



SUMMER 2017 eBULLETIN

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

CURRY HORAK, M.D. RECEIVES 2017 DRABING AWARD



Pictured left to right: Lynne Jones, CSOF President; Curry Horak, M.D.; John Drabing, D.O. and Scott Robinson, D.O.

The 2017 John H. Drabing, D.O. Award for Extraordinary Dedication and Support was presented to **Curry Horak, M.D.** Dr. Horak was selected because of his unwavering commitment to the Foundation. Dr. Horak served two three-year terms on the board of directors. While serving on the board, he was Secretary, President-Elect, President and Immediate Past President. He served three years on the Grant Selection Advisory Committee and was chair one year and served three years on the Finance & Investment Committee where he continues to serve. He also assisted with the Foundation's Community

Grant Award presentations. In addition he served on the subcommittee to select the Foundation's financial advisor. Dr. Horak is a loyal financial contributor, a member of our 1% Legacy Society before the concept was ever formalized and attends Membership Meetings when he is in town.

CSOF COMMUNITY SERVICE DAY

Plan to participate in the Foundation's annual Community Service Day on **Saturday, August 19th** to benefit Project Angel Heart's clients. Project Angel Heart prepares and delivers medically tailored meals to people in our community who have cancer, COPD, renal disease, congestive heart failure, etc. Our service is to pick up and deliver the meals to Project Angel Heart clients. **Orientation is from 9:30 a.m. to 10:00 a.m. Delivery is from 10 a.m. to Noon.** Afterward, those inclined will meet at Project Angel Heart for a Paleo lunch and will share their delivery stories and/or decorate a delivery bag. At least two people are needed per vehicle. **Families are invited to participate also.** If you want to participate and your family can't join you, we will pair you with another Foundation member. Please RSVP to the Foundation by August 1st to let us know whether or not you and your family are participating. RSVP to DRalston@csf.org or call 635-9057.



WELCOME NEW BOARD MEMBERS

Gregory Ales, D.O. and **Richard Dodge** were elected to the Foundation's Board of Directors by the Membership at its Annual Business Membership

2017-2018 BOARD OF DIRECTORS

Scott Robinson, D.O., **President**
Lynne Jones, **Immediate Past President**
Toni Green-Cheatwood, D.O., **President-Elect**
Alex Constantinides, D.O., **Secretary**
Gregory Ales, D.O.
Michael Deen, J.D.
Richard Dodge
Lew Lomas, C.P.A.
Anthony Ricci, Ph.D.
Alex Simpson, D.O.
Lloyd Strode, D.O.

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.

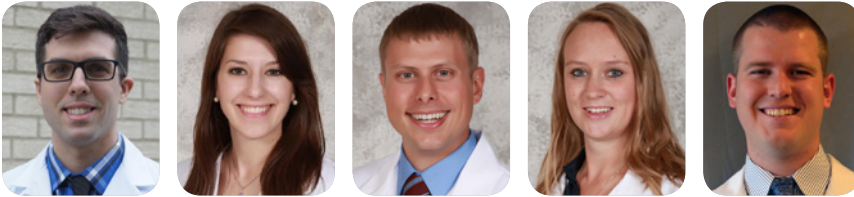
A LASTING LEGACY

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



Meeting. Dr. Ales is a neurologist, practicing with Colorado Springs Neurological Associates and Mr. Dodge is Senior Vice President of Wealth Management with UBS Financial Services Inc.

2017-2018 FY NEW SCHOLARSHIP RECIPIENTS



Pictured left to right: Peter Boucas, Christine Draganich, Nicholas Sloan, Coleen Waterhouse and Jacob Ripp

Our Scholarship Selection Advisory Committee selected the following Osteopathic medical students to receive \$10,000 scholarships for their third and fourth years of medical school. This is the second time that our Foundation has been able to support four new scholarship recipients. For the 2017-2018 fiscal year our Foundation is supporting 6 D.O. scholars for a total of \$60,000. Your generosity and good returns on our investments made this possible.

