

OTTAUQUECHEE HEALTH FOUNDATION

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

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A MESSAGE FROM THE PRESIDENT

With 40 years' experience in the delivery of health care services I've always found it frustrating that the American health care system has concentrated on getting sick people healthy rather than keeping them healthy or preventing them from getting sick in the first place.

When I first became a member of the Ottauquechee Health Foundation (OHF) I was immediately impressed that the mission and programs of the organization focused on helping people to stay healthy. That is one of the reasons why, when asked, I enthusiastically agreed to serve as a Trustee.

The OHF has gone through several significant and exciting changes over the past few years under the outstanding leadership of previous Board Presidents Liza Deignan, Mark Melendy and Meg Seely. The sale of the Health Center building, the Health Information Referral Service (HIRS) merger and a change in strategic vision have presented both challenges

and opportunities and will continue to do so.

As we look forward, we hope to retain the best of what the OHF has been, specifically our Good Neighbor Grants program and managing HIRS. We will also continue our community health education efforts such as the Bridges Out Of Poverty workshop that OHF hosted in March.

We are initiating some exciting changes: a new direction for the Community Grants program—focusing on community health needs and finding ways to evaluate the program's impact, an exciting new pilot preventive dental program, and shifting our investment portfolio to a socially responsible investment firm.

I am very confident and optimistic that we will succeed with these initiatives for three reasons. First is the dedication and competence of the OHF staff. The second, that we have a hardworking and incredibly talented Board of Trustees. The third and most important reason is you, our supportive members. Thank you for all that you do to help us make our communities healthy and great

places to live and work.

Due to the efforts of many, especially the focused outreach of the Communications Committee chaired by Paul Regan, the demand for our Good Neighbor Grants continues to increase. 2014 saw a 52% increase in the number of applicants for these grants over 2013. We are on track in 2015 for a record year of assistance to individuals through this program. Thanks to your generous donations to our 2014 Good Neighbor Grants Campaign, we were able to help all of those who qualified and made requests. It is a new year, and we again ask for your help.

Please consider giving what you can to our 2105 Good Neighbor Grants Campaign. Your generosity will enable us to assist more of our neighbors who desperately need health care treatment. I know we can count on you for your support and guidance.

Eric Fritz
Eric Fritz
President, Board of Trustees

2015 Good Neighbor Grant Campaign Kick-Off!

May 15th launched our 2015 Spring Good Neighbor Grant Campaign. Supporting this program presents an opportunity to experience the joy of providing health care to our community members in need.

Last year, 77 donations from caring individuals and local businesses raised more than \$13,000 to support community members and funding 112 grants. This year our goal is to raise \$15,000 and we need your participation. "By supporting OHF's Good Neighbor Grants program, donors directly and positively impact the health of our grant recipients. This sends an encouraging message to grantees that their community values them and recognizes that their health is important," said Sherry Thornburg, Executive Director of OHF. "I wish that every donor could see what an incredible difference his generosity makes. Every gift truly matters."

This is genuinely demonstrated by the note received from a 2014 grantee. "I am very grateful for the Good Neighbor Grant program! I was in severe pain and not able to afford dental help as a single mom of three kids. Thank You! !! I hope to give back someday or pay it forward."

How is the health of our community better off as a result of OHF programming?

2014 OHF Impact on Community Health (People Served)



Each day we ask ourselves how much, how well, and is anyone better off in our community? How can we measure our work so that we have data demonstrating that OHF is improving the health of our community? The OHF Board of Trustees and staff are committed to ongoing program evaluation to assure that we are addressing vital health care needs. We also value partnerships with other community organizations with similar missions and visions and appreciate support from members who volunteer for committee work or special projects, and through donations.

