

# OTTAWAQUECHEE HEALTH FOUNDATION



Photo Courtesy of Woodstock History Center

## ANNUAL REPORT

FY2017 & 2018 through Sept. 30, 2018

[www.ohfvf.org](http://www.ohfvf.org)

# Introducing our new Executive Director



The Ottauquechee Health Foundation is pleased to welcome Tayo Kirchof as Executive Director. Tayo joined the Foundation in September, taking over from Adrienne Sass who resigned in March.

Tayo brings to the Foundation extensive experience in nonprofit management, communications and marketing, a strong commitment to the communities OHF serves, and a passion for health and wellness for both individuals and communities.

## President's Message



For more than 20 years, the Ottauquechee Health Foundation (OHF) has fostered health and wellness in our communities through support for education and initiatives, and grants to help our neighbors meet their healthcare needs.

Today, more people are coming to OHF for help. Access to basic services like medical and dental care, mental health, and prescription drugs is increasingly difficult and expensive. In response, OHF has increased the number of Good Neighbor Grants it gives, and has developed and expanded programs designed to address gaps in services.

The success of these programs, and the resulting growth in size and scope of the organization, have challenged our ability to fulfill our mission. In 2017, the Board underwent a strategic planning process to determine a way forward for the organization. The resulting strategic framework refocuses OHF on its mission and the original intent of its founders — to support health and wellness in the Vermont communities of Barnard, Bridgewater, Hartland, Killington, Plymouth, Pomfret, Quechee, Reading and Woodstock.

Using this strategic framework, the Board is reviewing and restructuring the Foundation's systems to reduce expenses and increase our ability to provide grants for health and wellness. We're reaching out to individuals and organizations across our nine towns—to build awareness among those who need our services and funding, and to grow support from those who might help.

Today, as throughout its history, OHF is strengthened by the many people, organizations and businesses that make our efforts possible. We are honored by the participation of our members, the hard work of our volunteers, and the generosity of our donors. We are especially grateful for the commitment and input of our many Board Trustees—present and past—who continue to work for effective leadership and responsible stewardship of the valuable asset that is the Ottauquechee Health Foundation.

Today, OHF is vital, strong and committed to the health and wellness of our communities. We hope that you, too, will renew your commitment to our mission through your support for our 2018 Annual Appeal. Together, we will achieve our vision for a future in our communities where everyone can attain good health and wellness.

A handwritten signature in black ink that reads "Mary S. Hawkins".

Mary Hawkins, Board President

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### Staff

**Tayo Kirchof**

*Executive Director*

**Beth Robinson**

*Grants Coordinator*

The Ottauquechee Health Foundation provides grants and promotes health and wellness needs in Barnard, Bridgewater, Hartland, Killington, and Woodstock.



Thanks to our dedicated partners and providers  
**\$124,000 in grants enabled access to over  
\$165,000 in health and wellness  
services in 2017.**

## What We Do



### Gap Funding

OHF provides gap funding on behalf of individuals who are unable to pay for the high costs of health and wellness services.

Our Good Neighbor Grants support needs ranging from medical and dental care to medical equipment, hearing aids, mental health, pharmaceutical and other health needs. Last year OHF approved more than \$124,000 in health and wellness grants, and that number continues to grow year after year.

For those who need a caregiver, our Caregiver Respite Grants are also available to meet short term needs. In 2017 we provided more than \$9,000 in respite grants.

Additionally, Community Grants are awarded to organizations addressing critical health concerns in the community.



### Education & New Initiatives

OHF understands the importance of keeping abreast of the changing needs of our communities, and supporting those needs through education pilot programs that focus on prevention. Current and past projects include the Mindful SELF program heading into its third year in area schools, as well as our outgoing SMILES oral health program.

Additionally, we believe that health education keeps community members informed, and in turn healthier, happier and better able to navigate complicated health related circumstances.

OHF is currently planning multiple education forums and events as well as focusing on new initiatives for 2018/2019.



### Care Coordination & Community Resources

OHF works in partnership with area health providers and organizations to provide care coordination and support. In addition, local health providers discount their services, to allow our neighbors to access health and wellness services at a more affordable rate. In fact, \$124,000 in 2017 grants enabled access to over \$165,000 in health and wellness services.

