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2009 (11-30-2010)

## FEDERAL STATEMENTS

PAGE 4

CLIENT BALM

THE BALM FOUNDATION, INC.

13-3746421

7/11/11

10:19AM

**STATEMENT 4  
FORM 990-PF, PART I, LINE 25  
CONTRIBUTIONS, GIFTS, AND GRANTS****CASH GRANTS AND ALLOCATIONS****CLASS OF ACTIVITY:****DONEE'S NAME:**

CHRISTOPHER C. BLENMAN SENIOR CENTER

**DONEE'S ADDRESS:**

NEW YORK, NY

**RELATIONSHIP OF DONEE:****ORGANIZATIONAL STATUS OF DONEE:****AMOUNT GIVEN:**

\$ 6,820.

**CLASS OF ACTIVITY:****DONEE'S NAME:**

COCHRAN SCHOOLK OF NURSING

**DONEE'S ADDRESS:**

YONKERS, NY

**RELATIONSHIP OF DONEE:****ORGANIZATIONAL STATUS OF DONEE:****AMOUNT GIVEN:**

5,200.

**CLASS OF ACTIVITY:****DONEE'S NAME:**

COMPASSION AND CHOICES NEW YORK

**DONEE'S ADDRESS:**

NEW YORK, NY

**RELATIONSHIP OF DONEE:****ORGANIZATIONAL STATUS OF DONEE:****AMOUNT GIVEN:**

10,000.

**CLASS OF ACTIVITY:****DONEE'S NAME:**

CROSSING HEALING WORKS

**DONEE'S ADDRESS:**

NEW YORK, NY

**RELATIONSHIP OF DONEE:****ORGANIZATIONAL STATUS OF DONEE:****AMOUNT GIVEN:**

15,000.

**CLASS OF ACTIVITY:****DONEE'S NAME:**

DOMINICAN SISTERS FAMILY HEALTH SERVICE

**DONEE'S ADDRESS:**

HANPTON BAYS, NY

**RELATIONSHIP OF DONEE:****ORGANIZATIONAL STATUS OF DONEE:****AMOUNT GIVEN:**

40,000.

**CLASS OF ACTIVITY:****DONEE'S NAME:**

INTEGRAL YOGA INSTITUTE INC

**DONEE'S ADDRESS:**

NEW YORK, NY

**RELATIONSHIP OF DONEE:****ORGANIZATIONAL STATUS OF DONEE:****AMOUNT GIVEN:**

16,200.

**CLASS OF ACTIVITY:****DONEE'S NAME:**

LINCOLN SQUARE NEIGHBORHOOD CENTER

**DONEE'S ADDRESS:**

NEW YORK, NY

**RELATIONSHIP OF DONEE:****ORGANIZATIONAL STATUS OF DONEE:****AMOUNT GIVEN:**

6,820.

2009 (11-30-2010)

## FEDERAL STATEMENTS

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CLIENT BALM

THE BALM FOUNDATION, INC.

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STATEMENT 4 (CONTINUED)  
FORM 990-PF, PART I, LINE 25  
CONTRIBUTIONS, GIFTS, AND GRANTS

## CLASS OF ACTIVITY:

DONEE'S NAME:

THE LINEAGE PROJECT

DONEE'S ADDRESS:

BROOKLYN, NY

## RELATIONSHIP OF DONEE:

ORGANIZATIONAL STATUS OF DONEE:

AMOUNT GIVEN:

\$ 15,000.

## CLASS OF ACTIVITY:

DONEE'S NAME:

MOUNT SINAI SCHOOL OF MEDICINE

DONEE'S ADDRESS:

NEW YORK, NY

## RELATIONSHIP OF DONEE:

ORGANIZATIONAL STATUS OF DONEE:

AMOUNT GIVEN:

40,000.

## CLASS OF ACTIVITY:

DONEE'S NAME:

MOUNT SINAI SCHOOL OF MEDICINE

DONEE'S ADDRESS:

NEW YORK, NY

## RELATIONSHIP OF DONEE:

ORGANIZATIONAL STATUS OF DONEE:

AMOUNT GIVEN:

90,000.