From helping individuals through our Good Neighbor Grant program to hosting community health workshops, we are

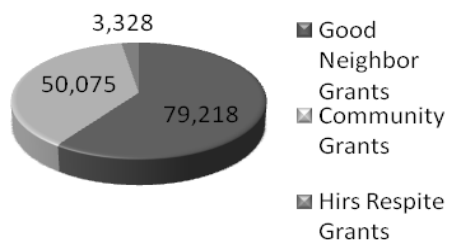
committed to promoting and supporting a vibrant and healthy community. This report demonstrates how we addressed community health needs and issues in 2014.

2014 Accomplishments

- ◆ Record year for Good Neighbor Grant (GNG) requests
- ◆ Successful fundraising support from community fort to meet increasing demands for GNG’s
- ◆ 7 Community Health Education Forums addressing current health issues well attended
- ◆ HIRS Caregiver Referral Services administered and coordinated by OHF in-house as of December 1, 2014

GRANTS

2014 Grant Distribution in \$'s



In 2014, a total of \$131,458 was distributed through our Good Neighbor Grants, Community Grants, and HIRS Respite Grant program.

- ◆ \$79,218 in Good Neighbor Grants
- ◆ \$50,075 in Community Grants
- ◆ \$3,328 in HIRS Respite Grants.

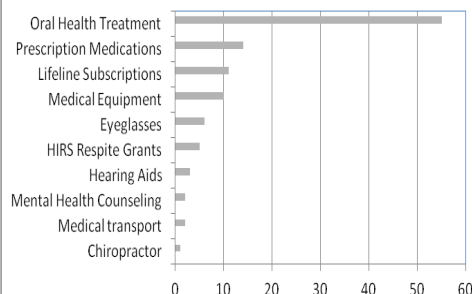
The Good Neighbor Grant program

In 2014 the Good Neighbor Grant program successfully provided access to oral health care for 55 low-income individuals in rural communities. There continues to be limited access to oral health treatment for those with limited income. Additionally, access to

health care resources was provided for program participants whose Medicaid or Medicare insurance did not cover medical equipment such as bathroom rails to prevent falls, Lifeline subscriptions for Seniors to keep them safe in their homes, co-pays for prescription medications, physical therapy treatment, eyeglasses, hearing aids, and more.

Some of the lasting benefits of the Good Neighbor Grant program are that people enjoy better health, are safer in their homes, less isolated, and more confident. There is no doubt that this program improves the overall wellness of our community. When people are healthy, they are able to participate in community activities, eat better, and improve work attendance and performance.

2014 Good Neighbor Grants By Need



FINANCIAL SUMMARY

Statement of Assets (in 000s)

Current Assets	149
Endowment	3,631
Fixed Assets, Net	172
Total Assets	3,952

Revenue

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

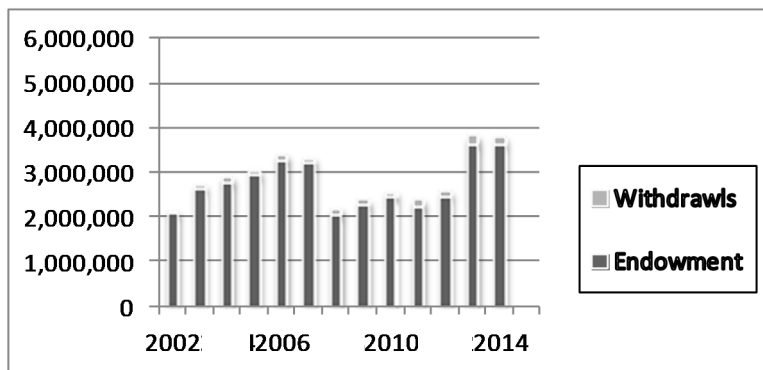
- 1) The investment fund, comprising investments of past gifts and bequests;
- 2) the annual appeal and other contributions during the year; and
- 3) the net income from our rental property, Simmons House, at 32 Pleasant Street, Woodstock, VT.

