



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

SAVE THE DATE—JUNE 7th

Plan now to attend the Foundation's **Annual Business Membership Meeting** on **June 7th** at the **Colorado Springs Country Club**. Social time begins at 5:30 p.m., followed by dinner at 6:15 p.m. and our meeting. The evening promises to be a special celebration of the Foundation's progress and recognition of the volunteers who have been instrumental in moving the Foundation forward.

WINTER MEMBERSHIP MEETING WOWS



John Kurish, D.O. and Maryann Clark happy to see one another.



Curry Horak, M.D. visits with Dr. Thomas and Molly Told during social time.

Presentations by **Pamela McManus**, President & CEO of Peak Vista Community Health Centers (PVCHC), and **Thomas Told, D.O.**, Vice President of Academic Affairs and Dean of Rocky Vista University College of Osteopathic Medicine (RVUCOM), gave our members a renewed appreciation for the work their respective organizations are doing. Innovation was a common thread in their diverse presentations. Pride doesn't begin to describe the emotion some members felt after learning more about their work. We are most fortunate to have stellar organizations like PVCHC in our midst and RVUCOM close by in Parker.

Interesting Facts about PVCHC

- 84% of PVCHC's patients are 200% below the federal poverty level.
- Last year PVCHC provided health care to 90,000 people who experienced access barriers; this amounted to 1,300 visits a day and 1 in 8 people in our community.
- PVCHC has 9 service centers located in 7 counties about the size of the state of Connecticut.

Interesting Facts about RVUCOM

- RVUCOM celebrated its 10th anniversary last year.

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2016-2017 BOARD OF DIRECTORS

Lynne Jones, **President**
 Rob McDonald, **Immediate Past-President**
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Doris L. Ralston, MPA, CHES
Executive Director & CEO

SOCIAL MEDIA

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HAVE AN UPDATE TO SHARE?

Please email news to Doris Ralston at DRalston@csf.org for publication in the Foundation's eBulletin.



- US News & World Report reported that RVUCOM is among the 10 least expensive private medical schools in our country.
- RVUCOM has been #1 in board pass rates for the past three years for Levels 1 and 2 among Osteopathic medical schools.
- RVUCOM is named a top 10 Friendliest Military Medical School.
- RVUCOM is involved in weightless surgery in space research.

CSOF WELCOMES NEW MEMBER

Noel Ales, D.O.—Dr. Ales completed her undergraduate degree in Biochemistry with high honors from Purdue University and was a Phi Beta Kappa. She received her D.O. degree from the Des Moines University College of Osteopathic Medicine where she was a Sigma Sigma Phi Honor Society member. She completed her internal medicine internship and residency at Walter Reed Army Medical Center; as well as, a Fellowship in Allergy and Immunology. Dr. Ales is the wife of Gregory Ales, D.O. and she is a mother.

CSOF—A PRIVATE FOUNDATION: GUIDING PRINCIPLES AND RULES

Our Foundation is a private 501 (c) (3) 509a nonprofit foundation. This means CSOF is a grant making foundation, not an operating foundation or public charity. As such we function to benefit our community and not ourselves. As fiduciaries of the Foundation, we have a legal and moral Duty of Care, Duty of Loyalty and Duty of Obedience. You probably are asking yourselves what these duties mean. The Duty of Care is to care for the interests of the Foundation which means we must be diligent and prudent in the management of the Foundation, its investments and the pursuit of its charitable mission. The Duty of Loyalty means we must serve the best interests of the Foundation, not our own well-being and self-interests. The Duty of Obedience means that we must follow the principles established in our bylaws and avoid any action that may jeopardize our Foundation's tax-exempt status. Additionally, there is the Self-Dealing rule which basically states that any direct or indirect transaction between a private foundation and a "disqualified person" is prohibited. Most family members are disqualified persons.

