



2015-2016 annual REPORT

MISSION: *TO IMPROVE THE HEALTH AND WELL-BEING OF OUR COMMUNITY CONSISTENT WITH OUR OSTEOPATHIC HERITAGE*

2015-2016 BOARD OF DIRECTORS

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FINANCIALS

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- July 1, 2015-June 30, 2016
- Total Assets: \$7,215,534
- Total Net Assets: \$7,215,428
- Total Revenue and Gains:
\$218,957
- Total Expenses: \$352,256

The Year in Review



Rob McDonald
President of the Board
2015 - 2016



Doris L. Ralston, MPA, CHES
Executive Director & CEO

Many people benefit from our Foundation's passion and commitment. Through our community grant and scholarship programs we help people be better. It's a movement that is larger than any of us, that adds value to the lives of people we often don't see or know. During the year we awarded \$172,000 in grants to qualified nonprofit organizations in El Paso and Teller counties. In addition, we awarded \$51,000 in scholarships to Osteopathic medical students with a Colorado connection. We also engaged in a "Rally Day" to plan for the Foundation's future. As a result our board of directors, with input from the general membership, decided to conduct at least one membership meeting annually at a nonprofit organization that the Foundation supports with a grant award. This affords our members the opportunity to see first-hand the benefit of our support and hear in more detail about the challenges and solutions they encounter.

In addition, we decided to participate in community service work as a Foundation, realizing that we have time, talent and expertise to give in addition to financial resources. This effort also provides us with the opportunity to have a greater impact in our community and a better understanding of the work that the nonprofits we support engage in on a daily basis. Not only is our Foundation providing funding, labor and in-kind support, but we are helping ourselves be better by coming from a place of abundance instead of scarcity and getting in the trenches to better understand the issues facing our fellow citizens. The outcomes of our new initiatives should be personally and professionally rewarding. Our community becomes better and so do we as a Foundation and as individuals.

As the late Douglas MacArthur said, "there is no security on this earth, there is only opportunity." Thank you for the opportunity to serve our community on the Foundation's behalf. To each of our members, friends and donors, we are so grateful for your support and confidence in us, and we will continue to work with honor, passion and dedication to advance our Foundation.

Community Grant Awards

During the 2015-2016 fiscal year, our Foundation awarded \$160,000 in community grants to 17 qualified nonprofit organizations listed below that demonstrated a need in one of our three priority areas and had the capacity to do exemplary work.

Amblicab: \$5,000 for their Transportation Program, transporting disabled adults and children to medical and dialysis appointments

CASA: \$50,000 for their Peer Coordinator Model so that every child needing a Court Appointed Special Advocate (CASA) has one

Community Partnership for Child Development (CPCD): \$5,000 to support their Nutrition and Wellness Program

Early Connections Learning Centers: \$5,000 to support their Comprehensive Health Program for children from low-income families

El Paso County Medical Society Foundation: \$5,000 in general operating support for the El Paso County Medical Reserve Corps, which integrates into our community's emergency response system and provides backup coordination for disaster response

Kidpower: \$7,000 to provide six interpersonal safety education workshops for approximately 120 economically

disadvantaged children ages 5 to 12 and 80 parents/caregivers who otherwise would not learn the skills needed to keep themselves safe from abduction and abuse

Peak Vista Community Health Centers: \$10,000 to support their First Visitors Program, a volunteer-based parent education and primary child abuse prevention program that strengthens children's physical, emotional and intellectual development during the critical first three years of life

Pikes Peak Hospice & Palliative Care: \$5,000 for non-reimbursed holistic services for charity care for patients facing terminal illness

Project Angel Heart: \$7,500 to provide medically tailored home-delivered meals to critically ill Colorado Springs residents

Prospect Home Care & Hospice: \$8,000 in general operating support to deliver home care and hospice care in Teller County

continued on next page

REACH (Resources, Education, Assets, Community, Hope): \$5,000 for direct medical services within their Family Stabilization Services Program

Safe Passage: \$10,000 for their Forensic Medical Services Program, which provided exams for 46 child victims of physical abuse and sexual assault

Silver Key Senior Services: \$5,000 for their Transportation Services Program that provides rides for seniors to access medical services

Special Kids Special Families: \$10,000 for Zach's Place, which provides respite care for children with severe disabilities ages 2.5 – 21 and their families