Income Statement (in 000s)

Income	
Investment Transfer	127.3
Real Estate Transfer	67.4
Fundraising	104.2
<u>Real Estate</u>	<u>44.2</u>
Total Income	343.1
Expense	
Grants	131.5
Administration	126.2
<u>Real Estate</u>	<u>58.8</u>
Total Expense	316.1
Net Income	27.0

"I have to get shots in the back of my eyes so that I won't go blind. Thanks to the Good Neighbor Grant I can now rest a little easier. God Bless you all so much."- Good Neighbor Grant Recipient 2015

INVESTMENTS OVER TIME - 2014



Expense

Our primary expenses continued to be our grant programs and the costs of running the Foundation, including grant administration, fundraising, and operating programs such as the Good Neighbor Grant program, HIRS, and community health initiatives.

Fundraising Goals

Fundraising is a crucial component of our work at OHF. The resources provided assure access to health care and information for our community. Our fundraising goal for 2015 is \$98,000. We are extremely grateful to all donors for their support which is vital to our mission and provides quality programming.

HIRS Caregiver Referral Services Now Administered by OHF

The Martha Lussier Health Information and Referral Service (HIRS) serves the greater Woodstock Community by making referrals from our registry of experienced caregivers, without charge, to all families and individuals who are seeking in-home assistance. This is particularly important to family members who desperately need a respite from their role as on-going caregivers.

As of December 2014 caregiver referrals are now being managed through the Ottauquechee Health Foundation office. You may remember that HIRS merged with OHF in 2012.

The HIRS Caregiver Referral Service connects community members with caregivers to help with bathing, food preparation, housecleaning, and general supervision to keep people safe in their homes. In addition, it provides employment opportunities in the community. For those who need a caregiver but cannot afford to hire one, HIRS caregiver respite grants are available to meet short term needs.

If you know of someone who needs a caregiver or who is a caregiver interested in being listed on the HIRS Caregiver Registry, please give us a call at the Ottauquechee Health Foundation, 802-457-4188, or email us at ohf@sover.net to learn more about this wonderful and free service.



Martha Lussier –
HIRS Founder

"The Good Neighbor Grant program is a little angel to alleviate health problems so we help sustain a positive and healthy lifestyle."- Good Neighbor Grant Recipient 2015

More than 100 people gathered on March 12th, 2015 at the *Bridges Out of Poverty* workshop to better understand generational poverty. This was hosted by OHF in partnership with Granite United Way, the Upper Valley Haven and Mascoma Savings Bank.

Pru Pease, aha! Consultant defined generational poverty as including at least two generations of a family being raised poor and then living that same lifestyle as an adult. She used humor while sharing personal life stories to present the picture of generational poverty, the mental model we associate with it and how class factors into poverty. The workshop generated awareness of the four causes of poverty: individual behaviors, community conditions, exploitation, and political/economic structures.

Pru began by telling her story, living on her own from age 13, having her first child at age 19 and living in a one bedroom condemned mobile home

which was infested with rats.

“My mental model of poverty now will always include what’s involved in doing laundry for a family without a washer/dryer or a reliable car. It’s the tip of the iceberg. The list of household tasks is the same for all of us and for our neighbors living in poverty, everything takes so long to accomplish. It’s stunning to consider and important to remember. Our communities have become quite economically diverse and with the healthcare complexities on top of it all, it is important for local business owners to better understand the stresses that poverty introduces into our community life, said workshop participant Liza Deignan, OHF Trustee and President of Ellaway Properties Services, INC.

“It is difficult to move from poverty to middle class” Pru explains, “because of cultural differences, lack of access to resources, education, and lack of understanding of the unwritten rules

around class. She added that learning to overcome these life factors is as much a condition of poverty as lack of money. The discussion led to a deep understanding of how stressful and time-consuming coping with daily household tasks can be. Finally, Ms. Pease emphasized how vital it is to help the poor to learn how to access community resources.

The workshop demonstrated OHF’s ability to bring together key community organizations and businesses who better understand that a sustainable community is one that works across sectors to address the root causes of poverty, that support individuals as they develop resources, and that strives to be a community in which everyone can live well.



