

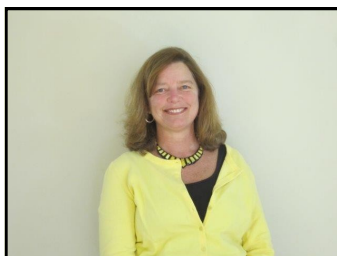
NEWS FROM OTTAUQUECHEE HEALTH FOUNDATION

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

JUNE 2013

ISSUE 8

A MESSAGE FROM THE PRESIDENT



Dear OHF friends and supporters,

The Ottawaquechee Health Foundation has

reached an important milestone in the vision and mission established many years ago by our founders.

Having successfully established Mount Ascutney Hospital as the primary care service provider in the Ottawaquechee Health Center, the time has arrived to move away from real estate ownership.

In April, OHF sold the Health Center building to DEW, a Vermont Construction Company, which is already updating and improving the building's systems for Mt Ascutney Hospital. Mt Ascutney has a long term lease at the Health Center and will remain in our community for years to come.

Our stellar Executive Director, Sherry Thornburg, and her staff can now turn their talents to deeper development of the Foundation's Good Neighbor and Community Organizational Grant programs. More time can be devoted to education and resource development to enhance and improve the health of our communities' residents.

Since 1999, the Ottawaquechee Health Foundation has granted more than 2.5 million dollars and we are excited to expand our

grant giving capacity now that Sherry and the Board of Trustees will be less involved in real estate management.

We welcome your questions, comments, advice or desire to volunteer on an Ottawaquechee Health Foundation committee. Thank you for your generous support to the health of our communities - Barnard, Bridgewater, Hartland, Killington, Plymouth, Pomfret, Quechee, Reading, and Woodstock.

With Gratitude,

Liza Deignan

Liza Deignan
President

Health Seminar Series Finishes with a Bang!

The Ottawaquechee Health Foundation "Here's to Your Health" Seminar Series final seminar was a huge success with more than 75 attendees captivated by Dr. Ira Byock's talk on *The Best Care Possible Through the End of Life*.

We thank all OHF members and friends for attending the series which was designed to provide access to education and information in support of making informed health choices by both individuals and communities. A big thank you to our seminar speakers Bonnie Harris, Jack McGuire, Dr. Bernie and Celia Bandman, Shoshana Belisle, and Dr. Ira Byock. Also, a shout out to our partner, The Norman Williams Public Library, who provided the venue for the event and helped make this series such a great success!

Ottauquechee Health Foundation's Office

Simmons Building 2nd flr
32 Pleasant Street
P.O. Box 784
Woodstock, Vermont
05091
Phone: 802-457-4188
Fax: 802-457-9072

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Serving the Communities of

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

2012 ANNUAL REPORT

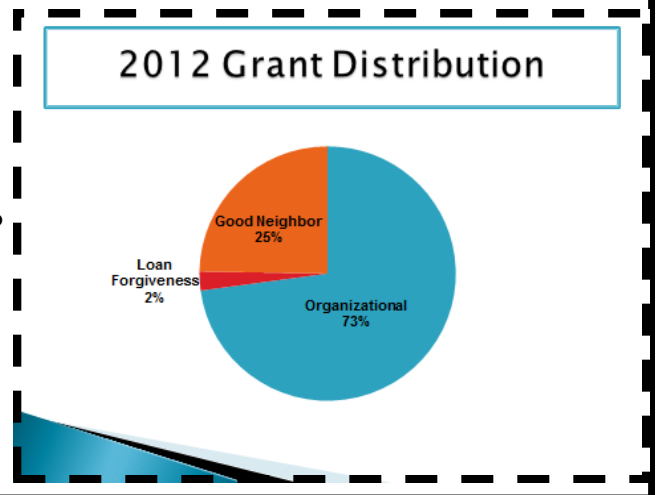
The Ottawaquechee Health Foundation was a year of business as usual with grant making and also a year of developing exciting new partnerships and the implementation of new community health initiatives. With the guidance and expertise of our Finance Committee, our financial status is secure. Overall, OHF is committed to meeting the health care needs of our communities through grants, funding, and support which promotes and improves the health of our communities.

