

# NEWS FROM OTTAUQUECHEE HEALTH FOUNDATION

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

JUNE 2012

ISSUE 7

## A MESSAGE FROM THE PRESIDENT



As President of the Ottawaquechee Health Foundation, it is with great pleasure that I write to you with an update on the activities of the Ottawaquechee Health Foundation over the past year. One year

ago, Tom Roberts left the Foundation for a new position at the Vermont Community Foundation and Deborah Heimann stepped in as Interim Executive Director. We are grateful for Deb's diligence in assuring that the work of the Foundation continued while we searched for a new Executive Director.

After a thorough and extensive search, the Foundation hired Sherry Thornburg as our new Executive Director. Sherry began working with us in February as the first full-time ED and is working with our Board of Trustees to carry out the mission of the Foundation to promote wellness in the community. We also have recently hired a new administrative assistant, Alexandra Spalding, who works part-time in the office providing support for the Foundation as well as administering our Good Neighbor Grants Program. Alexandra was hired following the departure last fall of Milena Zuccotti. Although only with us for a short while, Milena was very efficient in her role as Administrative Assistant.

In March 2012, we said good-bye to three trustees who have supported the Foundation tirelessly. They are: Joe Boyd, John Moore, and Meg Seely. We thank them all for their dedication, wisdom, and service. We will miss them.

On a positive note we welcomed aboard three

new Trustees: Steve Moyer, of Plymouth; Paul Regan, of South Woodstock; and Jill Davies, of Woodstock. They are committed to serving the health care needs of our community and will be excellent ambassadors for the Foundation.

Aside from being a year of transitions, 2011 was also a year that our community will never forget as we struggled through the aftermath of Hurricane Irene. In response to the needs of the community, the Board of Trustees committed an additional \$45,000 in support of local health-related relief. We appreciate the support of The Woodstock VT Area Relief Fund and Plymouth Memory Tree who quickly identifying those most in need.

We are very excited by the completion of the merger of HIRS with the Ottawaquechee Health Foundation. Over the past 2 years we have worked with the HIRS Board to integrate the services and supports that HIRS offers within the Community Care Coordinator services and resources. The health information and referral services are being handled by the Community Care Coordinator program at OHC and it is our hope that the integration of these services with such an active coordination role will provide more access and better support to people in our community in years to come.

With our team of new trustees and employees, we look forward to working on the behalf of our community to promote access to health care and to support programs which directly impact the health of the community.



Mark E. Melendy  
President, Board of Trustees

### OHF's office

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32 Pleasant Street  
P.O. Box 784  
Woodstock, Vermont  
05091  
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### Board of Trustees

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*Vice President*

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# 2011 ANNUAL REPORT

For the Ottawaquechee Health Foundation 2011 was a year of transition, reflection, and moving forward with renewed energy. Thanks to ongoing community support, we continued to award effective and high-impact grants to address the health needs in the community.

Our financial outlook has continued to improve through the economic ups and downs and also, we have seen continued support through ongoing fundraising efforts. Given the continuing changes with both Federal and State funding of health care, OHF is committed more than ever to support the health care needs of our community through grants, funding, and support.

## Grants

At the core of OHF's work are the grants that we make each year. In 2011, we made a total of \$207,778 in grants which was an increase of \$19,500 from last year.

Our **Organizational Grants** included two ongoing projects developed from within the Foundation. The **Community Care Coordinator (CCC)** is a project funded by the Foundation in partnership with Mt. Ascutney Hospital and Health Center and other community partners. This program continues to grow with the addition of a part-time nurse in order to best assist seniors and others with chronic illness. The role of the CCC is to help patients follow their treatment plan, review individual and family needs in the home-setting, and to access services and resources within the community.

As of March 2011, Community Care Coordinator (CCC) Susan Jantos resigned. A new Community Care Coordinator Registered Nurse, Lonnie Larrow, has been hired to work part-time and a new Social Worker will begin working part-time in July, 2012.

