



SUMMER 2025 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

CSOF JUNE 12TH ANNUAL GATHERING PHOTOS



Dr. Thomas McCarthy pays tribute to the late Dr. John Drabing.



2024-2025 Board President, Maile Foster, CFP, speaks at the gathering.



Dr. Thomas McCarthy, Dr. Joyce Michael and Dr. Michael Spangler (left to right) converse.



Members and Guests visit during social time.

2025-2026 BOARD OF DIRECTORS ANNOUNCED

Congratulations to our new Board members and officers!

- Karole Campbell, President
- Maile Foster, CFP, Immediate Past President
- Kristine Hembre, D.O., President-Elect
- John Gebauer, J.D., Treasurer
- Rae Loschen, Secretary
- Rita Burns
- Meagan Jones, D.O.
- Cynthia Lund, D.O.
- William Mandell, D.O., J.D.
- Michael Welch, D.O.

There will be three D.O. board member positions open for the 2026-2027 fiscal year so if you are a D.O., think about considering a position on the Board.

continued on next page

2025-2026 BOARD OF DIRECTORS

Karole Campbell, **President**
 Maile Foster, CFP, **Immediate Past President**
 Kristine Hembre, D.O., **President-Elect**
 John Gebauer, J.D., **Treasurer**
 Rae Loschen, **Secretary**
 Rita Burns
 Meagan Jones, D.O.
 Cynthia Lund, D.O.
 William Mandell, D.O., J.D.
 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@csf.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@csf.org.



CSOF COMMITTEES

Many thanks to those who volunteered to serve on Foundation Committees for the 2025-2026 fiscal year. It is at the committee level that the work is accomplished.

Engagement Committee

- Kristine Hembre, D.O., Chair
- Cynthia Lund, D.O.
- William Mandell, D.O., J.D.
- Joyce Michael, D.O.
- Glenn Schlabs, Esq.
- Lindsey Szymaszek, D.O.
- Karole Campbell, Ex-Officio

Finance & Investment Committee

- John Gebauer, J.D., Chair
- Kristine Hembre, D.O.
- Lynne Jones
- Rae Loschen
- Thomas McCarthy, D.O.
- Rob McDonald
- Karole Campbell, Ex-Officio

Grant Selection Advisory Committee

- Michael Welch, D.O., Chair
- Rita Burns
- Moni Hernandez
- Lynne Jones
- Rachel Langley, D.O.
- William Mandell, D.O., J.D.
- Anne Rivers, N.P.
- Glenn Schlabs, Esq.
- Debbie Swanson
- Karole Campbell, Ex-Officio

Scholarship Selection Advisory Committee

- Cynthia Lund, D.O., Chair
- John Kurish, D.O.
- Sipa Patel, D.O.
- Scott Robinson, D.O.
- Michael Shank, D.O.
- Lloyd Strode, D.O.
- Emily Valenta, D.O.
- Karole Campbell, Ex-Officio

WELCOME NEW CSOF MEMBERS!

Braden Healey, D.O. is a Dermatologist and Mohs Surgeon and practices with Vanguard Skin Specialists. Dr. Healey is a graduate of Western University of Health Sciences COMP Northwest in Lebanon, Oregon. He completed his Transitional Year Internship Program at St. Joseph Mercy Hospital in 2020 where he was Intern of the Year. In 2023, he completed his residency at Trinity

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CSOF PLANNING MEETING SCHEDULED

On December 3rd, the Board and a few general members will meet at the Penrose House from Noon to 4 p.m. to engage in strategic planning for the Foundation. CSOF Member, **Lynne Jones**, will be facilitating the planning meeting. She may be contacting you to obtain your input prior to our meeting in December, so we hope you will provide your candid perspective and thoughts to her. Thank you in advance!

UPCOMING CSOF MEETINGS SCHEDULED

All members are welcome to attend Board and Committee meetings if they have an interest. Please call to let us know if you plan to attend any meetings so we have enough seating, etc. Many of our meetings are hybrid meetings, i.e., conducted in person and via Zoom. Some may be conducted entirely via Zoom when weather and road conditions aren't favorable. All in-person Board and Committee meetings are conducted at the Foundation's office located at 605 South Tejon. Free parking is available behind the building in the middle section.

Grant Selection Advisory Committee: October 2nd, 6:00 p.m.

Finance & Investment Committee:
October 15th, 4:00 p.m.
January 21st, 4:00 p.m.
April 15th, 4:00 p.m.

Board of Directors Meeting:
October 29th, 6:00 p.m.
January 28th, 6:00 p.m.
April 29th, 6:00 p.m.

Bi-Annual Membership/Guest Gathering: November 12th, 5:15 p.m. at Colorado Springs Country Club



Health Dermatology in Ypsilanti, Michigan where he was Chief Resident in his second year. He was a Mohs Fellow in 2024 at TH Mohs Surgery and Cutaneous Oncology Fellowship program in Ypsilanti, Michigan. Dr. Healey said he would like to advance the Foundation through student education, financial support and community service participation. He would like to become a rotation site for students who have an interest in Dermatology and Mohs surgery or dermatopathology.