TESSA: \$5,000 in support of TESSA's Clinical Program that provides therapeutic services to survivors of domestic violence

Tri Lakes Cares: \$7,500 in general operating support to improve people's lives through emergency, self-sufficiency and relief programs including support of their medical clinic and programs, food assistance and more

Urban Peak: \$10,000 in general operating support for emergency shelter, meals, individualized case management, mental health and substance abuse counseling, medical care and education, employment services and supportive housing services for homeless youth ages 15-24

In addition, our Foundation provided discretionary grants totaling \$12,000 to the following nonprofit organizations: American Heart Association Go Red for Women Educational Day, Care & Share Food Bank, Center for Nonprofit Excellence Partners in Philanthropy Event, Community Partnership for Child Development, Empty Stocking Fund, NAMI-C.S. and Springs Recovery Connection. Discretionary grant making allows the Foundation to be supportive while also being responsive to unanticipated needs and opportunities.

Community Grants: Making an Impact



PROJECT ANGEL HEART

Access to nutritious food shouldn't be a worry for people with cancer, kidney disease, HIV/AIDS, and other serious illnesses. However, many who are ill find themselves unable to shop or cook, or must choose between food and medicine to make ends meet.

That's why Project Angel Heart prepares and delivers delicious, medically tailored meals – free of charge – to Coloradans living with life-threatening illnesses. Research recognizes that nutritional support for individuals living with acute and chronic illness can improve health outcomes and quality of life; therefore, Project Angel Heart believes their food is medicine. Meals are modified to meet clients' individual needs, eliminating or adding nutrients based on their diagnoses, and each is delivered by a loving volunteer. Thanks to support from the Colorado Springs Osteopathic Foundation, Project Angel Heart delivered 65,000+ meals to over 550 critically ill Colorado Springs residents during the year.

Osteopathic Medical Student Scholarship Program

A major part of strengthening the Osteopathic presence in Colorado is through the tuition scholarships awarded every year to Osteopathic medical students. The goals of this program are to help these promising young adults complete their academic journey with a little less debt, to encourage the recipients to return to Colorado to practice medicine and to eventually "pay it forward" with their leadership and involvement in the Osteopathic profession. Learn more about our program at csof.org/scholarships.html.

During the 2015-2016 fiscal year, the Foundation awarded \$10,000 scholarships to three third-year medical students and two fourth-year medical students.

Third-year Osteopathic Medical Student Scholarship Recipients

Kelly Davis, Rocky Vista University College of Osteopathic Medicine (Colorado Springs)

Charles Strode, Rocky Vista University College of Osteopathic Medicine (Colorado Springs)

Nicolas Zhou, Midwestern University Arizona College of Osteopathic Medicine (Highlands Ranch)

Fourth-year Osteopathic Medical Student Scholarship Recipients

Ashley Harmening, Rocky Vista University College of Osteopathic Medicine (Centennial)

Jessica McGehee, Texas College of Osteopathic Medicine (Ft. Collins)

Two new students were selected to receive \$10,000 tuition scholarships during the 2016-2017 fiscal year:



Jenni Adams



Katherine Rose

Jenni Adams, A.T. Still University Arizona School of Osteopathic Medicine (Englewood)

Katherine Rose, Rocky Vista University College of Osteopathic Medicine (Colorado Springs)

Walter S. Strode, D.O. Memorial Scholarship



Joseph LaPorta

The Walter S. Strode, D.O. Memorial Scholarship was established by the Strode Family in partnership with the Colorado Springs Osteopathic Foundation in memory of Walter S. Strode, D.O. This annual \$1,000 scholarship is designated for books, fees, supplies and equipment.

Joseph LaPorta, Rocky Vista University College of Osteopathic Medicine (Monument) was selected to receive the scholarship in the 2016-2017 fiscal year.

Sydney Schacht, Midwestern University Arizona College of Osteopathic Medicine (Boulder) was awarded the scholarship in the 2015-2016 fiscal year.

[Grant guidelines and the Colorado Common Grant Application as well as the scholarship guidelines and application may be found at csof.org.](http://csof.org)

Thank You Fiscal Year 2015-2016 Donors!

1% Legacy Society (Estate Gifts and Bequests)

Alex Constantinides, D.O.
John H. Drabing, D.O.
Curry Horak, M.D.
Rob & Ann McDonald
Dr. Lloyd & Cathy Strode
Daniel Tell, D.O.