You're Invited How to Hire a Caregiver – A Panel Discussion

Wednesday, June 10th, 2015

5:30 – 6:30 pm

**Location: Norman Williams Public Library
10 The Green, Woodstock VT**

All Welcome. No Charge. Light Refreshments Served. For more information contact: ohf@sover.net, 802-457-4188

PANELISTS:

- ◆ Deanna Jones, Thompson Senior Center Executive Director, Facilitator
- ◆ Carla Kamel, Community Care Coordinator, MAHHC
- ◆ Sherry Thornburg, Executive Director, Ottauquechee Health Foundation, HIRS Caregiver Referral Service and Respite Grant program
- ◆ Janice Graham, CPA, Payroll and Tax Information for Hiring a Caregiver outside an agency
- ◆ Robert Ellis - TLC - Hiring a caregiver through an agency
- ◆ Liza Deignan, President, Connected-at-Home Inc.,
- ◆ Managing and adding a caregiver to your home
- ◆ Eric Fritz, Executive Director, Woodstock Terrace, Recognizing when adding a caregiver to your home isn't the best option

*An Aging in Community Program Sponsored by
Norman Williams Public Library, the Ottauquechee Health Foundation and the Thompson Senior Center*

"You helped me through the embarrassment for having to ask for help and walked me through the process for a good solution to my problem. I am very grateful for your help." – Good Neighbor Grant Recipient 2015

OTTAUQUECHEE HEALTH FOUNDATION TURNS TO SOCIALLY RESPONSIBLE INVESTING

The Ottauquechee Health Foundation has hired Norwich, VT-based Clean Yield Asset Management, an investment advisory firm working exclusively with clients who are interested in socially responsible investing, as the new money manager for OHF's investment funds. OHF's Board of Trustees approved the move to Clean Yield in April to assure that OHF's investments are mission aligned and socially responsible.

Since Clean Yield's founding in 1984, their goal has been to invest to promote a sustainable society while achieving competitive financial returns. OHF decided that Clean Yield will be a good fit because they are local (Norwich, VT) and work closely with clients to ensure that they are responsive to their unique financial requirements and values.



2014 COMMUNITY GRANTS

COMMUNITY ORGANIZATIONS

AGING IN HARTLAND: To support the Hartland Community Nurse program.

GOOD BEGINNINGS: To support the Volunteer Home Visitor program specifically for those families with newborns in the OHF catchment area.

GOOD NEIGHBOR AND RED LOGAN CLINICS: To support the Good Neighbor Health Clinic and Red Logan Dental Clinic for providing services to residents of the Ottauquechee Health Foundation service area.

MT. ASCUTNEY HOSPITAL AND HEALTH CENTER: To support the Community Care Coordinator program comprised of a .6 FTE Community Nurse and a .6 FTE Social Worker based at the Ottauquechee Health Center.

THOMPSON SENIOR CENTER: To support the Thompson Senior Center for providing medical transportation to residents of the Ottauquechee Health Foundation service area.

VOLUNTEERS IN ACTION: To support the Volunteers in Action program serving residents in Hartland and Reading.

SCHOOLS

BRIDGEWATER SCHOOL: To support a parenting group for WCSU parents of children in grades K-6.

KEEPERS – SHERBURNE SCHOOL: To support the KEEPERS programs serving Killington Active Senior Citizens and Killington Elementary School students.

WCSU SCHOOL DISTRICT: To support the "Clean Eating in a Toxic World" workshop for the WCSU district teachers and staff.

WCSU Tooth Tutor Program: To support the Tooth Tutor Program for the 2014-2015 school year focusing on Bridgewater and Reading Elementary Schools.

WHAT'S NEW IN THE SIMMONS HOUSE



Simmons House continues to serve as home for the Ottauquechee Health Foundation and also provides office space for rent to health care providers and non-profit organizations. You might have noticed the construction work this past year on the front and side porches which has resulted in a wonderful and much needed safety improvement and renovation for this lovely building!