## CLASS OF ACTIVITY:

DONEE'S NAME:

NATIONAL DANCE INSTITUTE

DONEE'S ADDRESS:

NEW YORK, NY

## RELATIONSHIP OF DONEE:

ORGANIZATIONAL STATUS OF DONEE:

AMOUNT GIVEN:

65,000.

## CLASS OF ACTIVITY:

DONEE'S NAME:

NY PRESBYTERIAN/WEILL MEDICAL CENTER

DONEE'S ADDRESS:

NEW YORK, NY

## RELATIONSHIP OF DONEE:

ORGANIZATIONAL STATUS OF DONEE:

AMOUNT GIVEN:

15,000.

## CLASS OF ACTIVITY:

DONEE'S NAME:

NYU MEDICAL CENTER

DONEE'S ADDRESS:

NEW YORK, NY

## RELATIONSHIP OF DONEE:

ORGANIZATIONAL STATUS OF DONEE:

AMOUNT GIVEN:

40,000.

## CLASS OF ACTIVITY:

DONEE'S NAME:

NYU MEDICAL CENTER

DONEE'S ADDRESS:

NEW YORK, NY

## RELATIONSHIP OF DONEE:

ORGANIZATIONAL STATUS OF DONEE:

AMOUNT GIVEN:

16,080.

CLASS OF ACTIVITY:

2009 (11-30-2010)

## FEDERAL STATEMENTS

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CLIENT BALM

THE BALM FOUNDATION, INC.

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7/11/11

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STATEMENT 4 (CONTINUED)  
FORM 990-PF, PART I, LINE 25  
CONTRIBUTIONS, GIFTS, AND GRANTSDONEE'S NAME:  
DONEE'S ADDRESS:SOUTHAMPTON HOSPITAL  
SOUTHAMPTON, NYRELATIONSHIP OF DONEE:  
ORGANIZATIONAL STATUS OF DONEE:  
AMOUNT GIVEN:

\$ 133,045.

CLASS OF ACTIVITY:  
DONEE'S NAME:  
DONEE'S ADDRESS:TRIFORM CAMPHILL COMMUNITY  
HUDSON, NYRELATIONSHIP OF DONEE:  
ORGANIZATIONAL STATUS OF DONEE:  
AMOUNT GIVEN:

15,000.

CLASS OF ACTIVITY:  
DONEE'S NAME:  
DONEE'S ADDRESS:VISITING NURSE SERVICE OF NY  
NEW YORK, NYRELATIONSHIP OF DONEE:  
ORGANIZATIONAL STATUS OF DONEE:  
AMOUNT GIVEN:

42,500.

CLASS OF ACTIVITY:  
DONEE'S NAME:  
DONEE'S ADDRESS:MUSIC ACADEMY OF THE WEST  
SANTA BARBARA, CARELATIONSHIP OF DONEE:  
ORGANIZATIONAL STATUS OF DONEE:  
AMOUNT GIVEN:

10,000.

CLASS OF ACTIVITY:  
DONEE'S NAME:  
DONEE'S ADDRESS:UNITED CEREBRAL PALSEY WORK INC  
SANATA BARBARA, CARELATIONSHIP OF DONEE:  
ORGANIZATIONAL STATUS OF DONEE:  
AMOUNT GIVEN:

12,000.

TOTAL \$ 593,665.

THE BALM FOUNDATION INC  
11-30-2010

13-3746421

## 2010 Balm Foundation Annual Report

### East Coast Grants

#### Christopher C. Blenman Senior Center

October 20, 2010

New York City, N.Y.

\$6,820.00

Recipient: Christopher C. Blenman Senior Center

*Purpose: To support series of workshops for seniors to help them build stability called Easy Does It- Safe Fall Prevention and Health Promotion Program for Older Adults.*

#### Cochran School of Nursing

June 9, 2010

Yonkers, NY

\$9,200.00

Recipient: St. Johns Riverside Hospital

*Purpose: To support a comprehensive early integration of Holistic Nursing Care Practices and Concepts into the Cochran School of Nursing curriculum. This Nursing School is connected to St. John's Riverside Hospital which has offered a Holistic Nursing Clinic for over 10 years. Previously, the Nursing Faculty and Students had not been able to integrate the expertise and practices of the Holistic Nursing Clinic and Staff into the Nursing Education curriculum offered at Cochran. This two stage program initiates educating both the Nursing Faculty of the Nursing School to help Nursing Students start out with a solid foundation in comfort care and complementary practice for their patients as well as personal and profession self care. The goal is to better prepare Nursing Faculty, Students and Nursing Students/Graduates of Cochran to offer best practice at the bedside integrating Complementary and Comfort Care to those they will serve.*

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Compassion and Choices of New York

March 5, 2010

New York City, N.Y.

