



SPRING 2021 eBULLETIN

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

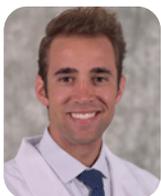
2021-2022 OSTEOPATHIC MEDICAL STUDENT SCHOLARS ANNOUNCED



Pictured left to right: Arthur Armijo, Taylor Keller, Bailey Kuechenmeister, Prakhar Singal and Cameron Taylor

Our Scholarship Selection Advisory Committee and Board of Directors approved five new tuition scholarship recipients for the 2021-2022 fiscal year. This results in our having achieved our goal of awarding five new scholarships annually. Each scholar receives \$10,000 for their third-year of medical school and \$10,000 for their fourth-year of medical school for a total of \$20,000. Our new tuition scholarship recipients are:

- **Arthur Armijo**, RVUCOM, Monte Vista, San Luis Valley
- **Taylor Keller**, Des Moines University COM, Colorado Springs
- **Bailey Kuechenmeister**, Midwestern University AZ COM, Nederland
- **Prakhar Singal**, RVUCOM, Colorado Springs
- **Cameron Taylor**, Des Moines University COM, Littleton



Jonathan Staheli

Jonathan Staheli (Kansas City University of Medicine & Biosciences, Parker) is the recipient of the **Walter S. Strode, D.O. Memorial Scholarship**. Established by the Strode Family, he will receive \$1,000 for books, fees, and equipment.

Our appreciation goes to **Greg Ales, D.O.**, Committee Chair; **Linda Case, D.O.**, **Mark Cook, D.O.**, **John Kurish, D.O.**, **Cynthia Lund, D.O.**, **Alexis Michopoulos, D.O.**, **Sidney Rubinow, D.O.** and **Lloyd Strode, D.O.** for reviewing and

scoring 16 applicants and interviewing the 8 finalists.

Dear Doris and the physicians of the Scholarship selection advisory committee,
 Thank you for awarding me one of the John H. Drabing D.O. osteopathic medical student scholarships. I feel tremendously honored to have been chosen for this award and it will have a significant impact on my financial stability as a medical student. Thank you all for taking the time to interview me and for making this scholarship possible for medical students. I enjoyed talking with all of you and hope to have the opportunity to speak with you again soon.
 With deep appreciation,
 Bailey Kuechenmeister

Scholarship recipient Bailey Kuechenmeister sent this thoughtful handwritten thank you note to the Scholarship Selection Advisory Committee.

2020-2021 BOARD OF DIRECTORS

Glenn Schlabs, Esq., **President**
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Doris L. Ralston, MPA, CHES
Executive Director & CEO

SOCIAL MEDIA

Like us on [Facebook](#) and Follow us on [Twitter!](#)

HAVE AN UPDATE TO SHARE?

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



OUR BOARD MEMBERS SHARE THEIR “WHY CSOF?” – PART TWO OF TWO



Mike Steppenbacker

Mike is Vice President of Corporate Banking at Ent Credit Union. He is married and he and his wife, Linda, have three young children. Mike is the Secretary of our Foundation's Board. He has served as Chair of the Grant Selection Advisory Committee and has served on the committee for many years. In addition, he has served on the Finance & Investment Committee and has participated in our

community service projects; he even brought his daughter, Elle, to our Early Connections Learning Center “hands on” project.

Mike states the reason he is a member and officer of the Board of the Osteopathic Foundation is that he “loves how much the Foundation gives back to the community.” He enjoys serving on the Grant Selection Advisory Committee and being involved in recommending which of the deserving non-profits in our community receive support. Mike said “it has been one of the most personally enriching activities that I do each year.”

Cynthia Lund, D.O.

Cynthia states that she became a CSOF Board Member to have input on philanthropic endeavors as she believes strongly it is important to support our up-and-coming Osteopathic doctors through scholarships as well as grants to local community organizations that provide important services for the underserved and needy people of Colorado Springs.

