



SUMMER 2019 eBULLETIN

MISSION: *To improve the health and well-being of our community consistent with our OSTEOPATHIC HERITAGE*

CSOF FALL MEMBERSHIP MEETING



CSOF members attending our recent Winter Membership Meeting

Plan to attend the Foundation's Fall Membership Meeting scheduled for October 2nd at The Warehouse Restaurant. Social time begins at 5:30 p.m. and our meeting commences at 6:30 p.m. The Warehouse is conveniently located at 25 West Cimarron, C.S., CO 80903 off of I-25 and Cimarron. Paula Levy, Founder and Executive Director of DayBreak in Teller County and one of the Foundation's grantees, will be sharing DayBreak's story.

CSOF COMMUNITY SERVICE PROJECT

Our first Community Service Project for the fiscal year is with TESSA. TESSA's mission is to help women and their children achieve safety and well-being while challenging communities to end sexual and family violence. CSOF members and guests are asked to contribute toiletries (full size body wash, deodorant, shampoo and conditioner) and gas gift cards for their Safehouse clients and bring them to the Foundation's October 2nd Fall Membership Meeting.



NONPROFIT GRANT RECIPIENT CORNER

Ascending to Health Respite Care (ATHRC) began as a Recuperative Care pilot project in October 2011 for the chronically homeless with the goal to create a safety net for homeless individuals with no place to recuperate after discharge from a hospital or other medical setting.

During that 12 month project, they treated 85 short-term recovery patients and saw several positive outcomes: a savings to Memorial Hospital of 284 inpatient days, a hospital readmission rate of 20% compared to 75% readmission within two weeks for those without a safe place to convalesce; 34% of patients were placed in stable supportive housing, effectively ending their homelessness; 35% were enrolled in Medicaid or received assistance in securing Social

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2019-2020 BOARD OF DIRECTORS

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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.

"No act of kindness, no matter how small, is ever wasted."

—Aesop's Fables



Security benefits and 6% accessed local VA clinics and homeless veterans housing programs.

Since that time, ATHRC has received its 501(c)(3) nonprofit status and has steadily grown with similar outcomes. They now provide extended multi-disciplined longer term (up to 30 days) medical respite care, and are open 24/7 in order to respond to late night, early morning and weekend referrals from emergency responders, shelters and hospitals. ATHRC also established a HUD-funded “A Step Up” Permanent Supportive Housing Program to house homeless persons with advancing morbidity. Last year they moved from the RJ Montgomery Center to a stand-alone facility at 1902 E. Boulder Street and they use overflow motel rooms and an apartment for female clients when needed. Their founder and CEO is Greg Morris, a Certified Physician Assistant, who managed the Homeless Health Clinic for Peak Vista Community Health Centers for 20 years.

MEMBER VOLUNTEERS AND FINANCIAL DONATIONS ESSENTIAL TO CSOF

Member volunteers provide a rich perspective. Member volunteers are important to the success of the work our Foundation undertakes. We realize when you volunteer your time to serve on a committee, participate in a service project, serve on the board and attend membership meetings, for many of you this is time away from family. However, you are a role model for your children and others who are significant in your life. Talking with your children and significant others about your volunteer work and why you invest it in our Foundation paves the way for understanding and emulation in the future. Making a financial donation is another commitment. Contributions provided in support of the Foundation’s mission are invaluable and are appreciated immensely.

NATIONAL ALLIANCE OF MENTAL ILLNESS (NAMI – C.S.) PROVIDES FREE CLASSES

Mental Health First Aid

- An 8 hour class teaching lay people to respond to signs of mental illness and substance use
- Thursday, August 29th 8 a.m. to 5 p.m. (including 1 hour lunch)
- Location: AspenPointe-Jet Wing, 1795 Jet Wing Drive

Family-to-Family

- A 12 week, evidence-based course for family members of people living with mental illness
- Thursdays, September 5th to November 21st from 6 p.m. to 8:30 p.m.
- Location: Atlas Preparatory Middle School, 1602 South Murray Blvd. (right across the street from NAMI – C.S.’s office, and this fall’s Peer-to-Peer class, at 1615 S. Murray Blvd.)
- Call: 719-473-8477 or email info@namicos.org to get your registration started.