Grants

The basic work of the Ottawaquechee Health Foundation is our grant making. In 2012, we gave a total of \$166,476 to community support. The three established categories are Good Neighbor Grants, Organizational Grants, and Loan Forgiveness Grants.

Our **Organizational Grants** included an ongoing project 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 is in the beginning of year three and continues to grow and meet the needs of our community. 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. In 2012, the Community Care Coordinator program employed Lonnie Larrow, a Community Nurse, and Katrin Tchana, a Social Worker.



In 2012, the Foundation was able to make grants of \$120,722 to 28 agencies addressing health needs in our communities. A list of the year's **Organizational Grants** is on page 5.

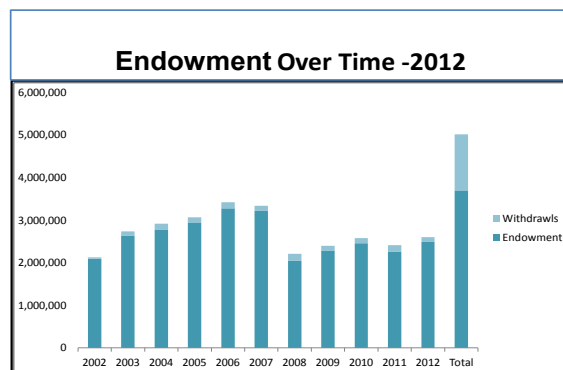
The **Good Neighbor Grants** program is the heart of the Foundation's work and continued to meet critical needs for those without means to pay their health care costs. We made 52 grants, totaling \$40,977. These payments, made on behalf of those in need, were sent directly to the doctors, dentists, pharmacists, medical equipment suppliers and mental health providers who provided the services. Dental grants made up two thirds of the total funds granted. While the number of dollars granted was less than 2011, the number of individuals assisted increased. By partnering with organizations such as the Red Logan Clinic and Lions Club, we were able to share funding of several requests, and also refer applicants to other organizations who could provide them with the help they required.

In 2012 we supported one local health care provider through our **Loan Forgiveness Program**, which seeks to

retain health care workers providing care in our service community.

In addition, the OHF makes payments for respite grants to family caregivers. Applications for these grants are available from the Community Care Coordinator Team and are evaluated and approved by them.

Over the past 13 years, the Ottawaquechee Health Foundation has granted more than \$2.5 million to improve access to health care in our communities.



Financial Summary

Statement of Assets (in 000s)

Current Assets	355
Endowment	2,381
<u>Fixed Assets, Net</u>	<u>398</u>
Total Assets	3,134

Revenue

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

Income Statement (in 000s)

Income	
Endowment Transfer	109.9
Fundraising	76.0
Other Gifts and Grants	155.7
<u>Real Estate</u>	<u>306.3</u>
Total Income	647.9

Expense	
Grants	166.5
Total Administration	107.4
<u>Real Estate</u>	<u>214.1</u>
Total Expense	488.0

Net Income 159.9

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 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

Fundraising is an important aspect to the work of OHF and assures that all community members have access to health care. In 2012, we raised \$43,000 through our annual appeal and \$38,000 through other grants. We are grateful for all contributions which help us help others.

We welcome questions, comments, suggestions, and offers to assist with our work to address the health care needs of our community. Please contact us at:

802-457-4188

ohf@sover.net

New Initiatives

Aging in Community

The Foundation collaborated with the Thompson Center to assure that all households in our community knew about the variety of Aging in Community resources, both non-profit and for profit. Postcards were mailed to all households in the nine towns we serve with contact numbers for the Community Care Coordinator program and Thompson Center. In addition, resource manuals were compiled for each of the nine towns served by OHF. These manuals were strategically placed in each town.

"Here's to Your Health" Seminar with Dr. Ira Byock -



"Here's to Your Health" A Series of Five Seminars

In partnership with the Norman Williams Public Library, this pilot series of five seminars began in 2012 with an aim to provide education and information in support of making informed health choices by individuals and communities. The first seminar was held in September of 2012 and the last in May of 2013.