She has enjoyed more than 35 years practicing Osteopathic medicine in Michigan and Colorado and now she's enjoying retirement. She spends time with her son, Donny, who will be a ninth grader at Cheyenne Mountain High School, watching him play baseball and hockey. Cindy also enjoys playing tennis, cycling and skiing.

Richard Dodge

Richard writes, “My Grandmother, Gertrude Dodge, ran the gift shop for many years at the Eisenhower Osteopathic Hospital. When I was a kid, I wandered into the shop a few times looking over the goods. Many of Grandmother Dodge's gifts to us kids possibly originated from this very gift shop! She loved her job and enjoyed meeting and greeting all who stopped in for a gift. Our family physician was Dr. Hollis Wolf, an osteopath.”

“Jerry Travers and Rhonda Ammon, clients, asked if I would be interested in getting involved with the organization a few years back. When I agreed, the foundation asked me to serve on the Finance and Investment Committee. Because I am in the financial business, this was and has been a good fit. I work as a Senior Vice-President and Financial Advisor with the Consulting Group at RBC Wealth Management in Colorado Springs.”

“Colorado Springs has been my home since I was born and raised. After high school I studied business at the University of Colorado in Boulder. Upon graduation, I returned to the Springs. I married my high school sweetheart and we raised two children a son and a daughter. Both children are married living in Indianapolis, Indiana.”

CSOF COMMUNITY SERVICE PROJECT



Our next community service project benefits **Children's Hospital Colorado Springs**. Please bring **new books, board games, puzzles, and movies** to our **June 30th Annual Business Membership Meeting**. Suggestions for a “hands on” community service project for the 2021-2022 fiscal year are appreciated. Email DRalston@csf.org or text 719-332-0047 with your ideas.

*“The best way to find
yourself is to lose
yourself in the service
to others.”*

—Gandhi



NONPROFIT GRANT RECIPIENT CORNER



Children’s Hospital – Colorado Springs recognizes and is addressing the issues of behavioral health and mental health for our community’s youth by filling gaps that exist in our community. The following was submitted by James Bjorklund, Senior Director, Southern Colorado Children’s Hospital Colorado Foundation.

COVID-19’s dramatic disruption of routine has taken a tremendous toll on children and exacerbated pediatric behavioral health challenges, such as social isolation and anxiety

for El Paso County’s youth. Children’s Hospital Colorado (Children’s Colorado) in Colorado Springs recorded a 145% increase for behavioral health visits to the emergency department between January-April 2021 compared to the first four months of 2020.

In response, Children’s Colorado is accelerating its comprehensive, integrated behavioral health care delivery model for southern Colorado which spans early intervention, preventive care and crisis management. The Emergency Department within the Colorado Springs Hospital was the initial step on the continuum, opening in 2019. Its six beds are specifically designed for patients in need of behavioral health emergent care to be evaluated, stabilized and treated in the short-term. In 2020, Children’s Colorado partnered with local schools to launch our first-in-the-nation, evidence-based resilience school program and in-school behavioral health navigation.

Now to adequately build upon the crisis response services available in southern Colorado, Children’s Colorado is developing a new site which will include a daytime, pediatric, partial-hospitalization behavioral health program, group and individual therapy and telehealth services. These outpatient services, in combination with continued resiliency and emergency services, will allow us to help children build their personal coping mechanisms, to address and identify risk factors and to treat preventable mental illness in a more cost-effective manner before it becomes a crisis. Philanthropic support is critical to this endeavor, and Children’s Colorado greatly appreciates the partnership of the Colorado Springs Osteopathic Foundation.

2021 SPRING GRANTEES ANNOUNCED

Our Grant Selection Advisory Committee composed of **Mike Steppenbacker**, Chair; **Karole Campbell**, **Michael Deen, J.D.**, **Kristine Hembre, D.O.**, **Lynne Jones**, **Meredith Jones**, **Rebecca Sanguenza** and **Michael Welch, D.O.**, reviewed 5 mini proposals and the Board approved the following charitable nonprofit organizations for \$10,000 awards based on their recommendations. Thank you Grant Selection Advisory Committee!

