



# FALL 2023 eBULLETIN

**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 ANNOUNCED

Congratulations to our FY 23-24 Board officers and newly elected member of the Board, Maile Foster! See sidebar for the full Board listing—many thanks to all our Board members for serving.

Planning ahead, at our June 2024 Annual Business Membership Meeting, members will be considering four new Board members to replace the following term limited Board members: Curry Horak, M.D., Mike Steppenbacker, Sidney Rubinow, D.O., and Glenn Schlabs, Esq. Board terms are three fiscal years (July – June) and Board members may serve two three-year fiscal year terms for a total of six fiscal years. The Board usually meets quarterly (July, October, January, April) in the evenings at 6 p.m. There is an annual meeting that occurs immediately after the annual business membership meeting; the purpose of that meeting is to elect officers and committee chairs. Meetings are held in person and/or via Zoom. In addition, we will need to identify a Board Secretary and a Board President-Elect. A few members have already expressed interest in serving on the Board. We need one D.O. and three non-D.O.s to serve on the Board. If you have an interest in serving on the Board or have questions about Board service, please contact me as we would like to have people identified for the vacancies by January 3, 2024.



CSOF recognizes Dick Dodge as the recipient of the John H. Drabing, D.O. Award for Extraordinary Dedication and Support at its Annual Business Membership Meeting.



## CSOF COMMITTEES FOR FISCAL YEAR 2023-2024

Committees are important for many reasons, but perhaps the two most important are the diverse perspectives brought by those serving, as well as the heavy lifting and work being performed by these committees. Committee meetings may be in person, via Zoom or a hybrid of the two. There are social benefits to serving on a committee: you get to meet and interact with interesting people, and it is fun and rewarding! If you are interested in serving on one of the committees listed on the following page, please contact me. We would love to have you join us or consider joining us for the 24-25 fiscal year.

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## 2023-2024 BOARD OF DIRECTORS

Cynthia Lund, D.O., **President**

Curry Horak, M.D.,

**Immediate Past President**

Maile Foster, CFP, **President-Elect**

John Gebauer, J.D., **Treasurer**

Mike Steppenbacker, **Secretary**

Meagan Jones, D.O.

William Mandell, D.O., J.D.

Sidney Rubinow, D.O.

Glenn Schlabs, Esq.

Michael Welch, D.O.

Doris L. Ralston, MPA

**Executive Director & CEO**

## SOCIAL MEDIA

Like us on [Facebook!](#)

## HAVE AN UPDATE TO SHARE?

Please email news to Doris Ralston at [DRalston@cssof.org](mailto:DRalston@cssof.org) for publication in the Foundation's eBulletin.

## HAS YOUR CONTACT INFORMATION CHANGED?

If you have new contact information (mailing address, email address, phone number), please email it to [DRalston@cssof.org](mailto:DRalston@cssof.org).



Many thanks to our committee chairs and members!

**Engagement Committee** (*usually meets four times each fiscal year, but may meet more frequently*)

Glenn Schlabs, Esq., Chair  
Lynne Jones  
William Mandell, D.O., J.D.  
Joyce Michael, D.O.  
Lindsey Szymaszek, D.O.  
Michael Welch, D.O.

**Finance & Investment Committee** (*usually meets quarterly each fiscal year*)

John Gebauer, J.D., Chair  
Maile Foster  
Kristine Hembre, D.O.  
Lynne Jones  
Thomas McCarthy, D.O.  
Rob McDonald

**Grant Selection Advisory Committee** (*usually meets twice per fiscal year in August and October*)

Mike Steppenbacker, Chair  
Karole Campbell  
Lynne Jones  
Rachel Langley, D.O.  
Ann McDonald, R.N.  
Anne Rivers, N.P.  
Glenn Schlabs, Esq.  
Debbie Swanson  
Michael Welch, D.O.

**Scholarship Selection Advisory Committee** (*usually meets once a fiscal year in March or April*)

Sidney Rubinow, D.O., Chair  
Mark Cook, D.O.  
John Kurish, D.O.  
Scott Robinson, D.O.  
Michael Shank, D.O.  
Lloyd Strode, D.O.

