

OTTAUQUECHEE

HEALTH FOUNDATION

GRANTS, FUNDING AND SUPPORT BECAUSE GOOD HEALTHCARE MATTERS TO US ALL

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www.ohfvt.org

A MESSAGE FROM THE PRESIDENT



Dear OHF Friends,
During the past year, the Ottawaquechee Health Foundation staff and Board of Trustees have focused on our Good Neighbor Grant Program. Sherry Thornburg, OHF Executive Director and Kate Pierson, our

Good Neighbor Grant coordinator, have refined the application process so that folks can request assistance with minimal paperwork in a respectful and supportive environment.

Getting the word out about this unique program has been a year-long effort by the OHF Communications Committee, chaired by OHF Trustee, Paul Regan. We welcome your help with this outreach – Sherry has posters and brochures if you want to help spread the message.

The OHF Grants Committee, chaired by Dr. Judith Hills (OHF Trustee), meets frequently

to review the Good Neighbor requests for health-related financial assistance. The program funds numerous health related needs such as prescription medicines, Lifeline subscriptions, dental care, hearing aids, an electric lift chair, mental health services including counseling, and a number of other health and wellness services that our neighbors critically need and would not otherwise afford. This year our requests for funding through the Good Neighbor Grant program are twice that of last year! We need your help to expand the Good Neighbor Grant program... our goal is to fund every appropriate request received. Please send what you can afford; *every dollar will be distributed entirely to our Good Neighbors.*

Thank you for all the ways you support the OHF mission... we are so lucky to live together in this neighborhood.

Liza Deignan, President

OHF Board of Trustees

Good Neighbor Grant Mini Fundraiser

June 15 – July 30, 2014

Support OHF and be the good neighbor we know you are!

Friends and neighbors of OHF – we need your help. We are experiencing more demand for assistance through our Good Neighbor Grant program than ever before!

Request for help have more than doubled this year compared to 2013. In order to meet the health care needs of our community for the remainder of 2014, we are raising additional funds through a mini fundraiser during the months of June and July. This mini-fundraiser is in addition to our Fall Annual Appeal.

All funds will go directly to the Good Neighbor Grant program which helps our neighbors in need with medical co-pays, dental care, specialized baby formula, adult diapers, physical therapy, dermatology, Lifeline connections for seniors, counseling for teens and families experiencing trauma, asthma medication not covered by Medicare, hearing aids (not covered by Medicare), eyeglasses (not covered by Medicare nor Medicaid), dentures, counseling sessions, compression stockings, and more.

What can you do? Support the Good Neighbor Grant campaign by sending a donation today in the enclosed remittance envelope. Alternatively, you can make an online donation on our website: <http://www.ohfvt.org/make-a-donation/>

What happens if we do not raise additional funds for this unanticipated demand for help?

We will have to say no.

Let's keep our community healthy.

Please help us say yes to our neighbors in need by donating today.

Support OHF's mini Good Neighbor Campaign and be the good neighbor we know you are!

I never knew about this foundation and I am so grateful not for just myself, but for everyone that had been helped. It's just wonderful. I was able to fill my eye glass script which I was unable to afford at this time." ~Good Neighbor Grant recipient 2014

2013 was a productive year for the Ottawaquechee Health Foundation thanks to the efforts of a lean but efficient office staff and work done behind the scenes by our dedicated Board of Trustees and OHF Community Committee members. The primary work for 2013 included the following:

- Community Health Needs Assessment by OHF Task Force Leader of collaborative efforts to address community health needs through health seminars
- Continued to award grants
- Continued fundraising efforts
- Continued integration and support of Community Care Coordinator (CCC) program

In the summer of 2013, an OHF task force completed a Community Health Needs Assessment based on current research by Fletcher Allen Health Care and Granite United Way. This evaluation concluded that present community needs include:

1. Transportation to health resources, affordability and Senior issues such as caregiving and safety.
2. Emotional Wellness is a concern due to isolation associated with rural communities. Specific issues are depression, substance abuse, and timely access and availability of mental health care, especially early detection/additional support for children and teens and their families
3. Access to Health Information means connecting people who need health-related services and information to service providers. This includes all aspects of well-being such as health literacy, housing costs, family support such as child care, and the availability of social services.
4. Oral Health care means not only access to dental care but also to nutrition information, and the ability to pay for services.