A.T. Still Circle: (\$10,000 & Above)

John H. Drabing, D.O.

Benefactor: (\$1,000 - \$4,999)

Ms. Diane Drabing
Mr. & Mrs. Michael Drabing
Joyce Michael, D.O. & Michael Trumbull, Ph.D.
Ms. Doris Ralston
RVUCOM
Paul Stanton, D.O.
Daniel Tell, D.O. *
The Pressman Family Foundation
Dr. & Mrs. Michael Welch
Ms. Anne Zobec, N.P.

Patron: (\$500 - \$999)

Pat & Randy Davis *
Toni Green-Cheatwood, D.O.
Stacy Greenspan, D.O. *
Dr. & Mrs. Thomas Higginbotham **
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John Kurish, D.O.
Dr. & Mrs. Thomas T. McCarthy
Rob & Ann McDonald

Anthony Ricci, Ph.D.
Dr. & Mrs. Robert Sayre
Dr. Lloyd & Cathy Strode *
Mr. Barry A. Weiner
Dr. James & Barbara Zimmer

Heritage: (\$250 - \$499)

Mr. Michael Deen, J.D.
Mr. Lindsay Fischer, Esq.
Dr. Charles & Judy Hughes
Adrienne Kania, D.O. **
Cynthia Lund, D.O. **
Frank Piccinni, D.O. *
Mr. & Mrs. John Potterat
Charles Ripp, M.D.
Robert Rota, CRNA, Ph.D. *
Michael Spangler, D.O.
Dr. & Mrs. Donald Spradlin

Friend: (Up to \$249)

Ronda Ammon, D.P.M. & Gerald Travers, D.P.M.
Randall J. Bjork, M.D.
Dr. & Mrs. Ronald Blonder
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Dr. & Mrs. Donald Gazibara
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Peter McNally, D.O.
Ms. Kathy Nelson **
Paul Numsen, D.O. *
Ms. Erica Oakley-Courage

Scott Robinson, D.O.
Ms. Gloria Ross *
Dr. & Mrs. William Woodworth

Memorial and Honor Gifts

In Honor of John H. Drabing, D.O.

Mr. & Mrs. Michael Drabing

Mrs. Caroline Lewis

Dr. & Mrs. Thomas T. McCarthy

In Honor of John H. Drabing, D.O.
and Thomas T. McCarthy, D.O.

Charles Ripp, M.D.

In Honor of John H. Drabing, D.O. and
in Memory of Sally J. Drabing

Ms. Diane Drabing

In Memory of Jim Blixt, D.O.

Dr. & Mrs. Thomas T. McCarthy

In Memory of Fred Feiler, M.D.

Dr. & Mrs. Donald Gazibara

In Memory of Hans Juetersonke
George Juetersonke, D.O.

In Memory of Cynthia McNally
Peter McNally, D.O.

In Memory of Mikey McDonald and
Grant Ralston

Rob & Ann McDonald

*Designated for Osteopathic Medical Student
Scholarship Program

**Designated for Community Grant Program

Please note, if your name has been unintentionally omitted or misspelled, we apologize. Please send an email to DRalston@csf.org with the corrected information.

1% Legacy Society Established

The Foundation developed and implemented the 1% Legacy Society to provide an opportunity for individuals and families who have an affinity for Osteopathic medicine and the work of the Foundation to make a significant gift either during their lifetime and or afterwards. The concept is simple: direct your estate planning professional to include in your estate planning documents one percent (1%) or more of your estate for the Foundation's use for General Charitable Purposes, the Osteopathic Medical Student Scholarship Program or the Community Grant Program. Additional information regarding alternative methods of including CSOF in your estate planning, including the income tax benefits of making a lifetime gift and/or designating CSOF as a beneficiary of qualified retired accounts such as an IRA or 401K, is available from your estate planning professional or the Foundation's Gift Acceptance Committee.

Fund Development

Contributions to the Colorado Springs Osteopathic Foundation enable the Foundation to grow and benefit our community in greater ways. By donating to the Foundation, you are contributing to the health and well-being of the people in the Pikes Peak Region and preserving the Osteopathic identity in Colorado. For this, we cannot thank you enough.

As a private 501 (c) (3) 509a nonprofit foundation, donations to the Foundation representing up to 30% of adjusted gross income may qualify for a deduction.