## WANTED: YOUR HELP!!

Your help is needed to identify and recruit new members who would enjoy affiliating with our Foundation because of their interest in our mission, vision and values. In addition to the grants, scholarships and community service projects, there is social engagement at all meetings—whether a membership meeting, a committee meeting or a Board meeting—as well as an opportunity to learn something new. Many people want to be part of something bigger than themselves and we provide that opportunity.

Do you know someone who is community-minded, whether they're a volunteer for another organization, business professional, accountant, healthcare leader, banker, attorney, engineer, social worker, educator, dentist, nurse, physician, or simply even a neighbor or friend whose values might align with ours? If so,

## UPCOMING CSOF MEETINGS & FUNCTIONS

**September 19th** – Engagement Committee Meeting – 6 p.m.

**October 2nd** – Grant Selection Advisory Committee Meeting – 5 p.m.

**October 18th** – Finance & Investment Committee Meeting – 4 p.m.

**October 25th** – Board of Directors Meeting – 6 p.m.

**November 29th** – Fall Membership Meeting – 5:15 p.m. Registration; 6:15 p.m. – The Viewhouse (off of I-25 and Woodmen Rd.)

## MEMBER NEWS

Congratulations to:

**Carole McClanahan, M.D.**, and her family on the birth of their daughter, Ruby.

The following member Top Docs:

**Reagan Anderson, D.O.**, Dermatology, Mohs Micrographic Surgery

**Gina Bamberger, D.O.**, Family Medicine

**A.J. Christoff, D.O.**, Family Medicine & OMT

**Alex Constantinides, D.O.**, Family Medicine

**Mark Fraley, D.O.**, Family Medicine

**Dirk Pikaart, D.O.**, OBGYN Oncology

**Alex Simpson, D.O.**, Orthopedic Surgery Foot & Ankle

**Paul Stanton, D.O.**, Spine Surgery

**David Zirkle, D.O.**, Family Medicine



contact me, let's talk and if we think there is potential for a good match, we can arrange to meet the individual(s) for breakfast, lunch or dinner or invite them to one of our member meetings. As a reminder, our membership application can be completed and submitted on our website at [CSOF.org](https://CSOF.org). A downloadable PDF version of the application, which can be completed and either emailed or mailed to the Foundation, is also available from our site.

### NONPROFIT GRANT RECIPIENT CORNER



**Silver Key Senior Services** is often only associated with its Meals on Wheels program. However, Silver Key is so much more, providing comprehensive services for our community's seniors of all economic backgrounds. They offer and operate Connection Cafés, a Reserve & Ride Transportation service, VIP volunteer events, service opportunities, behavioral health, companionship services, case management and food distribution, in addition to providing Home Delivery Meals. Silver Key has

expanded to the Tri-Lakes area and operates from Grace Best Education Center located at 66 Jefferson Street in Monument, Colorado.

Additionally, Silver Key is working to address affordable and safe housing for seniors, with a strong commitment to developing a new affordable, quality housing complex on their current Colorado Springs Campus. For more information or to volunteer at Silver Key, contact Derek Wilson, their Chief Strategy Officer at 719-884-2313 or [dwilson@silverkey.org](mailto:dwilson@silverkey.org).

### MUSINGS FROM YOUR EXECUTIVE DIRECTOR

Our Foundation is fortunate to count many dedicated volunteer members among its ranks. While I remain grateful to our membership for this, this is not something that should be taken for granted. It is to both our Foundation and community's benefit that we continue to demonstrate a mindset of growth, excellence, continuous improvement and lifelong learning. There's a time and place for contentment, but never complacency—we are a philanthropic private foundation with a goal to thrive, improve our grant and scholarship programs and attract the best and brightest in our community to make a positive impact. Constructive self-assessment and staying on top of trends locally, as well as statewide and nationally, are critical components to our continued success.

