CHAC

Annual Report
2014 - 2015
COMMUNITY HEALTH AWARENESS COUNCIL
EXECUTIVE DIRECTOR

Dear CHAC Friends and Supporters:

Thank you for all of the warm greetings and welcome that you have extended to me as I begin my tenure as the new Executive Director for CHAC. I know that I come to a community that is invested in ensuring that all members have the opportunity to thrive and grow in a safe and nurturing environment. I look forward to meeting and working with all of you.

Thank you to Monique Kane for her many years of dedicated service to CHAC. As CHAC’s leader for many years, she has seen the agency through tremendous growth. I know that she will be greatly missed and again express our appreciation for her service.

As we look forward to the future, I am excited to look at opportunities to strengthen partnerships to better serve our community, as well as continue to be innovative and responsive to meet the changing needs of our community. CHAC is fortunate to have compassionate, experienced, and skilled staff who are dedicated to fulfilling the mission of CHAC – to help create healthy lives for children and families.

Thank you again for your past support of CHAC and I ask for your continued support as we work together to create a strong and healthy community.

Respectfully,

Naomi Nakano-Matsumoto, LCSW

CHAIR, BOARD OF DIRECTORS

I believe that our community is a better place because CHAC is in our schools and offers mental health counseling to anyone and everyone – regardless of their ability to pay. When I hear about a person doing harm to themselves or others in our country – I always wonder if an earlier intervention in their lives would have made a difference. I hear stories of adults that come back to CHAC to say that CHAC saved their lives. I appreciate that our local parents, cities and schools had the foresight 42 years ago to form CHAC as a response to concerns about drug and alcohol use among the youth, and am grateful that CHAC has evolved to “provide alternatives to self-destructive behavior and to help create healthy lives for the children and families of Mountain View, Los Altos, Los Altos Hills, and surrounding communities.” Although I will miss Monique Kane’s leadership, I am looking forward to working with Naomi Nakano-Matsumoto as our new Executive Director.

Sandy Bergan
Community Health Awareness Council (CHAC) began as a grass-roots movement in 1973, led by parents and community leaders concerned about the growing problem of adolescent alcohol and drug abuse in Mountain View, Los Altos, and Los Altos Hills. The original partnership (Joint Powers Agreement, or JPA) included the governments of these three cities and their respective school districts. The seven Joint Powers Agreement partners provided the initial funding for CHAC services. Since then, the demand for, and variety of, CHAC’s services have grown considerably. Today, the majority of program funds are raised through service contracts, Joint Powers Agencies, and donations from individuals, corporations, local businesses, churches, service clubs, and foundations.

CHAC’s programs address a wide range of emotional and social problems affecting children and teens and their families. These problems include academic pressure, bullying, drug and alcohol abuse, physical and psychological abuse, depression, anxiety, self-esteem issues, teen pregnancy and truancy, domestic violence, gang participation, suicidal ideation, economic hardship, and more. CHAC’s programs are designed to protect young people from high-risk behaviors while building the personal assets that correlate with future success and well-being. These assets include: communication skills, good decision-making, developing emotional intelligence, appreciation for diversity, and the ability to delay gratification.

CHAC is proud to have on staff highly regarded clinical staff of Marriage and Family Therapists (LMFT), Licensed Clinical Social Workers (LCSW), and Clinical Psychologists. In addition, our administrative staff have both nonprofit-management experience and clinical expertise. Collectively, the administrative staff represent over 50 years of nonprofit-management experience.

**Statement of Philosophy**

At CHAC we believe in the value of each individual, the importance of the family, and the necessity of community.
CHAC SERVICES

CHAC provides services at our clinic at 590 W. El Camino Real in Mountain View and at other venues throughout the community. At our clinic, we offer counseling and therapy for children, teens, adults, and families. These services are available on a sliding fee scale, so no one is turned away for inability to pay.

A very important part of CHAC is the service we provide, at no charge, at 33 local elementary, middle, and high schools. On campus we offer individual counseling, therapy, and a variety of programs for students and their families.

Other CHAC programs, groups, and classes – such as our Family Resource Center, Blossom Project, Parent Education classes, and the Spanish-language women’s group take place at various community locations.