- **CASA** for its Court Appointed Special Advocates Program
- **Early Connections Learning Centers** for its Behavioral Health Intervention Programs
- **Silver Key** for its Durable Medical Equipment Program which is an unduplicated service in this space and increases their capacity as well as some recognition for the Foundation’s support

MEMBER ENGAGEMENT AND MEMBER RECRUITMENT

Member Engagement and Member Recruitment are equally important endeavors of our Foundation. “Why?”, you may ask. Our volunteer membership is aging and if we are to retain “Osteopathic” input into our work, D.O. physician participation is needed. Both D.O.s and non-D.O.s who haven’t been engaged would bring fresh perspective to our work. A robust member recruitment strategy will be planned and implemented. However, your help in achieving our goal of increasing membership along with more diversity is critical to our success. As an ambassador of our Foundation ask your colleagues and golf, fishing, tennis, hiking, pickle ball, skiing friends to join us. WE ask all of you to be our ambassadors and share our history and the impact we are having as an Osteopathic Foundation on our community.



A PDF copy of our Membership Application has been included at the end of this eBulletin. Feel free to share with someone you think might be interested!



THANK YOU TO OUR 2020-2021 DONORS!!

1% Legacy Society (Estate Gifts and Bequests)

Drs. Alex and Shannon Constantinides
John H. Drabing, D.O.
Curry Horak, M.D.
John Kurish, D.O.
Mr. Rob and Mrs. Ann McDonald
Drs. Joyce Michael and Michael Trumbull
Mrs. Doris L. Ralston
Dr. Sidney and Mrs. Karen Rubinow
Lloyd Strode, D.O.

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

John H. Drabing, D.O.

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

Mr. Jeffrey and Mrs. Ann Drabing
Mr. Michael and Mrs. Taren Drabing
George Jueteronke, D.O.*
Mr. Rob and Mrs. Ann McDonald
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Mrs. Doris L. Ralston
Dr. Sidney and Mrs. Karen Rubinow
RVUCOM
Paul Stanton, D.O.

Patron: (\$500 - \$999)

Mr. Kirk Drabing
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Mr. John and Mrs. Susan Potterat**
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Dr. Michael and Mrs. Lynn Welch
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Heritage: \$250 - \$499

Linda Case, D.O.
Lindsay Fischer, Esq.
Dr. Donald and Mrs. Barbara Gazibara*
Dr. William and Mrs. Jennifer Griffis*
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Friend: Up to \$249

Drs. Ronda Ammon and Gerald Travers
Mrs. Caroline Lewis
Ms. Sara Marr
Drs. Joyce Michael and Michael Trumbull
Paul Numsen, D.O.*
Mr. Jeff and Mrs. Gloria Ross
William H. Woodworth, Jr., D.O.

* Designated for John H. Drabing,
D.O. Osteopathic Medical Student
Scholarship Program

** Designated for Community
Grant Program

Memorial and Honor Gifts

In Memory of Fred Feiler, M.D.
Dr. Donald and Mrs. Barbara Gazibara

*In Memory of Mikie McDonald and
Grant Ralston*

Mr. Rob and Mrs. Ann McDonald

*In Memory of Cathy Strode and
Fonda Hivick Kurish*

Drs. Joyce Michael and
Michael Trumbull

In Memory of Dr. Gerald Mandell
Dr. and Mrs. William Mandell

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

Mr. Kirk Drabing
Mrs. Caroline Lewis

*In Memory of Hans and
Ruth Jueteronke*

George Jueteronke, D.O.

If your name has been
inadvertently omitted, please
email the Foundation at
DRalston@csof.org or call
719-635-9057. We apologize
in advance.

FUND DEVELOPMENT

Why Fund Development? When we raise additional dollars outside of our investments those additional dollars have a positive impact on our Foundation's financial health during both bull and bear markets. During bull markets our investments continue to grow even more and when the investment market is in bear territory, we don't have to take a loss to meet our annual required 5% distribution. Moreover, your contributions result in more dollars for grant awards and scholarships that benefit our community and the Osteopathic profession.