As a result of the Community Health Needs Assessment, we now:

Understand current health care needs of the community;

Prioritize grant funding based on health needs;

Identify possible partners to address specific needs, such as oral health, access to health resources, etc;

Provide community education and information.

This assures that OHF's work stays true to our mission: to improve the health our community through our grant making, through providing community health education and information, and through new initiatives.

GRANTS

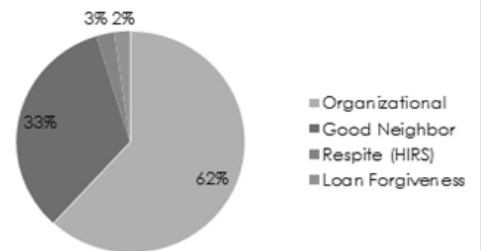
The primary work of the Ottawaquechee Health Foundation continues to be awarding grants.

In 2013, a total of \$176,400 was distributed to more than 1,000 community members through our Good Neighbor Grants, Organizational Grants, Loan Forgiveness and HIRS Respite Grant programs.

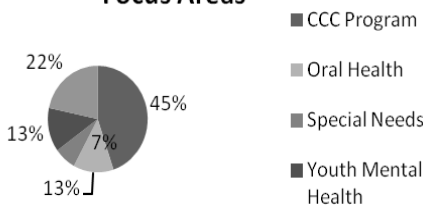
- \$58,941 in Good Neighbor Grants.
- \$109,196 in Organizational Grants.
- \$3,960 in Loan Forgiveness for local health care professionals.
- \$4,500 Respite Grants (HIRS)

The **Good Neighbor Grants** program, the heart of the Foundation's work, continued to meet critical needs for those without means to cover their health care costs.

2013 Grant Distribution



2013 Organizational Grants by Focus Areas



Our grant making of \$58,941 in Good Neighbor Grants helped 55 individuals directly and their families indirectly.

These payments were sent directly to the doctors, dentists, pharmacists, mental health providers and medical equipment suppliers who provided the services.

OHF supported 14 organizations through 16 OHF **Organizational Grants** in 2013 for a total of \$109,196. We focused on four areas for Organizational Grants: 1. The Community Care Coordinator program, 2. Oral Health, 3. Support of young adults with Special Needs, and 4. Mental health needs for youth including substance abuse prevention.

In 2013 we supported one local health care provider with our **Loan Forgiveness Program**.

Because the demand for other grant programs has increased, the OHF Trustees have decided not to continue this Loan Forgiveness program as of January 1, 2014 and to focus instead on meeting community health needs through our Good Neighbor and Organizational grant programs.

OHF continues to support the community through **HIRS Respite Grants** providing financial support to individuals and their families who required in-home health care. In total, \$4,500 was provided to 7 individuals.

FINANCIAL SUMMARY

Statement of Assets (in 000s)

Current Assets	189
Endowment	3,657
<u>Fixed Assets, Net</u>	<u>112</u>
Total Assets	3,958