The following list briefly describes each of CHAC’s programs and services:

**Individual Counseling/Therapy:** CHAC provides direct counseling for children on 33 local school campuses and counseling and therapy at our local clinic locations. The overall service goal is to help our youth develop positive attitudes, skills, and behaviors and learn to avoid high-risk choices and behaviors. Each student or family's circumstances and needs are evaluated and addressed individually. MFT and Ph.D. Interns on campus weekly to work with students or families referred by the school or parents or self-referred. Both short-term and long-term counseling and therapy are provided.

**Crisis Counseling:** Counseling available during and after school hours to provide immediate help at school sites with crisis situations (e.g., severe trauma to or death of a member of the school community, suicidal student, child abuse). When a crisis occurs, CHAC is available to respond quickly as needed.

**Just for Kids:** A “living skills” program for third grade students that teaches healthy ways of coping with family and environmental pressures. Just for Kids encourages self awareness, self confidence and teaches healthy coping skills. The program takes place on school campuses during the lunch hour, with parental request and permission.

**Tween Talk!:** Lunchtime groups provided for fifth and sixth grade students focusing on healthy choices regarding issues that matter to them such as self-esteem, friendships, identity, choices, and life skills at an age appropriate level. The program takes place on school campuses during the lunch hour, with parental request and permission.

**Teen Talk!:** Lunchtime groups provided for middle and high school students focusing on healthy choices regarding issues such as drugs and alcohol, stress and coping, body issues, peer pressure, violence, relationships, resiliency, and life skills at an age appropriate level. The program takes place on school campuses during the lunch hour, with parental request and permission.

**The Village Program:** An intensive and collaborative team approach to counseling on the campus of Landels Elementary School. The program includes individual and group counseling, counseling support for teachers and staff, parent support and liaison, and tailored classroom interventions upon the teachers’ request (e.g., anti-bullying, building empathy, anger management, etc.).

**Well Within:** An intensive outpatient program for teens affected by substance use/abuse and for their families. Using established therapeutic approaches; Well Within helps teens build the skills and confidence needed to create a healthy life. Teens discover healthy alternatives to drug and alcohol use, positively impacting the family and community, as well as their own lives. Well Within includes individual therapy; support/education groups when available, consultations, parent coaching and education,
family therapy, clean and sober events and outings, and an optional relapse prevention group. Well Within accepts referrals from all sources including schools, therapists, doctors, rehabilitation centers, and the community.

**Blossom Project:** Blossom Program: A program that addresses teen pregnancy and parenthood. Blossom offers group, family, and individual therapy. It provides a safe space for teens to build supportive relationships, work through challenges, and gain important skills to problem solve. Blossom also emphasizes the importance of education, supporting efforts to graduate and enroll in college. The aim of the program is to encourage healthy relationships and positive behaviors, reduce repeat pregnancies, and to promote educational advancement.

**The Competency Development Services Program (CDS):** CHAC's collaboration with the Santa Clara County Probation Department. CDS provides individual and/or family counseling for juveniles who receive citations by police officers in Palo Alto, Los Altos, Mountain View, Cupertino and Sunnyvale. The program targets early offenders in an informal supervision process, during which a probation officer assesses each youth's situation and determines appropriate services. CDS provides early intervention for the youth in an effort to prevent their further involvement with the law.

**Latino/Bilingual Counseling, Outreach, and Support:** CHAC provides culturally competent Bilingual/Spanish services to the large community of Latinos in the area. Bilingual/Spanish services are provided in-house and on school campuses. The services include counseling and psychotherapy for children, youth, adults, and families. Issues addressed are depression, anxiety, acculturation stress, domestic violence, bullying, gang and substance abuse related issues, economic hardship, parenting challenges, and relationship issues among others.

We also offer parenting classes, peer counseling and leadership training, and psychotherapy groups for free or at a very low cost to support the emotional needs of Latino, primarily immigrant, individuals and their families.

