

# OTTAUQUECHEE HEALTH FOUNDATION



Photo Courtesy of the Woodstock History Center

## ANNUAL REPORT FY2019

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# A Message from the Board President and Executive Director

Dear friends of OHF,

For almost 24 years the Ottawaquechee Health Foundation (OHF) has had the privilege of supporting our communities through financial assistance, community partnerships, education, and the support of wellness initiatives. OHF strives to improve the health and well-being of people who live in the towns we serve, and we are proud to help alleviate the high costs of healthcare for individuals and families.

As a prominent and successful advocate for health, OHF is well-positioned to support positive, lasting change in our communities in 2020 and beyond. Our programs continue to see exponential growth, including our Good Neighbor Grant and Homecare Grant programs. We also continue to build awareness around pressing issues-including the state of our nation's health care, the challenges of aging in place, the social-emotional wellbeing of our children, and the overall health of our neighbors and communities.

In 2019, OHF took a proactive role in addressing health issues in the towns we serve. In an effort to widen the awareness of our mission, we visited our service towns; participated in multiple community conversations about how to better serve those in need; contributed to the Community Health Improvement Plan (CHIP) work-group with Mt. Ascutney Hospital; and implemented the district-wide Windsor Central Wellness Initiative to help support the social-emotional welfare of our children.

There is no other organization in the region doing what OHF does for our communities. We are grateful and honored to devote ourselves to this cause, day in and day out. We are also consistently impressed with the dedication of our donors, board, committee members, and volunteers who put OHF front and center as a resource for our region. All of us care tremendously about the mission of OHF-and about you-our donors, patrons and loyal supporters.

On behalf of the staff and Board of OHF, we want to thank you for your past and current support, and invite you to join us as we confidently head into the next decade.

Sincerely,



Tayo Kirchhof  
Executive Director

A handwritten signature in black ink, appearing to read 'Tayo Kirchhof'.



Jeff Dillon  
Board President

A handwritten signature in black ink, appearing to read 'Jeff Dillon'.

## Board of Trustees

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**Tayo Kirchhof**

*Executive Director*

**Beth Robinson**

*Grants Coordinator*

The Ottawaquechee Health Foundation strives to improve the  
through financial assistance, community partner  
Our Service Towns: Barnard, Bridgewater, Hartland, Killin



Thanks to our dedicated partners and providers  
**\$160,000 in OHF grants enabled access to  
over \$215,000 in health and wellness  
services in 2019.**

## What We Do



### Financial Assistance

OHF provides financial assistance 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, and other health and wellness gaps. Last year OHF approved more than \$136,000 in GNG's, and that number continues to grow year after year.

For those who need a caregiver, our Homecare Grants (formally Respite Grants) are available to meet short term needs. In 2019 we provided \$24,000 in Homecare grants, a 50% increase over 2018.

Together, our granting programs provided over \$160,000 in financial assistance.



### Education & New Initiatives

OHF understands the importance of keeping abreast of the changing needs of our communities, and supporting those needs through education opportunities and pilot programs that focus on prevention. Current and past projects include the Mindful SELF program, the new Windsor Central Wellness Initiative, and our retired SMILES oral health program.

In 2019, OHF offered and participated in multiple educational programs that were open to the public, including insurance education workshops and flu clinic transports.

OHF is also an active participant in multiple area committees and task forces focused on improving the health and happiness of our communities.



### 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 2019, \$160,000 in grants enabled access to over \$215,000 in health and wellness services.

OHF spent 30% of its time in 2019 on helping community members gain access to the resources they need to be healthy. This includes connecting them with Community Care Coordinators, community resources, and other external support systems and organizations. We are here to help.

the health and well-being of people who live in the towns we serve  
partnerships, education, and support of wellness initiatives.  
Williamston, Plymouth, Pomfret, Quechee, Reading, and Woodstock.

