



# SUMMER 2020 eBULLETIN

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

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



**Glenn Schlabs, Esq.**

First, I'd like to say thanks to my fellow Foundation members for your support of our organization over the years, and also thanks for letting me serve as the Foundation's President, which is truly an honor. Doris asked that I provide some info about myself, about why I joined the CSOF, and about my goal as President. Here goes.

I joined the Foundation's predecessor organization in 1988 while I was the Staff Judge Advocate running the legal office at Peterson AFB. I was lucky enough to have as my Legal Assistant Kathy Nelson, who was active in that predecessor-organization and educated me on its goals and activities. I had been treated by Osteopathic Physicians during my time in the Air Force, and had great respect for the profession, but with Kathy's help I also learned about the positive impact our Foundation provided the public – financial support for health care of the under and un-insured; grants that promoted the public health of our community; and running a family practice residency that included having the residents provide care for those in under-served communities. Based on some of my life experiences, I jumped at the chance to join as a friend member.

I was raised as an “Air Force brat”, in Europe and across the U.S. Both my parents were from Texas (me too!), and many of my relatives lived on farms and ranches there. From frequent visits to those farms and ranches, I learned, among other things, that good medical care for rural folks was often a challenge to find, and afford. When I was 9 or 10, the reality of that challenge became very personal to me. We had visited an aunt who lived in West Texas, and I had spent a few days playing with her daughter, my cousin, and had a great time. A couple weeks later my Mom told me that she (my cousin) had died – from whooping cough. Mom explained that Docs were few there, and by the time my cousin saw one, she was seriously ill and soon passed. Fast-forward 30 years – when Kathy explained to me what the Foundation did, I remembered my cousin, and as I said, I jumped at the chance to join.

A bit about me now. Like my Dad, I became an Air Force Pilot after I graduated from the Air Force Academy in 1969. I served as an instructor pilot, until I developed vision problems and needed to find another career. The Air Force was short of lawyers so I volunteered to go to law school, and the Air Force sent me! I served as a Judge Advocate for the rest of my 20 year career, ending at Peterson, where I met Kathy Nelson, and learned about the Foundation. I had gained a specialty in Labor and Employment Law while in the service, and after my AF retirement, began a 28-year career in the law firm of Sherman & Howard, specializing in employer-side employment law. As a friend member of the Foundation, among other things, I had the opportunity to provide “instruction” to some of our family practice residents on the laws and regulations that cover employers and employees. It was a great experience for me, and I hope it was for them! Also while at Sherman & Howard, I was asked to join the Colorado Board of Health. I served on the Board for 10 years, and was privileged to serve 3 years as its Vice-President and 2 as its President. That service on the Board

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## 2020-2021 BOARD OF DIRECTORS

Glenn Schlabs, Esq., **President**  
Alexis Michopoulos, D.O.,  
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**Immediate Past President**  
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Curry Horak, M.D.  
Lewis Lomas, C.P.A.  
Cynthia Lund, D.O.  
Michael Welch, D.O.

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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@csof.org](mailto:DRalston@csof.org) for publication in the Foundation's eBulletin.



helped me develop more insight into the issues facing public health, and made me appreciate my membership in the Foundation that much more.

In closing, I wanted to share my goal as the Foundation's President. I guess the first goal, learning from our D.O. Members, should be, "First, do no harm"! That aside, my goal is simply this – to attract more motivated, well-qualified D.O. Members and non-D.O. Members, who care about our Foundation and its purposes, and who will keep it strong and vibrant for years to come. Notwithstanding the COVID challenges we face, I plan to work with our Past-President and President-Elect, and others, toward that end. I ask our Members to be on the look-out for potential Members, both D.O. and non-D.O. and offer suggestions to Doris and me. If anyone would like to discuss with me my goal, or specific member-candidates, please contact me any time at [Schlabs.glenn@gmail.com](mailto:Schlabs.glenn@gmail.com). Finally, I'd like to end the way I began – thank you for your membership in, and service to, our Foundation.



**Sidney Rubinow, D.O.**

"The restrictions in our day to day activities mandated by the COVID-19 pandemic have provided us with additional time to ponder a number of questions. For example, are you aware that you would be considered a greater threat if you walked into a bank WITHOUT a mask?

I've also wondered why the Colorado Springs Osteopathic Foundation is so vitally important to our Osteopathic

profession here in Colorado Springs. Some of us old-timers remember back to the days of Eisenhower (then Doctor's) Hospital. It was a brick and mortar symbol of our profession here in the Pikes Peak Region. Back then, mention Eisenhower Hospital to folks and you'd hear, 'Oh yeah, that's the D.O. hospital... great doctors, great care...and terrific food!' Well, the hospital, our symbol, is gone, and our D.O. brothers and sisters have been absorbed into the larger medical community and indeed have risen to positions of leadership and distinction in that august body.