**Family Resource Center (FRC's):** CHAC, in partnership with FIRST 5 Santa Clara County, offers programs at multiple Family Resource Centers. These programs help parents and other caregivers understand the developmental and social-emotional aspects of the early years of life. Key areas promoted are: parenting resources, skill building, early literacy & language development, health & nutrition, and community connection. All classes, events and individual consultations foster ways of building/maintaining a healthy connection between parent and child and increasing resilience in the family. When parents are involved in educational opportunities when their children are young, they are more likely to stay involved as the child grows. Through programming at our Family Resource Centers and selected off-site locations, families meet and interact with each other, reducing the sense of isolation, and increasing the support they have in the community. Program services also include positive parenting skills designed to address needs of school-aged children. Family Resource Center staff trains a dedicated group of volunteers - many who have started as participants - who continue to carry out our vision to encourage further community involvement.
CHAC SERVICES

Parent Education Program: Parenting classes focused on parents of adolescent and teens, especially parents of strong-willed or out of control teens. A series of seven 2-hour positive discipline classes are offered each quarter. A variety of parenting classes and support groups for parents of infants, preschoolers, toddlers, children, and adolescents, in both English and Spanish are also offered through other programs.

Drug, Alcohol, and Suicide Assessments: On-site drug, alcohol, and suicide risk assessment as requested by the school; referrals made as appropriate.

Assessment Clinic: CHAC’s assessment clinic operates under the direction of our chief psychologist and team, who supervise all the assessments. The assessment clinic employs state-of-the-art batteries of tests to evaluate learning disabilities, attention, memory, and language difficulties, and emotional problems. We put together a written report and consult with the client to answer questions and provide direction for the problems being considered. The clinic is suitable for children over the age of 5, adolescents, and adults.

Intern Training Program

CHAC enjoys an outstanding reputation for quality intern training in the South Bay Area. It is a placement of choice for 15 local colleges and universities for students completing MFT or Ph.D. licensing requirements, as well as for master’s level Social Workers doing their field placement requirements. Each year, over 80 graduate interns are accepted into CHAC’s Intern Training Program. These Interns, chosen for their competence, compassion, and integrity, represent all ages and cultural backgrounds. The interns work at CHAC’s clinic in Mountain View and are assigned to one of the 33 local schools CHAC serves. The total value of their internship time is well over $400,000 each year.

In 2014, the doctoral internship program received coveted designation as an APA accredited internship site by the American Psychological Association. The accreditation required extensive documentation of the quality of our training, the breadth and diversity of the intern experience, and our emphasis on treatments supported by evidence. This accreditation will be a big plus for our doctoral-level interns, and, in addition, adds to the status of our training program as a whole.

CHAC’s APA internship also includes a Latino Track. This track funds students who are bilingual and have a focus on working with children, youth, and families of Latino ethnicity. This track includes the training of bilingual practicum students and MFT interns. Students work with monolingual clients, and in addition, with bilingual clients who can benefit from therapy conducted by a student-therapist familiar with the relevant cultural differences and impacts.

CHAC is committed to training our interns to apply evidence-based tools wherever possible in their work with clients, and to assess efficacy on an on-going basis.
**Evaluation Results:**

Evaluation by quantitative and qualitative measures continues to demonstrate the effectiveness of our programs.

We continue to evaluate the impacts of our elementary school counseling using the Classroom Rating Scale. This test asks teachers to evaluate children before and after counseling in terms of classroom behavior, academic motivation, social skills, and an overall impression. The results consistently show that most students show statistically significant improvements on this questionnaire. What this tells us is that teachers perceived positive change which is very likely the result of CHAC counseling and therapy.

This year we are continuing and expanding our use of the OQ measures of mental health. Each CHAC therapist inputs results into a computer data-base. We are going to start employing this measure on a monthly basis. The results will show us month-to-month changes in such things as anxiety level, depression, aggression, and other mental health concerns, and will inform the therapist how the client is doing during the course of treatment in a more continuous fashion.

We began to use the PFAS (recently re-named from Problem-Focused to Issue-Focused Assessment Scale for Children and Adolescents or IFAS) two years ago. This test measures changes in the specific issues kids are being treated for during their work with a CHAC therapist. The therapist takes into account reports from teachers and parents, when possible, in addition to the behavior and mood of the child as perceived by the therapist. We are seeing very significant improvements over the course of therapy on the order of 15-30%. Across all schools close to 80% showed at least a 20% improvement. We are very encouraged by these findings.

In addition to the above, we continue to find ways to use different measurement tools to determine how well our programs are working and to fine-tune what we do. Some of these instruments include the Coopersmith Self-Esteem Inventory, the Connors, and the Brown.