In Summary

We need your ongoing support.

1) Spread the Word about the Foundation's Work!

The Foundation continues its efforts to make its work known in the community, both to ensure that those in need are served and to attract resources in support of our work. We want to assure that everyone in the community is aware of our programs.

2) Volunteer!

Let us know if you are interested in volunteering. OHF relies on our members to serve on committees and assist with special projects.

3) Donate!

Help us help others through Financial Support. The Foundation has been able to meet the health care needs of our community because of donations from community members over the past thirteen years. We are grateful! We need your continued support to assure that our neighbors have access to health care and to assure that health is a priority for our community.

Board of Trustees Transitions

In March of 2013 we said good-bye to seasoned Trustees and welcomed new additions to the Board of Trustees.



Mark Melendy, a Hartland resident, served the Foundation for six years. Serving as President for the last two years, Mark has steadily steered OHF through transitions of leadership change and future decision making. Mark's contributions to OHF and our community, have helped guide the direction of the Foundation for years to come.

Anne Marinello, a Woodstock resident, has served as an OHF Trustee for the past six years. She has served on several committees and provided leadership as the past Vice President and Grants Committee Chair. Anne's strong connections to the community and experience as a school nurse have been valuable assets for the Grants Committee.

We thank Mark and Anne for their dedication and service to the Foundation.



Eric Fritz is a resident of Taftsville. He is the Executive Director at Woodstock Terrace Assisted Living, Woodstock, Vermont.

Eric holds a Bachelor's Degree in Business Administration and Master's Degree in Health Care

Administration from Western New England University, Springfield, Massachusetts. He is also a licensed Nursing Home Administrator in VT, NH and MA and has over 31 years of management experience in various health care settings including acute care medical centers, skilled nursing centers and assisted living centers. He also is a certified Alzheimer's Association Associate. Eric enjoys the following: XC skiing, hiking, biking, kayaking, golfing, playing guitar, and more exercise!



Beth Robinson has lived in Bridgewater since 1988. She moved to Proctor, Vermont with her family in 1978 and attended Proctor High School. Beth graduated from Castleton State College in 1984. She is the proud mother

of three children, Josh, age 22, a senior at St. Lawrence University, Aria, age 18, a freshman at the University of Vermont, and Daniel, age 14, an 8th grader at WUHSMS. Beth's husband, Jeff, owns a logging and construction business in Bridgewater.

Beth enjoys kids, sports (camping, hiking), being outdoors, and photography.

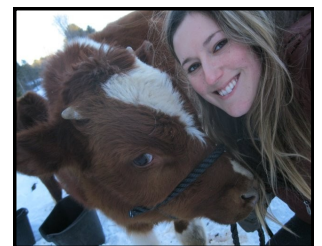
Beth has 25 years' experience in dentistry and presently works in Dr. Mark Knott's office.

She became much more aware of the needs of our community after Hurricane Irene when she set up relief services at the Bridgewater Grange for 6 weeks. After Irene, Beth was active in fundraising for a Habitat House in Bridgewater.

Meet our New Staff Member- Kate Pierson

Kate Pierson joined OHF as a part-time Administrative Assistant and Good Neighbor Grants Coordinator in January 2013. She has been a lifetime resident of South Royalton until her recent move to East Brookfield

where she is pursuing her interest in small scale farming. Kate looks forward to meeting and assisting as many people as possible in the Ottauquechee region. Welcome Kate!



Meet our New Board Members

Adam Ameele is a "transplant" originally from Southern California by way of Boston.

He is a clinical psychologist, who lives in Reading with his wife Kristen (who is also a psychologist) and his 10 month old son Ethan.

He works as the Director of Psychological Services at Springfield Medical Care Sys-

tems with particular interest in serving the elderly. Adam is also a volunteer fireman for the town of Reading.

Adam enjoys spending time with his family, being outdoors, cooking, and road trips.



