



# 2024-2025 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

## 2024-2025 BOARD OF DIRECTORS

Maile Foster, CFP  
President

Cynthia Lund, D.O.  
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Michael Welch, D.O.

## FINANCIALS

July 1, 2024 –  
June 30, 2025

Total Assets: \$9,691,442

Total Net Assets:  
\$9,674,704

Total Revenue and Gains:  
\$1,078,872

Total Expenses: \$447,080



**Maile Foster, CFP**  
President of the Board  
2024 – 2025



**Doris L. Ralston, MPA**  
Executive Director & CEO

## The Year in Review

Every day, we are cultivating our legacies through our relationships, our work, our volunteerism, our “heart,” and our character. Through this lens, our Foundation has much to be proud of as we appreciate the past, seek to make the most of today, and look forward to tomorrow.

Our board and volunteers continue to do remarkable work to ensure that our daily legacy is one that positively impacts our community’s most vulnerable. This is achieved through objectivity, robust conversations, ongoing communication, research, and a genuine care for humankind. This past year, we were proud to put this into action by awarding \$182,000 in grants to 12 charitable nonprofit organizations in El Paso and Teller counties, as well as \$101,000 in Osteopathic medical student scholarships to third and fourth-year medical students. In addition, we conducted a successful community service project that benefited CASA of the Pikes Peak Region’s teen clients. Walmart and Amazon gift cards were provided to help make the holiday season a bit brighter. While we take pride in our accomplishments, we know there is still more we can do to support the work of our nonprofit partners.

**“Sometimes the tiniest act of kindness can save a life.”**

**— From *Always Remember the Boy, the Mole, the Fox, the Horse and the Storm* by Charlie Mackesy**

When thinking of legacy aspirationally, we need look no further than the late Dr. John H. Drabing, a giant in our osteopathic community. While Dr. Drabing sadly passed away earlier this year, his legacy lives on through the John H. Drabing, D.O. Osteopathic Medical Student Scholarship Program. His great example and stalwart service through the Foundation acts as a beacon for our scholarship recipients, who represent the next generation of our future physician workforce. What a legacy!

As we move forward, we encourage you to reflect upon your own personal impact on those around you and on our Foundation. Whether you serve on our board, committees, donate, or attend gatherings, each of you contributes to the Foundation’s legacy. We are grateful to you, we thank you, and we are confident with your continued engagement, our Foundation’s legacy will continue to flourish. It has been an honor and privilege to serve our Foundation with you, and through it, our community.



## Community Grant Awards

A total of \$182,000 was awarded in grants to 12 charitable nonprofit organizations during the July 1, 2024 to June 30, 2025 fiscal year including a multi-year award to Kidpower and discretionary awards to The Gazette Empty Stocking Fund and Care and Share Food Bank for Southern Colorado. Grant awards focused on providing access to health and human services for vulnerable children, women, families and seniors. For more information on the Foundation's Grant Program, priorities, eligibility and application process, visit the Foundation's website and call 719-635-9057.

**Court Appointed Special Advocates (CASAPPR)** - \$20,000 for their Dependency and Neglect Program

**Community Partnership Family Resource Center** - \$15,000 for their Strengthening Families in Teller County Program

**Community Partnership for Child Development (CPCD)** - \$15,000 for their Health and Wellness Program for disadvantaged children

**Fostering Hope** - \$15,000 for their Childhood Trauma Alleviation Program

**Inside Out Youth Services** - \$18,000 for General Operating Support to help support daily operations and build access, equity and power with LGBTQ+ young people

**Kidpower** - \$30,000 for their final year of a three-year General Operations grant 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.** - \$20,000 for General Operating Support for their no cost, peer-based mental health programs

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

**Special Kids Special Families** - \$20,000 for Zach's Place

**Teller Senior Coalition** - \$7,000 in Matching Program Support for their Respite Program for Caregivers

Discretionary grants were awarded to the **Gazette Charities Empty Stocking Fund** (\$1,000) and **Care and Share Food Bank** (\$1,000).



## Community Impact: Community Partnership Family Resource Center

Located at 701 Goldhill Place in Woodland Park, Community Partnership Family Resource Center (CP) provides family support services to more than 1,300 individuals in Teller County annually. Among the programs offered are parenting education, early childhood development, basic needs resources, case management services, and

healthy living programs such as exercise opportunities, and nutrition and cooking classes. The first half of 2025, CP served 819 unduplicated individuals in 337 families with 5,102 services by midyear. By mid-2025, 88% of families demonstrated progress in at least one domain. 84% of families improved in at least one protective factor, with 68% improving in two or more. Participant feedback reinforced these results with families citing increased confidence in parenting, reduced stress, stronger social connections, and life-changing supports like healing after trauma.

