



A DAY OF SUNSHINE AND FELLOWSHIP



Volunteers putting their own artistic touches on delivery bags for Project Angel Heart clients

Saturday, August 19th, was a day of sunshine in more ways than one. Seventeen CSOF members and family members met Sally Rothstein, Project Angel Heart's local director, at Care & Share Food Bank for a quick orientation. At 10 am we were in our vehicles, on our way with medically tailored food bags ready for delivery to Project Angel Heart clients. By noon we had completed our deliveries, and arrived at Project Angel Heart's office at 1625 West Uintah Street to decorate delivery bags for future clients and enjoy a lunch from Progressive Paleo. The comradery was evident with conversations about the volunteer experience, family and the cool designs and coloring on the delivery bags. Not only did we provide a valuable service that morning, but we had the opportunity to get to know one another and family members present on a totally different level. Nate Brady, D.O. said "We had an excellent time on Saturday. Thank you for the opportunity to serve those in need and allowing my children to also participate. They had a wonderful time and enjoyed ringing the doorbells and knocking on doors as well as decorating the bags afterwards."

Karole Campbell commented "As a new Grants Committee member, it was exciting to be able to see our funding efforts in action. Project Angel Heart is a terrific organization that does a great job providing nutrition support to people with significant illnesses. It was really moving to be a small part of the impact Project Angel Heart has on its clients." Ann McDonald added "I really enjoyed the experience."

It was truly a day of sunshine in Colorado Springs for Project Angel Heart clients, our Foundation, and member volunteers and their families. An abundance of appreciation goes to Karole Campbell, Lynne Jones, Nate Brady, D.O. and his daughter, Avery, and son, Aiden, Kristine Hembre, D.O., Charles Hughes, D.O., Curry Horak, M.D., Scott Robinson, D.O. and his daughter Molly, Michael Deen, J.D. and his sons Lincoln and Jasper, John Drabing, D.O., Doris Ralston, Rob and Ann McDonald, and Sally Rothstein of Project Angel Heart for making our community service day a success.

CSOF FALL MEMBERSHIP MEETING

Our Fall Membership Meeting was an intimate gathering at Silver Key Senior Services. Good food, beverages and fellowship were enjoyed by all. In addition to
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2017-2018 BOARD OF DIRECTORS

- Scott Robinson, D.O., **President**
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Executive Director & CEO

SOCIAL MEDIA

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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.



learning about the invaluable services of Silver Key from Lorri Orwig, Chief Development Officer, and receiving a Foundation update from Scott Robinson, D.O., our Board President, we had plenty of time for conversation and getting acquainted with new and prospective members. It was wonderful seeing new members, Rodney Muhammad, D.O., who has a solo family medicine practice in the Security-Widefield area and Karole Campbell, owner of Madwoman Marketing at our meeting. Also, guests and prospective members, Peak Vista Community Health Center residents, Na Jen, D.O., Stephen Stacey, D.O., Brianna Tillman, D.O. and Royce Toffol, D.O. and Shannon Constantinides, N.P. were welcomed. Our second community service project for the fiscal year was contributing food to Silver Key's food pantry. A bouquet of thanks to everyone who participated.



CSOF members enjoying our Fall Membership Meeting at Silver Key Senior Services

WELCOME NEW MEMBERS

Karole Campbell, owner of Madwoman Marketing Strategies. Karole has a Bachelor of Arts degree from Colorado State University. She is a 2013 Colorado Springs Business Journal Woman of Influence and currently serves on the board of directors of Cheyenne Village.

Shannon Constantinides, F.N.P. employed with UC Health. Shannon earned her B.S. in Nursing and M.S. in Nursing, Family Nurse Practitioner degrees from the University of Colorado, Colorado Springs. Currently she is a Ph.D. candidate in Nursing through Florida Atlantic University in Boca Raton, Florida. Shannon served on active duty with the United States Air Force Nurse Corps for four years and after being honorable discharged served in the United States Army Reserve Nurse Corps for three years.