"You're a wonderful organization and I am sure there are many grateful people receiving your help!" - Good Neighbor Grant Recipient

2012 OHF ORGANIZATIONAL GRANT RECIPIENTS

Ann LaRocque, LCMHC

For training in psychotherapy for the treatment of trauma and to provide local health care providers training for the treatment of trauma. **\$1,500**

Aging in Hartland

Support for programs and outreach for elders and residents of Hartland. **\$1000**

Friends of Veterans

To support and provide funds to assist local veterans with housing and transportation assistance, which promote the well-being of the veterans and their families. The overall aim of this organization is to prevent local veterans from becoming homeless. **\$5,000**

Good Beginnings

Support of this program which provides free, in-home, volunteer support to families with new babies or to pregnant women. **\$3,000**

Good Neighbor Health Clinic & Red Logan Dental Clinic

Supports primary dental care provided at no cost to patients who are low-income and uninsured living within the Ottawa-quechee Health Foundation service area. **\$10,000**

Good Neighbor Health Clinic & Red Logan Dental Clinic

Support for this Good Neighbor Health Clinic program to defray the patient assistance and costs of medication and prevention expenses. **\$750**

Institute of Medial Humanism

Support of a pilot community education training program in medical communications. The OHF community will serve as a pilot model for Vermont. The program focuses on difficult medical conversations. **\$5,000**

Killington Elementary School

Support for Killington Elementary School winter outdoor activities. This program is taught by local volunteers. **\$1,040**

Marsh Billings Rockefeller Park

Support for the inaugural Peak to Peak Community Walk to promote walking and using local trails. **\$1,740**

Mt. Ascutney Hospital & Ottawaquechee Health Center

In support of the Community Care Coordinator position for year two to provide advocacy and support to seniors and chronically disabled. **\$19,505**

Mt. Ascutney Hospital & Ottawaquechee Health Center

Support for year three of the Community Care Coordinator program to provide advocacy and support for seniors and chronically disabled. **\$22,327**

Ottawaquechee Community Partnerships

Support of the Vermont Youth Action Network to empower youth health advocacy through a series of advocacy and leadership training sessions. **\$3,000**

Reading-West Windsor Food Shelf

To support the Reading West Windsor Food Shelf operations to help with increased food demand. This food shelf serves more than 80 families per month and includes the Reading and Plymouth communities. **\$4,000**

Upper Valley Farm To School Network

Support for the Farm to School Community Curriculum project which engages K-4 students and community members in lessons on food and farming that meet educational standards. **\$5,000**

Upper Valley Farm To School Network

Support for the Farm to School mini-grant program funding for hands-on, farm based projects in 15 schools. **\$4,000**

Upper Valley Haven

Support for the Upper Valley Haven's Community Food Shelf and Healthy Eating Program. **\$2,000**

Upper Valley Trails Alliance

Support for the 2013 Passport to Winter Fun program to all 8 OHF region elementary schools to achieve a healthier community. **\$3,000**

Volunteers in Action

Support of VIA Meals on Wheels, volunteers for shopping, and transportation. **\$3,000**

Windsor Central Supervisory Union

Support of the Tooth Tutor Program which promotes oral health education for elementary students and helps to find dental homes for children in the target group (K-6). **\$5,500**

Woodstock Area Council on Aging/The Thompson Center

Supports growth and continuation of medical transportation services for seniors and disabled in the OHF area. **\$10,000**

Woodstock Community Television

Support to produce and disseminate a five part series of programs relating to community health entitled "Here's to Your Health" sponsored by OHF and NWPL. **\$2,500**

Woodstock Elementary School Safe School Committee

Support for performance group TIGER to educate about respect, friendship, and bullying prevention. **\$400**

Zack's Place

Support of a winter program with VT Adaptive Ski & Sport (VASS). **\$2,500**

Zack's Place

To support an exercise health and wellness summer program with Vermont Adaptive Ski & Sport (VASS). **\$4,000**

Make a Donation

Donations to the Ottawaquechee Health Foundation are gratefully accepted.