\$ 10,000.00

Recipient: Compassion and Choices Seniors Health Education and Rights Program

Purpose: To support series of lectures and presentations for the New York Metro area on end of life health education and patient rights for seniors. These presentations focus on helping seniors not only understand their right to comfort care but also teach and encourage them to have a meaningful dialogue and plan with their personal physician about palliative care, hospice, proxy and end of life care which would meet their personal needs.

Crossings Healing Works

October 20, 2010

Washington, D.C.

\$ 15,000.00

Recipient: Restore and Renew Wellness Clinic at Walter Reed Medical Center for the Warrior Transition Brigade

Purpose: To support an onsite holistic nurse practitioner and the ongoing acupuncture, massage and comfort care program for nurses at the DC Veterans Affairs Medical Center for the Warriors Transition Brigade.

Dominican Sisters Family Health Service

March 5, 2010

Hampton Bays, LI

\$ 40,000.00

Recipient: Helping Hands Program

Purpose: To support the Helping Hand's Coordinator's position. This coordinator makes home visits to the poor elderly and infirm (75-90 year olds including some disabled under 60) in the area and acts as their in the home case manager to access their non nursing and nursing needs. The Coordinator provides needed social services (helping seniors fill out forms and apply for government programs) and provides in home non nursing care (companions, cleaning, cooking, shopping, home health aides) as well as making sure those that need nursing and medical care receive evaluation and care to help seniors stay as well as possible and live and be cared for in their homes. The Coordinator is supported by a part time assistant who handles the in office paperwork and calls so that the Coordinator uses the majority of her time in the field with the clients.

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Integral Yoga Institute, Inc.

March 3, 2010

New York City, N.Y.

\$ 16,200.00

Recipient: IYI

Purpose: To support the Restorative Yoga and Therapeutic Yoga Teachers Training and Education program for helping professionals and yoga teachers. This year the program is including ongoing pre post training program offerings to support the mentoring of those participating in the professional training.

Lincoln Square Neighborhood Center

August 10, 2010

New York City, N.Y.

\$6,820.00

Recipient: Lincoln Square Neighborhood Center

Purpose: To support series of workshops for seniors to help them build stability called Easy Does It= Safe Fall Prevention and Health Promotion Program for Older Adults.

The Lineage Project

April 23, 2010

Brooklyn, N.Y.

\$ 13,000.00

Recipient: The Tides Foundation

Purpose: To support ongoing yoga and meditation for at risk and incarcerated youth at four sites (juvenile detention facilities and a residential programs) to go beyond the trauma, violence and crisis of their lives.

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Mount Sinai School of Medicine

March 5, 2010

New York City, N.Y.

\$10,000.00

Recipient: Hertzberg Palliative Care Institute

Purpose: This grant expands and supports the Therapeutic Yoga Program as an integral dimension of the Palliative Care Program. It supports the role of a nurse yoga teacher who will offer bedside care through yoga and relaxation to help reduce anxiety and pain and to improve breathing, rest and sleep.

April 23, 2010

New York City, N.Y.

\$ 90,000.00

Recipient: Hertzberg Palliative Care Institute

Purpose: This grant offers support for the continuation of the expanded massage program so that massage is offered as routine care for highly vulnerable hospitalized patients suffering from serious illness. It also offers staff training and educational programs as well as hands on care to for patients, staff and families.

National Dance Institute

January 29, 2010

New York City, N.Y.

\$ 65,000.00

Recipient: National Dance Institute

Purpose: To support PS 124 and PS 189 in NYC to provide students with an exciting program of dance instruction performances, music appreciation and visual art projects by Jacques d'Amboise and his teachers. This program offers students the opportunity to be a Star regardless of their level of experience or talent in the arts by helping them to uncover their inner potential and build self esteem and confidence.



