



# OTTAUQUECHEE HEALTH FOUNDATION

The Ottauquechee Health Foundation improves the health and well-being of people in need who live in the towns we serve. We do this through financial assistance, community partnerships, education opportunities, and support of wellness initiatives.



**OTTAUQUECHEE  
HEALTH  
FOUNDATION**

## Annual Meeting Agenda

- ❖ President's Welcome and Report
- ❖ Presentation of Case Study: Beth Robinson and Carla Kamel
- ❖ Introduction of Hali Robinson, Executive Director
- ❖ Member Business
  - ❖ Approval of 2022 Annual Meeting Minutes: Kathy McHugh
  - ❖ Governance Report: Carol Stall, Governance Committee
    - ❖ New Members
    - ❖ First Term Trustees
    - ❖ Governance Committee members
    - ❖ Audit Committee new members
- ❖ Finance Report: Kathy McHugh, Finance Committee
- ❖ Five-Year Strategic Plan; Updates/Progress: Mary Young-Breuleux
- ❖ Trustee, Volunteer and Partner Recognitions



**OTTAUQUECHEE  
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# President's Welcome

- Welcome
- Recognitions
- Administrative Changes
- 2022 Accomplishments
- Challenges and Solutions

# Trustee Recognition

## Active Trustees

- **Dan Bollag** (2 years) Service: Treasurer, Grant, Real Estate, Governance, Finance, and Executive Committees
- **Mark Boutwell** (5 years) Service: Vice President, Grant Committee-Chair, Real Estate-Chair, Executive Committee
- **Sue Bryan** (1 year) Service: Grant, Finance Committees
- **Jordan Harris** (1 year) Service: Member-at-Large Executive Committee, Audit-Chair, Real Estate
- **Carla Kamel** (1 year) Service: Grant, Audit Committees
- **Kathy McHugh** (finished term of previous trustee; presented for first term trustee) Service: Secretary, Finance, Communication, and Executive Committees
- **Rebecca Nash**, retiring (2 years) Service: Grant-Chair
- **Paul Rigali** (4 years) Service: (Grant Committee, Real Estate Committee, Communications Committee)
- **Josh Roylance**, retiring (3 years) Service: Governance- Chair, Grant, Real Estate, Strategic Planning
- **Carol Stall** (2 years) Service: Governance, Grant, Planning Annual Meeting and Board Orientation
- **Mary Young-Breuleux**, retiring (6 years) President, Vice President, Secretary, Grant, Real Estate-Chair, Finance, Strategic Planning, and Executive Committees

# Member and Staff Recognition

## All Members

Thank you for your ongoing support and loyalty. Over the past 26 years, millions of dollars have been granted to individuals and community organizations to improve health and wellness.