# Stewardship

## Good Neighbor Grants (GNG's)

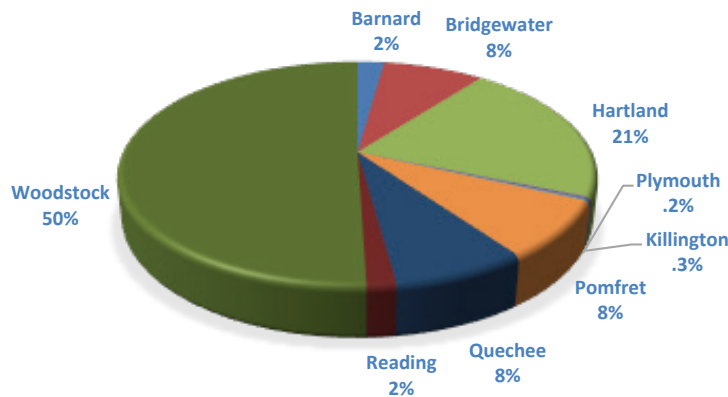
	2017	2018	2019
Approved	\$123,997	\$135,874	\$136,000
People Served	126	148	102
Number of Grants	229	245	229
Average Grant \$	\$541	\$555	\$600

**OHF is proud to provide invaluable resources to those in need of assistance.**

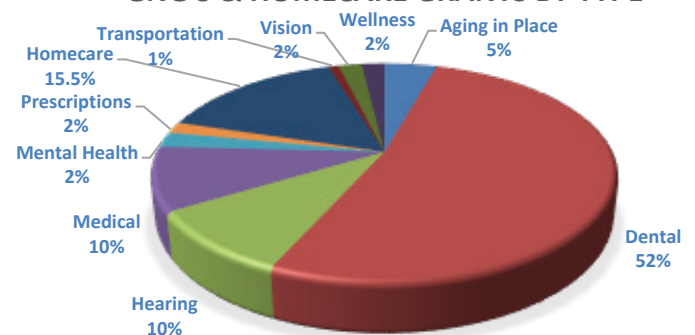
## Homecare Grants (formerly Respite Grants)

	2017	2018	2019
Approved	\$9,163	\$11,537	\$24,000
Number of Grants	12	11	11

**GNG'S & HOMECARE GRANTS BY TOWN**



**GNG'S & HOMECARE GRANTS BY TYPE**



## 2019 By the Numbers (GNG's and Homecare Grants combined)

Total Grants Provided

240

Total People Served

113

Average Grant Amount

\$600

% Under 200% of Poverty Level

92%

Time Spent on Care Coordination

30%

### The BIG Value in Small Grants

*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 \$16,910 per year.*

**An average Good Neighbor Grant amount is \$600. Though not large, it 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.**

## Financial Statement - Investments

	FY 2016	FY 2017	FY2018	FY2019
Total Assets	\$3,838,859	\$4,109,862	\$3,872,386	\$3,931,563

# Program Expansion Success Story

**The Windsor Central Wellness Initiative (WCWI)** is a collaborative effort of OHF and the Windsor Central Modified Unified Union School District (WCMUUSD) to bring wellness programming to the students, families, school staff, and community members.

The WCWI seeks to address rising levels of psychosocial stress experienced by today's youth, due in part to pervasive digital media and pressing sociopolitical issues, including gun violence, political conflict, and concerns about climate change. The American Psychological Association estimates that a majority of today's Generation Z are burdened by high stress, which negatively impacts mental, physical, and emotional health.

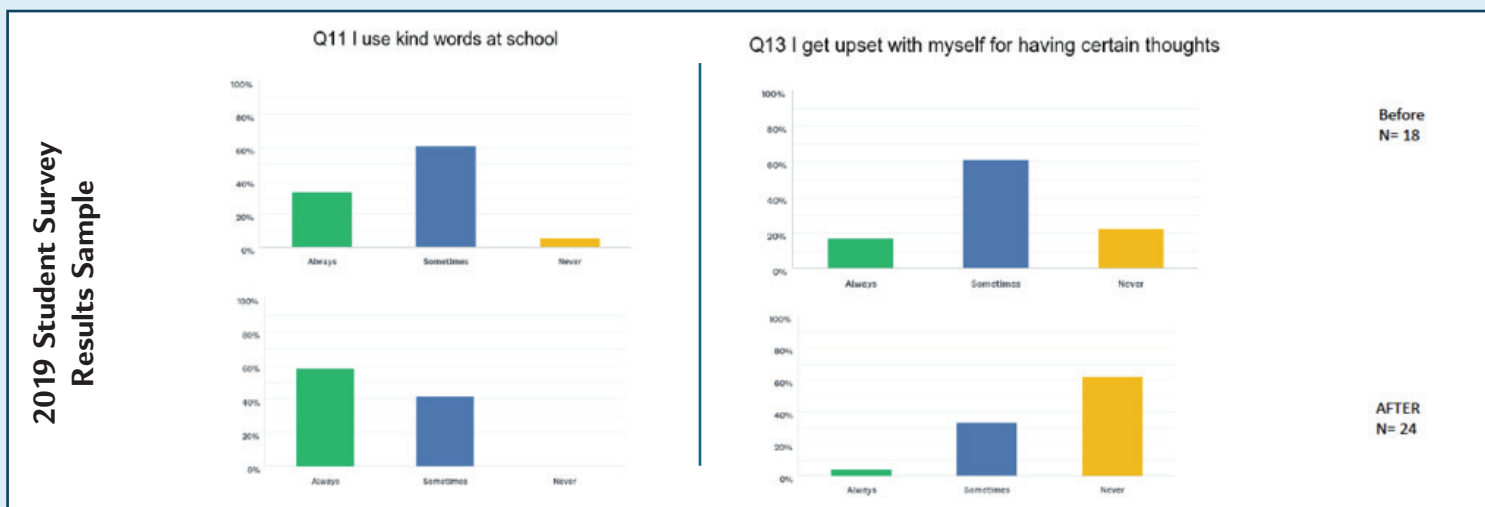
Recognizing the powerful shift that mindfulness education creates, the Mindful SELF (Social Emotional Learning Foundations) program was launched in several of our district's schools three years ago. The larger goal was to improve students' social and emotional wellbeing. Led by mindfulness educator, Susan Mordecai, the program reached more than 400 students in five area schools. Student reports revealed improved mindful attention, compassion, kindness, and capacity to learn.