**The Upper Valley Oral Health Awareness Project**, launched by the Community Oral Health Initiative (COHI) in 2010, has been managed and implemented by the Ottawaquechee Health Foundation (OHF) since June 2010. The intention of this project to date has been to raise awareness of the oral health needs in our region, by collecting and distributing stories. The Upper Valley Oral Health Website, <http://www.uvoralhealth.org/> was developed and launched in September of 2010. The website features individual stories as well as information about COHI, links to information about oral health care and disease prevention, and an online submission form for submitting additional oral health stories. In the spring of 2011, several consultants were hired

to seek stories. Through outreach efforts, the project has reached at least 4,000 people in the Upper Valley and countless others through the web.

By the end of May, 2012, OHF transferred all data, resources, and any remaining funds for this project to The Upper Valley Haven, which will serve as the new fiscal sponsor for the Upper Valley Oral Health Awareness project. Both COHI and OHF agree that the regional focus of the project will be better served by being housed and coordinated under the auspices of The Haven.

OHF has been very pleased to be involved in such an integral way with the launch and pilot phases of the Upper Valley Oral Health Awareness Initiative.

In 2011, the Foundation funded 1.) Organizational Grants, 2.) Good Neighbor Grants, 3.) Irene related grants, and 4.) Loan Forgiveness Grants. OHF made 28 organizational grants of \$861,945 to 20 different agencies addressing health needs in our community. An additional \$40,400 in Irene related grants was made.



*Organizational Grant Recipient:  
Red Logan Dental Clinic*

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# 2011 ANNUAL REPORT (CONTINUED)

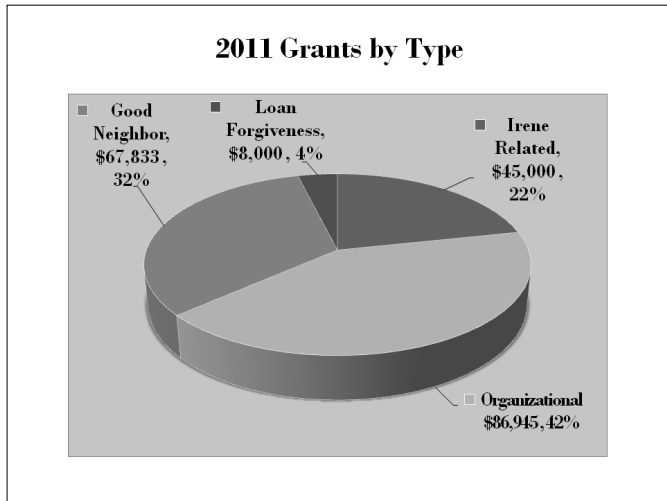
The **Good Neighbor Grants** program continued to meet critical needs for those without means to pay for their health care costs. We made 58 grants, totaling \$73,138 in grants. Of these, \$4,600 was granted specifically for Hurricane Irene related Good Neighbor Grants. These payments, made on behalf of those in need, were sent directly to the doctors, dentists, pharmacists, medical equipment suppliers, and mental health providers who provided the services. Dental grants made up two thirds of the total funds granted.

## Loan Forgiveness Program

In 2011 we granted \$8,000 which supported three local health care providers with our **Loan Forgiveness Program**, which seeks to retain health care workers providing care in our service area. We are making graduated payments to help with student loans for two Physician Assistants at the Ottawaquechee Health Center and one Registered Nurse at the Ottawaquechee Health Center.

## Hurricane Irene Support

In an unprecedented move on September 8th, 2011 the Ottawaquechee Health Foundation Board decided to dip into their endowment for emergency funds to address health-related needs stemming from Hurricane Irene. The Foundation provided \$45,000 of relief support throughout its catchment area: the towns of Barnard, Bridgewater, Hartland, Killington, Plymouth, Pomfret, Reading, Woodstock, and the village of Quechee.