By check

To make a contribution by check, please send a check to:

*Ottawaquechee Health Foundation
P.O. Box 784, Woodstock, VT
05091*

By credit card

Go to our website to do-

nate: <http://www.ohfvt.org>

**"You treated me like family." -
Grant Recipient 2012**

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
Howard and Carol Anderson
Craig and Sue Pelton-Barrett
Stella Barron
Nancy Bassett
Les and Susan Berge
Miriam Berlin
Elizabeth Berry
Franklin and Pauline Billings
Mary Blanton
Don and Nancy Bourdon
Thomas Bracken
John and Mary Beth Brand
Suzanne and James Brian
Jennifer and Peter Brock
Phyllis and Jim Bulmer
Judith and Phil Bush
John and Laurie Chester
Bill Chorske
Leonard Cohen and Gail Smith
Eileen and John Connors
David and Bernadette Darakjy
Jill Davies and Nigel Hollis
Elizabeth Deignan and Dan Bellmore
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Elliot and Ina Gant

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John and Patsy Mathews
Peter and Claire Mayock
Robert and Fiona McElwain
Jack and Jane McGuire
Mark and Jo Melendy

Margaret Merrill
Cordelia Merritt
James Monahan and Colleen Mahoney
Joseph and Amy Morel
Malcolm Morgan
Susan Morgan and Larry Perry
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Geoffrey and Joan Nichols
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Eleanor Pizzani
Scott Putney
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Gordon and Pat Richardson
Tom Roberts and Lorie Loeb
Joyce Robinson
Carl and Joyce Roof
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Stephen and Louise Schwebel
Bruce and Meg Seely
Ad and Mavis Shaw
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Hank and Kathy Smith
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Marie Studer
Carl and Ching-Wen Taylor
Patt and Ginny Taylor
Anthony Thacher
Sherry Thornburg and Samuel Belk
Philip and Susan Tomlet
Marc Torrey and Judith Smith
Imants and Karen Vitols
Rob Wallace and Sandra Benoit
John and Wendy Wannop
Eric Wegner and Diane Kiernan
Peter Welch and Magaret Cheney
Melinda Weschler
Martin and Christine Whitney

Up Coming Events

Thanks Continued

Marilyn Wilhelm
 Alan Willard
 Bob and Joan Williamson
 Chet Williamson
 Judy Williamson
 Karl and Phyllis Wood
 John and Susan Zuccotti
 Donald and Barbara Zucker



Courtesy of NPS

Walk with OHF at the 2013 Trek To Taste

Saturday, June 1st

The Ottauquechee Health Foundation is proud to be a sponsor of the 2013 Trek To Taste scheduled for Saturday, June 1, 2013, from 10 am – 3 pm.

Did you know that daily brisk walks can help us live a happier and healthier life? By walking 15-30 minutes a day, we can maintain a healthy weight, prevent or manage chronic health conditions such as heart disease, high blood pressure, and type 2 diabetes. Walking also strengthens our bones without damaging joints, lifts our mood, and improves our balance and coordination.

Come walk with OHF and celebrate local food and local trails at the Marsh-Billings-Rockefeller National Historical Park in Woodstock, Vermont. This free event is co-sponsored by over 30 area organizations and is quickly becoming one of the most popular events in the Upper Valley!

Other Gifts and Grants

Received

Ben and Jerry's Foundation
 Dead River Oil Company
 Glad Rags
 Jack and Dorothy Byrne Foundation
 King Arthur Flour
 King's Daughters
 Ledyard Bank Foundation
 Lucy Downing Nesbit Foundation
 Northeast Delta Dental
 Price Chopper Golub Foundation
 TD Charitable Foundation
 Town of Plymouth
 Trap Door Bakery and Café
 Universalist Union Society of Hartland
 Vermont Community Foundation
 Woodstock Community Foundation
 Woodstock Learning Trust
 Woodstock Rotary
 Upper Valley Adoption Circle

Real Foods Community Cookbook

Tell us what's cooking in your kitchen this spring and your recipe could be included in our Real Foods Community Cookbook. We're looking for ideas about how to use these spring finds...