Peer-to-Peer

- A 10 week course that has been called “life-changing” by people living with mental illness

HOW TO GIVE

It is not unusual for nonprofit private foundations to receive gifts of cash, stocks, bonds, IRAs, insurance, etc. The Colorado Springs Osteopathic Foundation is no exception. Your gifts help the Foundation accomplish its mission with its Grant and Scholarship programs while representing the Osteopathic profession at its best. Gifts of all amounts are appreciated. If you are considering a large gift and don’t have an estate attorney, the Foundation has a gift acceptance committee comprised of an estate attorney and C.P.A. who may answer your questions and direct you so that you maximize your gift while meeting your goals.

Although most people who contribute to nonprofits have an altruistic motive, financial incentives are still helpful. Even if you can’t itemize on your federal taxes, Colorado taxpayers may deduct their total charitable contributions in excess of \$500 from their state taxable income.

Contributions should be mailed to CSOF at P.O. Box 49577, Colorado Springs, CO 80949.

“Life is not about accumulation, it is about contribution.”

—Stephen Covey



- Thursdays, September 19th to November 21st from 6:30 p.m. to 8:30 p.m.
- Location: NAMI – Colorado Springs Office, 1615 S. Murray Blvd.
- Call 719-473-8477 or email info@namicos.org to get your registration started.

Understanding Mental Illness: What People with Mental Illness Want You to Know

- A seminar for mental health providers, based on NAMI's Provider Education course, promoting collaboration with clients and family members.
- Thursday, September 12th from 1 p.m. to 5 p.m.
- Location: NAMI – Colorado Springs

MUSINGS FROM YOUR EXECUTIVE DIRECTOR

The Colorado Springs Osteopathic Foundation turned 35 years of age on August 14 and on July 1st celebrated 10 years as a private non-operating foundation. We are proud to be a part of the rich history of Osteopathic Medicine in the Pikes Peak Region, which dates all the way back to 1899 when Dean Bodwell, D.O., arrived in Cripple Creek, Colorado and began to practice medicine there.

In 1956, two days before Christmas, eight D.O.s announced that they were going to build a hospital, with each of them contributing \$8,000.00 for the down payment on a nursing home located on Barnes and Pikes Peak Avenue. This led to a successful grassroots effort to raise the funds needed to renovate the nursing home into a hospital, which culminated with a ribbon cutting ceremony held on June 3, 1964. The hospital was named Mamie Dowd Eisenhower Osteopathic Hospital. In those days, D.O.s did not have hospital privileges in the allopathic hospitals, so if they wanted to provide care for their patients, they needed to build their own hospital. Out of necessity, the D.O.s were very close, treating all of their employees and patients like family.

The late 1970s proved to be a turbulent time, with third-party payers wreaking havoc, increased regulation and decreased revenue as a result of D.O.s receiving full privileges at all C.S. hospitals. Ultimately, the Osteopathic Hospital was sold to Summit Health Limited on August 14, 1984 for \$12.230 million and was subsequently renamed Doctors Hospital. With the proceeds from the hospital sale, the Foundation was established for the purpose of training interns and providing medical care to our community's underserved. There have been many more twists and turns since 1899, some resulting in growth and positive outcomes and others leading to decline and negative outcomes.

In 2008, the Foundation's volunteer leadership decided to be proactive and make another change, in order to have an ongoing Osteopathic Medicine presence and positive community impact, thus making the transition to a private non-operating foundation status.

The Osteopathic Legacy in our community runs deep. If you haven't watched our "A Lasting Legacy" video, or simply haven't seen it in a while, I encourage you to take another look with this history fresh in mind. It can be found on our website, csof.org. Just click on the "A Lasting Legacy" button in the homepage sidebar. The video was written and produced by Cathy Strode, Dr. Lloyd Strode's wife. It is educational, inspirational and motivational. It reveals the character of medicine and the D.O.s who came before many of you, their determination, strength, sacrifices, dedication and love for the profession. Today's practice environment

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WELCOME NEW CSOF MEMBERS!

