



**CSOF'S KARMA HOUR AT BRISTOL BREWERY ENJOYED BY ALL**



Our Foundation's KARMA Hour to benefit our scholarship program was so much fun that those who attended suggested that the Foundation organize a few more during the year even if they benefit other nonprofit organizations. Another suggestion was to conduct such social times at other venues. **Dr. Alex Constantinides** and his black lab puppy, Brooke (pictured above), also enjoyed the evening on the patio. Members, significant others and friends were in attendance. In addition to our members, everyone who purchased a pint that evening contributed to the success of the event. Good food and beverages were consumed by all. Most important was the camaraderie. Several Peak Vista Family Medicine residents attended and two completed membership applications. Our appreciation goes to Board Members, **Dr. Greg Ales**, who arranged our KARMA Hour with Bristol Brewery and to **Richard Dodge** for suggesting this type of evening for our members and Foundation.

**CSOF MEMBER SPOTLIGHT**

**Alex Constantinides, D.O.** is an extraordinary CSOF ambassador and exemplary physician role model for the Osteopathic profession. Dr. Alex served two-three year terms on the Board of Directors for the Colorado Springs Osteopathic Foundation. While on the Board, he was Board Secretary and chaired the Engagement Committee for several years. In addition, he was our Foundation's liaison to the Colorado Society of Osteopathic Medicine for seven years and still serves in that capacity.



Dr. Alex believes in giving back to the profession. He served on the Board of Directors of the Colorado Society of Osteopathic Medicine as President-Elect, President and now Immediate Past President.

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**2018-2019 BOARD OF DIRECTORS**

- Toni Green-Cheatwood, D.O., **President**
- Scott Robinson, D.O., **Immediate Past President**
- Sidney Rubinow, D.O., **President-Elect**
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Doris L. Ralston, MPA, CHES  
**Executive Director & CEO**

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**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.



Despite his busy Family Practice, he continues to regularly teach medical students and has delivered numerous educational presentations on topics such as concussion management and sports medicine to local community organizations, EMS and first responders.

Investment in our community is also very important to Dr. Alex. He founded and is the Chairman of the Board for The Never Alone Foundation, a non-profit organization that provides grants to families who are adopting children from outside the United States to defray the cost of adoption, including costs associated with medical or special needs and post-adoption counseling services to improve family bonding. Still in its infancy, The Never Alone Foundation has awarded well over \$195,000 in an effort to help bring home or provide financial assistance to 72 children. But he doesn't stop there! He also serves as medical director for the Colorado Combat Sports Commission, providing cage side and ringside medical care. He has assisted many fighters and boxers who are un- or under-insured get the medical care they need. For many years, he has volunteered as the team physician for Doherty High School Athletics, where he donates his time and service caring for student-athletes both on and off the fields.

Recently Dr. Constantinides was appointed Medical Director of UCCS's new Masters in Athletic Training Program.

His special interests include his new black Labrador puppy, Brooke, fly fishing and cycling and of course his wife, Shannon Constantinides, N.P.

## CONGRATULATIONS CSOF MEMBER TOP DOCS

The *Colorado Springs Style Magazine* published Colorado Springs Top Docs for 2018 in their September/October edition. In collaboration with the El Paso County Medical Society and an independent marketing and public relations firm, local doctors were asked in a confidential peer to peer survey who they would recommend should a friend or family member require care. Congratulations to our members who made the list:

- **Reagan Anderson, D.O.** – Colorado Dermatology Institute
- **Gina Bamberger, D.O.** – UCHealth Family Medicine Sunflower Clinic
- **Anthony Christoff, D.O.** – UCHealth Family Medicine
- **Peter Clothier, D.O.** – Dublin Primary Care
- **Alex Constantinides, D.O.** – UCHealth Primary Care
- **Toni Green-Cheatwood, D.O.** – Southern Colorado Breast Care Specialists
- **Stacey Greenspan, D.O.** – UCHealth Radiology and Imaging Consultants
- **Thomas Higginbotham, D.O.** – Private Practice
- **Cynthia Lund, D.O.** – Davita Medical Group (now retired)
- **Dirk Pikaart, D.O.** – Southern Colorado Gynecologic Oncology
- **Michael Sayers, D.O.** – Arthritis Associates
- **Alex G. Simpson, D.O.** – Centura Health Front Range Orthopaedics
- **Paul Stanton, D.O.** – C.S. Orthopaedic Group
- **Daniel Tell, D.O.** – Rocky Mountain Cancer Center
- **Brian Whittington, D.O.** – UCHealth Colorado Medical Group
- **John Wright, D.O.** – The Wright Eye Center
- **David Zirkle, D.O.** – Dublin Primary Care