We also assist community members in finding caregivers for their loved ones through our Respite Grant program and Caregiver Referral Service (formerly HIRS). This service connects community members with caregivers to help with daily needs and general supervision to keep people safe and well in their homes.

ates and supports programs that identify and help meet the health and  
ton, Plymouth, Pomfret, Quechee, Reading, and Woodstock.

# Stewardship

## Good Neighbor Grants (GNG)

|                  | 2016      | 2017      | 2018 (9/30) |
|------------------|-----------|-----------|-------------|
| Approved         | \$155,553 | \$123,997 | \$132,901   |
| People Served    | 118       | 126       | 121         |
| Number of Grants | 268       | 229       | 235         |
| Average Grant \$ | \$580     | \$541     | \$565       |

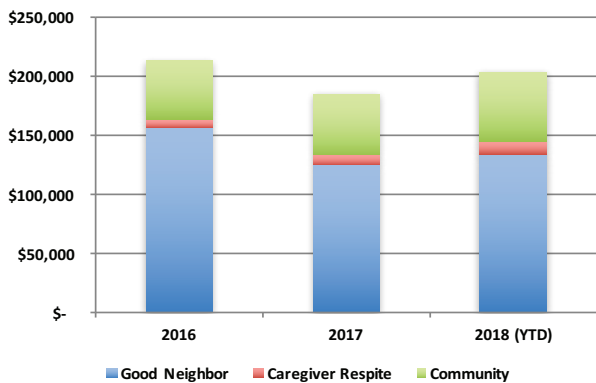
## Caregiver Services/Respite Grants

|                  |         |         |          |
|------------------|---------|---------|----------|
| Approved         | \$7,095 | \$9,163 | \$11,538 |
| Number of Grants | 9       | 12      | 11       |

## Community Grants

|               |          |          |          |
|---------------|----------|----------|----------|
| Approved      | \$49,896 | \$51,000 | \$59,100 |
| People Served | 1091     | 1216     | 1159     |

OHF Grants 2016 - 2018 (YTD 9/30)



## The BIG Value in Small Grants

An average Good Neighbor Grant amount of \$550 - though not large - is a substantial contribution to those struggling financially. Without these grants, important health services might not otherwise be available to those needing them the most.

OHF utilizes the Federal Poverty Guidelines to gauge grant need.

Based on those guidelines, the Federal Poverty Level (FPL) for a household of two is just \$16,460 per year.

**OHF is proud to provide invaluable resources to those in need of assistance. Please consider helping us support those who need it most.**

# By the Numbers

## FY 2017

Total Grants Provided

241

Total People Served

1930

Average Grant Amount

\$541

% Under 200% of Poverty Level

79%

Time Spent on Care Coordination

25%

## 2018 YTD (9/30)

Total Grants Provided

246

Total People Served

1628

Average Grant Amount

\$565

% Under 200% of Poverty Level

82%

Time Spent on Care Coordination

35%

# Financial Statement

|                      | FY 2016            | FY 2017            |
|----------------------|--------------------|--------------------|
| Total Assets         | \$3,838,859        | \$4,109,862        |
| Total Liabilities    | \$21,203           | \$20,122           |
| Property & Equipment | \$140,573          | \$131,774          |
| <b>Net Assets</b>    | <b>\$3,979,432</b> | <b>\$4,241,636</b> |

## Program Success Story

### Mindful SELF

OHF's Mindful SELF (Social Emotional Learning Foundation) program is an early intervention program designed to promote social and emotional wellbeing and mindfulness. Trained mindfulness educator, Susan Mordecai, teaches mindfulness practices in area classrooms from pre-kindergarten to sixth grade, coordinating with the schools' principals, guidance staff and teachers to develop age-appropriate lessons that are tuned to the particular needs of each school and grade.