**HOW DID WE DO THIS PAST YEAR**

Each of our psychoeducational interventions, the Just for Kids program and the Teen and Tween Talk programs use pre and post questionnaires to assess what kids have learned from participation in these programs. All these programs show significant learning has taken place during the course of the interventions.

**Services Provided:**

**Prevention Plus:**
- Of the 3,881 students in the Mountain View/Los Altos Union High School District, CHAC provided 3,694 hours of direct service to 408 students and their families.
- Of the 4,675 students in the Los Altos School District, CHAC provided 4,282 hours of direct service to 488 students and their families.
- Of the 5,065 students in the Mountain View-Whisman School District, CHAC provided 7,311 hours of direct service to 989 students and their families.
- Of the 6,787 students in the Sunnyvale School District, CHAC provided 7,288 hours of direct service to 936 students and their families.

**Village Wellness:**
- CHAC provided 7,545 hours of direct service to 919 local youth and families.

**Competency Development:**
- CHAC provided 632 hours of direct service to 95 local youth.

**Well Within:**
- CHAC provided 797 hours of direct service to 97 local youth.

**Family Resource Center:**
- CHAC provided 17,097 hours of direct service to 15,212 infants, toddlers and their families.

A detailed demographic profile of all CHAC clients served during this past year can be found in this Annual Report.
## WHO DID WE SERVE?

### July 1, 2014 - June 30, 2015

<table>
<thead>
<tr>
<th>Category</th>
<th>Village Wellness</th>
<th>Family Resource Centers</th>
<th>Well Within</th>
<th>Competency Development</th>
<th>Prevention Plus</th>
<th>Total</th>
<th>%</th>
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<td>15212</td>
<td>97</td>
<td>95</td>
<td>2821</td>
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<td>53</td>
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<td>Pre-School</td>
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<td>0</td>
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<td>Elementary School</td>
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<td>Middle School</td>
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<td>2</td>
<td>28</td>
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<td>High School</td>
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<td>21</td>
<td>51</td>
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<td>Adults</td>
<td>737</td>
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<td>16</td>
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<td>428</td>
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<td><strong>Ethnicity:</strong></td>
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<tr>
<td>Asian</td>
<td>52</td>
<td>6085</td>
<td>2</td>
<td>8</td>
<td>418</td>
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<td>African-American</td>
<td>18</td>
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<td>3</td>
<td>3</td>
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<td>Caucasian</td>
<td>372</td>
<td>1217</td>
<td>62</td>
<td>15</td>
<td>871</td>
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<td>Hispanic/Latino</td>
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<td>6237</td>
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<td>69</td>
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<td>7729</td>
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<tr>
<td>Native American</td>
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<td>1671</td>
<td>15</td>
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<td>517</td>
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<td><strong>City of Residence:</strong></td>
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<td></td>
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<tr>
<td>Los Altos</td>
<td>31</td>
<td>4</td>
<td>24</td>
<td>0</td>
<td>361</td>
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<tr>
<td>Mountain View</td>
<td>366</td>
<td>4564</td>
<td>40</td>
<td>12</td>
<td>965</td>
<td>5947</td>
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<td>Sunnyvale</td>
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<td>77</td>
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<td>Palo Alto</td>
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<td>304</td>
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<td>6</td>
<td>25</td>
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<td>3%</td>
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<tr>
<td>Los Altos Hills</td>
<td>5</td>
<td>0</td>
<td>4</td>
<td>0</td>
<td>64</td>
<td>73</td>
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<tr>
<td>Other</td>
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<td>6081</td>
<td>18</td>
<td>0</td>
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<tr>
<td><strong>Family Income:</strong></td>
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<td></td>
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<td>Under $35,000</td>
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<td>0</td>
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<td>$35,000 - $65,000</td>
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<td>7407</td>
<td>14</td>
<td>95</td>
<td>2809</td>
<td>10563</td>
<td>55%</td>
</tr>
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</table>

| Hours of Service:      | 7545             | 17097                   | 797         | 632                    | 22575           | 48646 | 100% |
COMMUNITY HEALTH AWARENESS COUNCIL
REVENUES AND EXPENSES
(July 1, 2014 - June 30, 2015)