With dignity and grace, our Foundation has stepped forward to fill the void and now constitutes the only organization in our region distinctly identified as "Osteopathic." It's role has evolved over the years, to its present configuration, a source of valuable grants and scholarships. Now, mention CSOF to folks in the know and you hear, 'Oh year, that's that D.O. organization...they're terrific, and they do great things for our community!' And that's why our Foundation is so vital and so deserving of our support.

I leave you with these words, attributed, perhaps erroneously, to that distinguished humanitarian, theologian, and apparent cycling enthusiast, Bishop Desmond Tutu. *'Give a man a fish, and you feed him for a day. Teach that man to fish, and you feed him for a lifetime. Teach that man to ride a bike, and he soon learns that fishing is really stupid and boring.'*

Stay well, my friends, and remember to wear your masks, especially when you go to the bank."



**Greg Ales, D.O.**

"I volunteer for the CSOF Board to help continue the excellent work and community service CSOF provides. Participating in the service and benefits of CSOF is very rewarding. My goals are to help expand CSOF membership and community support."

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**CONGRATULATIONS  
CSOF MEMBERS!**

Congratulations to **Toni Green-Cheatwood, D.O.**, on becoming the Chief Medical Officer for the Billings Clinic in Billings, Montana. Dr. Green-Cheatwood accepted a position with the Billings Clinic that covers Montana, Wyoming, and western Nebraska. We miss her already and wish Dr. Green-Cheatwood and her family the very best on this new adventure.

A well-deserved congratulations to **Donald Spradlin, D.O.**, on his retirement. On behalf of our Foundation, we wish you great fun and relaxation.

Congratulations to **Reagan Anderson, D.O.**, on his new book, *Universal Deathcare*.

**CSOF FALL  
MEMBERSHIP MEETING**

Thank you to everyone who responded to the poll about meeting at Hillside Gardens in September. The affirmative response wasn't sufficient to conduct a meeting in this outdoor venue. We are hopeful that we will be able to gather again soon for fellowship and to learn more about the Foundation's progress.



**Curry Horak, M.D.**

"I volunteered to rejoin the board because the Foundation and its members are important to me. I would like to see the Foundation continue its very important mission well into the future. Most already know, I root for the CC Hockey team, and for my own Louisville Cardinals for all their sports."

**Lew Lomas, C.P.A.**

"I hope to make a difference and a contribution and to help maximize the grants available to the community."



**Michael Welch, D.O.**

"I volunteered to serve on the CSOF board because I am drawn to our Foundation's mission and because I wish to be a part of our Foundation's continuing efforts to accomplish its mission as demonstrated by the many grants awarded to our community's health and human

service charitable nonprofit organizations, and scholarships awarded to deserving Osteopathic Medical Students.

I am a board-certified family physician who, in August 2019, retired from Peak Vista Community Health Centers (a federally qualified health center) after 29 years of employment. The last 25 years there I served as Peak Vista's Chief Medical Officer. I am also a retired U.S. Navy physician.

I previously served on our Foundation's board from 2000 to 2003 (as President from 2002 to February 2003, when I resigned from the board due to my recall to active duty). I rejoined our Foundation's board in 2005 (serving as President during 2009). I rotated off of our Board in early 2012. Over the years, I have also served on the boards of the El Paso County Medical Society, the Colorado Medical Society, and the University of Colorado Health – Memorial Hospital.

I have been married to my lovely wife, Lynn, for the past 35 years, and we have two adult daughters."

Dr. Welch's goals for our Foundation are: to help assure continued financial health of our Foundation's corpus to enable our Foundation to continue to accomplish our mission; to explore and develop opportunities to collaborate with other, like-minded foundations in order to amplify grant amounts to deserving community health and human service charitable nonprofit organizations; and to explore awarding grants to community organizations that seek to address and improve social determinants of health within our community, so that we may better "upstream" our Foundation's impact upon our community.

## NONPROFIT GRANT RECIPIENT CORNER



**Fostering Hope** is an enduring community of affirmation and support for foster families, restoring the sense of family and belonging that children need to thrive. They exist so that foster parents can be at their best. Children who have experienced the trauma of abuse and neglect can heal and young adults can

become the productive citizens they were meant to be. Trauma informed care

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## 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 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, this year you may still deduct all of your charitable contributions. 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.

***"It is easier to build strong children than to repair broken men and women."***

***—Frederick Douglass***



(TI-Care) is at the center of their program. Trauma informed care is a science-based approach to helping children heal from chronic or severe maltreatment and the harmful effects of toxic stress. TI-Care seeks to restore self-worth, trust in others, manage emotions and impulses and develop executive brain function. Fostering Hope believes in the primacy of relationships and the power of unconditional love. They help foster parents stabilize the home, enrich the life experience of their children and connect them to the larger community as they grow.