## Financial Summary

### Statement of Assets (in 000s)

Current Assets	217
Endowment	2,098
<u>Fixed Assets, Net</u>	<u>431</u>
Total Assets	2,746

### Revenue

The Foundation's annual revenue continues to derive from three main sources: 1.) the endowment, comprising investments of past gifts and bequests; 2.) the annual appeal and other contributions during the year; and 3.) the net income from our two rental properties at 32 Pleasant Street.

### Income Statement (in 000s)

<b>Income</b>	
Endowment Transfer	159.4
Fundraising	78.0
<u>Real Estate</u>	<u>293.5</u>
Total Income	530.9
<b>Expense</b>	
Grants	207.7
Total Administration	87.8
<u>Real Estate</u>	<u>201.9</u>
Total Expense	497.4
Net for grant giving	+33.5

### 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 Oral Health Initiative, and other community health leadership projects. We continued to manage our two properties at 32 Pleasant Street. The spaces within them are rented to both health providers and non-profit providers, with non-profit provider leases offered at below market rates.

### Fundraising Goals

We set our sites high for fundraising in 2011, seeking to garner \$50,000 from our annual appeal and \$50,000 through other contributions. However, with the aftermath of Hurricane Irene, we reset our expectations and were most grateful to our supporters who helped us raise \$78,000 to support our grant making.

Thank-you!

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## Board of Trustees Transitions



The beginning of the year 2012 brought changes to our Board of Trustees. Meg Seely, a former Woodstock, and now Bridgewater resident served the Foundation for six years. Meg has been a fearless leader; she was a crucial voice on the Grants Committee, a vocal and transformative representative from OHF on the Health Center Advisory Committee and the Community Care Coordinator Advisory Board, and she served as President of the OHF for 2 years (2009 and 2010). Recently she served as a vital voice on both the strategic planning task force over the summer of 2011 and the Executive Director Search Committee, helping to guide the direction of the Foundation this year and for years to come.



John Moore, a Pomfret resident, ended his second term having contributed six years as a Trustee engaged in vital discussion, guidance, and decision-making for the OHF. He was Treasurer of OHF for 4 years (2007-2010), and was a leader in transitioning the Foundation from active trading of stocks and bonds to a passive approach for our endowment. In addition, John was a contributing member of various committees, including the ad-hoc committee that focused on collaboration in 2009, and the strategic planning task force that met over the summer of 2011 to determine the way forward for OHF. John's financial and strategic leadership have been central to the success of the Foundation.



Joe Boyd, a Woodstock resident, is a senior bank vice-president at Randolph National Bank. He served as a Trustee for 3 years, and, for the past year, he was our Treasurer. Joe was a key member of the Search Committee last fall which reviewed applicants and interviewed candidates for the Executive Director position.



Deb Heimann, a Woodstock resident, stepped off the board to serve as Interim Executive Director from June 2011 to February 2012. Deb also worked as Transition consultant providing training and

## Current Events

### HIRS and OHF Merger

The members of OHF and HIRS have approved the merger of the Martha Lussier Health Information & Referral Service (HIRS) and the Ottauquechee Health Foundation (OHF).



*HIRS President Gerry Fields, OHF President Mark Melendy*

Since May of 2000, it has been the mission of HIRS to assist families seeking in-home care, including respite care. When Mt Ascutney Hospital and Health Center created the position of a Community Care Coordinator (CCC) who would be based at the Ottauquechee Health Center, the HIRS function of making caregiver referrals to those needing in-home help was integrated into the CCC job. This transition met the long-term objective of the HIRS Board of Directors and the HIRS organization was legally dissolved on May 7, 2012.

