health nonprofit executives: Executive Director Kim Carter, Time for Change Foundation; CEO Lynn Dorroh, Hill Country Health and Wellness Center; Founder and President Betty Alvarez Ham, City Impact, Inc.; Executive Director Stuart Kandell, Stagebridge; Executive Director Debra Lynn Marsteller, Project Independence; Executive Director Roy A. Martin, GraceSource, Inc.; Executive Director Robin Novack McCrae, Community Human Services; and CEO Richard A. Veloz, South Central Family Health Center.

The California Wellness Foundation is a private, independent foundation created in 1992 with the mission of improving the health of the people of California by making grants for health promotion, wellness education and disease prevention. The Foundation prioritizes eight issues for funding: diversity in the health professions, environmental health, healthy aging, mental health, teenage pregnancy prevention, violence prevention, women's health, and work and health.

TCWF also responds to timely issues or special projects outside of the funding priorities. Since 1992, TCWF has awarded 5,828 grants totaling more than \$735 million. Please visit TCWF's website at www.calwellness.org for more information.

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Note to reporters & editors: "The" in The California Wellness Foundation name is part of the Foundation's legal name. Please do not drop or lowercase the "T."