## WELCOME NEW CSOF MEMBER

**Rebecca Sanguenza** is a retired District 20 school teacher. She received her bachelor's degree from Eastern New Mexico University in Education with minors in Health, Communications and Coaching. She earned her Master of Arts Degree in Mass Communications from Texas Tech University. Rebecca has volunteered on the Foundation's Grant Selection Advisory Committee for two years. She also volunteers with Pikes Peak Hospice and Palliative Care. In addition, she is an author. She wrote *Butterfly Visits*, a book for children dealing with grief. Her book received a Moonbeam Children's Book Award. Rebecca wanted to join our Foundation to help improve the health of our community and wants to promote our Grants Program through community networking.

## PHARMACY RESOURCE FOR UNINSURED AND UNDERINSURED PATIENTS

Open Bible Medical Clinic & Pharmacy is a nonprofit medical clinic and pharmacy located at 555 East Costilla Street downtown Colorado Springs. Open Bible provides access to free medical care for acute and chronic illnesses and provides appropriate access to medication, education and preventive health services to any uninsured member of our community between the ages of 18 and 64 that has an income level of up to 250% of the federal poverty guidelines. They are able to provide medications to other safety net clinics and physician offices that serve the un and underinsured as they are the only licensed "Central Fill Open System" pharmacy available to fill prescriptions from any clinic, hospital or provider within our region. For more information contact Open Bible Medical Clinic & Pharmacy at 596-4449.



## CSOF COMMUNITY SERVICE DAY ANOTHER SUCCESS



On a sunny Saturday morning, July 28th, **Mike Steppenbacker**, his daughter Elle, **Dr. Kristine Hembre** and her friend Dave, **Dr. Alex Constantinides**, **Lynne Jones**, **Dr. Sidney Rubinow** and **Doris Ralston** refreshed the playground at Early Connections Learning Centers. It was team work all the way, filling wheelbarrows and trash containers with mulch, dumping it out and smoothing it out with a rake. The goal was beautification and safety for the children who enjoy the playground, and it was accomplished with smiles, rakes and shovels! In addition to the beautification project, many CSOF members donated school supplies for the children who were transitioning to Kindergarten.

## CSOF GRANT AWARDS FOR THE 2018-2019 FISCAL YEAR TOTAL \$135,000

Our Grant Selection Advisory Committee composed of **Michael Deen, J.D.**, Chair, **Karole Campbell**, **Dr. Kristine Hembre**, **Lynne Jones**, **Meredith Jones** (no relation), **Rebecca Sanguenza**, **Mike Steppenbacker** and **Dr. Lloyd Strode**, read and scored 24 grant proposals totaling \$305,500 in requests. In addition, they each made three site visits. After all of that preliminary work, they met to recommend proposals for the Foundation's Board to consider for funding. Serving on this committee is educational and rewarding because our community has many deserving nonprofit organizations serving those without resources. Our Board met and approved the committee's recommendations. Below is a list of the nonprofit organizations and their funded work. Thank you Grant Selection Advisory Committee for your important work!