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New York-Presbyterian/Weill Cornell Medical Center

March 5, 2010

New York City, N.Y.

\$13,000.00

Recipient: Department of Nursing

Purpose: To support a specialized educational offering for the oncology unit nursing staff called *Healing Ourselves, Healing Others Integrative and Holistic Self Care Practice and Patient Care Practice for Nurses*. This offering includes not only self care practices but also integrative comfort care practice by a highly qualified nurse educator. Each session offers an opportunity to experience these healing practices as both a recipient and a practitioner under the supervision of a Supervising Holistic Nurse.

New York University Medical Center

June 9, 2010

New York City, N.Y.

\$40,000.00

Recipient: Department of Nursing Education

Purpose: To support the Balm Foundation Scholarship Fund for NYU nurses to attend programs for personal and professional development in holistic and complementary practice, as well as providing in house chair massage program for staff self care and stress reduction. Through this fund, nurses have brought their holistic learning "home" to NYU and created holistically based comfort care programs for patients on their units and in their departments. This program supports massage therapists to bring chair massage to each floor of the medical center to offer massage to the understaffed and overworked nurses and healthcare personnel.

New York University Medical Center

March 5, 2010

New York City, N.Y.

\$16,080.00

Recipient: Hospital for Joint Diseases

THE BALM FOUNDATION INC. 13-3746421  
11-30-2011

Purpose: To support the new program that Balm initiated at Hospital for Joint Diseases "Yoga for People Living With Multiple Sclerosis." This program is staffed by teachers trained at Integral Yoga Institute.

Southampton Hospital

June 9, 2010

Southampton, N.Y.

\$133,045.00

Recipient: Wellness Center

Purpose: To support both the Wellness Coordinator Position for the Wellness Center and In House Employee Caring for the Caregiver Wellness Programming and Massage.

Triform Camphill Community

January 29, 2010

Hudson, N.Y.

\$15,000.00

Recipient: Triform Camphill Community

Purpose: To support various therapeutic and healing techniques, painting, therapy, eurhythmy, rhythmical massage, music therapy, spatial dynamics and creative speech therapy for young adults with disabilities.

Visiting Nurse Service of New York

March 5, 2010

N.Y.C., N.Y.

\$42,500.00

Recipient: Visiting Nurse Home Hospice Services

Purpose: To support VNSNY Home Hospice Massage Therapy Program which has become a great success. Modeled after and with the help of the Hertzberg Palliative Care Program, this program is now training massage therapist volunteers to help to expand the program and services.

Total Number of East Coast Grants:

17

Total Amount of East Coast Grants:

\$ 571,665.00

THE BALM FOUNDATION INC

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11-30-2010

West Coast Grants
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Music Academy of the West

April 23, 2010

Santa Barbara, CA

\$ 10,000.00

Recipient: The Tuning Up Program for Musicians

Purpose: To support a specialized pilot program of self awareness tools and skills to help prevent repetitive stress injuries and overall health and well being of young musicians to help them perform at their best.

United Cerebral Palsy Work, Inc.

April 23, 2010

Santa Barbara, CA

\$ 12,000.00

Recipient: UCP/Work, Inc.

Purpose: To support therapeutic yoga programs for caregivers and people living with cerebral palsy and promote the independence of differently abled peoples

Total Number of West Coast Grants:

2

Total Amount of West Coast Grants:

\$ 22,000.00

Total Number of East & West Coast Grants:

19

Total Amount of East & West Coast Grants:

\$593,665.00

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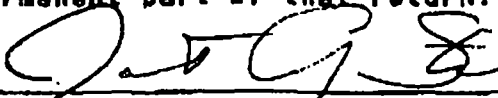
THE BALM FOUNDATION INC  
X JEANNE ANSELMO  
PO BOX 600  
SEACLIFF NY 11579




DECLARATION

039763

Under penalties of perjury, I declare that I have examined the return identified in this letter, including any accompanying schedules and statements, and to the best of my knowledge and belief, it is true, correct and complete. I understand that this declaration will become a permanent part of that return.

  
\_\_\_\_\_  
Signature of Officer or Trustee

  
\_\_\_\_\_  
Date

  
\_\_\_\_\_  
Title