HIRS funds have been transferred to the Ottauquechee Health Foundation. The merger of HIRS and the Foundation demonstrates their mutual commitment to on-going support of the Community Care Coordinator and to meeting the health care needs of the Ottauquechee Community. Anyone seeking in-home assistance by a local experienced caregiver should call Lonnie Larrow, RN, at 457-3030 and leave a message on the answering machine. OHF understands the importance of being able to age in our community and is committed to supporting HIRS services such as the caregiver referral service and short-term respite care grants. *by Gerry Fields – former HIRS President*

### In Summary

2011 was a year of community building and change for the Ottauquechee Health Foundation. We are thankful for your investment in the health care of our community through volunteer and financial support of our grant making, funding, and programming.

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Barnard - Bridgewater - Pomfret - Quechee

## Meet the Staff



**Alexandra Spalding (Admin. Asst.) Sherry Thornburg (Exec. Director)**

Dear Friends of the Ottauquechee Health Foundation:

I am very honored and excited to serve as the new Executive Director of the Foundation. I began my work with OHF on February 1, 2012, replacing Deborah Heimann, who served as Interim Director since Tom Roberts left the position in June of 2011.

My background includes 28 years of experience as a health administrator, research coordinator, and educator.

Locally, and most recently, I worked to coordinate a variety of research projects at the Center for Informed Choice of The Dartmouth Institute for Health Policy and Clinical Practice. I also serve as Vice Chair of the Board of Trustees of the Chewonki Foundation in Wiscasset, Maine.

I am a May 2010 graduate of the Leadership Upper Valley Institute and hold a Masters in Public Health (MPH) from the School of Public Health and Community Medicine at the University of New South Wales, Australia.

To date, I have met community members and organization from Hartland, Barnard, and Woodstock as well as community health partners from an impressive array of local organizations. I am looking forward to meeting and working with all of our communities and encourage you to give me a call or stop by our office.

*Sherry*

**Alexandra Spalding**—I began my role as Administrative Assistant and Good Neighbor Grants Coordinator in May, 2012. My background in the private sector includes 25+ years marketing research, project management, and healthcare industry consulting. I moved to Woodstock in 2000 from the greater Boston area where I received a Masters in Business Administration (MBA) from Boston University. When I am not working I enjoy many outdoor sports including skiing, tennis and hiking on Mt. Tom.

Vermont is a great place to get involved with healthcare initiatives. Many groups and individuals are oriented to wellness and improving the health of Vermonters. I have always been interested in health and wellness, so working in my new role as the Good Neighbor Grants Coordinator at the Foundation is a perfect fit.

*Alex*

If you are in the neighborhood, please stop by to say hello and meet Sherry and Alex. Also, if you have any questions, know of a group organization that might be interested in learning more about the great works of The Ottauquechee Health Foundation, give Sherry or Alex a call at 802-457-4188.

### Attention: Upper Valley Health Care Office Space For Rent

A beautiful office suite is now available on the river level of the Ottauquechee Health Center. Two offices with lots of natural light and spectacular river views, a third office/conference space, and a reception area. A total of 460 sq ft, newly renovated and carpeted.

Healthcare or non-profit provider preferred. If interested, please call 802-457-4188 for more information!



### Foundation's Work—Spread the Word!

The Foundation wants to ensure that everyone in the community is aware of our programs, both those in need and those who can financially support our work. So please help us by spreading the word! If you know of a community group or organization that might be interested in having us make a brief presentation, please let us know. We welcome questions, comments, suggestions, and offers to assist with our efforts to address the health care needs of our community.

Please contact us at:  
Phone: 802-457-4188  
Email: [ohf@sover.net](mailto:ohf@sover.net)  
PO Box 784, Woodstock, Vermont 05091

For more information, visit our webpage [www.ohfvt.org](http://www.ohfvt.org).