Meagan Jones, D.O., is a Family Physician with Centura Physician Group. She graduated from Midwestern University Arizona College of Osteopathic Medicine and completed her residency at Sacred Heart Medical Center in Spokane, Washington. She is board certified in Family Medicine. In Dr. Jones' application she said she "wanted to be involved in the Foundation and in community events to promote Osteopathic medicine."

Mehdi C.S. Shelhamer, D.O., is an employee with Pulmonary Associates and serves in the United States Air Force Reserves. He is a graduate of Kirksville College of Osteopathic Medicine and completed his Internal Medicine Internship and Residency at Madigan Army Medical Center because he was displaced by Hurricane Katrina. He completed a Pulmonary & Critical Care Medicine Fellowship at San Antonio Uniformed Services Health Education Consortium at Lackland AFB, Texas. He is board certified in Internal Medicine, Pulmonary Medicine and Critical Care Medicine. Having also graduated from Colorado College, in his application he said "the Foundation played a role in his choice to become an Osteopathic physician. He worked as a CAN/tele tech/unit secretary at Penrose and met several D.O.s who guided him."

Emily Valenta, D.O., is a Family Physician with Centura Physician Group. She graduated from Kansas City University of Medicine and Biosciences and completed her residency at Research Family Medicine Residency in Kansas City, Missouri. She is board certified in Family Medicine. Dr. Valenta said in her application that she is "active in our community and wanted to network with her colleagues."



is different with its own challenges. However, the core Osteopathic philosophy remains the same as ever – practicing holistic medicine, treating the whole person.

All of this and more should be a genuine source of pride for each of us, whether you are a senior member of our Foundation or new. So what's the major takeaway from all this? Life changes and we must embrace these changes with a sense of measured adventure and confidence, managing it as best we can by taking proactive action now and keeping an open mind for the future. Recently I saw the film "The Art of Racing in the Rain." One of the prevailing themes was to not look behind (that's over) or too far ahead while racing in the rain, but to stay focused in the moment and drive hard. In other words, to take control and not let the rain control your drive.

During the next few years, I hope you will embrace change. I hope you will be willing to take a risk in lending your support to the Foundation, much like our Osteopathic pioneers took a risk many years ago. I have found inspiration in their courage and vision, and hope you do as well!

CSOF THROUGH THE YEARS: A LOOK BACK AT MAJOR ACCOMPLISHMENTS

1984 – 2009

- Trained 61 Family Medicine physicians, 4 geriatric fellows, 2 sports medicine fellows and 4 interns
- Provided millions of dollars in charity care and care to underserved populations
- Conducted 12 state of the art medical ethics conferences
- Conducted many continuing education programs
- Conducted many public education programs

2009 – 2019

- Awarded \$1,665,520 in grants to health and human service charitable nonprofit organizations
- Awarded \$20,000 tuition scholarships to 30 Osteopathic Medical Students and 8 Walter S. Strode, D.O., Memorial \$1,000 scholarships to students with a Colorado connection
- We have grown to be comprised of a stable family of D.O.s and non-D.O.s who appreciate the Foundation's history and have a passion for the continuance of the Osteopathic legacy
- We began as a private non-operating foundation on July 1, 2009 with \$7,221,192 in assets, increasing to \$7,996,812 in assets by the end of the 2018-2019 fiscal year

CONGRATULATIONS CSOF MEMBER RETIREES!

A well-deserved congratulations to **Ronald Blonder, D.O.**, **Daniel Tell, D.O.** and **Michael Welch, D.O.** on their recent retirements. On behalf of the Foundation and all of its members, we wish them the best of luck in the future!

SAVE THE DATE

**A New Kind of Heroism –
An Evening with Dr. Jessica Zitter**
Thursday, October 24th
5:30 p.m. – 7:00 p.m.
Ent Center for the Arts
5225 North Nevada Ave.
Colorado Springs, CO 80918

Experience an insider's perspective on the public health crisis at this free community education event. RSVPs are required by Oct. 10 by calling 719-884-6629 or emailing RJaramillo@PikesPeakHospice.org

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.