



# 2023-2024 annual REPORT

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

**VISION:** To be recognized as a leader in supporting community health solutions | **VALUES:** Service, Compassion, Opportunity, Partnership, Excellence, Integrity

## 2023–2024 BOARD OF DIRECTORS

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## FINANCIALS

July 1, 2023 –  
June 30, 2024

Total Assets: \$9,076,191

Total Net Assets:  
\$9,042,912

Total Revenue and  
Gains: \$1,237,511

Total Expenses: \$442,967



**Cynthia Lund, D.O.**  
President of the Board  
2023 – 2024



**Doris L. Ralston, M.P.A.,**  
Executive Director & CEO

## The Year in Review

Our philanthropic Foundation is lean, mighty and mission-driven. We're able to achieve our objectives for several reasons: because our founders left us with an inspirational legacy; because we have thoughtful and grateful Board and committee leadership; and because of each of you who are engaged in our Foundation.

Many believe the myth that philanthropic work is easy. It is far from that. Selecting grantees and scholars is anything but easy—frankly, it shouldn't be, and doing it the right way requires asking a lot of questions, active listening and thoughtfully allocating the Foundation's dollars to make a positive impact on peoples' lives.

This past year, we were proud to award \$181,000 in grants to 14 charitable nonprofit organizations in El Paso and Teller counties, as well as \$101,000 in Osteopathic medical student scholarships to third and fourth-year medical students. We also implemented Foundant, an online grant management system that streamlines the grant submission process for the nonprofits and streamlines the review and evaluation process for our Grant Selection Advisory Committee. In addition, with your support, we conducted two successful community service projects that benefited Special Kids Special Families' Zach's Place and Teller Senior Coalition's Food Pantry. Holiday gifts were provided to children receiving care at Zach's Place and food and paper products were provided to Teller Senior Coalition's food pantry.

***"Out of such pure and simple beginnings, grow great and wonderful things."***

**—Lenora Ashmore Blackiston**

In the vibrant tapestry of life, the evolution of our Foundation is a testament to our enduring commitment to growth and adaptability. Our Foundation has seamlessly "woven tradition with innovation to meet the evolving needs and interests" of our members, grantees and scholars. As we reflect on our journey this past year, and how far we have advanced, we reaffirm this commitment and celebrate the exciting path that lies ahead, while looking forward to fresh perspectives and new opportunities to serve our community.

It is an honor and a privilege working along side you to achieve our mission. We are proud of our accomplishments and are excited about our direction moving forward.



## Community Grant Awards

A total of \$181,000 was awarded in grants to 14 charitable nonprofit organizations during the July 1, 2023 to June 30, 2024 fiscal year including a multi-year award to Kidpower and discretionary award to The Gazette Charities Empty Stocking Fund. Grant awards focused on providing access to health and human services for vulnerable children, women and seniors. The Foundation is now using an online platform for grant submissions. For more information on the Foundation's Grant Program and application process visit the Foundation's website: [csof.org](http://csof.org) or call 719-635-9057.

**Early Connections Learning Centers** - \$10,000 for their children's behavioral health program ([www.earlyconnections.org](http://www.earlyconnections.org)).

**Fostering Hope** - \$16,000 for their childhood trauma alleviation program ([www.fosteringhopefoundation.org](http://www.fosteringhopefoundation.org)).

**Kidpower** - \$30,000 for the second year of a three-year grant for general operating support for strategic expansion of their upstream, prevention approach to provide high quality personal safety and confidence building training for children and teens and their caregivers to reduce their risk of abduction, assault and emotional, physical and sexual abuse ([www.kidpowercs.org](http://www.kidpowercs.org)).

**Mindfulness & Positivity Project** - \$5,000 for teacher workshops to cultivate lives that are full and healthy ([www.mindfulandpositive.org](http://www.mindfulandpositive.org)).

**NAMI-C.S.** - \$12,500 to help expand their peer-based, no cost mental health services and programs ([www.namicoloradosprings.org](http://www.namicoloradosprings.org)).

**Safe Passage** - \$20,000 for their Forensic Medical Services Program for child abuse victims ([www.safepassagecac.org](http://www.safepassagecac.org)).