- **Peter Boucas**, Midwestern University Chicago COM (Loveland, CO)
- **Christina Draganich**, RVUCOM (Greenwood Village, CO)
- **Nicholas Sloan**, RVUCOM (Pueblo West, CO)
- **Coleen Waterhouse**, RVUCOM (Colorado Springs, CO)
- **Jacob Ripp**, A.T. Still University Kirksville College of Osteopathic Medicine (Colorado Springs) was selected the recipient of the Walter S. Strode, D.O. Memorial Scholarship for \$1,000 to be used for books, equipment, fees or supplies.

25 scholarship applications were received (12 female applicants and 13 male applicants).

Applicants were from the following 11 accredited Osteopathic medical colleges:

A.T. Still University KCOM (3); Edward Via COM-Carolinas Campus (1); Kansas City University of Medicine & Biosciences (1); Midwestern University Arizona COM (4); Midwestern University Chicago COM (1); New York Institute of Technology COM (1); Philadelphia COM (1); Rocky Vista University COM (8); Touro COM (1); University of Northern Texas Health Sciences Center COM (2); Western University of Health Sciences COM- Pacific (2)

CSOF'S COMMITTEES FOR 2017-2018 FISCAL YEAR

Volunteers are important in the work that the Foundation conducts. Many minds make the best decisions. Below is a list of our 2017-2018 Committees. If more of you would like to volunteer on one of the committees, contact the Foundation at DRalston@csf.org or call 719-635-9057.

Engagement Committee

Lynne Jones & Tony Ricci, Ph.D., Co-Chairs; Gregory Ales, D.O.; Maryann Clark; Alex Constantinides, D.O.; John Drabing, D.O.; Lloyd Strode, D.O.

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CONGRATULATIONS!

Michael Spangler, D.O. on his recent retirement from medical practice as an internal medicine physician.

James Zimmer, D.O. on his July 1st retirement from his family medicine private practice. Dr. Zimmer plans to teach OMT to the Peak Vista Osteopathic Family Medicine residents starting in August. Jeremy Brown, D.O. is taking over Dr. Zimmer's practice.

CSOF FALL MEMBERSHIP MEETING – WEDNESDAY, SEPTEMBER 27TH

Plan to attend the Foundation's Fall Membership Meeting on the **27th of September**. Social time begins at 5:30 p.m. and our meeting will commence at 6:15 p.m. Our meeting will be held in Silver Key Senior Services' new facility, located at 1625 South Murray Blvd., C.S., CO 80916. Their chef who was formerly with the Garden of the Gods Club will prepare our hors d'oeuvres. As part of our community service, we ask each member to bring canned or boxed food items to donate to Silver Key's Senior Food Pantry.

UPCOMING CSOF MEETINGS

- **July 18th** – Finance & Investment Committee
- **July 25th** – Board of Directors
- **July 26th** – Grant Selection Advisory Committee
- **August 2nd** – Engagement Committee
- **August 19th** – Community Service Morning
- **September 19th** – Strategic Plan Review
- **September 27th** – Fall Membership Meeting



Scholarship Selection Advisory Committee

Toni Green-Cheatwood, D.O., Chair; Ronald Blonder, D.O.; Linda Case, D.O.; Stacy Greenspan, D.O.; Sidney Rubinow, D.O.; Alex Simpson, D.O.; Paul Stanton, D.O.; David Zirkle, D.O.

Grant Selection Advisory Committee

Michael Deen, J.D., Chair; Karole Campbell; Kristine Hembre, D.O.; Lynne Jones; Richard McCreery, D.O.; Rebecca Sanguenza; Mike Steppenbacker

Finance & Investment Committee

Richard Dodge; Frank Dowis; John Drabing, D.O.; Lindsay Fischer, Esq.; Curry Horak, M.D.; Lew Lomas, C.P.A.; Thomas McCarthy, D.O.; Rob McDonald

Executive Committee

Scott Robinson, D.O., President; Lynne Jones, Immediate Past President; Toni Green-Cheatwood, D.O., President-Elect; Judy Kaltenbacher, C.P.A., Treasurer; Alex Constantinides, D.O., Secretary

CSOF RECEIVES RECOGNITION FROM NAMI-C.S.