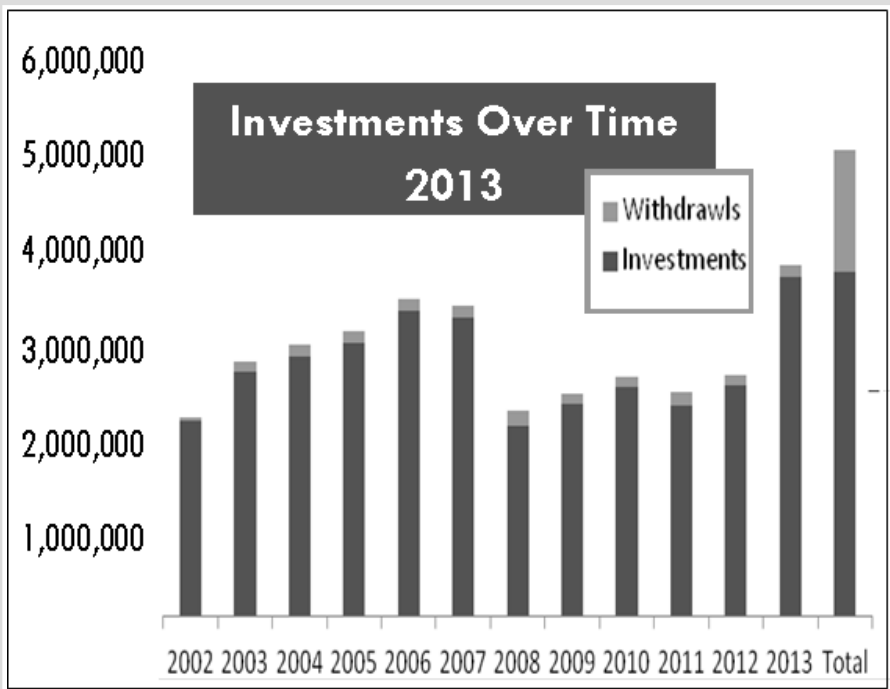
Revenue

The Foundation’s annual revenue comes from three main sources:

- 1) The investment fund, comprising investments of past gifts and bequests;
- 2) the annual appeal and other contributions during the year; and
- 3) the net income from our rental property, Simmons House, at 32 Pleasant Street, Woodstock, VT.

Income Statement (in 000s)

Income	
Investment Transfer	122.1
Real Estate Transfer	67.4
Fundraising	81.4
<u>Real Estate</u>	<u>131.0</u>
Total Income	401.9
Expense	
Grants	176.4
Total Administration	97.2
<u>Real Estate</u>	<u>119.2</u>
Total Expense	392.8
Net Income	9.1



Expense

Our primary expenses continued to be our grants and the costs of running the Foundation, including grant administration, fundraising, operating programs such as the Good Neighbor Grants and community health leadership projects.

Real Estate

We continued to manage Simmons House at 32 Pleasant Street. The spaces within Simmons House are rented to health providers and non-profit providers, with non-profit provider leases offered at below market rates. In 2013, we conducted a building inspection and an energy audit of Simmons House. As a result, we have created a building maintenance and energy efficiency upgrade plan for the next 5 years. The first phase, completed in December of 2013, included insulating the attic space.

Fundraising Goals

Fundraising is a crucial component of our work at OHF and provides us with resources which provide access to health care and information through our grants programs and community health initiatives. We are so thankful to all donors for their support which is vital to our mission.

“THE GOOD NEIGHBOR GRANT HAS HELPED ME TO HAVE A HEALTHIER LIFE.”
 ~GOOD NEIGHBOR GRANT RECIPIENT 2014

“OHF assisted in paying physical rehabilitation which I could not afford but needed after a hospital stay of 3 weeks (no insurance).”
 ~Good Neighbor Grant recipient 2014

The Good Neighbor grant program helped me get the treatment I need and emotionally feeling the security that there is help when it’s badly needed.”
 ~Good Neighbor Grant recipient 2014

“In May of 2013, I was diagnosed with breast cancer. During chemo and radiation I could not work and then I developed problems with my partial plate. The Good Neighbor Grant program made it possible for me to get my partial plate fixed. Thank you so much.” ~Good Neighbor Grant recipient 2014

In 2014 OHF continues to address community health issues through our "Here's to Your Health Seminar Series," reaching more than 350 area residents at three programs.

OHF hosted director Bess O'Brien and the cast for a showing of the documentary film "The Hungry Heart" in Woodstock in February. More than 200 from local communities viewed this powerful film and participated in the discussion that followed.



Robert Sand

In April, Robert (Bobby) Sand, Senior Policy and Legal Advisor, Vermont Department of Public Safety, spoke about addiction and substance abuse in our community. He provided an overview of the Federal Government's War on Drugs and compared it to Vermont's initiative to provide a treatment path as opposed to a punitive path for those convicted of substance abuse-related crimes. Bobby's talk evoked intense discussion among the 80 attendees.