**Special Kids Special Families** - \$10,000 for Zach's Place ([www.sksfcolorado.org](http://www.sksfcolorado.org)).

**Status Code 4** - \$20,000 for general operating support to expand their operational capabilities to meet the growing demand of Trauma Healing Services for first responders and their family members in the Pikes Peak Region ([www.sc4i.org](http://www.sc4i.org)).

**Teller Senior Coalition** - \$6,500 for their Respite Program for Caregivers ([www.tellerseniorcoalition.org](http://www.tellerseniorcoalition.org)).

**TESSA** - \$20,000 for their victim services program ([www.tessacs.org](http://www.tessacs.org)).

**The Place** - \$20,000 to support client health services ([www.theplacecos.org](http://www.theplacecos.org)).

**Westside Cares** - \$10,000 for direct health care services ([www.westsidecares.org](http://www.westsidecares.org)).

Discretionary grants were awarded to the **Gazette Charities Empty Stocking Fund** (\$1,000) and the **Youth Documentary Academy to support Youth Media Matters** (\$5,000) focusing on teen mental health, domestic abuse and prevention, and suicide prevention in El Paso County schools.



## Community Impact: Westside CARES

Located at 2808 West Colorado Avenue, Westside CARES provides comprehensive services and referrals to people on El Paso County's westside. Its mission is "to provide care and compassion to their neighbors in need" through a nonprofit collaborative of 20+ interfaith communities in El Paso County. Among the services they provide are groceries, assistance with rent and utilities, clothing, hygiene items, a safe place to receive mail and health care. A nurse is available Monday

through Thursday from 9:30 a.m. to 12:30 p.m. to address general health concerns, prescriptions, co-pay assistance, some emergency dental care and some vision assistance. The Foundation's grant award of \$10,000 supported their direct health care services. Once a week on Mondays, in partnership with Food Trucks Against Homelessness, a hot meal is provided at Westside CARES. For more information about Westside CARES visit their website, [www.westsidecares.org](http://www.westsidecares.org) or call 719-389-0759.



## CSOF Community Service Project

Two community service projects were conducted during the fiscal year. Holiday gifts for children at Zach's Place were provided by our Foundation's volunteer members. Foundation volunteer members also provided non-perishable food and paper products for clients of Teller Senior Coalition.

## John H. Drabing, D.O., Osteopathic Medical Student Scholarship Program

A total of \$100,000 was awarded in tuition scholarships during the fiscal year. Scholarship recipients are selected in their second year of medical school. The scholarships are awarded for the recipients' third and fourth years. Recipients who receive a \$10,000 scholarship for their third year of Osteopathic medical school are automatically eligible to receive a scholarship for their fourth year if they remain in good standing. Five \$10,000 tuition scholarships were awarded to five third-year osteopathic medical students. Five fourth-year osteopathic medical students received their final scholarship awards in the amount of \$10,000 each.

### Third-year Osteopathic Medical Student Scholarship Recipients

**Sonia Abraham**, Rocky Vista University College of Osteopathic Medicine (Lakewood)

**Ginelle Goh**, Rocky Vista University College of Osteopathic Medicine (Denver)

**Else Lupori**, Western University of Health Sciences Oregon (Steamboat Springs)

**Laura Matuszewska**, Kansas City University College of Osteopathic Medicine (Morrison)

**Tori Weingarten**, Rocky Vista University College of Osteopathic Medicine (Ft. Morgan)

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## John H. Drabing, D.O., Osteopathic Medical Student Scholarship Program, continued

### Fourth -Year Osteopathic Medical Student Scholarship Recipients

**Jacob Gerken**, Rocky Vista University College of Osteopathic Medicine (Ft. Morgan)

**Adrianna Hammack**, Rocky Vista University College of Osteopathic Medicine (Highlands Ranch)

**Sam Lassiter**, Lake Erie College of Osteopathic Medicine at Seton Hall PA (Denver)

**Troy Puga**, Kansas City University of Medicine & Biosciences (Pueblo)

**Peter Woolley**, Rocky Vista University College of Osteopathic Medicine (Parker)

### Selected to receive tuition scholarships for the 2024-2025 fiscal year were:

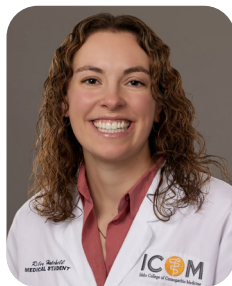
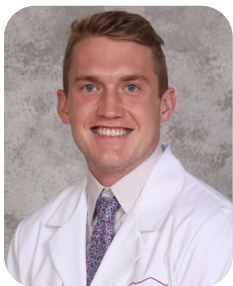
**Kevin Eells**, Rocky Vista University College of Osteopathic Medicine (Monument)