There are several good ways to contribute to the Foundation, from cash or check gifts to including the Foundation in your estate plan. Learn more at csf.org/gifts.html.

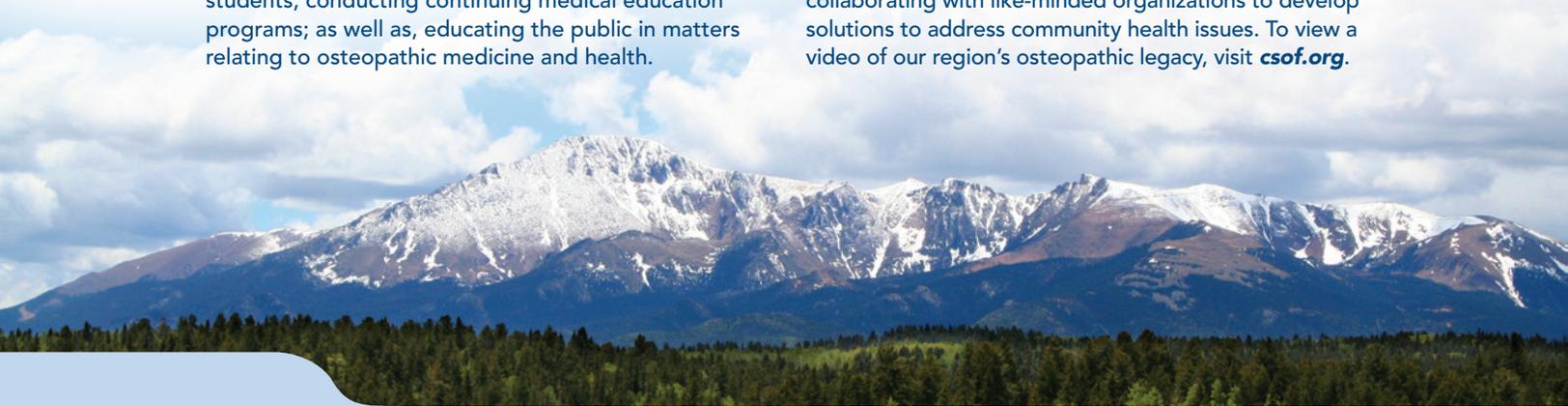
COLORADO SPRINGS OSTEOPATHIC FOUNDATION MEMBERSHIP/ENGAGEMENT

Anyone interested in the mission of the Colorado Springs Osteopathic Foundation may apply to become a member. Members of the Foundation serve as Foundation ambassadors. In this role, they assist with new member recruitment, contribute their expertise, serve on committees, serve on the board of directors, attend membership meetings, promote the good work of the Foundation and make a financial contribution to the Foundation. Members of the Foundation elect new board members and may amend the Foundation's Articles of Incorporation. There are no dues. The Foundation's membership (engagement) application may be found and downloaded on the Foundation's website, csof.org.

ABRIDGED HISTORY OF THE COLORADO SPRINGS OSTEOPATHIC FOUNDATION

The Colorado Springs Osteopathic Foundation was established as a public charity on August 14, 1984, as the result of the sale of Eisenhower Osteopathic Hospital to Summit Health Ltd. Its original purpose was to primarily engage in the conduct of medical care, medical education and public education. This was accomplished by operating an ambulatory osteopathic family practice clinic for the underserved populations in El Paso County and surrounding areas, conducting a family practice residency training program, training interns and fellows and educating Osteopathic medical students, conducting continuing medical education programs; as well as, educating the public in matters relating to osteopathic medicine and health.

Today the Foundation is still organized and operated exclusively for charitable purposes. On July 1, 2009, the Foundation became a private, non-operating foundation. The Foundation's purpose is to improve the health and well-being of our community consistent with its Osteopathic heritage. This is accomplished by awarding grants to qualified nonprofit tax-exempt public charities described in Sections 501 (c)(3) and 509 (a)(1) or 509 (a) (2) of the Internal Revenue Code of 1986, as amended, that meet its mission priorities, by providing scholarships to Osteopathic medical students from Colorado and collaborating with like-minded organizations to develop solutions to address community health issues. To view a video of our region's osteopathic legacy, visit csof.org.



CASA's Foundation
Investor Award
August 22, 2013



COLORADO SPRINGS OSTEOPATHIC FOUNDATION

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October 3, 2012