**Safe Passage** - \$15,000 in Program Support for their Forensic Medical Services Program for child abuse victims for 46 child victims and professional development

**TESSA** - \$12,000 in Program Support for their Clinical program that addresses specific needs of adult domestic violence sexual assault victims, providing therapeutic services to survivors

**Homeward Pikes Peak** - \$15,000 in General Operating Support to supplement funding for a case manager in their supportive housing program

**Special Kids Special Families** - \$15,000 in Program Support for Zach's Place, a center for children with disabilities to provide respite to their families and caregivers

**Springs Recovery Connection** - \$10,000 in General Operating Support to increase access to effective substance use disorder services through "peer recovery coaching support"

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

**Victory Service Dogs** - \$7,000 in General Operating Support for acquiring and training rescue and shelter dogs and training their clients on proper handling and use

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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 help the Foundation meet its mission with its Grant and Scholarship programs while representing the Osteopathic profession at its best. Gifts of all amounts are always appreciated. If you are thinking about making 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.

***"Generosity consists not of the sum given, but the manner in which it is bestowed."***

***—Gandhi***



**Teller Senior Coalition** - \$ 6,000 in Program Support for their Respite Program

**Community Partnership for Child Development (CPCD)** - \$5,000 in Program Support for their Health & Wellness Program which includes medical and dental services for children and wellness programs for families

**Mt. Carmel Veterans Center** - \$7,500 in General Operating Support for their behavioral health program

**Dream Centers** - \$5,000 in Program Support to help expand their breast & cervical cancer screenings to undocumented, immigrant and refugee women and provide support services such as bus passes, consultation fees and supplies

**Angels of America's Fallen** - \$7,500 in General Operating Support for extra-curricular developmental activities for 49 children in the C.S. area and services to 19 children on their waiting list

**Open Bible Medical Center** - \$7,500 in General Operating Support to provide access to medical care and medications for the poor and uninsured ages 18 to 64

**Pikes Peak Hospice & Palliative Care** - \$5,000 for charity care for the uninsured

**Project Angel Heart** - \$7,500 in Program Support to provide over 77,000 medically tailored home-delivered meals for 600 C.S. residents living with life-threatening illnesses

In addition, **NAMI-C.S.** will receive their final 3 year grant award of \$25,000 for their work with law enforcement, youth and minority communities' outreach. NAMI-C.S. will have received a total of \$75,000 over a three-year period.

## MUSINGS FROM YOUR EXECUTIVE DIRECTOR

At the recent National Association of Osteopathic Foundation's annual meeting in Chicago, Charlie Simpson, Chief Communications Officer for the AOA, spoke about "member value" relative to the AOA. This caused me to pause and reflect upon why one might choose to become a member of CSOF, why one would attend meetings, why one would participate on committees and projects, and why one would choose to donate to CSOF. In response I identified the following CSOF "member values." Our Foundation is the only Osteopathic organization in the Pikes Peak region and we do extraordinary philanthropic work with our resources, both financial and human. We volunteer together on projects addressing societal needs in our community. This bold action not only contributes to our community, but to each who participates providing a community feeling as a Foundation. Our Foundation is respected and gives visibility to the profession here. We continue to raise the profile for the Foundation and the Osteopathic Medicine profession. For those who desire it, we provide a vehicle for camaraderie. We are in front of many people in our community. We don't just put a grant check in the mail—we take it directly to the nonprofit boards and establish ongoing relationships and talk about Osteopathic Medicine. We are responsive and strategic in our grant and scholarship approach. This is our value to our members. This is our value to one another. A symbiotic relationship, creating community between and among us. How do you value our Foundation?

Our Board and I are always interested in your thoughts. Please take the liberty to let us know what you perceive to be our "member value."

## CSOF PHYSICIAN DIRECTORY UPDATE

Our Engagement Committee chaired by **Greg Ales, D.O.**, is working to update the Foundation's Physician Directory. A print edition will be made available if there is sufficient participation. If not, the directory will remain an online publication on the Foundation's website. Forms have been emailed to physician members requesting information on their education and practice as well as a photo. Retired physicians will be listed only in the printed directory that will be distributed to CSOF members. A follow-up mailing will be sent to CSOF physician members who have not yet participated. Questions? Call or Email Doris Ralston at 719-332-0047 or [DRalston@csf.org](mailto:DRalston@csf.org).

## 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](http://csf.org) and click on the "A Lasting Legacy" button.