Our beautiful conference room is available for community groups and also available for hire. Contact ohf@sover.net or call 802-457-4188.

This coming year we have plans for an exterior paint job followed by grading and planting the outdoor landscape. If you are in the neighborhood, stop by and say hello!

"My boss would get sick of repeating herself to me and would say I wasn't paying attention to her. I wore them (hearing aids) to work and didn't tell her I had them on. Two days later, she said to me something has changed for you, what is it? So, I told her and we both have easier days now." - Good Neighbor Grant Recipient 2015

This list represents gifts received by the foundation within the past 18 months. We extend our deepest thanks to all our donors for their support.

OHF makes every effort to ensure that this list is as comprehensive and accurate as possible. If your name is missing or you see any mistakes or inaccuracies, please let us know!

Adam Ameele and Kristen Hurd	Elizabeth Deignan and Dan Bellmore	Charles Humpstone
Howard and Carol Anderson	Jan and Jennifer Dembinski	Susan Inui and Don Ransom
Jack and Diane Anderson	David and Cathleen Donath	Jack and Irene Jaglom
Sheila Armen and Shelley Yusko	Kevin Donovan	Ron and Pam Jaynes
Mimi Baird	Allen and Gail Dougherty	Warren and Mary Jenne
Audrey Barclay	Clare and Jason Drebitko	Thelma Jillson
Craig Barrett and Sue Pelton-Barrett	Clover Durfee	Gerard and Emily Jones
Chris and Barbara Bartlett	Bert and Kathleen Eiselein	Vincent and Cynthia Jones
Nancy Bassett	Bill and Titia Ellis	Jeffrey and Rachel Kahn
Shoshana and Townsend Belisle	Sabra Field	Jane Kendall
Jeff Bendis and Barbara Butler	Gerry and Frank Fields	Laura and Sherman Kent
Les and Susan Berge	Jackie Fischer and Ron Miller	Mike Kilcullen and Donna Hay
Elizabeth Berry	Dexter Foss and Sally Foss	Hanan Knoll
Mary Blanton	Louise Fowler	Mark Knott and Rachel Hochman
Anne Marie Bohn	Jerry Fredrickson	Ron and Sara Kobylenski
Ellen Booth	Carole Gaudet	Marian Koetsier
Don Bourdon	Elaine Geyer	Carl and Lois Kuniholm
Thomas Bracken	Barbara Gibbs	Joan Lang
John and Mary Beth Brand	Frances Gillett	Todd and Jill Lloyd
Jennifer and Peter Brock	Gertrude Goff	Christopher Lloyd & Vassie Sinopoulos
Peter and Anne Brooke	Oliver Goodenough & Alison Clarkson	Maurice and Mary Jane Lorenz
Phyllis and Jim Bulmer	Harriet Goodwin	Oliver and Tita Manice
Judith and Phil Bush	Peter Goulazian	Neil and Anne Marinello
Laura Byrne	Phil and Jane Grantham	John and Patsy Mathews
Phil and Mary Lee Camp	G. Gross	Robert and Fiona McElwain
John and Laurie Chester	Robert and Honoré Hager	David and Elizabeth McGuire
Bill Chorske	Allen and Sara-Louise Hall	Jack and Jane McGuire
Candace Coburn and Greg Gosselin	Lyle and Lisbeth Hall	Lawrence and Kathleen McLiverty
Jean Conklin	Deb Heimann	Mark Melendy
Mark and Terri Curran	Jim and Ann Heimarck	Margaret Merrill
David and Bernadette Darakjy	George and Jill Helmer	Cordelia Merritt
Jill Davies and Nigel Hollis	Sylvia Hill	John Moore
Bill and Mitzi Davis	Judith Hills and Lynn Murrell	Steve and Naomi Moyer
Walter Davis and Elizabeth Haartz	Hudson and Margaret Holland	
Andrew and Valerie Dean	Barbara and Kermit Hummel	