Joshua Eberhard, D.O., pediatrician with DaVita Medical Group. Dr. Eberhard, new to Colorado Springs, recently graduated from the University of Florida Pediatric Residency Program at Orlando Health Arnold Palmer Hospital. He received his D.O. degree from the Arizona College of Osteopathic Medicine Midwestern in Glendale, Arizona.

Rodney Muhammad, D.O., self-employed family practice physician. Dr. Muhammad is board certified in Family Practice and fellowship trained in Sports Medicine. He is also a Certified Ringside Physician and International Technical Officer in the Association of International Amateur Boxing. Dr. Muhammad is a 2002 graduate of the Western University of Health Sciences College of Osteopathic Medicine of the Pacific in Pomona, California. He has served our country in the USMC and USAFR.

Stephen Stacey, D.O., Osteopathic Family Medicine Resident with Peak Vista Community Health Centers. Dr. Stacey is a graduate of the Kirksville College

FIRST RVU STUDENT AWARDED SCHOLARSHIP FROM COLORADO MEDICAL SOCIETY EDUCATION FOUNDATION

David Ross, D.O., Director of RVUCOM's Rural and Wilderness Medicine Honors Track, Associate Director, Military Medicine Track and Assistant Professor of Specialty Medicine shared that "Brandi Lawrence, entering class of 2021, became the first RVU student ever to be awarded a scholarship from the Colorado Medical Society Education Foundation (CMS EF). Out of 35 applicants from both CU and RVU (the most applicants they have ever had), she was one of four to be selected." Dr. Ross spoke about this medical student scholarship opportunity at the Foundation's March Winter Membership Meeting.



of Osteopathic Medicine and completed a transitional year internship through Madigan Army Medical Center in Tacoma, Washington. He is on inactive ready reserve status with the United States Army. He served on active duty with the United States Army for nine years.

Mike Steppenbacker, employed with Ent Credit Union as Director of Corporate Banking, Private Banking and Wealth Management. Mike earned his B.S. degree in Finance at Grove City College in Grove City, Pennsylvania and his M.B.A. at Colorado State University in Ft. Collins. He has served on the boards of Safe Passage and Partners in Housing.

MEDICAL STUDENTS PRESENT HOMELESS RESEARCH

Recently two Rocky Vista University College of Osteopathic Medicine (RVUCOM) students and two University of Colorado medical students presented their research about homelessness in our community at a public health forum at El Paso County Public Health. Each student focused on a different aspect of homelessness. These students did their research as part of their public health rotation under the tutelage of James Terbush, M.D. at the El Paso County Public Health Department.

Students presenting were Sydney Featherstone, RVUCOM; Lisa Moore, RVUCOM; Justin Holmes, University of Colorado SOM; and Lindsey Herrera University of Colorado SOM. The following is a summary of their scholarly work. *Note: these findings are not the official thoughts and opinions of the El Paso County Public Health Department.*

It is estimated that there are 2,094 homeless people in our community according to the Pikes Peak United Way's Point in Time Survey; of those 695 are women and 10% are veterans. 90% of homeless women have experienced domestic abuse, or physical or sexual assault. TESSA which is Trust, Education, Safety, Support, Action, receives approximately 35 calls a day concerning domestic violence. A primary prevention program TESSA is implementing called DoVE (Domestic Violence Education) works with children to deal with their emotions to break the cycle of abuse.

Behavioral health problems in the homeless population are divided into two categories: mental illness and substance use disorders. It is estimated that 20-25% of our homeless population has severe behavioral health issues. Creating and sharing a data bank in our community on homelessness and behavioral health might be a worthwhile endeavor.