**Christian Low**, Des Moines University College of Osteopathic Medicine (Pueblo West)

**Riley Hatchell**, Idaho College of Osteopathic Medicine (Colorado Springs)

**Sara Khammash**, Rocky Vista University College of Osteopathic Medicine (Monument)

**Rachael Martino**, Rocky Vista University College of Osteopathic Medicine (Colorado Springs)



*Pictured left to right: Kevin Eells, Christian Low, Riley Hatchell, Sara Khammash and Rachael Martino*

### Walter S. Strode, D.O. Memorial Scholarship



*Emily Muhlenhaupt*

The Walter S. Strode, D.O. Memorial Scholarship was established by the Strode family in partnership with the Colorado Springs Osteopathic Foundation in memory of Walter S. Strode, D.O. This annual \$1000 scholarship is designated for books, fees, equipment and supplies. **Holly Lakin**, Oklahoma State University College of Osteopathic Medicine (Pueblo) was awarded the scholarship in the 2023-2024 fiscal year.

**Emily Muhlenhaupt**, Burrell College of Osteopathic Medicine in New Mexico and a resident of Castle Rock, was selected to receive the scholarship in the 2024-2025 fiscal year.

## Thank You, Fiscal Year 2023-2024 Donors!

### 1% Legacy Society (Estate Gifts & Bequests)

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

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

John H. Drabing, D.O.  
Michael and Taren Drabing

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

Diane Drabing \*  
Jeff and Ann Drabing\*  
Laura Feldman, D.O. and Glenn Pressman, Esq.  
John Kurish, D.O.  
Rob and Ann McDonald  
Doris Ralston, MPA  
Rocky Vista University College  
of Osteopathic Medicine  
Dr. Sidney and Karen Rubinow  
Paul Stanton, D.O.  
Scott Woody, D.O.

### Patron (\$500 - \$999)

Dr. Gerald and Beth Hamstra  
Meagan Jones, D.O.  
Peter McNally, D.O.\*  
Frank Piccinni, D.O.\*  
John and Susan Potterat  
Glenn and Barbara Schlabs  
Lloyd Strode, D.O.\*  
Michael Welch, D.O.

### Heritage (\$250 - \$499)

Linda Case, D.O. †  
Dr. Charles and Judy Hughes  
Lynne Jones  
Richard Kennedy, Esq.\*  
Cynthia Lund, D.O.\* and \*\*  
Dr. Thomas and Janie McCarthy\*  
Donald Reeves, Jr.  
Rebecca Sanguenza and Mike Kancir\*

Dr. Robert and Penny Sayre  
Michael Spangler, D.O.  
Betty R. Uhrman\*  
Dr. William H. and Heather Woodworth

### Friend (Up to \$249)

Brant Gehler, O.D.  
Mrs. Caroline Lewis\*  
Joyce Michael, D.O. and Michael Trumbull, Ph.D.  
Gloria Ross  
Michael Shank, D.O.  
Debbie Swanson  
Amanda Walker

### Memorial and Honor Gifts

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

Diane Drabing  
Jeff and Ann Drabing  
Michael and Taren Drabing  
Mrs. Caroline Lewis  
Rebecca Sanguenza and Mike Kancir

#### In Honor of Krysta Sutyak, D.O.

Amanda Walker

#### In Memory of Fonda Hivick

John Kurish, D.O.

#### In Memory of Mike McDonald & Grant Ralston

Rob and Ann McDonald

#### In Memory of Cynthia McNally

Peter McNally, D.O.

#### In Memory of Walter S. Strode, D.O. and Cathy Strode

Lloyd Strode, D.O.