The community forum in May featured Dr. James Hudziak, professor of Psychiatry, Medicine and Pediatrics at UVM. He is also Director of Vermont Center for Children Youth & Families at Fletcher Allen Health Care and University of Vermont's College of Medicine. Dr. Hudziak described an evidence-based prevention model which he developed from 20+ years of work in genetics and neuroscience. He calls this "The Vermont Family Based Approach" and it is being used in clinics around the world. It is his goal to implement it more broadly in Vermont. He argues simply: "All health emerges from good emotional behavioral health, and our program embraces the responsibility of promoting health in families."

OHF and others are very interested in learning more about what it would take to introduce Dr. Hudziak's program in our community. Please contact us at OHF (802-457-4188) if you would like to be part of this effort to address the epidemic of opiate drug addiction at a community level.

We must identify available resources and what further resources would be required to stop this epidemic that is killing more people than car accidents or firearms. OHF is committed to leading this effort.

DRUGS AND THE BRAIN – WHAT'S GOING ON?

PLEASE JOIN OHF FOR A COMMUNITY FORUM ON THURSDAY,
JULY 10TH FROM 6–7 PM.

Speaker Sara DeGennaro, MA, is a Licensed Mental Health Counselor, Licensed Substance Abuse Counselor, Certified Clinical Supervisor in Vermont and New Hampshire, and Clinical Supervisor for Valley Court Diversion Programs.



Sara DeGennaro, MA

This talk explains how addiction is a brain disease that causes impaired control over the use of drugs, and how addiction is best treated by changing brain function.

Current research has determined that prolonged drug or alcohol use affects the area of the brain not under conscious control, resulting in profound changes in brain function that persists even after the drug taking stops.

We hope you will join us in learning more about addiction with an aim of reducing harm to our community related to substance abuse and misuse.

A light supper will be served – first come, first serve.

Open to the public – free!

Venue and partner: Norman Williams Public Library, 10 The Green, Woodstock, VT
Reservations recommended: 802-457-4188 or ohf@sover.net

ADVANCE DIRECTIVES WORKSHOP

**MAKING END-OF-LIFE CARE
DECISIONS AHEAD OF TIME.**

**IT'S NEVER TOO EARLY TO
PLAN AHEAD.**

SEPTEMBER 16TH, 6:30 PM

Join us for an interactive workshop on Advance Directives. Betsey Burghardt, Case Manager at Mt. Ascutney Hospital, will give an overview of Advance Directives which are legal documents that allow you to spell out your decisions about end-of-life care ahead of time. They give you a way to tell your wishes to family, friends, and health care professionals and to avoid confusion later on. Don't miss out on this opportunity to make sure you understand how to document your wishes concerning medical treatments at the end of life.

When: Tuesday, September 16th from 6:30 – 8:00 pm

Where: Norman Williams Public Library, Woodstock, VT

Who: Open to the public – free!

"I live on a fixed income as I'm retired. I can get by month to month but any extra bills or in this case, new teeth, I couldn't do it." ~ Good Neighbor Grant recipient 2014

Friends of Veterans

Support for providing assistance to local veterans who are homeless or in danger of becoming homeless. Support includes transportation to medical appointments, and employment, housing funds, and referral to medical providers such as counseling. Services are provided by Veteran Volunteers.

Good Neighbor Health and Red Logan Dental Clinics

To support basic medical and dental services provided to residents of the Ottawaquechee Health Foundation (OHF) service area.

HIV/HCV Resource Center

Support for the following new initiative: 1) Substance abuse and life skills counseling to our community members (under 21) who are clients at the syringe exchange program.

2) Drug treatment financing to methadone clinic and transportation costs.

Killington Elementary School

Support for Positive Behavior Interventions and Supports (PBIS) Program - specifically sensory diet toolbox to help meet mental health needs of student for teaching self-regulation.