Fiddleheads, Asparagus, Baby Greens, Radishes, Ramps, Rhubarb, Spinach, Local cheeses, Local meats

Please submit your recipes online: www.realfoodscookbook.com

Spring recipe deadline: June 8, 2013

The Real Foods Community Cookbook is a project of the **Norman Williams Library** and the **Ottauquechee Health Foundation**.

It features recipes from community members in Woodstock, VT and surrounding towns.

Preparing for Health Care Changes in Vermont June 11th at 6:00 pm, Norman Williams Public Library

Do you want to know more about Health and Benefit Exchange Plans?

Please join us as health care consultant, Russ Kelyt explains the anticipated changes in Vermont State Health Care benefits that will be implemented this fall.



Donations Given

in Memory of

Calvin Barnes Dana

Ernest and Nancy Kendall
 John and Sarah Ward
 Linda Mullestein
 Nancy Bassett
 Ronald and Alice Siegriest
 Woodbridge Homeowner's Association

"You treated me with great respect and consideration. The Good Neighbor Grant program is a fantastic program and I so appreciate your financial assistance." - Grant Recipient 2012

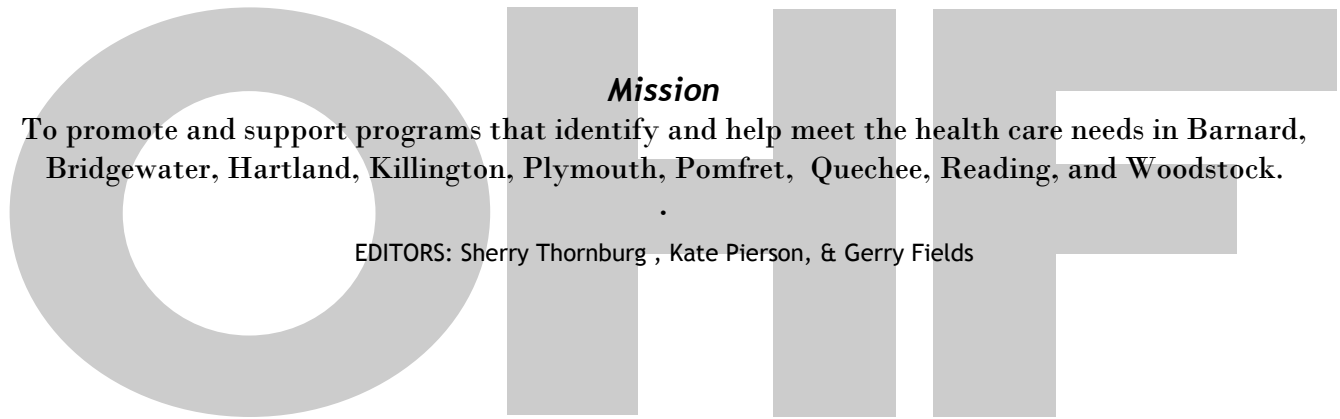
SUPPORT OUR GOOD WORK!

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.ohfvt.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!

Serving the Communities of

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

Ottauquechee Health Foundation



Mission

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.

EDITORS: Sherry Thornburg , Kate Pierson, & Gerry Fields

Welcome New Members!

The Ottauquechee Health Foundation welcomes the following new members approved at the 2013 Annual Meeting:

Cary Agin
Adam Ameele
Shoshana Belisle
Anne Marie Bohn
Joanne Boyle
Sue Bryan
Ginny Christy
Clare Drebitko
Clover Durfee

Kirsten Eastman
Lyle & Lisbeth Hall
Joyce Hurd
Laura & Sherman Kent
Mary LaBrequé
Sarah Larmie
Macy Lawrence & Lynn Bohannon
Jill Lord
Lawrence McLiberty

Jennifer Petersson
Lisa Purvis
Beth Robinson
Jessica Stout
Jamie Sudol
Tina Tuckerman
Todd Uva

P.O. Box 784
Woodstock, Vermont 05091

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