Fostering Hope has been the recipient of our Foundation's grant awards for two years. The grant awards have been used to support a program of childhood trauma alleviation that improves children's mental health and changes the circumstances of foster youth to guide them towards improved well-being and the same opportunities normal children have including further education, gainful employment and positive adulthood. Fostering Hope has some impressive outcomes. 100% of Fostering Hope youth have completed high school or attained a GED compared to just 35% of youth graduating high school or attaining a GED nationally. 35% of their youth are enrolled in college or have recently graduated, compared to less than 10% nationally. While as many as 50% of foster youth experience homelessness within 2 years of emancipation, approximately 16% of Fostering Hope youth have.



*Pictured left to right: Brian Newsome, E.D. of Fostering Hope, Doris Ralston and Angela Carron, M.D., Fostering Hope Board President*

## WELCOME NEW MEMBER

**Rachel Langley, D.O.**, is a family physician and is employed with Pine Ridge Family Medicine and the USAF. She is a 2011 graduate of the Kansas City University of Medicine and Biosciences and she completed her residency training at Nellis Family Medicine in Las Vegas, Nevada in 2014. She is proficient in Medical Spanish, is an instructor for the American Heart Association's Advanced Cardiac Life Support Course and is an International Board Certified Lactation Consultant. When asked about how she sees herself advancing our Foundation she said that she'll be here for the rest of her career and would love to help others with OMT and direct primary care.

## A LASTING LEGACY

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

## 2020-2021 NEW SCHOLARSHIP RECIPIENTS



*Pictured left to right: Alexander Knippenberg, Yuri Korobchuk, Tess Schultz, Emily Sherwood and Kalyn Brenner*

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. For our current fiscal year our foundation is supporting 8 D.O. tuition scholars for a total of \$80,000.

- **Alexander Knippenberg**, RVUCOM (from Denver)
- **Yuri Korobchuk**, KCUMB (from Colorado Springs)
- **Tess Schultz**, RVUCOM (from Ft. Collins)
- **Emily Sherwood**, RVUCOM (from Highlands Ranch)
- **Kalyn Brenner**, Des Moines University COM was selected the recipient of the Walter S. Strode, D.O., Memorial Scholarship for \$1,000 to be used for books, fees, supplies or equipment. She is from Colorado Springs.

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Twenty-eight completed applications were received; 18 female applicants and 10 male applicants. Applicants were from the following accredited colleges of Osteopathic medicine: Des Moines University COM (4), Edward Via COM (2), Kansas City University of Medicine & Biosciences (1), Midwestern University Chicago COM (1), Nova Southeastern COM (1), Oklahoma State University COM (1), Pacific Northwest University of Health Sciences COM (1), RVUCOM (16), University of North Texas Health Science Center (1).

## MUSINGS FROM YOUR EXECUTIVE DIRECTOR

Recently I have been participating in Zoom meetings with other local funders. Our challenge was to discuss the topic of furthering diversity, equity and inclusion in philanthropy. With great candor and openness, we discussed what these words mean, our feelings, thoughts, and our experiences. By far equity is the most challenging since outcomes with philanthropic dollars invested by small and large foundations are difficult to measure. The question that remains is when has equity been achieved?

Diversity and inclusion focus on people and processes. We challenged ourselves to identify some steps we can take now with our individual foundations to advance diversity, equity and inclusion. And to continue to ask ourselves, 'what can we do as a foundation to help ensure that we are inclusive, diverse and equitable with our philanthropic efforts?' I have given considerable thought to these. Going forth, with our John H. Drabing, D.O. Osteopathic Medical Student Scholarship Program, we can eliminate the photo requirement in the application to remove any unintentional bias. Some Osteopathic medical schools do not have GPA and class rank for the first two years of medical school so we can require quartiles instead. (Thank you Dr. Scott Robinson for this suggestion.) With this change, all students with a Colorado connection who want to apply can do so.

With our grant program, to start for our 2021-2022 fiscal year, we can be intentional in seeking proposals from minority-led nonprofits that focus on our grant priorities. A question about the diversity of their clients, staff and board can be included on the application. Concerning membership, each of us can reach out to our friends and ask them to join the Foundation and serve on our committees and board so not only would there be representation from diverse populations, but more importantly this will help broaden our perspective.

There are more ways we can be intentional with this effort. As always, I welcome your thoughts and look forward to receiving them. Please email [DRalston@csf.org](mailto:DRalston@csf.org) or text or call me at 332-0047. Thank you!

## EL PASO COUNTY PUBLIC HEALTH COVID-19 DATA DASHBOARD

<https://www.elpasocountyhealth.org/covid19data-dashboard>

## GENERAL COVID UPDATES

<https://www.elpasocountyhealth.org>

Remember to wear your facemask, wash your hands and stay home if you are sick.

Get your influenza vaccination and the pneumonia vaccination if you qualify.

*'A 'ohe hana  
nui ke alu 'ia*

*(Hawaiian)*

*"No task is too big when  
done together by all."*