**Woodstock - Hartland - Reading - Plymouth - Killington  
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# 2011 OHF ORGANIZATIONAL GRANT RECIPIENTS

## **Barnard Academy's Farm to School Initiative**

To support the hiring of a coordinator to supervise expansion of the school's vegetable gardens and the development of healthy nutrition. **\$1,100**

## **CONFR-Council on Fundraising**

To support the attendance of participants from health organizations in the OHF service area at an autumn 2011 NH Grants Institute conference. **\$500**

## **Friends of Ottauquechee Trails, Inc.**

To support restoration of walking trails that have previously been funded by OHF and were significantly damaged in the Tropical Storm. **\$2,000**

## **Good Neighbor Health Clinic**

To support medical and dental care to low-income, uninsured residents in the OHF service area. **\$9,000**

## **Hannah House**

To support community health outreach work and work with young pregnant and parenting youth living within the OHF service area. **\$6,000**

## **Health Connections of the Upper Valley**

To support youth obesity prevention activities in Quechee. **\$870**

## **Health Information & Referral Service**

To provide partial funding for short-term, in-home caregivers to individuals in the OHF service area. **\$3,500**

## **HIV/HCV Resource Center**

To support transportation of HIV- and HCV-positive clients from OHF's service area to medical appointments and related to other health care needs related directly to their diagnosis. **\$4,500**

## **Killington Elementary School**

To support parent/community curriculum related to elementary school sexual violence education program. **\$80**

## **Mt. Ascutney Hospital & Ottauquechee Health Center**

To support non-medical home caregiver training with a focus on boundary issues and the aging process in general. **\$1,800**

To support an ongoing literacy promotion program, "Reach Out and Read". **\$1,350**

To support the addition of a 0.25 FTE Registered Nurse to the staff of the Community Care Coordinator program. **\$13,494**

## **Ottauquechee Community Partnership (OCP), Spectrum, and Woodstock's Vermont Teen Leadership Safety Program (VTLSP)**

To support collaborative alcohol/underage drinking awareness activity - "Sticker Shock" - where youth work with store owners and law enforcement and place stickers on alcohol that "remind" the buyer of the fines and legal consequences of providing alcohol to minors. **\$900**

## **Ottauquechee Elementary School**

To support an after-school service-learning outing club based around Green Mountain Club workshops that teach wilderness skills, knowledge, and habits. **\$400**

## **Upper Valley Farm To School Network**

To support the development of local community food and farming curriculum, activities and farming curriculum implementation in three WCSU elementary schools during the 2011-12 academic year. **\$6,216**

To support mini-grants to nine schools within OHF's catchment area for farm-based field trips and classroom projects. **\$2,625**

## **Upper Valley Haven**

For healthy cooking demonstrations, recipes, and samples at the Haven's Food Pantry, as a means of educating and encouraging consumption of nutritious, low cost, fresh foods. **\$7,500**

## **Upper Valley Trails Alliance**

To support *Passport to Winter Fun* in OHF's catchment area. **\$7,500**

## **Vermont Technical College**

To provide educational grants for health care training to service-area residents who, once trained, may provide health care to area residents. **\$3,750**

## **Volunteers in Action**

To assist in coordinating volunteers who provide transportation services to medical appointments, short-term respite for caregivers and other health-related services for Hartland and Reading residents. **\$3,500**

*"When the going gets tough, it is nice to know there is help out there. Last month your foundation graciously awarded my family money towards dental work."*

*- A 2011 Good Neighbor Grant recipient*

## **Woodstock Area Council on Aging/The Thompson Center**

To support medical transportation services for seniors in the OHF area. **\$15,000**

## **Woodstock Nursery School**

To support a benefit performance of *Get a Life! Sane Wisdom for an Insane World*, a presentation by stress-management expert Loretta LaRoche. **\$500**

## **Zack's Place**

To support sending individuals and their caregivers to the Upper Valley Aquatic Center twice a month. **\$1,920**

To support a winter skiing program with VT Adaptive Ski & Sport (VASS). **\$2,750**

## **Loan Forgiveness**

In 2011, two physician's assistants and one registered nurse working in our community have received a total of **\$3,000** to assist with repayment of student loans.