One of CP's programs that saw the most engagement was their healthy living program with 611 services. Community Partnership received a \$15,000 general operating grant from our Foundation. CP's return on investment to the Child Welfare System is \$2.92 for every \$1 invested. For more information about Community Partnership Family Resource Center call 719-686-0705.



## CSOF Community Service Project

One community service project was conducted during the fiscal year. Our volunteer members contributed forty-five \$25.00 Walmart and Amazon gift cards for CASA's teen clients to help make their holiday a bit brighter.

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

A total of \$100,000 was awarded in tuition scholarships during the fiscal year. Scholarship recipients are selected in their second year of medical school. The scholarships are awarded for the recipients' third and fourth years. Recipients who receive a \$10,000 scholarship for their third year of Osteopathic medical school are automatically eligible to receive a scholarship for their fourth year if they remain in good standing. Five \$10,000 tuition scholarships were awarded to five third-year Osteopathic medical students. Five fourth-year Osteopathic medical students received their final scholarship awards in the amount of \$10,000 each. For eligibility requirements, visit the Foundation's website at [www.csof.org](http://www.csof.org) or call 719-635-9057.

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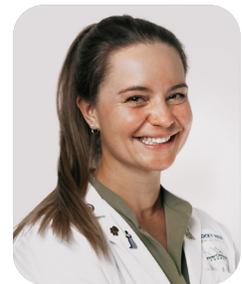
## Osteopathic Medical Student Scholarship Program, cont.

### Fourth-year Osteopathic Medical Student Scholarship Recipients

**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)

### Third-Year Osteopathic Medical Student Scholarship Recipients

**Kevin Eells**, Rocky Vista University College of Osteopathic Medicine (Monument)  
**Christian Low**, Des Moines University College of Osteopathic Medicine (Pueblo West)  
**Riley Hatchell**, Idaho College of Osteopathic Medicine (Colorado Springs)  
**Sara Khammash**, Rocky Vista University College of Osteopathic Medicine (Monument)  
**Rachael Martino**, Rocky Vista University College of Osteopathic Medicine (Colorado Springs)



*Pictured left to right: Akram Hejazi, Yasmeen Sawalha, Katelyn Tapia, Alexandra Taylor and Hannah Weidman*

### Selected to receive tuition scholarships for the 2025-2026 fiscal year were:

**Akram Hejazi**, Rocky Vista University College of Osteopathic Medicine (Golden)  
**Yasmeen Sawalha**, Kansas City University College of Osteopathic Medicine (Ft. Collins)  
**Katelyn Tapia**, Kansas City University College of Osteopathic Medicine (Parker)  
**Alexandra Taylor**, Rocky Vista University College of Osteopathic Medicine (Erie)  
**Hannah Weidman**, Rocky Vista University College of Osteopathic Medicine (Brighton)



*Samantha Kincaid*

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

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. **Emily Muhlenhaupt**, Burrell College of Osteopathic Medicine in New Mexico (Castle Rock), was awarded the scholarship in the 2024-2025 fiscal year.

**Samantha Kincaid**, Rocky Vista University College of Osteopathic Medicine and a resident of Castle Rock, was selected to receive the scholarship in the 2025-2026 fiscal year.

## Thank You, Fiscal Year 2024-2025 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. †  
Michael and Taren Drabing

### Associate (\$5,000 - \$9,999)

Curry Horak, M.D.\*\*

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

Diane Drabing\*  
Kirk Drabing  
Laura Feldman, D.O. and Glenn Pressman, Esq.  
John and Daphne Gebauer\*\*  
Meagan Jones, D.O.  
Caroline Lewis, Craig Lewis and Gail Lewis\*  
Joyce Michael, D.O. and Michael Trumbull, Ph.D.  
Doris Ralston  
Rob and Ann McDonald  
Peter McNally, D.O.\*  
Frank Piccinni, D.O.  
Rocky Vista University College of  
Osteopathic Medicine  
Dr. Sidney and Karen Rubinow  
Daniel Tell, D.O.  
Dr. and Mrs. Scott Woody

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

American Osteopathic Academy of Orthopedics  
Gerald and Beth Hamstra  
Dr. Thomas and Janie McCarthy\*  
John Potterat  
William Mandell, D.O., J.D.  
Glenn and Barby Schlabs  
Nancy Stevenson and Family  
Lloyd Strode, D.O.\*  
Syndicate Investment Club  
Dr. and Mrs. Michael Welch

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

Rita Burns  
Barbara Gazibara  
Thomas and Diane Gosch  
Charles and Judy Hughes  
Lynne Jones  
John Kurish, D.O.  
Rae Loschen  
Cynthia Lund, D.O.\*  
Michael Spangler, D.O.  
Betty Uhrman  
William H. Woodworth, Jr., D.O.  
James Zimmer, D.O.\*

