



# 2022-2023 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

## 2022-2023 BOARD OF DIRECTORS

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## FINANCIALS

July 1, 2022 –  
June 30, 2023

Total Assets: \$8,295,171

Total Net Assets:  
\$8,248,368

Total Revenue and  
Gains: \$893,339

Total Expenses: \$462,474



**Curry Horak, M.D.**  
President of the Board  
2022 – 2023



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

## The Year in Review

As a private, non-operating, 501 (c)(3) nonprofit foundation, we have two key areas of focus: community grants and Osteopathic medical student scholarships. We awarded \$202,000 in grants to charitable nonprofit organizations in El Paso and Teller counties, and we awarded \$101,000 in Osteopathic medical student scholarships

to third and fourth-year medical students. In addition, with your support, we had a successful community service project that benefited Pikes Peak Hospice & Palliative Care's Children's Grief Support Program. Craft materials were provided to help children therapeutically express their grief through art. This passion for improving the lives of others is the same passion that drives us to push forward to a greater and better Foundation.

Colorado Springs Osteopathic Foundation continues to be financially sound due to responsible management of resources, investments, expenditures, and support from many of you. This includes a change in investment firms, which has proved to be a prudent decision.

Annually we assess our accomplishments over the past year, as well as where we aspire to be positioned in the future. This is part of our continuous quality improvement efforts. Because of our desire to flourish, we will always be a "work in progress"—complacency has no role in our Foundation.

None of our achievements would be possible without you. Thank you for your confidence in our leadership and in our Foundation, and for your ongoing support and engagement. It is truly humbling and a privilege to serve you and our community in our endeavor to do work that is bigger than ourselves. Because of our shared purpose, we continue to positively impact lives and create value for all of our stakeholders: our community; each of you; local health and human service nonprofit organizations; and our Osteopathic medical student scholarship recipients.

John Cena, author, said "Reflect on what has been, look forward to what can be, live in each moment, and use what you've learned right now to get where you want to go." We ask that you continue to be fiercely loyal and stay true to the Foundation's mission, vision and values so that together, we are unstoppable.

*"It is in the shelter of each  
other that people live."*

—Old Irish proverb

## Community Grant Awards



A total of \$202,000 was awarded to 15 charitable nonprofit organizations during the July 1, 2022 to June 30, 2023 fiscal year including the multi-year award and discretionary awards, an increase of \$7,000 from the previous fiscal year. Grant awards focused on improving access to health and human services for vulnerable children, women and seniors. Many of the programs funded are considered "upstream." For more information on the Foundation's Grant Program and application process visit the Foundation's website: [csof.org](https://csof.org) or call 719.635.9057. The 2022-2023 grant recipients are listed below.

**Atlas Preparatory School** - \$15,000 in program support to improve their mental health services for middle school youth

**CASA** - \$20,000 in Program Support for their Dependency & Neglect Program addressing the health and welfare of abused and neglected children

**Children's Hospital C.S.** - \$15,000 in Program Support for their school based Behavioral Health Navigation Program

**Community Partnership for Child Development** - \$20,000 in Program Support for a nursing position for their Health & Wellness Program

**DayBreak** - \$10,000 in General Operating Support to assist with ongoing program services for their patients as well as respite care, ongoing education and support to caregivers

**Dream Centers** - \$20,000 in Program Support for their Women's Clinic Program

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

**Friends of the Children** - \$10,000 in General Operating Support for their two-generation mentoring program

**Kidpower** - \$30,000 per year for three years, a General Operating Support Grant award to support their strategic expansion for 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

**NAMI C.S.** - \$10,000 in General Operating Support

**Safe Passage** - \$20,000 in Program Support for their Forensic Medical Services Program for child abuse victims

**Silver Key** - \$10,000 in Program Support for their Durable Medical Equipment Program

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

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: Atlas Preparatory School



A tuition free, public charter school in Harrison School District, **Atlas Preparatory School** was founded in 2009 and began with a middle school. It now serves students in grades K-12 in the Southeast region of our city, students who live in the 80910, 80916 and 80906 zip codes. The Foundation's grant of \$15,000 helped support a much-needed expansion of mental health services programming and staffing for the middle school. This onsite access eliminates the barriers of insurance, cost, transportation, work conflicts and timing of appointments. They partner with Diversus Health to provide the onsite licensed

mental health therapy. Atlas Preparatory Middle School provides mental health services and intervention programs on site to help support over 500 low-income scholars. Their primary goal is preparing scholars academically. Their secondary goal is to provide the necessary social, emotional, mental and behavioral health services for their scholars to remain in school, focused on succeeding. Their third goal is engaging Atlas's parents and or guardians, so they are equipped to support their scholars. Atlas Preparatory estimates that approximately 30% of their scholars need mental health services regarding diagnosis, therapy and ongoing intervention.

For more information on Atlas Preparatory School visit their website: [AtlasPrep.org](https://AtlasPrep.org).

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

When we were established as a 501 (c)(3) non-profit private non-operating foundation in 2009, our goal was to eventually award five new tuition scholarships each fiscal year. This is the second fiscal year that we were able to award five new scholarships. Selected Osteopathic medical students with a Colorado connection receive \$10,000 tuition scholarships for their third year of medical school and \$10,000 for their fourth year if they remain in good standing, resulting in \$20,000 scholarships per student. \$100,000 in tuition scholarships was awarded during the fiscal year.