Carina Kee, D.O. is an OBGYN physician, practicing with CSOF Member, Lauren Poretz, D.O. Dr. Kee is a 2018 graduate of Rocky Vista University College of Osteopathic Medicine. In 2022, Dr. Poretz completed her Obstetrics and Gynecology Residency at Michigan State University/Spectrum Health in Grand Rapids, Michigan. She earned a Bachelors of Arts in Molecular, Cellular and Developmental Biology from the University of Colorado Boulder and in Chinese Language and Civilizations. She is a member of the American Association of Gynecologic Laparoscopists, the Academy of Breastfeeding Medicine, and the American College of Obstetrics and Gynecology. Among her interests in her leisure time are classical piano, photography, snowboarding and rock climbing.

Mary "Mimi" Lundgren, D.O. is an orthopedic surgeon specializing in spine surgery. She was a Foundation scholar and returned to Pueblo to practice medicine. Her practice is Maple Leaf Orthopedics. Dr. Lundgren is a 2014 graduate of Midwestern University, Chicago College of Osteopathic Medicine. She completed her internship and residency training at Franciscan Health in Olympia Fields, Illinois and completed a Fellowship in Orthopedic Surgery of the Spine at Beaumont Health in Royal Oak, Michigan. Prior to medical school Dr. Lundgren received her Ph.D. in Biochemistry from Rush University in Chicago. She earned a BS in Theology and Pre-Professional Studies from the University of Notre Dame, Notre Dame, Indiana in 2004. Dr. Lundgren has conducted research, has been an invited lecturer and has made many presentations. She is a reviewer for the Journal of the American Academy of Orthopedic Surgeons, a member of the International Society for the Advancement of Spine Surgery, the North American Spine Society, the American Academy of Orthopedic Surgeons, and the American Osteopathic Association. Dr. Lundgren also serves on the Board of St. Mary Corwin Hospital.

Charles Strode, D.O. is a psychiatrist and is employed with UCHHealth in Colorado Springs practicing outpatient adult psychiatry. He aspires to help other physicians have a greater understanding of the field and how it exists in our community. Dr. Strode is a 2017 graduate of Rocky Vista University College of Osteopathic Medicine. He completed a psychiatry residency in 2021 at the University of Missouri and Harry S. Truman VA Hospitals in Columbia, Missouri. He was a Foundation scholar. Dr. Strode earned a BA in History and in Medieval Studies from Loyola University in Baltimore, Maryland. He did course work in Crusader Studies at the Royal Holloway University of London and completed a post baccalaureate Pre-Medical Certificate Program at American University in Washington, D.C. His interests include outdoor activities, history, travel and learning new things.

CONGRATULATIONS TO:

Lloyd Strode, D.O. on his retirement from Family Practice

Scott Robinson, D.O. on receiving the Foundation's coveted John H. Drabing, D.O. Award for Extraordinary Dedication and Support.

PIKES PEAK COMMUNITY FOUNDATION SURVEY— SHARE YOUR VOICE!

Pikes Peak Community Foundation is spearheading a community wide survey to learn what citizens think about a number of issues. To participate in the survey go to Pikes Peak Community Foundation's website, www.ppcf.org and click on Our Spacious Skies.

The survey closes in November. Results will be shared in PDF format on their website. Their goal is to redo the survey every three to five years.



MEET OUR NEWEST SCHOLARS!



Akram Hejazi is a student at Rocky Vista University College of Osteopathic Medicine (RVUCOM) and he grew up in Golden. He doubled majored in Molecular Cellular Developmental Biology and Biochemistry at the University of Colorado Boulder. He earned a Master's of Science Degree from Rocky Vista University in Biomedical Sciences and graduated Valedictorian. Akram is an active member of Sigma Sigma Phi Osteopathic Honor Society, the Student American Academy of Osteopathy, Vice President of the RVU Neurology Club, a Systems and Anatomy Lab Tutor and he is participating in the Physician Scientist Track. In his leisure time, Akram plays guitar.



Yasmeen Sawalha is a student at Kansas City University College of Osteopathic Medicine and she grew up in Ft. Collins. She majored in Biology and minored in Chemistry at Saint Xavier University. She was on the Dean's List for the Spring of 2024. Yasmeen is President of the Multicultural Student Association, the American Osteopathic Association, a National Representative of the Student American Academy of Osteopathy, a member of the Research Club, Ultrasound Club and Emergency Medicine Club in addition to numerous other organizations. She is a volunteer Board member of Women Walk Joplin.