## **Tropical Storm Irene Relief provided to Organizations\***

### **Plymouth Memory Tree**

To address health-related needs resulting from Tropical Storm Irene for community members of Plymouth. **\$10,200**

### **Woodstock VT Area Relief Fund**

To address health-related needs resulting from Tropical Storm Irene for community members of the towns of Barnard, Bridgewater, Killington, Pomfret, Reading, and Woodstock. **\$27,999**

*\*Additional grants addressing health-related needs that resulted from Tropical Storm Irene were provided to individuals in OHF's catchment area.*

**Woodstock - Hartland - Reading - Plymouth - Killington  
Barnard - Bridgewater - Pomfret - Quechee**



# OUR DEEPEST THANKS AND APPRECIATION TO OUR DONORS

*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!*

Jack and Diane Anderson  
Sheila Armen and Shelley Yusko  
Craig and Sue Pelton-Barrett  
Peter G. and Marjorie A. Behr  
Charitable Foundation  
Les and Susan Berge  
Joseph and Ann Marie Boyd  
Thomas Bracken  
The Boyle Community Pediatrics  
Program at CHaD  
John and Mary Beth Brand  
Suzanne and James Brian  
Preston and Kerilyn Bristow  
Jennifer and Peter Brock  
Joan Burdge  
The Byrne Foundation  
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Jan and Jennifer Dembinski  
Kathleen Dolan  
David and Cathleen Donath  
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Barry and Susan Feinberg  
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Gerry & Frank Fields  
Jackie Fischer  
Dexter and Sally Foss  
Louise Fowler  
Elliot and Ina Gant  
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Glad Rags  
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Dean and Harriet Goodwin

Granite United Way  
Jim and Joy Grossman  
Robert and Honore Hager  
Richard and Jill Hastings  
Deb Heimann  
Jim and Ann Heimarek  
Wilfred and Sylvia Hill  
HIRS  
Hudson and Mardie Holland  
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John Moore  
Joseph and Amy Morel  
Malcolm Morgan  
Susan Morgan and Larry Perry  
Judith Hills and Lynn Murrell  
Geoffrey and Joan Nichols  
Northeast Delta Dental Foundation

## SUPPORT OUR GOOD WORK!

*Contributions to the Foundation are 100% tax-exempt. We conduct an Annual Appeal campaign each fall, but gifts are gratefully accepted throughout the year. Contributions can be made by mail or via our secure website, [www.ohfvf.org](http://www.ohfvf.org). We also gladly accept gifts of stock, matching gifts, charitable bequests or other planned gifts. Please contact us at 457-4188 with any questions about supporting the Foundation. Thank-you!*

Barbara and Frank O'Connell  
Oertly-Sarianata Foundation  
Jerry and Joan Oppenheimer  
Lynn and Nancy Peterson  
Eleanor and James Pizzani  
Pomphret Fund  
Price Chopper Golub Foundation  
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Karl and Phyllis Wood  
The Woodstock Foundation  
The Woodstock Rotary Club  
John and Susan Zuccotti  
Donald and Barbara Zucker

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# Ottauquechee Health Foundation



### *Mission*

*The Ottauquechee Health Foundation promotes and supports programs that identify and help meet the healthcare needs in Woodstock and the surrounding communities.*

EDITORS: Sherry Thornburg & Alexandra Spalding

**P.O. Box 784, Woodstock, VT 05091 • 802-457-4188 • [ohfadmin@sover.net](mailto:ohfadmin@sover.net) • [www.ohfvt.org](http://www.ohfvt.org)**

### ***Welcome New Members!***

The Ottauquechee Health Foundation welcomes the following new members approved at the 2012 Annual Meeting:

Nancy Bassett

Phil Camp

Jill Davies

Rick and Kathy Fiske

Eric Fritz

Joanna Garbisch

Peter and Mary Goulazian

Deanna Jones

Gerard and Emily Jones

Denise Lyons and Michael Stoner

Andy and Kathy Mann

Jack McGuire

Steve and Naomi Moyer

Nancy Randall

Karen Shea and Michael Ricci

Sherry Thornburg and Samuel Belk

Suzy Whitehurst

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