Make contributing to the Foundation part of your annual giving strategy. Give in honor of or in memory of a family member or friend. Donations are an especially great birthday or anniversary gift when you don't know what to give the person who has "everything." Get your family involved in your philanthropic plans. Gifts of all amounts are appreciated. Larger gifts can be part of your tax and estate planning; for these gifts consult your tax and estate planning professionals.

HAS YOUR CONTACT INFORMATION CHANGED?

If you have new contact information (mailing address, email address, phone number), please email it to DRalston@csof.org.



CSOF ANNUAL BUSINESS MEMBERSHIP MEETING

We are excited to announce that the Foundation's Annual Business Membership Meeting will be held in person this year. It is scheduled for **June 30th at 5:30 p.m. at the Cheyenne Mountain Resort** and will be conducted outside on the Quail Terrace weather permitting; otherwise it will be inside. Please **invite your D.O. and non D.O. friends who may have an interest in the Foundation's mission**. Our meeting is a fitting occasion to introduce potential members to the Foundation in a fun, relaxed environment with food and beverage all at no cost to you. Many thanks to Dean Ferrill and Rocky Vista University College of Osteopathic Medicine for providing support for our meeting.

MUSINGS FROM YOUR EXECUTIVE DIRECTOR

As seasons change so do we. Don't you just love spring time? My senses are heightened during spring. I can hear birds singing, insects chirping, the sounds of children playing outdoors; I can see the brilliant colors of flowers in bloom, deciduous trees leafing and flowering; and I can smell the freshly-cut green grass. For me it is the best season for it really is about **hope** and rejuvenation. Spring brings with it an awakening, a fresh perspective, positive sounds, warm sun, much needed rain and vibrant hues. And this year more than any in my memory I welcome spring more than words can adequately convey.

This season brings smiles because we as individuals, as a community, state, nation and world have turned the corner on the COVID-19 pandemic. Its impact will be felt emotionally and psychologically for years to come, and for some, physically. However, we are resilient and we have much to look forward to as we let ourselves experience and appreciate all that is good in our lives. Speaking of that, you are an important part of all that is good in our Foundation and in my life.

I am reminded of a quote from the book, *The Boy, the Mole, the Fox and the Horse* by Charlie Mackesy, "We have such a long way to go," sighed the boy. "Yes, but look how far we've come," said the horse. Since becoming a private foundation in February of 2009, we have come a very long way indeed and our achievements are many; however, there is much more to be accomplished. Because of your unwavering support and partnership, I am super excited about the Foundation's future as we strive to continue making a positive impact in the Osteopathic profession and our community.

A LASTING LEGACY

For an entertaining and informative look at CSOF's rich history, please visit the Foundation's website at csof.org and click on the "A Lasting Legacy" button to view our video.

"What is the bravest thing you've ever said?", asked the boy.

"Help," said the horse. "Asking for help isn't giving up", said the horse. "It's refusing to give up."

—from The Boy, the Mole, the Fox and the Horse



COLORADO SPRINGS OSTEOPATHIC FOUNDATION

APPLICATION FOR PARTICIPATION

CSOF IS NOT A DUES PAYING ORGANIZATION; HOWEVER, WE VALUE YOUR ACTIVE PARTICIPATION AND FINANCIAL SUPPORT.

Name:

Preferred mailing street address: Check one: Home Work Other

Preferred mailing City:

Preferred mailing State:

Preferred mailing ZIP Code:

Preferred Phone Number:

Preferred Email:

Month of Birth:

Alternative address: Check one: Home Work Other

City:

State:

ZIP Code:

Occupation:

Employer:

Why do you want to be a member?

How do you see yourself advancing the Foundation?

SIGNATURE

**I believe in the mission of the Colorado Springs Osteopathic Foundation:
To improve the health and well-being of our community consistent with our Osteopathic heritage.**

Signature of applicant:

Date:

PLEASE ATTACH A CURRENT RESUME.

Email or mail application to: Colorado Springs Osteopathic Foundation
P.O. Box 49577
Colorado Springs, CO 80949
Email: DRalston@csf.org