The Mindful SELF program emphasizes the training of teachers and staff, in addition to educating students, in order to build a culture of mindfulness that continues with both students and teachers well into the future. This "train the trainer" approach teaches classroom educators and support staff techniques they can use in the daily classroom routine. In addition, the program transitions responsibility for mindfulness teaching and engagement over the course of three years—from the mindfulness educator to the students and teachers and ultimately to each school in the community. *As we enter our third and final year of our Mindfulness grant funding, we are working hard to identify a new organization to administer this successful program.*

**In the 2017/2018 school year, the mindfulness program served:**



“ Mindfulness had helped students improve friendships, focus better in class, and feel happier. - School Counselor

“ It is a wonderful way for us to come together as a reminder to be both present and reflective throughout our day. - Teacher

“ It helps me focus for the rest of the day. - 6<sup>th</sup> grade student

# Our Supporters

**THANK YOU! We extend our deepest gratitude to all the donors and supporters that make this work possible.**

*We apologize for any names that may have been inadvertently omitted and appreciate notice of corrections or errors. Jan. 2017-Sept. 2018.*

A special thanks to our partners and providers for their discounted services and ongoing support.

Brooke and Jim Adler  
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**Your donation helps supply access to funding & resources that may not otherwise be available.**

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Woodstock Farmers Market, Inc.  
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Mrs. Susan Zuccotti  
Donald and Barbara Zucker

#### **In Memory of**

Wesley Lee Frost  
Patsy Matthews  
Bill Ellis

#### **Acknowledgments**

Printing: R.C. Brayshaw  
Editing: OHF Board and Staff  
Design: Tayo Kirchhof  
Cover Photograph: Woodstock  
History Center

# Our Vision for the Future

## Strategic Framework

### **OHF launched in depth strategic planning in 2017:**

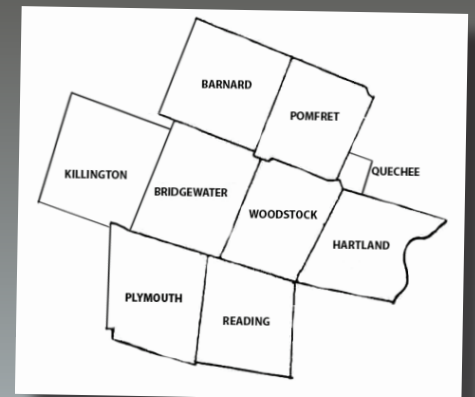
- Identified key issues facing the organization
- Examined how we can best serve our communities
- Created a strong strategic framework for moving forward that:
  - Returns OHF to a focus on its core mission
  - Refocuses OHF on its core communities

### **OHF supports health and wellness in our communities by:**

- Providing gap funding, resources and assistance through grants and care coordination
- Assessing unmet health needs
- Piloting new initiatives and address needs through proactive and preventative approaches
- Structuring programs to be self sustaining if successful
- Providing community education and prevention events

### **The Foundation moves forward in 2019:**

- New structure for success
- Working to engage and empower Board, Committees and Members
- Reaching out to our core communities to ensure our mission is clear and accessible to all in our catchment area.



**The Ottauquechee Health Foundation promotes and supports programs that identify and help meet the health and wellness needs in Barnard, Bridgewater, Hartland, Killington, Plymouth, Pomfret, Quechee, Reading, and Woodstock.**

## **Contact Us:**

Ottauquechee Health Foundation  
30 Pleasant Street/P.O. Box 784  
Woodstock, VT 05091

802.457.4188  
[www.ohfvt.org](http://www.ohfvt.org)

Tayo Kirchhof, Executive Director  
[director@ohfvt.org](mailto:director@ohfvt.org)  
Beth Robinson, Grants Coordinator  
[beth.robinson@ohfvt.org](mailto:beth.robinson@ohfvt.org)

“ You have relieved me of so much worry and anxiety that words cannot fully tell you how grateful I am. - GNG recipient

## A few words from the people we serve.

- “ It is nice to know there is help out there **when the going gets tough.**
- “ Thank you very much for your contribution towards my dental treatment. **Without your help, it would have been a hardship to come up with the payment.**
- “ OHF could not have been kinder or more attentive to my circumstances. **You made me feel comfortable and cared for.**
- “ Thank you for granting my hearing aids...I am amazed at what I was missing! The rustle of the leaves, crickets, bird calls - **so much of the world has come back to my life!**