At NAMI – C.S.’s Annual Embracing the Light Breakfast on May 4th, CSOF was recognized with **NAMI-C.S.’s Advocate of the Year Award**. The award was presented to our Foundation because of our Foundation’s support for mental health outreach to underserved multicultural communities, crisis intervention team training for local law enforcement and first responders and ending the Silence programming for middle and high school students.



JULY 1, 2016 - JUNE 30, 2017 DONORS—THANK YOU!!!

The Foundation’s fiscal year has ended. Through our soft fund raising, we secured \$124,605 in support of our 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 and is a testament to our Foundation’s history and legacy.

1% Legacy Society (Bequests, Planned Gifts)

Alex Constantinides, D.O.
John H. Drabing, D.O.
Curry Horak, M.D.
Mr. Rob & Ann McDonald

Mrs. Doris Ralston
Dr. Sidney & Karen Rubinow
Lloyd Strode, D.O.
Daniel Tell, D.O.

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QUALIFIED CHARITABLE DISTRIBUTIONS (QCD)

The ability to give to your favorite charity and save on income taxes if you are over 70 ½!

If you are required to take a Required Minimum Distribution (RMD) from your IRA and you plan to give to charity you should consider this strategy. Depending on your tax bracket your tax savings could be close to \$40,000 if you donate the maximum amount available.

Summary:

- Ability to donate up to 100k per year directly from your IRA to an eligible charity
- Distribution is not subject to federal income tax
- Charity receives the full distribution with no tax consequence
- Allows you to benefit from the donation even if you don’t itemize deductions
- Ability to reduce the size of your estate
- Alternative strategy to donating cash
- QCD must be paid directly from the IRA

[Please click here for more details.](#)



COLORADO SPRINGS OSTEOPATHIC FOUNDATION

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

John H. Drabing, D.O.

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

Mr. Michael & Taren Drabing

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

Ms. Diane Drabing

Mr. Kirk Drabing

Drs. Joyce Michael &

Michael Trumbull

Mrs. Doris Ralston

Rocky Vista University COM

Dr. Sidney & Karen Rubinow

Paul Stanton, D.O.

Daniel Tell, D.O.

Michael Welch, D.O.

Mrs. Anne Zobec, N.P.

Patron: \$500 - \$999

Alex Constantinides, D.O.

Ms. Lynne Jones

George Jueteronsonke, D.O.

Dr. Curry & Monica Horak

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

Linda Case, D.O.

Mr. Michael & Lisa Deen

Dr. Donald & Barbara Gazibara

Dr. Charles & Judy Hughes

Mr. Rob & Ann McDonald

Frank Piccinni, D.O.

Mr. John Potterat

Dr. Donald & Mary Spradlin

Friend: Up to \$249

Drs. Ronda Ammon & Gerald Travers

Mr. Richard Dodge

Mr. Frank Dowis

Dr. Gerald & Beth 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.

ATTENTION PROVIDERS

If you have a patient(s) with chronic diseases that could benefit from receiving medically tailored meals delivered to their homes, ask your office staff to contact Project Angel Heart in Colorado Springs at 323-0084. There is no charge for the meals. Medically tailored meals help reduce hospital readmissions and patients report improved overall health and/or energy.

OF INTEREST

Colorado Springs Health Partners (CSHP) changes its name to DaVita Medical Group on July 17th.

MUSINGS FROM YOUR EXECUTIVE DIRECTOR

Recently I attended a meeting of another well-known nonprofit organization in our community. I was aghast to hear their volunteers speak about feeling unappreciated and dismissed as well as being spoken to in a condescending manner. My first thought was do our member volunteers feel this way? I certainly hope not because I value all of our member volunteers. As our new fiscal year begins, I hope all of you feel valued, validated and appreciated. Your participation at so many levels and our discourse keeps propelling us forward so that together we make steady progress toward our goals. Together as partners we are creating the Foundation's future. My warmest appreciation goes out to each of you for the persons you are; as well as, the invaluable time, expertise and financial resources you provide our Foundation.

There are a plethora of nonprofit organizations for which you can volunteer. We are so fortunate that you have chosen to affiliate with our Foundation. So from my heart, THANK YOU!!! to each and every one of you.

"No one is more cherished in this world than someone who lightens the burden of another."

—Author unknown