To succeed in the long run, our approach must be growth and innovation centered, with this philosophy extending to our investments, fundraising, grant program, scholarship program, staffing and development of member leadership. Realizing this ambition can seem daunting! Noted psychologist and author Daniel Goleman once said "Contentment is the 'good enough' attitude. Engagement means people are emotionally invested in what they do and who they do it for. Saying the mission is one thing. Living it is another."

### ESTATE PLANNING

Estate Planning is Legacy Planning. Usually this is accomplished through wills, trusts or beneficiary designations. Fewer people have wills today. More people are using "Payable on Death" (POD) accounts or "Transfer on Death" (TOD) arrangements. After taking care of loved ones in your will or trust, you can include a gift to charity as a remainder or percentage of your estate. You can also include a gift through retirement accounts as a beneficiary designation. For people who have donor advised funds, you may want to choose a beneficiary for this fund, so you choose where your money goes after you pass instead of the Community Foundation. Taking the generous step of letting us know that you are remembering our Foundation is always up to you, but we would love to be able to show our gratitude. Let's keep the Osteopathic Foundation legacy in our community thriving for generations to come.

### ONLINE GIVING

Our Foundation appreciates all contributions. Contributions allow our Foundation to thrive and benefit our community in greater ways.

While the Foundation certainly welcomes and appreciates support through traditional vehicles such as checks, IRAs and estate plan gifts, we have also made contributing easier than ever by having a secure online donation presence on our website. Go to [CSOF.org](https://CSOF.org) and click on **Donate**.



One of the positives in our Foundation is the capacity and ability for adaptation. Our small size is to our advantage when combined with our very specific purpose as a private philanthropic foundation and clarity within our structure, mission, vision and values. We maintain the flexibility and agility to transform in ways that more monolithic organizations cannot.

I often ask myself “why” our Foundation is relevant and important in our community. The answer is very clear to me. Our founders had a vision and worked extremely hard, making personal and professional sacrifices to establish an Osteopathic presence in our community. Even though the practice of medicine has changed immeasurably in the years since, I firmly believe that foundational vision is every bit as relevant and valuable now as it was then.

No matter your profession—whether it’s physician, nurse, attorney, entrepreneur, executive, homemaker—you have relevance and the ability to make a positive impact on the lives of our scholarship recipients and the clients and patients of the nonprofit organizations we support. Together, that relevance and ability is only amplified and strengthened. Together, we have the opportunity to “live the mission”, as Goleman put it. This opportunity excites and inspires me every day and I hope to keep that spark ignited for all of you as well.

If you haven’t viewed our “A Lasting Legacy” video or it’s been a while since you have, I would encourage you to take a fresh look. It’s on our website (more specific directions in the sidebar).

As a Foundation, we achieve lasting impact, but perhaps having a tighter focused grant-making strategy would serve us and our community better. We will be addressing this and other potential issues throughout the year, as part of our ongoing self-assessment and exploration of opportunities for growth and improvement. Your input helps inform these discussions and as always, it is welcome, appreciated and valued.

We are a sound foundation and we do good work. I challenge you all to ask yourself the question: **How can we do even better?**

***“Our passions are ignited when we set out to advance a cause greater than ourselves.”***

*—Simon Sinek*

## COMMUNITY NONPROFIT NEEDS

**Westside Cares** needs deodorant, lotion, shampoo and other personal hygiene products. Contact Westside Cares at 719-389-0759 before dropping off items as their hours of operation differ.

**Pikes Peak Hospice and Palliative Care (PPHPC)** needs musical instruments for their music program for their patients. If you have tambourines, rubber sticks, ukuleles, please consider donating these to PPHPC. Contact PPHPC at 719-633-3400 before dropping off items.

## A LASTING LEGACY

For an entertaining and informative look at CSOF’s rich history, please visit the Foundation’s website at [CSOF.org](https://CSOF.org), scroll down to the **Our Values** section and click play on the **A Lasting Legacy** embedded video.

## SURVEY SUCCESS

Thank you for participating in the Foundation’s Survey Monkey Surveys!!! Your input is invaluable.