Our mission as a private nonprofit foundation (since 2009) is to improve the health and well-being of our community consistent with our Osteopathic heritage. To achieve this mission, we award community grants to health and human service 501(c)(3), 509(a)(1) and 509(a)(2) qualified nonprofit organizations in El Paso and Teller counties. Also, we award tuition scholarships to selected Osteopathic medical students with a Colorado connection who apply during their second year of medical school. Scholarships are actually awarded for the 3rd and 4th years of medical school. These are our Foundation's contributions to our community and to the Osteopathic profession for which we are most proud.

If anyone would like additional information about private foundations or CSOF, please contact me on my cell: 332-0047 or email me at DRalston@csf.org.

CONGRATULATIONS TO CSOF MEMBERS

Reagan Anderson, D.O. on his appointment to TESSA's Board of Directors.

Adrienne Kania, D.O. on her teaching position at Burrell College of Osteopathic Medicine in Las Cruces, New Mexico.

Glenn Schlabs, Esq. on being named one of the top 2017 attorneys in our community in the areas of employment law, ERISA and executive compensation law as reported in *Colorado Springs Style* magazine.

Thomas T. McCarthy, D.O. on his retirement. Dr. McCarthy retired after practicing orthopedics since 1977 in Colorado Springs.

Joyce Michael, D.O. on her pending retirement on August 1st from Mountain View Medical Group. Mountain View Medical Group is looking for either an internal medicine or family practice physician who practices OMT; contact Kate Bogue at 866-6571 if you are interested or know a physician who is.

Michael Trumbull, Ph.D. who retired from Pikes Peak Community College in August of 2016.

A LASTING LEGACY

CSOF has a rich history dating back to August of 1984 when it was founded. For detailed information on the Foundation's history visit the Foundation's website at csf.org and click on the "A Lasting Legacy" button.



JULY 1, 2016 TO THE PRESENT—CSOF DONORS, THANK YOU!

Thus far this fiscal year our Foundation has raised \$122,151.00 in support of its scholarship and community grant programs. This support is valued and is important to the Foundation's long term ability to make a significant positive impact in our community. There are nearly three months left until the end of the Foundation's fiscal year. Our fundraising goal is \$135,000 by June 30th. All members are encouraged to contribute to show support for the Foundation's mission. Donations of all amounts are appreciated and valued.

1% Legacy Society (Bequests, Planned Gifts)

Alex Constantinides, D.O.
John H. Drabing, D.O.
Curry Horak, M.D.
Mr. Rob & Ms. Ann McDonald
Ms. Doris Ralston
Dr. Sidney & Karen Rubinow
Dr. Lloyd & Cathy Strode
Daniel Tell, D.O.

A.T. Still Circle: \$10,000 and Above

John H. Drabing, D.O.

Associate: \$5,000 - \$9,999

Mr. Michael & Ms. Taren Drabing

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

Ms. Diane Drabing
Mr. Kirk Drabing
Drs. Joyce Michael & Michael Trumbull
Ms. Doris Ralston
Dr. Sidney & Karen Rubinow
Paul Stanton, D.O.
Daniel Tell, D.O.
Michael Welch, D.O.

Patron: \$500 - \$999

Alex Constantinides, D.O.
Dr. Curry & Monica Horak
Ms. Lynne Jones
George Jueteronke, D.O.
Dr. Thomas & Janie McCarthy
Anthony Ricci, Ph.D.
Dr. Robert & Penny Sayre
Alex Simpson, D.O.
Dr. Lloyd & Cathy Strode
Dr. James & Barbara Zimmer

Heritage: \$250 - \$499

Mr. Michael & Ms. Lisa Deen
Dr. & Mrs. Donald Gazibara
Dr. Charles & Judy Hughes
Mr. Rob and Ms. Ann McDonald
Mr. John Potterat
Dr. Donald & Mary Spradlin

Friend: Up to \$249

Drs. Ronda Ammon & Gerald Travers
Mr. Richard Dodge
Mr. Frank Dowis
Dr. & Mrs. Gerald Hamstra
Ms. Judy Kaltenbacher, C.P.A.
Mrs. Caroline Lewis
Cynthia Lund, D.O.
Christopher Malinky, M.D.
William Mandell, D.O.
Peter McNally, D.O.
Paul Numsen, D.O.
Ms. Erica Oakley-Courage
Ronald O. Royce, D.O.
William H. Woodworth Jr., D.O.