DONORS CONTINUED

Joseph and Amy Morel
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 Peter Welch and Margaret Cheney
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 Marilyn Wilhelm
 Bob and Joan Williamson
 Judy Williamson
 Karl and Phyllis Wood
 John and Susan Zuccotti
 Donald and Barbara Zucker
 16 Anonymous Donors

OTHER GIFTS AND GRANTS RECEIVED

Ben and Jerry’s Foundation
 COOP Supermarket
 Dartmouth Hitchcock Community Health Improvement and Benefits
 Glad Rags
 Granite United Way
 Hannaford Supermarket
 Indian Tree Charitable Fund of the Vermont Community Foundation
 Jack and Dorothy Byrne Foundation
 King’s Daughters and Sons
 Laurance and Mary Rockefeller / Woodstock Foundation
 Ledyard National Bank
 Lucy Downing Nisbet Charitable Fund, Ward Cleary, and Bank of America, N.A. Trustees
 Mac’s Market
 Mascoma Bank and Savings
 Northeast Delta Dental Foundation Inc.
 Peter G. and Marjorie A. Behr Foundation
 Price Chopper Market Lebanon
 Price Chopper Golub Foundation
 TD Charitable Foundation
 Town of Plymouth
 Wild Apple Graphics
 Woodstock Area Jewish Community
 Woodstock Corporation
 Woodstock Farmer’s Market
 Woodstock Rotary
 Upper Valley Adoption Circle
 VT Digital Economy Project, Vermont Council on Rural Development (VCRD)

We also thank our local businesses for their support of OHF

- Aria Hearing , LLC
- D.E.W. Construction Corp.
- Ellaway Property Service, INC
- Eyes on Elm
- MACS Market, Sherman V. Allen, INC
- Mountain Times
- Newhall Farms, LTD
- Rowley & Associates, PC
- Schell & Noble, PLLC
- Spaulding Press, INC
- Stone Dental, PLLC
- TD Bank
- The Village Butcher
- The Yankee Book Shop
- Unicorn
- Upland Construction
- Van De Ven Construction, LLC
- Vermont Life Safety, LC
- Woodstock Pharmacy, INC
- Woodstock Resort Corporation
- Woodstock Terrace

The mission of the Ottauquechee 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.



Welcome Richard (Dick) Brooks, M.D.

OHF's new Trustee, Dick Brooks, is a year round resident of Quechee. He and his wife Myrna moved from Scottsdale Arizona to their Quechee home a few years ago and are thrilled to be closer to their children and grandchildren who live in Boston and Burlington.

Dick is a retired Gastroenterologist from Phoenix, Arizona where he worked both in private practice and for the Mayo Clinic of Scottsdale, Arizona from 1973-2005.

His previous board experience includes serving as a board member for St. Joseph Hospital and the Hospice of the Valley. Dick has also served as Chairman of the Ethics Committee of St. Joseph Hospital and Medical Director of Mercy Hospice of St. Joseph Hospital.

In his spare time Dick is an avid tennis and golf enthusiast, so look for him on the court or on the green! We are thrilled to have Dick aboard as he has vast knowledge of health issues, is interested in local community health issues and supporting an organization like OHF that promotes health and well-being.

WELCOME NEW MEMBERS!

The Ottauquechee Health Foundation welcomes the following new members approved at the 2015 Annual Meeting:

Richard & Myrna Brooks, Susan Clarke, Mark & Terri Curran, Joe DiNatale, Kathleen Dolan, Bill & Titia Ellis, Bill & Cathy Emmons, Norm & Dail Frates, Barbara Gibbs, Andrea Kannas, Dale Kjerulf, Britney Koetsier, Susan Lewis, Matt & Jennifer Maxham, Carl & Mary McCuaig, Jan Noskey, Mary Oldenburg, Joe & Dorie Porcelli, Mary Riley, Roy & Leigh Snell, John Steinle, and David Sullivan.

EDITORS: GERRY FIELDS, KATE PIERSON, AND SHERRY THORNBURG

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