



2019-2020 annual REPORT

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

2019-2020 BOARD OF DIRECTORS

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FINANCIALS

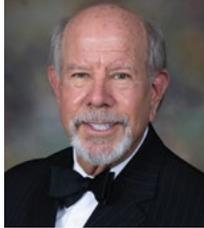
July 1, 2019 – June 30, 2020

Total Assets: \$7,827,550

Total Net Assets: \$7,827,550

Total Revenue and Gains:
\$220,487

Total Expenses: \$387,280



Sidney Rubinow, D.O.
President of the Board
2019 – 2020



Doris L. Ralston, MPA, CHES
Executive Director & CEO

The Year in Review

Philanthropy is about partnerships. These partnerships take many different forms and approaches. Among our Foundation's partners are the nonprofit organizations we support, the Osteopathic medical student scholars we support, you our volunteer members, our donors, and peer funding partners.

With the nonprofit organizations that we strategically support, we walk alongside them to assist them in providing services to others such as food, counseling, and medical care. With our Osteopathic medical student scholars, we provide some financial relief. With our volunteer members and donors, we strive to help you find more purpose and joy in your lives. With our peer funder partners, we exchange ideas, inspire, and provide strength and support.

These are optimistic approaches reflecting the belief that our Foundation has a positive impact on the lives of others. Through these partnerships, we continue to promote change and improve lives in the Pikes Peak Region.

Although we were challenged during the last four months of our fiscal year, we were nimble and pivoted. During the spring, our Foundation was able to provide additional grant awards that assisted a few more nonprofit organizations that were providing life essentials such as food to members of our community in need. As Mister Rogers said "All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors in our own way, each one of us is a giver and receiver."

We were honored to lead the Foundation and we thank each of you, our valued partners, for your ongoing support, engagement and partnership in the mission and work of our Foundation. You are all essential to our achievements. After reading our report, we trust you will be as proud of our accomplishments as we are, and that you will stay engaged as a partner for years to come.

Community Grant Awards

Through the Foundation's Community Grant Program, a total of **\$171,500** was awarded to qualified nonprofit organizations during our 2019-2020 fiscal year. \$155,000 was awarded to the following 14 organizations in El Paso and Teller Counties:

Ascending to Health Respite Care - \$10,000 in general operating support to provide health care to homeless upon discharge from the hospital

CASA - \$15,000 in program support for their Dependency & Neglect program addressing the health and welfare of abused and neglected children

Fostering Hope - \$10,000 in program support to alleviate childhood trauma that improves mental health and changes the circumstances of foster youth

Mt. Carmel Veterans Center - \$20,000 in program support for their behavioral health program

Project Angel Heart - \$11,500 in program support to provide medically tailored home-delivered meals for El Paso and Teller county residents living with life-threatening illnesses

Safe Passage - \$15,000 in program support for their Forensic Medical Services Program for child abuse victims

Silver Key Senior Services - \$5,000 in program support to provide case management for their clients

Springs Recovery Connection - \$20,000 in general operating support to increase access to effective substance use disorder services through "peer recovery coaching support" known as their ambassador program

Status Code 4 - \$5,000 in general operating support to expand its operational staff capabilities to meet the growing demand of Trauma Healing Services for First Responders and their family members in the Pikes Peak Region

Teller Senior Coalition - \$5,000 in program support for their Respite Program for caregivers

TESSA - \$12,000 in program support for their Clinical program that addresses specific needs of adult Domestic Violence Sexual Assault victims, provides therapeutic services to survivors, helping them overcome their trauma and empowering them to build lives of safety and self-sufficiency

The Place - \$15,000 in general operating support to help continue their existing programs such as their mental health, health care and substance abuse treatment programs

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Tri Lakes Cares - \$6,500 in general operating support for its mission of improving people's lives through emergency, self-sufficiency and relief programs

Westside Cares - \$5,000 in general operating support to keep one of their six food pantries open

An additional \$16,500 was awarded in discretionary grants to the following nonprofit organizations.