REVENUES:

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>FIRST 5</td>
<td>$551,885</td>
<td>18.32%</td>
</tr>
<tr>
<td>In-kind Volunteers &amp; Supplies</td>
<td>$532,068</td>
<td>17.66%</td>
</tr>
<tr>
<td>Corporate &amp; Foundation Grants</td>
<td>$320,400</td>
<td>10.64%</td>
</tr>
<tr>
<td>Government Grants/Contracts</td>
<td>$497,840</td>
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<td>Joint Powers Agencies</td>
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<td>Private Contracts</td>
<td>$276,607</td>
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<td>Individual Contributions</td>
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<tr>
<td>Program Service Fees</td>
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<tr>
<td>Other Income</td>
<td>$22,188</td>
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<tr>
<td>Special Events</td>
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<td><strong>TOTAL:</strong></td>
<td>$3,012,530</td>
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EXPENSES:

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<thead>
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<th>Description</th>
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<tr>
<td>Direct Program Services</td>
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<td>90.95%</td>
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<tr>
<td>Administration</td>
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<tr>
<td>Fundraising</td>
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<td><strong>TOTAL:</strong></td>
<td>$2,862,024</td>
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**DONORS/FUNDERS**

**Legacy Society Members**
(Those who have made a planned gift)
Anonymous
Earl and Helen Connolly
Ken Kaye and Dianne Gershuny
Kim and Sue Graham
Ben Maiden
Wally and Joan MacDonald
F. Paul Schutze
Ruth Sherer
Kathrina Smithers
Dan and Pat Tellep
Pat Tellep
Mary Lou Zoglino

**$10,000 Plus Funders**
El Camino Healthcare District
FIRST S Santa Clara County
Kaiser Permanente
Leo M. Shortino Family Foundation
Leslie Family Foundation
Sand Hill Foundation
Sobrato Family Foundation
The Daniel Rosenblatt Foundation

**Organizations**
Kiwanis Club of Mountain View
Los Altos Town Crier Holiday Fund
Mountain View Voice Holiday Fund
Ross Stores Foundation
Yellow Chair Foundation

**Individuals**
William and Janice Anderson
Anonymous Donor
Gita and Prabahandam Gopal
Ruth Sherer
Jean and Lucian Taylor
Dan Tellep

**$5,000 - $9,999 Organizations**
Foothills Congregational Church UCC
Highfield Foundation
Los Altos Rotary Endowment Fund
Mountain View Center for the Performing Arts

**Individuals**
James and Alice Cochran
Bill and Danielle James
The Kaplan Family
The Krause Foundation

**$2,500 - $4,999 Funders**
Dudley-Vehmeyer-Brown Memorial Foundation

**Organizations**
California Water Service Company
Mountain View Rotary Club
Silicon Valley Community Foundation
Sunnyvale Rotary Club

**Individuals**
Robert and Mona Armstead
George and Susan Crow
Reba and Robert Fournier
Kim and Susan Graham
Bill Heinz and Monique Kane
Jeffrey Mayer and Elizabeth Tacy Witter
Iris and Tom Moran
Mary Rees
Terri Rose
George and Leanne Stanley
Marie and Cary Young
Geoffrey Doian and Nicolette Zarday

**$1,000 - $2,499 Organizations**

**Individuals**
Christ Episcopal Church of Los Altos
Darelicious
Kiwani Club of Los Altos
Los Altos Community Foundation
Michael and Ina Korek Foundation
Recolty Mountain View
Stephen Green
Yahoo Employee Foundation

**Individuals**
Samuel and Ana Abbey
William and Marian Abbott
Robert and Lois Adams
Bruce Bars and Suzanne DeLaCruz
Sandra Delegado
Christopher Dolan
William and Virginia Dolan
Phil and Sheila Fallica
James and Charlene Geens
Dianne Gershuny
Nan and Charles Gescke
Patricia Greenhood
Judy Hannemann
Sam and Janet Harding
Dotty and Terry Hayes
Lin He
Vagn and Hilda Jensen
Donna and William Kreckip
Peter and Sue LaTourrette
Joan MacDonald
Judy Moss
Clive and Lois Noel
Vicki and Terry Oldberg
Jeff and Trudy Palmer
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