#### In Memory of Dr. Richard H. Uhrman

Betty R. Uhrman

\* Designated for Osteopathic Medical Student  
Scholarship Program

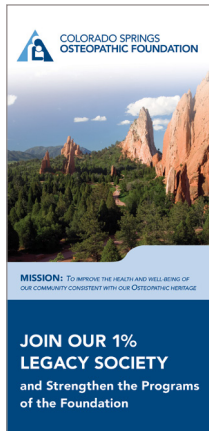
\*\* Designated for Community Grant Program

† Deceased

Please note, if your name has been unintentionally omitted or misspelled, we apologize. Please send an email to [DRalston@csf.org](mailto:DRalston@csf.org) with the corrected information.

## Fund Development

Financial contributions to our Foundation are needed and valued as they enable our Foundation to grow and accomplish its mission in even greater ways. By partnering with our Foundation in fund development, you help ensure that the Foundation will be around for future generations of D.O.s, and with increased financial growth, we are able to award larger grants to benefit our community's most vulnerable populations. Together we can do more than we can individually to benefit our community.



Contributions to the Foundation come in many forms – cash, stocks, bonds, IRAs just to name a few. Contributions of any amount are appreciated. Gifts may be made online using the Foundation's secure website and contributions may be mailed to the Foundation at P.O. Box 49577, Colorado Springs, CO 80949.

### 1% Legacy Society

A 1% Legacy Society was established to encourage estate giving and to recognize estate gift donors. Estate gift donors may also remain anonymous if they wish. Some donors contribute from their estates during their lifetime so they can see the results of their gifts. Other donors contribute upon their death. The Foundation's 1% Legacy Society makes it easy for donors to meet their goals while making a significant impact on the Foundation.

## Membership

Our philanthropic Foundation is unique in that it has member volunteers. Members are a valuable resource for the Foundation. They serve on committees (Grant Selection Advisory Committee, Scholarship Selection Advisory Committee, Finance & Investment Committee and Engagement Committee), the board and participate in "member" gatherings and community service projects. At the Foundation's annual member gathering, members elect new board members and may amend the Foundation's Articles of Incorporation. Volunteer members are Foundation ambassadors sharing the mission with friends, colleagues, neighbors and the community at large.

Our Board of Directors approves new member applicants at its quarterly board meetings. An application for membership may be downloaded from the Foundation's website at [csof.org](https://csof.org) or call 719.635.9057 to have an application emailed or mailed to you.



*Cynthia Lund, D.O., Board President, addresses volunteer members and guests at our November 2023 Bi-annual Gathering.*



*From left to right: Debbie Swanson, CSOF Grant Selection Advisory Committee Member presents grant award to Dr. Leon Kelly, NAMI Board Member and Lori Jarvis, NAMI Executive Director.*



*Kevin Porter, Executive Director of Special Kids Special Families, shares his organization's story at our November 2023 Bi-annual Gathering.*

## Who May Join the Foundation?

Anyone who has an interest in the Foundation, its mission and work may apply for volunteer membership. There are no dues.

## Who We Are

Colorado Springs Osteopathic Foundation is a conversion foundation, originally established in August of 1984 as a 501 (c)(3) public charity from the sale of Eisenhower Osteopathic Hospital. In 2009 Colorado Springs Osteopathic Foundation transitioned to a private, non-operating philanthropic 501(c)(3) foundation. It's charitable mission lives on today by awarding grants to qualified health and human service nonprofit organizations in El Paso and Teller counties and awarding Osteopathic medical student scholarships, as well as collaborating with like-minded organizations to address community health issues. Learn more about our history and view a video of our region's osteopathic legacy at our website, [csof.org](http://csof.org).



National Alliance on  
Mental Illness-C.S. (NAMI)  
**2016 Advocate of the Year**  
May 4, 2017



CASA's Foundation  
**Investor Award**  
August 22, 2013



Partners in Philanthropy  
**Outstanding Grant  
Making Organization**  
October 3, 2012

*"A life is not important except in the  
impact it has on other lives."*

— Jackie Robinson



COLORADO SPRINGS  
OSTEOPATHIC FOUNDATION

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