Ascending to Health Respite Care - \$5,000 for Hepatitis A Epidemic Onsite Medical Assessments

Empty Stocking Fund - \$500

Pikes Peak Community Foundation's Community Emergency Relief Fund for Covid-19 grant awards - \$5,000

Pikes Peak Hospice & Palliative Care - \$5,000 for "A New Kind of Heroism" program with Dr. Jessica Zitter

Temple Beit Torah - \$1,000 to purchase an automated defibrillator



Community Impact

Status Code 4 (SC4i) provides counseling, mental wellness education and resources to Colorado First Responders and their families in El Paso, Teller, Park and Pueblo counties and adjacent rural areas. First Responders are civilian and military members and include law enforcement, firefighters, emergency medical personnel, dispatch, and other emergency services. SC4i is staffed by emergency responders and family members that have "lived" experience with PTSD, depression, anxiety and suicidal ideations. As the first to arrive on scene to an active

shooting, burning building, or deadly car accident, First Responders may see more trauma in one day than most of us see in a lifetime. Because of their selfless acts, exposure to these incidents may leave them with feelings of inadequacy because they were unable to prevent the tragedies that often result. Sadly, nearly three First Responders die by suicide each month in Colorado.

SC4i's mission to serve First Responders and their families is guided by four goals: to provide free trauma healing therapy services; to facilitate and offer training classes related to peer support training, resiliency training and mental health first aid; to provide relevant information and reference material on their website; and to establish a center that offers residential intensive short and long term treatments. From December 2019 to November 2020, demand for counseling services increased 103%. During this time, with the support of our Foundation, SC4i provided 1,044 free sessions of evidence-based trauma therapy counseling to 120 Colorado First Responders and their families.

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

Now more than ever and into the foreseeable future, our nation needs compassionate, competent physicians who are also leaders. Our Foundation is pleased to invest in our country's future Osteopathic physician workforce. Through its Osteopathic Medical Student Scholarship Program the Foundation's goal is to select students with a Colorado connection who are most likely to return to Colorado to practice medicine after completing their residencies and or fellowships. Scholars receive a total of \$20,000, \$10,000 for their third year of medical school and \$10,000 for their fourth year of medical school.

During the 2019-2020 fiscal year, the Foundation awarded \$80,000 in tuition scholarships to four fourth-year Osteopathic medical students and four third-year Osteopathic medical students. Learn more about our Scholarship Program at csdf.org/scholarships.html.

Third-year Osteopathic Medical Student Scholarship Recipients

Andrea Chernau, Rocky Vista University College of Osteopathic Medicine (Denver)

Jolysa Gallegos, Rocky Vista University College of Osteopathic Medicine (Swink)

Daniel Heck, Alabama College of Osteopathic Medicine (Colorado Springs)

Rachel McLaughlin, Rocky Vista University College of Osteopathic Medicine (Colorado Springs)

Fourth-Year Osteopathic Medical Student Scholarship Recipients

Charlotte Ballantine, Rocky Vista University College of Osteopathic Medicine (Denver)

Jason Hirshberg, Midwestern University Arizona College of Osteopathic Medicine (Boulder)

Elizabeth Stoll, Rocky Vista University College of Osteopathic Medicine (Clark)

Krysta Sutyak, Rocky Vista University College of Osteopathic Medicine (Niwot)



Alexander Knippenberg
Rocky Vista University College of Osteopathic Medicine (Denver)



Yuri Korobchuk
Kansas City University of Medicine & Biosciences (Colorado Springs)



Tess Schultz
Rocky Vista University College of Osteopathic Medicine (Ft. Collins)



Emily Sherwood
Rocky Vista University College of Osteopathic Medicine (Highlands Ranch)

Four students (pictured above) were selected to receive \$10,000 tuition scholarships for the 2020-2021 fiscal year.



Kalyne Brenner

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

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 \$1,000 scholarship is designated for books, fees, supplies and equipment. For the 2019-2020 fiscal year, **Jeffrey Beach**, A.T. Still University Kirksville College of Osteopathic Medicine (Colorado City) received the scholarship.

For the 2020-2021 fiscal year, **Kalyne Brenner**, Des Moines University College of Osteopathic Medicine (Colorado Springs), was selected to receive this scholarship.

Thank You Fiscal Year 2019-2020 Donors!

1% Legacy Society (Estate Gifts & Bequests)

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

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

John H. Drabing, D.O.