Communicable diseases in the homeless population were also addressed. There are many risk factors for infection among the homeless population. Risk factors identified were IV drug use, close living conditions, poor immunization rates, poor sanitation, hygiene practices, decreased access to health care services, lack of recognition of infection and food insecurity. There are also environmental health concerns such as human waste and trash near open bodies of water. Diseases of interest are Hepatitis A, Hepatitis B, Hepatitis C, TB, Influenza and HIV/AIDS. So far in 2017, 12 individuals had Hepatitis A; one among them was homeless. Hepatitis C has a 12-13% prevalence among homeless veterans versus 2-3% among non-homeless veterans. In 2016, 6.3% of homeless individuals in Colorado had TB. Vaccinations are important in the prevention of some communicable diseases. Also, it is suggested that a syringe exchange program might be helpful, done in coordination with behavioral health services to not be complicit in drug use/abuse.

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FAMILY MEDICINE RESIDENCY PROGRAM RECEIVES ACGME ACCREDITATION

Scott Robinson, D.O. announced that Peak Vista Community Health Centers' Family Medicine Residency Program has received initial accreditation from the Accreditation Council of Graduate Medical Education (ACGME). This is in addition to their ongoing AOA accreditation that will last through 2020. This final step enables the following:

1. Allows them to accept MD applicants during the transition to the SAS in 2020
2. Gives them a template for future expansion into other medical specialties
3. Ensures their program will not sunset in 2020

Dr. Robinson extends his heartfelt thanks to the many individuals throughout the medical community who tirelessly helped with this. Only 52% of Family Medicine programs receive initial accreditation on their first attempt, so this is really a huge success. Peak Vista's Family Medicine Residency Program may now be receiving numerous requests from all corners, as the program is positioned to be a very attractive Family Medicine Residency site. If you receive inquiries from colleagues or friends regarding application for the 2021 class, please route them to their Program Coordinator, Samara Stafford.



Marijuana migration and its impact on homelessness and social strain were also addressed. 101,000 people migrated to Colorado from 2014 to 2016. There was a 6% increase in the homeless population for Colorado from 2015 to 2016 when nationally there was a decrease. Marijuana is found in homeless camps. Urban Peak Denver saw a 153% increase in the number of its homeless clients services during the summer months of 2017. In 2013, El Paso County's Medicaid population was 96,180 and in 2017 it was 193,196. Future goals might include obtaining more data from agencies who work with our homeless population and those agencies dealing with the impact of the homeless; as well as, surveying the homeless in El Paso County to determine if marijuana was the impetus for their relocating to our community.

CSOF BOARD APPROVES GRANTS TOTALING \$125,000

After thoroughly reviewing 21 proposals from qualified nonprofit organizations, the Foundation's Grant Selection Advisory Committee recommended and the Board of Directors approved grant awards for the following 13 qualified nonprofit organizations:

Atlas Preparatory School—\$15,000 Program Support for their Healthy Scholars, Healthy Choices Program which provides direct mental health therapy services and treatment on site at no cost to the students

Children's Hospital C.S.—\$10,000 Capital Support to purchase MicroCool Refrigerators in the new C.S. Hospital that will house breast milk for babies

Community Partnership for Child Development (CPCD)—\$10,000 Program Support for their Behavioral Health Program

Daybreak – An Adult Day Program—\$10,000 General Operating Support to help offset the costs of providing a safe and secure environment for seniors often with Alzheimer's or similar conditions, as their caregivers are provided respite

Early Connections Learning Centers—\$10,000 in Program Support for their Comprehensive Health Program

Kidpower—\$5,000 in Program Support to provide interpersonal safety education workshops for economically disadvantaged children ages 5 to 12 and their parents/caregivers who otherwise would not learn the skills needed to keep themselves safe from abduction and abuse

Phoenix Multisport—\$5,000 in General Operating Support for their substance abuse intervention program

Prospect Home Care & Hospice Inc.—\$5,000 in General Operating Support

Safe Passage—\$15,000 in Program Support for their Forensic Medical Services Program