If your name has been inadvertently omitted, please email the Foundation at DRalston@csf.org. We apologize in advance.

GIFTING CAN BE MORE THAN JUST CASH

Most gifts to non-profits consist of cash or marketable securities. However, in appropriate circumstances complex assets can also be gifted. Complex assets may come in a variety of forms, such as real estate, artwork or other collectibles, private company stock, restricted stock, limited liability and limited partnership interests, and life insurance.

A gift by a donor of a complex asset can be an especially effective way for the donor to fulfill his or her charitable goals. Not only can the donor make a sizeable gift to charity, but the donor may also do so using an asset that may have formerly been illiquid, may not have produced income for the donor, or may even have required expensive upkeep to maintain.

For purposes of the federal estate and gift tax charitable deductions, most complex assets are valued at their fair market value and are deductible in full rather than being subject to a percentage limitation.

—The Jensen Group, Morgan Stanley



MUSINGS FROM YOUR EXECUTIVE DIRECTOR

Three-time Beach Volleyball Olympic Gold Medalist, Kerri Walsh Jennings said “Greatness does not occur in a vacuum.” This is absolutely true with our Foundation. You, our members, are our volunteers and our team. Our progress is due to our impressive team of volunteers.

Volunteers play a pivotal role in our ability to invest wisely in our community and in the Osteopathic profession. Volunteers serve on the Grant Selection Advisory and Scholarship Committees. Both of these committees have a direct relationship with our mission. Members of the Grant Selection Advisory Committee research the nonprofit organizations that apply for grants, read all of the proposals, make site visits, ask questions, review the organization’s financial data, score the proposals, attend committee meetings and make recommendations to our board about which organizations to fund. Some of the committee members even accompany me to make grant award presentations. How many of you execute this thorough process prior to writing checks to the nonprofits you support?

A similar process occurs with our Scholarship Selection Advisory Committee. Committee members read and score all applications with an eye toward who will make the best clinician, who possesses leadership skills and who has an affinity to give back to the Osteopathic profession and return to Colorado to practice medicine. Furthermore, the committee conducts SKYPE interviews with the finalists at a committee meeting and then rescores the applicants and discusses them prior to making recommendations to our Board of Directors about whom to award tuition scholarships.

Volunteers also serve on the Foundation’s Finance & Investment and Engagement Committees. These committees meet with more frequency all during the fiscal year. They are concerned with ensuring our financial fitness and securing and utilizing our volunteers in a prudent manner.

To make all of this work, the “right people on the bus” are needed. Fortunately we have had the “right volunteers on the bus” since the inception of the Foundation in 2009 as a private foundation. Our volunteers devote their time to ensure that the Foundation invests its resources judiciously.

We are a lean and impactful nonprofit Osteopathic foundation that contributes to the health of our community and lifts up the next generation of Osteopathic physicians on their journeys.

Thank you to each of our volunteers who enhance the mission and work of our Foundation.

OSTEOPATHIC MEDICAL STUDENT SCHOLARSHIPS WORKING

Dawnielle Endly, D.O., completes her dermatology residency training in June of 2017. She will be joining a large private practice in Aurora, Colorado and will be seeing patients in Centennial, Evergreen and Frisco.

She said family was the most important factor for her in returning to Colorado as she is a Colorado native (Aurora) and so is her husband.

Dr. Endly stated “the \$20,000 scholarship allowed me to minimize my debt. Every dollar that I didn’t have to borrow then has saved me at least twice that I am sure.”

Dr. Endly is a graduate of Midwestern University Arizona COM and was awarded a scholarship during the Foundation’s 2011-2012 fiscal year.

WANTED: VOLUNTEERS WITH HEART

If you know someone who may have an interest in the mission and work of our Foundation, take them on a journey through our website, invite them to a membership meeting, introduce them to me and encourage them to apply. Our Volunteer Engagement Application may be found on our website: csof.org. Anyone who has a passion for who we are and what we do may apply including significant others.