Over the coming three to five years, the WCWI will build upon the success of the Mindful SELF program by providing multi-tiered interventions that address the challenges of traumatic stress. The tiers, offered by an experienced roster of health and wellness professionals, will be rolled out simultaneously, thereby creating an overall learning environment that supports wellbeing. The tiers will be offered as follows:

Tier 1: Northeastern Family Institute (NFI) Trauma-informed Schools Program (TISP)

Tier 2: Integrated Parent, Caregiver, and Teacher Workshops and Trainings

Tier 3: Direct Community and Classroom Trainings and Support



To learn more or donate to this project, please visit [www.ohfvt.org/windsor-central-wellness-initiative-mindful-self/](http://www.ohfvt.org/windsor-central-wellness-initiative-mindful-self/)

“Opening the doors to community members like myself not only begins to break down the silos we often work in but also begins to create universal language and practices for how we, as a community, address the issues of trauma and toxic stress. This collaborative effort is what will truly save our children.”

-WCWI training participant

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

- School Counselor

# Our Supporters

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

*We apologize for any names or organizations that may have been inadvertently omitted and appreciate notice of corrections or errors.  
Supporters from October 1, 2018-December 31, 2019*

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

Brooke and Jim Adler  
Pam and Louis Ahlen  
Saralee Alloway  
Howard and Carol Anderson  
Chris and Barbara Bartlett  
Nancy Bassett  
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Jeff Bendis and Barbara Butler  
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Phil and Judith Bush  
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Casella Construction  
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Bill Chorske and Elaine Gustafson  
Covered Bridges Half Marathon  
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**Your donations help supply access to funding & resources that may not otherwise be available.**

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**In Memory of**  
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# Our Vision for the Future

## Strategic Framework

### Supporting health and wellness in our communities by:

- Providing financial assistance, resources, and assistance through grants, community outreach, prevention events, and education.
- Assessing unmet health needs.
- Piloting new initiatives and address needs through proactive and preventative approaches.

### Strategic planning for 2019/2020:

Currently we are:

- Re-examining how we can best serve our communities.
- Creating a five year plan outlining main objectives and strategies.

### Moving forward in 2020:

- Working to engage and empower Board, Committees and Ambassadors/ Members.
- Outreach to our core communities to ensure our mission is clear and accessible to all in the towns we serve.
- Further solidify the financial health and longevity of the organization through diverse funding and creative fundraising events.



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## Contact Us:

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[director@ohfvt.org](mailto:director@ohfvt.org)  
Beth Robinson, Grants Coordinator  
[grants@ohfvt.org](mailto:grants@ohfvt.org)

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





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*Find us on Facebook and Instagram*

## A few words from the people we serve.

“ It is nice to know **there is help out there** when the going gets tough.

“ 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.**

“ I never knew about this foundation and **I am so grateful, not for just myself, but for everyone that has been helped.** It's just wonderful! I was able to fill my eye glass script which I was unable to afford at the time.



Serving Barnard, Bridgewater, Hartland, Killington, Plymouth, Pomfret, Quechee, Reading, and Woodstock.