Silver Key Senior Services—\$11,500 in Program Support for Case Management

Teller Senior Coalition—\$8,500 in Program Support for their Respite Program

TESSA—\$10,000 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

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FOUNDATION GIFTS

As the end of the calendar year approaches, many people find themselves in year-end tax planning mode. Evaluating one's investment portfolio, earnings, and how to decrease one's tax liability for the year is often a priority. To accomplish this, one of the items on their "to do" list can be contributing to a nonprofit such as our Foundation. Gifts of appreciated stock held for at least a year are an ideal vehicle for many people. Often making a larger donation and getting a larger deduction without paying capital gains taxes is advantageous. Before making a gift of stock or a gift from an IRA consult your C.P.A. and estate planning attorney.

Our Foundation appreciates your gifts of time, money and in-kind goods and services. Gifts of all amounts are always valued. Please consider a gift to the Foundation in your year-end planning.



UCHealth Memorial—\$10,000 in Capital Support to purchase medical equipment for the new primary care center in collaboration with Mt. Carmel Center of Excellence for veterans

In addition, **NAMI-C.S.** will receive a \$25,000 award for the second year of their 3 year grant. This award helps NAMI-C.S. provide classroom education and conversations on mental illness for middle and high school students in El Paso and Teller counties, provides Crisis Intervention Team training for our local law enforcement and first responders and aids NAMI-C.S. in their outreach into minority communities.

MUSINGS FROM YOUR EXECUTIVE DIRECTOR

Recently I attended Exponent Philanthropy's CONNECT Conference held in Englewood, Colorado as a member of the Planning Committee for this event. Our Foundation's support of this conference yielded good PR, connections, gratitude and of course some pearls that we as a Foundation can use. In addition, the publication, *The Funder's Guide to Investing in Volunteer Engagement* was distributed to attendees. Our Foundation was recognized in the publication for the impact of our multi-year grant award to CASA. Our grant award to CASA allowed them to increase the number of CASA volunteers without exponentially increasing staff and cost. We can be very proud of the work being done in our community that we support with our Grant Program. Our Community Service work and projects are an added bonus for the nonprofits we support as well as helping to advance our mission.

Furthermore, our Osteopathic Medical Student Scholarship Program compliments our grant program by supporting future generations of Osteopathic physicians who will be leaders and medical providers in their communities. As has been mentioned in previous publications, Dawnielle Endly, D.O., one of our scholarship recipients, returned to Aurora, Colorado in June to practice dermatology. Scholarship recipients will continue to be tracked to determine the number who return to Colorado.

One of the topics presented at the CONNECT conference was "Implicit Bias" presented by Anthony Greenwald, Ph.D., who is co-author of the book, *Blindspot: Hidden Biases of Good People* along with Mahzarin Banaji, Ph.D. Dr. Greenwald, who holds a bachelor's degree from Yale University and a Ph.D. from Harvard, is currently a psychology professor at the University of Washington.

After participating in implicit bias exercises, Dr. Greenwald's message to attendees was to be aware of your implicit bias and if possible find ways to eliminate bias or mitigate bias by using methods such as "blinding." Since blinding is not always possible or practical a more practical approach for our Foundation is to have conversations before the selection begins to address bias when making grant and scholarship decisions. This might be useful to avoid the bias influence. If you are interested in taking the Implicit Association Test (IAT), search implicit.harvard.edu or visit www.understandingprejudice.org/iat. The IAT probes unconscious biases. There is no charge to take the tests.

Thank you to all of you for supporting my involvement in Exponent Philanthropy which allows me to stay current in trends impacting Foundations like ours.

CONGRATULATIONS!

Glenn Schlabs, Esq. on his retirement from Sherman and Howard Law firm.

Doris Ralston on her appointment to the El Paso County Public Health Board.

"Success means we go to sleep at night knowing that our talents and attributes were used in a way that served others."

—Marianne Williamson