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

Dr. Curry and Mrs. Monica Horak **

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

Ms. Diane Drabing
Mr. Jeffery and Mrs. Ann Drabing
Mr. Michael and Mrs. Taren Drabing *
Peter McNally, D.O. *
Mrs. Doris Ralston
Rocky Vista University College of
Osteopathic Medicine
Dr. Sidney and Mrs. Karen Rubinow
Paul Stanton, D.O.
Dr. and Mrs. Scott Woody

Patron: (\$500 - \$999)

Mr. Kirk Drabing
Mr. Paul and Mrs. Lynne Jones
George Jueteronke, D.O.
Dr. Thomas T. and Mrs. Janie McCarthy *
Mr. Rob and Mrs. Ann McDonald
Pressman Family Foundation Fund of the
Pikes Peak Community Foundation **
Mr. Glenn and Mrs. Barby Schlabs

Heritage: (\$250 - \$499)

Dr. Donald and Mrs. Barbara Gazibara *
Dr. Gerald and Mrs. Beth Hamstra
Dr. Charles and Mrs. Judy Hughes
Dr. Robert and Mrs. Penny Sayre **
Donald Spradlin, D.O.
Dr. James and Mrs. Barbara Zimmer

Friend: (Up to \$249)

Zachary Albert, D.O. * & **
Mr. Frank Dowis **
Mr. Richard Kennedy, Esq.
Mrs. Caroline Lewis
Ms. Sarah Marr
Paul Numsen, D.O. *
Mr. Donald Reeves, Jr. **
Mr. Jeff and Mrs. Gloria Ross *
Michael Spangler, D.O.
Mrs. Amanda Walker *
William Woodworth, Jr., D.O.

Memorial and Honor Gifts

In Honor of Ronald Blonder, D.O.
*Mrs. Doris Ralston
John H. Drabing, D.O.*

In Honor of John H. Drabing, D.O.
*Mr. Kirk Drabing
Mr. Michael and Mrs. Taren Drabing
Mrs. Caroline Lewis*

In Honor of John and Sally Drabing
Ms. Diane Drabing

In Memory of Sally Drabing
Ms. Diane Drabing

In Memory of Hans Jueteronke
George Jueteronke, D.O.

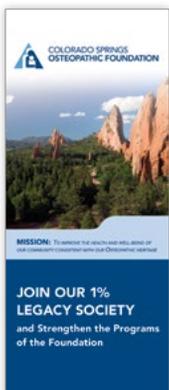
In Memory of Michael McDonald
and Grant Ralston
Mr. Rob and Mrs. Ann McDonald

In Memory of Cynthia McNally
Peter McNally, D.O.

* 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 with the corrected
information.



Fund Development, Family Philanthropy and 1% Legacy Society

Our Foundation actively pursues contributions to grow the Foundation's endowment to benefit our community in perpetuity and support the Osteopathic profession for generations that follow.

Involving your family is an important aspect of your philanthropic gift planning. If you have children, consider inviting them to the table early on so they can begin to understand your values and "the why" behind your giving. Gathering annually to discuss your priorities and any changes is a valuable opportunity to involve your family in your charitable plans.

In addition to being altruistic, charitable gifts may also have a positive impact on your tax planning strategies. Contributions to the Foundation come in many forms, cash, stocks, and IRAs just to name a few. Gifts of any amount are appreciated.

The Foundation's 1% Legacy Society was formed to encourage estate giving and to recognize estate gift donors if they so choose. Some donors choose to contribute from their estates during their lifetime so they can see the results of their gifts. Others wait until their later years or upon their death. The Foundation's 1% Legacy Society makes it easy for donors to meet their goals while making a huge impact on the Foundation. Learn more at csf.org/gifts.html.

MEMBERSHIP

Our Foundation is unique in that it has member volunteers. Members are an important resource for the Foundation. They serve on committees, the board and participate in "member" meetings and community service projects. At the Foundation's annual membership meeting, members elect new board members and may amend the Foundation's articles of incorporation.

Our Board of Directors approves new member applications at its quarterly board meetings. An Application for membership may be found on the Foundation's website at csof.org or one may call the office to have an application emailed or mailed. Anyone who has an interest in the Foundation, its mission and work may apply for membership. There are no dues; however, the Foundation encourages and appreciates donations.



CSOF COMMUNITY HIGHLIGHTS

During the fiscal year, we participated in our annual community service project. At our Fall Membership Meeting, our member volunteers donated hygiene supplies and fuel gift cards to TESSA for their clients.

"You cannot do a kindness too soon because you never know how soon it will be too late."

—Ralph Waldo Emerson

WHO WE ARE: Established in 1984, Colorado Springs Osteopathic Foundation's charitable mission lives on today through grant and scholarship awards, as well as collaboration 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.



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



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