MAHHC - Community Care Coordinator program (grants provided both Spring and Fall 2013)

Support for the Community Care Program which provides services for those living with chronic disease.

Ottawaquechee Community Partnerships

Substance abuse prevention through YVAN project.

Second Growth

Support of recovery support groups for young people who are facing challenges of sobriety.

Thompson Senior Center, Woodstock Area Council on Aging

Support for healthy aging initiatives related to support of Community Care Coordinator services at Thompson Center including volunteer support caregiver support program partner, health education and wellness program, and serves as a venue for the CCC program.

In addition, support for transportation to medical appointments for community members and the meals on wheels program providing nutrition to seniors.

Upper Valley Farm to School

Support for Harvest Lessons curriculum taught by trained parent volunteers at local elementary school and Mini-Grants for field trips to visit local farms, food from a local farm, materials related to the presentation or display, materials for gardens & garden activities, and stipends for farmers, teachers or FTS coordinators.

Valley Court Diversion Programs

Substance abuse screenings and assessments by Apprentice Addiction Professionals supervised by our Clinical Director, and, in addition, a substance abuse prevention educational opportunity.

Volunteers in Action

Support of health transport/delivery services of meals on wheels serving residents in Hartland and Reading.

Woodstock Community Television

Production and dissemination of health related TV programs.

Windsor Central Supervisory Union Tooth Tutor Program

For Support for Tooth Tutor program, which promotes oral health through elementary school education, finds dental homes for children in the target group (K-6), and oral screenings within the elementary schools of the Windsor Central Supervisory Union.

Zack's Place

To support ongoing programs which benefit special needs individuals in the Woodstock and Upper Valley areas.

Zack's Place

Support of adaptive ski program which benefits special needs individuals residing in Woodstock and OHF catchment area.

**"With a grant for major dental work I no longer have periodontal disease
and can smile without gaps and missing teeth."
~Good Neighbor Grant recipient 2014**

**THIS LIST REPRESENTS GIFTS RECEIVED BY THE FOUNDATION WITHIN THE PAST 18 MONTHS.
OUR DEEPEST THANKS GO TO ALL OUR DONORS FOR THEIR SUPPORT. OHF MAKES EVERY EFFORT TO MAKE
THIS LIST AS COMPREHENSIVE AND ACCURATE AS POSSIBLE.
IF YOUR NAME IS MISSING OR YOU SEE ANY MISTAKES OR INACCURACIES, PLEASE LET US KNOW!**