### Third-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)

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

### Fourth -Year Osteopathic Medical Student Scholarship Recipients

**Arthur Armijo**, Rocky Vista University College of Osteopathic Medicine (Monte Vista, San Luis Valley)

**Taylor Keller**, Des Moines University College of Osteopathic Medicine (Colorado Springs)

**Bailey Kuechenmeister**, Midwestern University Arizona College of Osteopathic Medicine (Nederland)

**Prakhar Singal**, Rocky Vista University College of Osteopathic Medicine (Colorado Springs)

**Cameron Taylor**, Des Moines University College of Osteopathic Medicine (Littleton)

**Five new students (pictured below) were selected to receive \$10,000 tuition scholarships for the 2023-2024 fiscal year.**

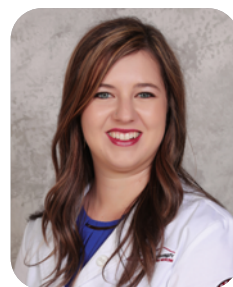
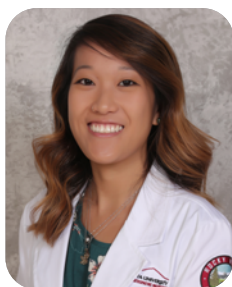
**Sonia Abraham**, Rocky Vista University College of Osteopathic Medicine (Lakewood)

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

**Ellese 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)



*Pictured left to right: Sonia Abraham, Ginelle Goh, Ellese Lupori, Laura Matuszewska and Tori Weingarten*

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



*Holly Lakin*

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, equipment and supplies. **Alexandra Moauro, Ph.D.**, Michigan State University College of Osteopathic Medicine (Golden) was awarded the scholarship in the 2022-2023 fiscal year.

**Holly Lakin**, Oklahoma State University College of Osteopathic Medicine (Pueblo) was selected to receive the scholarship in the 2023-2024 fiscal year.

## Thank You, Fiscal Year 2022-2023 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.  
Mike and Taren Drabing \* and \*\*

### Associate (\$5,000 - \$9999)

Curry Horak, M.D. \*\*

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

DBT Fund of the Pikes Peak  
Community Foundation \*\*  
Diane Drabing \*  
Maile Foster  
Rob and Ann McDonald  
Peter McNally, D.O.  
Doris Ralston  
Rocky Vista University COM  
Dr. Sidney and Karen Rubinow

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

John and Daphne Gebauer \*\*  
John Kurish, D.O.  
Cynthia Lund, D.O.  
William Mandell, D.O., J.D.  
John and Susan Potterat  
Pressman Family Foundation of the  
Pikes Peak Community Foundation \*\*  
Mike Steppenbacker  
Michael Welch, D.O.

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

Dr. Gerald and Beth Hamstra  
Dr. Charles and Judy Hughes

Lynne Jones  
Meagan Jones, D.O.  
Richard Kennedy, Esq. \*  
Dr. Thomas and Janie McCarthy \*  
Dr. Robert and Penny Sayre \*  
Glenn Schlabs, Esq.  
Michael Spangler, D.O.  
Dr. Don and Mary Spradlin

### Friend (Up to \$249)

Mary B. Ballantine \*  
Linda Case, D.O.  
Frank Dowis  
Caroline Lewis \*  
Joyce Michael, D.O. and Michael Trumbull, Ph.D.  
Kathy Nelson \*\*  
Dr. Calvin and Linda Pollard  
Gloria Ross  
Michael Shank, D.O.  
Gerald Travers, D.P.M.  
Dr. William and Heather Woodworth, Jr.  
John Wright, D.O.

### Memorial and Honor Gifts

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

Mrs. Caroline Lewis

#### In Memory of Fonda Hivick

John Kurish, D.O.

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

Rob and Ann McDonald

#### In Memory of Cynthia McNally

Peter McNally, D.O.

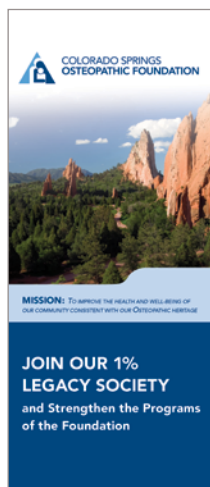
\* Designated for Osteopathic Medical Student  
Scholarship Program

\*\* Designated for Community Grant Program

Please note, if your name has been unintentionally omitted or misspelled, we apologize. Please send an email to [DRalston@cssof.org](mailto:DRalston@cssof.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.



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 Foundation is unique in that it has member volunteers. Members are a valuable resource for the Foundation. They serve on committees, 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.

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 [csdf.org](https://csdf.org) or call 719.635.9057 to have an application emailed or mailed.



CSOF was proud to recognize Dick Dodge as the recipient of the John H. Drabing, D.O. Award for Extraordinary Dedication and Support at its Annual Business Membership Gathering.



Maureen Basenberg, Executive Director of Safe Passage, shares Safe Passage's story at CSOF's Member Volunteer Gathering.



Our Scholarship Selection Advisory Committee hard at work!





## Who May Affiliate with 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

Established in 1984 as a 501(c)(3) public charity, Colorado Springs Osteopathic Foundation's charitable mission lives on today as a 501(c)(3) private foundation 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](http://csof.org).

*"Without great people, even great ideas are useless."*

— Simon Sinek, British-born American author



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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