### Friend (Up to \$249)

Sandy Anderson  
Susan Greer  
Bob and Joanne Patterson  
Mark and Cathy Plush  
Rebecca Sanguenza, Mike Kancir and Eric Sanguenza  
Michael Shank, D.O.  
Deborah Swanson  
Gerald Travers, DPM  
Amanda Walker

### Memorial and Honor Gifts

#### In Memory of Linda Case, D.O.

Doris Ralston

#### In Memory and in Honor of

##### John H. Drabing, D.O. †

American Osteopathic Academy of Orthopedics  
Sandy Anderson  
Kirk Drabing  
Barbara Gazibara  
Thomas and Diane Gosch  
Susan Greer  
John Kurish, D.O.  
Caroline Lewis, Craig Lewis and Gail Lewis  
Dr. Thomas and Janie McCarthy  
Rob and Ann McDonald  
Bob and Joanne Patterson  
Mark and Cathy Plush  
Doris Ralston  
Rebecca Sanguenza, Mike Kancir and  
Eric Sanguenza

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## Fiscal Year 2024-2025 Donors, cont.

Nancy Stevenson and Family  
Syndicate Investment Club  
Betty Uhrman

**In Memory of Mikie McDonald & Grant Ralston**  
Rob and Ann McDonald

\* Designated for Osteopathic Medical Student Scholarship Program

\*\* Designated for Community Grant Program

† Deceased

Please note, if your name has been unintentionally omitted or misspelled, we apologize. Please send an email to [SRauen@csof.org](mailto:SRauen@csof.org) with the corrected information or call Shannon Rauen at 719-635-9057.

*“As we work to create light for others, we naturally light our own way.”*

— Mary Anne Radmacher,  
writer and artist

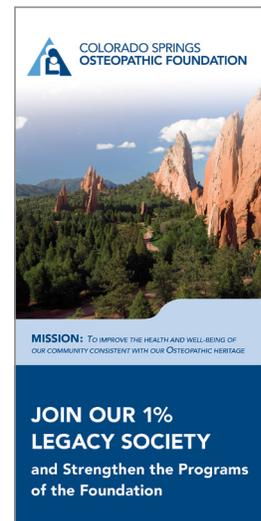
## Fund Development

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 and be part of the solution to our community's most pressing health and human service issues. Together we can do more than we can individually to benefit our community.

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 philanthropic Foundation is unique in that it has member volunteers. Members are a valuable resource for the Foundation. They serve on committees (Grant Selection Advisory Committee, Scholarship Selection Advisory Committee, Finance & Investment Committee and Engagement Committee), 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. Volunteer members are Foundation ambassadors sharing the mission with friends, colleagues, neighbors and the community at large.

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 [csof.org](https://csof.org) or call 719-635-9057 for more information and to request an application be emailed to you.

## Who May Join the Foundation?

Anyone who has an interest in the Foundation, its mission and work may apply for volunteer membership.



*Thomas McCarthy, D.O. pays tribute to the late John Drabing, D.O.*



*Thomas McCarthy, D.O., Joyce Michael, D.O. and Michael Spangler, D.O. (left to right) converse.*



*Members and Guests visit during social time at June’s annual gathering.*



*Sara Khammash, a Foundation scholar from Rocky Vista University COM, shares how meaningful the Foundation’s scholarship award is.*



*Angela Rose, E.D. of CASAPPR, shared the importance and results of the grant support CASA received from the Foundation over the years.*



*Alex Constantinides, D.O. and Kristine Hembre, D.O. share a moment at the Fall 2024 Member Guest Gathering.*

## Who We Are

Colorado Springs Osteopathic Foundation is a conversion foundation, originally established in August of 1984 as a 501(c)(3) public charity from the sale of Eisenhower Osteopathic Hospital. In 2009, Colorado Springs Osteopathic Foundation transitioned to a private, non-operating philanthropic 501(c)(3) foundation. It's charitable mission lives on today by awarding grants to qualified health and human service nonprofit organizations in El Paso and Teller counties and awarding Osteopathic medical student scholarships as well as collaborating with like-minded organizations to address community health issues. Learn more about our history and view a video of our region's Osteopathic legacy on our website, [csof.org](http://csof.org).



National Alliance on  
Mental Illness-C.S. (NAMI)  
**2016 Advocate of the Year**  
May 4, 2017

*“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”*

—Margaret Mead



CASA's Foundation  
**Investor Award**  
August 22, 2013



COLORADO SPRINGS  
OSTEOPATHIC FOUNDATION



Partners in Philanthropy  
**Outstanding Grant  
Making Organization**  
October 3, 2012

P.O. Box 49577

Colorado Springs, CO 80949

605 South Tejon, Suite 101

Colorado Springs, CO 80903

p 719.635.9057 | [SRauen@csof.org](mailto:SRauen@csof.org) | [csof.org](http://csof.org)



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