Peter Allison and Nancy Gabriel	Ralph Eames	Charlie and Carolyn Kimbell
Paul Amato and Patricia Kristen	Kirsten Eastman	Mark Knott and Rachel Hochman
Sheila Armen and Shelley Yusko	Bert and Kathleen Eiselein	Ron and Sara Kobylenski
Audrey Barclay	Bill and Titia Ellis	Marian Koetsier
Craig and Sue Pelton-Barrett	Sabra Field	Joan Lang
Chris and Barbara Bartlett	Gerry & Frank Fields	Richard and Jane Leonard
Mrs. Nancy Bassett	Jackie Fischer and Ron Miller	Robert and Nancy Lewis
Shoshana and Townsend Belisle	Helen Flower	Jenepher Lingelbach
Jeff Bendis and Barbara Butler	Louise Fowler	Todd and Jill Lloyd
Les and Susan Berge	Jerry Fredrickson	Christopher Lloyd and Vassie Sinopoulos
Miriam Berlin	Eric Fritz	Norwood and Joanna Long
Elizabeth Berry	Elliot and Ina Gant	Jill Lord
Mary Blanton	Frances Gillett	Maurice and Mary Jane Lorenz
Ellen Booth	Gertrude Goff	Suzanne Macksoud-Wooten
Thomas Bracken	Oliver Goodenough and Alison Clarkson	Oliver and Tita Manice
John and Mary Beth Brand	Dean and Harriet Goodwin	Bruce and Suzanne Marier
Preston and Kerilyn Bristow	Peter Goulazian	Neil and Anne Marinello
Priscilla Britton	Robert and Honore Hager	John and Patsy Mathews
Jennifer and Peter Brock	Allen and Sara-Louise Hall	Peter and Claire Mayock
Peter and Anne Brooke	Lyle and Lisbeth Hall	Robert and Fiona McElwain
Phyllis and Jim Bulmer	Deb Heimann	Jack and Jane McGuire
Judith and Phil Bush	Jim and Ann Heimarck	Lawrence and Kathleen McLiverty
Laura Byrne	George Helmer	Mark Melendy
Laurie and John Chester	Wilfred and Sylvia Hill	Cordelia Merritt
Bill Chorske	Judith Hills and Lynn Murrell	John Moore
Candace Coburn and Greg Gosselin	Hudson and Mardie Holland	Joseph and Amy Morel
Albert and Jean Conklin	Barbara and Kermit Hummel	Susan Morgan and Larry Perry
Eileen and John Connors	Charles Humpstone	Steve and Naomi Moyer
David and Bernadette Darakjy	Susan Inui	Linda Mullestein (In Memory of Calvin Dana)
Jill Davies and Nigel Hollis	Jack and Irene Jaglom	Christian and Connie Nast
Bill and Mitzi Davis	Ron and Pam Jaynes	Geoffrey and Joan Nichols
Andrew and Valerie Dean	Warren and Mary Jenne	Jerry and Joan Oppenheimer
Elizabeth Deignan and Dan Bellmore	Gerard and Emily Jones	Lynn and Nancy Peterson
Kathleen Dolan	Robert and Deanna Jones	Eleanor Pizzani
David and Cathleen Donath	Vincent and Cynthia Jones	Scott Putney
Kevin Donovan	Jeffrey and Rachel Kahn	George and Linda Racicot
Clare and Jason Drebitko	Laura and Sherman Kent	Jack and Pam Reese
Ginny Eames and Richard Colantuono	Mike Kilcullen and Donna Hay	

DONORS CONTINUED

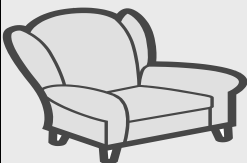
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| Paul and Beverly Regan | Patt and Mary Taylor |
| Stuart and Judith Repp | Joby Thompson and Anne Macksoud |
| Gordon and Pat Richardson | Sherry Thornburg and Samuel Belk |
| Paul and Sharon Rigali | Philip and Susan Tomlet |
| Tom Roberts and Lorie Loeb | Russell and Betsy Tonkin |
| Joyce Robinson | Marc Torrey and Judith Smith |
| Carl and Joyce Roof | Sara and Gordon Tuthill |
| Eric Rowley | Julian and Bonnie Underwood |
| Robert Salisbury | Rob Wallace and Sandra Benoit |
| Ellen Satterthwaite | John and Wendy Wannop |
| Prudence Schuler | Eric Wegner and Diane Kiernan |
| Stephen and Louise Schwebel | Peter Welch and Magaret Cheney |
| Bruce and Meg Seely | Melinda Weschler |
| John and Mallory Semple | Suzi Whitehurst |
| Ad and Mavis Shaw | Marilyn Wilhelm |
| Charles Simons | Alan Willard |
| Hank and Kathy Smith | Bob and Joan Williamson |
| Jane S. Smith | Chet Williamson |
| Robert Soloff | Judy Williamson |
| Orson St. John | Karl and Phyllis Wood |
| Michael Stoner and Denise Lyons | John and Susan Zuccotti |
| Jessica Stout | Donald and Barbara Zucker |
| Carl and Ching-Wen Taylor | Anonymous (2) |

OTHER GIFTS AND GRANTS RECEIVED

- Ben and Jerry's Foundation
- Catherine Lawless
- Glad Rags
- Irving Oil
- Jack and Dorothy Byrne Foundation
- King's Daughters
- Lake Sunapee Bank
- Laurance and Mary Rockefeller / Woodstock Foundation
- Ledyard National Bank
- Lucy Downing Nisbet Charitable Fund, Ward Cleary, and Bank of America, N.A. Trustees
- Northeast Delta Dental Foundation Inc.
- Price Chopper Golub Foundation
- TD Charitable Foundation
- Timken Company Charitable and Education Fund, Inc.
- Town of Plymouth
- Universalist Union Society of Hartland
- VT Life Safety LC
- Woodstock Area Jewish Community
- Woodstock Inn
- Woodstock Rotary
- Upper Valley Adoption Circle