Katelyn Tapia is a student at Kansas City University (KCU) College of Osteopathic Medicine and she grew up in Parker. She majored in Biology at Colorado State University and minored in Chemistry and Biomedical Sciences. She is Vice President of the KCU chapter of the Missouri Association of Osteopathic Physicians & Surgeons, a Mentor for the Peer Assisted Student Success (PASS) program and Special Events Coordinator for the KCU Emergency Medicine Club. Katelyn is a Sigma Sigma Phi Honor Society member. She is a student doctor volunteer conducting general physical and dental exams for elementary-aged students and was a student doctor volunteer in Wangaya, Kenya from June 2024-July 2024. In her leisure time, she enjoys hiking, snowboarding and skiing, and she is a plant enthusiast and cat mom.



Alexandra Taylor is a student at Rocky Vista University College of Osteopathic Medicine (RVUCOM) and she grew up in Highlands Ranch and Erie. She earned her BA in Integrative Physiology at the University of Colorado Boulder. She is Vice President of the American College of Osteopathic Surgeons at Rocky Vista University, Director of Communications at RVU's American College of Osteopathic Pediatricians and an Ultrasound Scholar. Alexandra placed first in the 2024 New Innovations in Emergency Medicine Competition at the ACOEP 2024 Spring Conference and second place in the Fall 2024 Research Week Oral Presentations. She is a member of the Omicron Theta Chapter of Sigma Sigma Phi Honors Fraternity. Her professional memberships include the American College of Osteopathic Surgeons, the American Osteopathic Association, and the American College of Osteopathic Pediatricians. Her community outreach has included among others, being a family ambassador at Ronald McDonald House Charities Denver. After high school, she was a professional ballet dancer with the Pittsburgh Ballet Company and Ballet West in Salt Lake City. She enjoys running, dogs, ballet and travel in her leisure time.

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CSOF FINANCIAL SUPPORT OPPORTUNITIES

Making a donation to our Foundation is easy and your gifts go a long way. Go to our website, www.csof.org, and click on the Donation button. You can designate your gift in honor of or in memory of a loved one. You can also designate your gift to be used for our grant program or our scholarship program. If you are donating online and would like to designate it, do so in the note section.

Of course, you may make a donation and send it through the mail to the Foundation's post office box address which is P.O. Box 49577, Colorado Springs, CO 80949.

Special gifts and estate gifts are appreciated also. If you would like more information about these types of gifts, please contact Doris Ralston at 719-635-9057 and consult your estate attorney and accountant.



Hannah Weidman is a student at Rocky Vista University College of Osteopathic Medicine (RVUCOM), and she grew up in Brighton. She earned a BS degree in Chemical and Biological Engineering from the Colorado School of Mines and a MS degree in Biomedical Science from Rocky Vista University. Hannah is a member of the Sigma Sigma Phi Omicron Theta Chapter Honor Society and the Internal Medicine Club. Also, she is a volunteer coordinator for the E-Board and a tutor for the Anatomy Lab and Systems. Hannah participates with Canine Assisted Therapy Squad as a volunteer at the Denver International Airport and is engaged with Denver Pet Partners.



Samantha Kincaid is a student at Rocky Vista University College of Osteopathic Medicine (RVUCOM), and she grew up in Castle Rock. She earned a BS in Microbiology from Colorado State University. She is an Ultrasound Scholar, treasurer for the Pediatrics Club, a member of the OBGYN Club and is on the Global Medicine Track. She volunteers and organizes others to crochet octopus stuffed animals to donate to Littleton Adventist Hospital NICU which helps deter the neonatal infants from pulling at cords they are attached to.

MUSINGS FROM YOUR EXECUTIVE DIRECTOR

Albert Einstein wrote, "Brief is this existence, like a brief visit in a strange house. The path to be pursued is poorly lit by a flickering consciousness whose center is the limiting and separating 'I'. When a group of individuals becomes a 'We,' a harmonious whole, they have reached as high as humans can reach."

So, you may ask, how does this apply to our Foundation? When I considered this quote, I thought in terms of teams, even though our Foundation has a staff of one. You might say, "how can you have a team with only one staff member?" The reality is "We" have teams in abundance: our Board of Directors; our Executive Committee; Finance & Investment Committee; Grant Selection Advisory Committee; Engagement Committee; Scholarship Selection Advisory Committee and our Members. Although CSOF is comprised of unique individuals, I believe we form a harmonious whole at least 99% of the time when it comes to commitment, passion and acting in the best interest of our Foundation. Our shared interest transcends individual self-interest, and that must always be the case if we want to continue to thrive, learn and evolve.

Our success is in your hands, my hands, our mighty team of "We." Our Foundations' myriad teams are dedicated, determined and high-performing, and they help us achieve extraordinary outcomes in our community through the nonprofit organizations and Osteopathic medical student scholars we support. Your selflessness and engagement are truly appreciated and valued. Thank you for being part of our "We!"

A LASTING LEGACY

For an entertaining and informative look at CSOF's rich history, please visit the Foundation's website at CSOF.org, scroll down to the **Our Values** section and click play on the **A Lasting Legacy** embedded video. It should be especially interesting for new members!

"The life of a man consists not in seeing vision and achieving dreams, but in active charity and in willing service."

— Henry Wadsworth Longfellow