OHF Wish list items: Waiting Area Chairs and Bench

The Ottauquechee Health Foundation is in need of decent chairs and a bench for waiting areas in Simmons House. Chairs must be in good condition and suitable for people of all sizes. Please contact us at 802-457-4188 if you are able to help. All donations are tax deductible.



DONATIONS GIVEN IN MEMORY OF PAULINE "POLLY" SAWYER

- Nancy Bassett
- Conchessa Brownell
- Jean and Al Conklin
- Eleanor and John Fraleigh
- Michelle and Don LaBelle
- Paula and Richard Reynolds
- Christine Spaulding and Russell Robinson

WHAT'S NEW IN THE SIMMONS HOUSE

The Foundation continues to work from the Simmons House and leases office space to health care providers and local non-profits organizations. **Also, we have a conference room that is available for community groups.** Contact ohf@sover.net or 802-457-4188.



NON-PROFIT TENANTS:

- Ottauquechee Health Foundation
- Glad Rags
- Hubbard Brook Research Foundation
- Sustainable Woodstock
- VNA
- WCTV8

HEALTH CARE TENANTS:

- Karen Chalom, LICSW
- Anne La Roque, LCMHC
- Eleanor Lowenthal, LMFT
- Linda Mullestein, M.S., LCMHC, LADC
- Dr. Al Pristaw, OD
- Dr. Sandy Stark, (Speech Pathologist)
- Dalene Washburn, LICSW

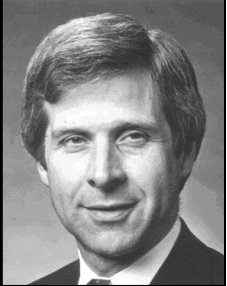
The mission of the Ottawaquechee Health Foundation is to promote and support programs that identify and help meet the health care needs in Barnard, Bridgewater, Hartland, Killington, Plymouth, Pomfret, Quechee, Reading, and Woodstock.



Thank you Susan Inui

As the old saying goes, “parting is such sweet sorrow”.

This is very much the case with departing OHF Trustee, Susan Inui, a Woodstock and now Hartford resident. Susan, a successful Realtor (and former nurse) has served OHF for the past six years (2008-2014) devoting endless hours to various OHF roles. She most recently served as Vice-President, Chair of the Real Estate Committee, Community Health Needs Task Force member and Grants Committee member. Susan has also served as Chair of the Nominating Committee. We are very grateful to Susan for her service to OHF and our community.



Welcome Jerry Fredrickson

OHF’s new Trustee, Jerry Fredrickson, lives with his wife Arleta in East Barnard. They have three grown daughters and three grandchildren. A native Nebraskan (and cornhusker fan) Jerry has a graduate degree in Health Care Administration and years of work experience in the health care field. He lived for nearly 20 years in Boston working at the Joslin Diabetes Center where he developed an interest in endurance exercise and taught a class for patients with diabetes on how to safely start an exercise program when you have diabetes. Jerry also managed the merger of multiple medical group into multi-specialty groups. After retirement Jerry continued to work in various roles as a paid employee and most recently, as an active community member who volunteers for numerous local organizations and serves on various boards.

WELCOME NEW MEMBERS!

The Ottawaquechee Health Foundation welcomes the following new members approved at the 2014 Annual Meeting: Nerissa Edwards, Reinhart Jeck, Jessica La Perle, Polly Lynn, Kate Pierson, Paul and Sharon Rigali, and Kathy and Rick Terwelp.

EDITORS: JOANNE BOYLE, GERRY FIELDS, KATE PIERSON, AND SHERRY THORNUBRUG

Woodstock, Vermont 05091

P.O. Box 784

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