## Special Members Recognition:

Meg Seely

Tom Roberts

## Staff Recognition

Tayo Kirchhof

Beth Robinson

## Community Committee Members

Steve Moyer

Rob Wallace

Alan Fine

Marian Koetsier

Deb Heiman

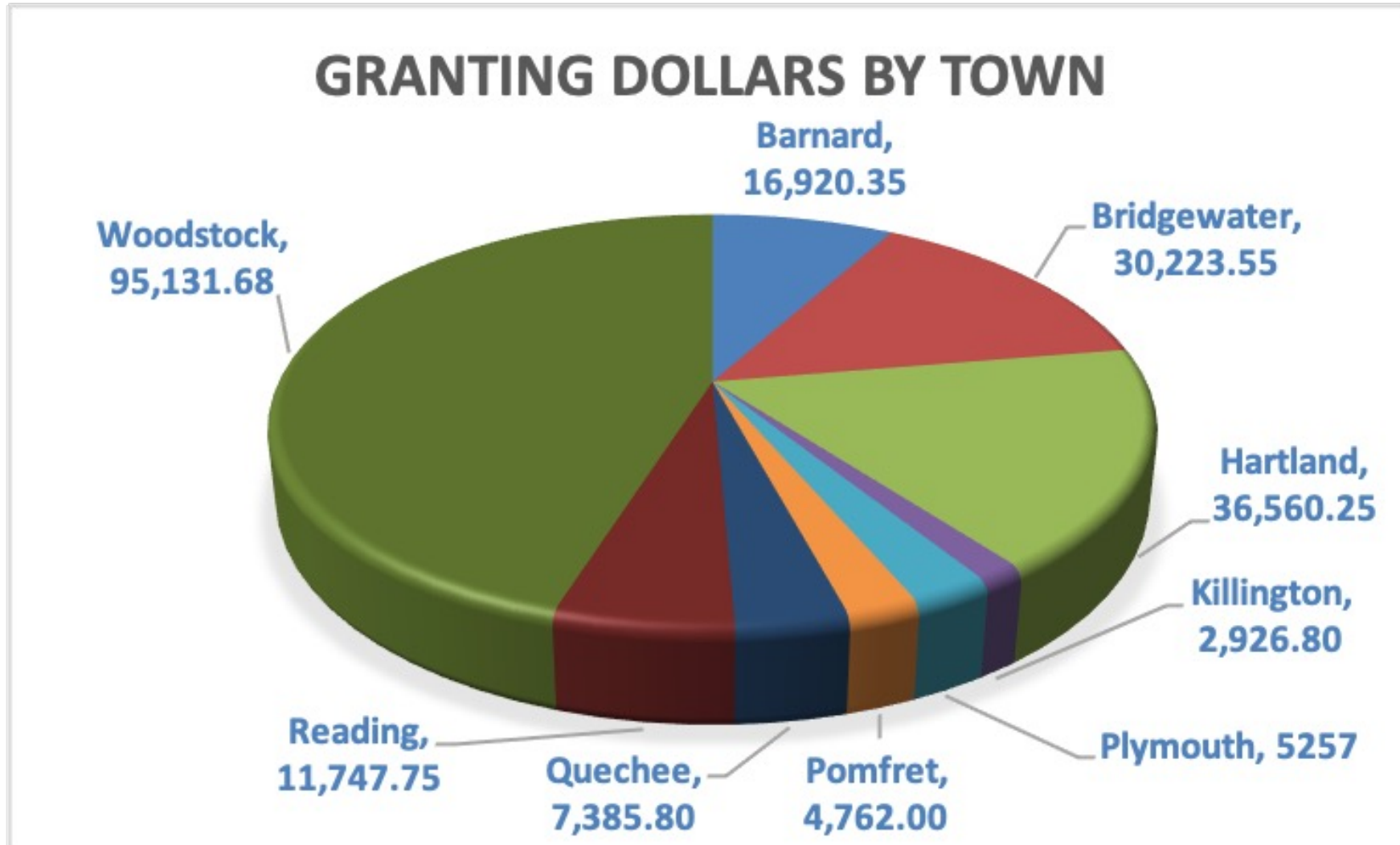
Patrick Fultz

Nerissa Edwards

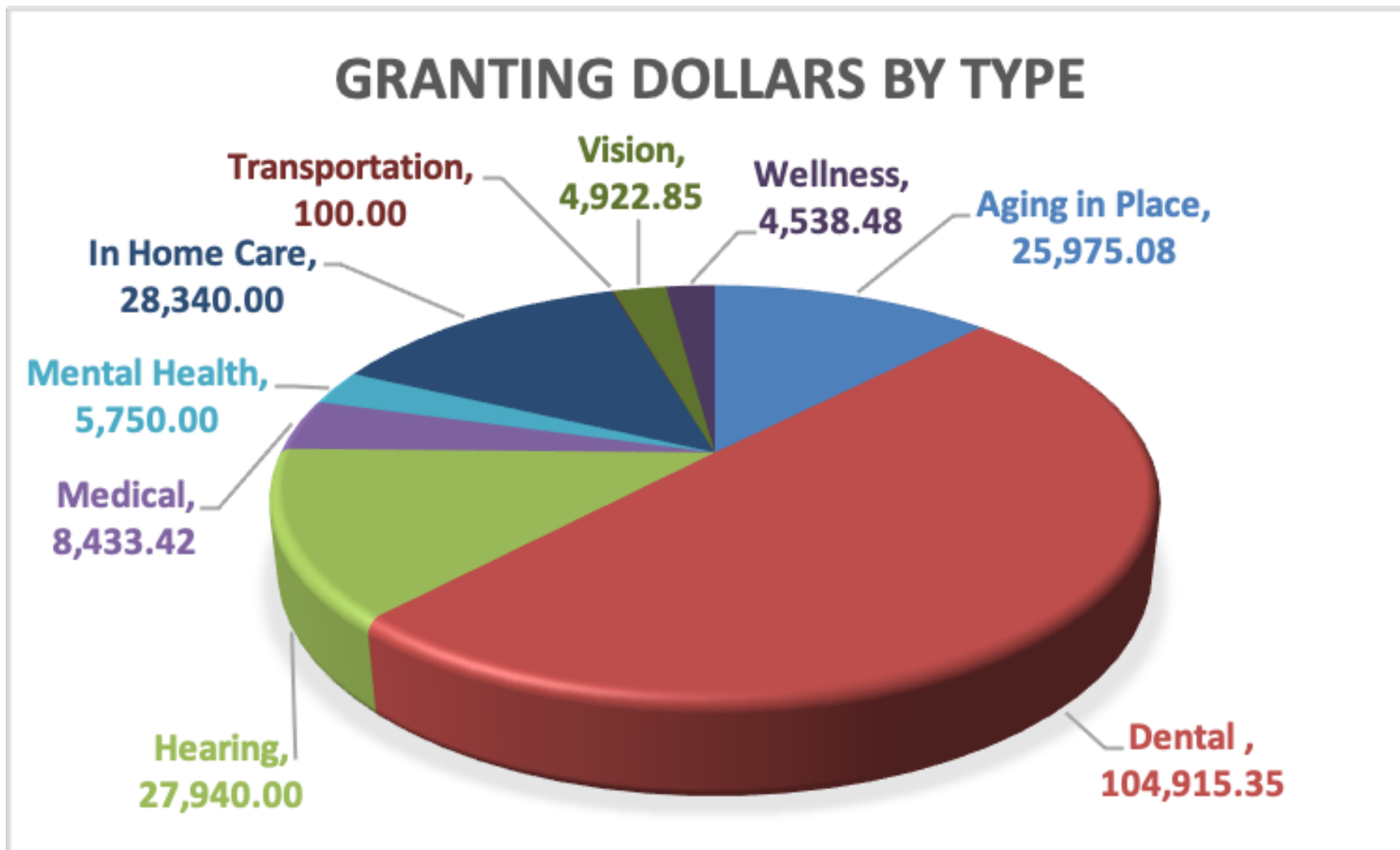
Holly Pierce

# Granting by Town

OHF continues to provide support to all 9 of its service towns!



# Granting by Type/Need



# Financial Assistance

## 2022 By the Numbers



## The BIG Value in Small Grants

*OHF utilizes the Federal Poverty Guidelines to assess financial eligibility. Based on those guidelines, the Federal Poverty Level (FPL) for a household of two is \$18,310 per year.*

**An average Good Neighbor Grant amount was \$862. 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. In 2022, 72% of OHF financial assistance was provided to households living under 200% of the FPL.**



## Good Neighbor Grants (GNGs), Homecare Grants & Community Grants

	2020	2021	2022
Approved	\$199,000	\$212,000	\$225,000
# of Grants	230	223	261
# People/Orgs Served	138	153	136
Average Grant \$	\$869	\$950	\$862

## Breakdown of 2022 Granting by Program

	# of Grants	Amount
GNGs	240	\$184,000
Homecare Grants	12	\$28,000
Community Grants	9	\$13,000
<b>Totals</b>	<b>261</b>	<b>\$225,000</b>

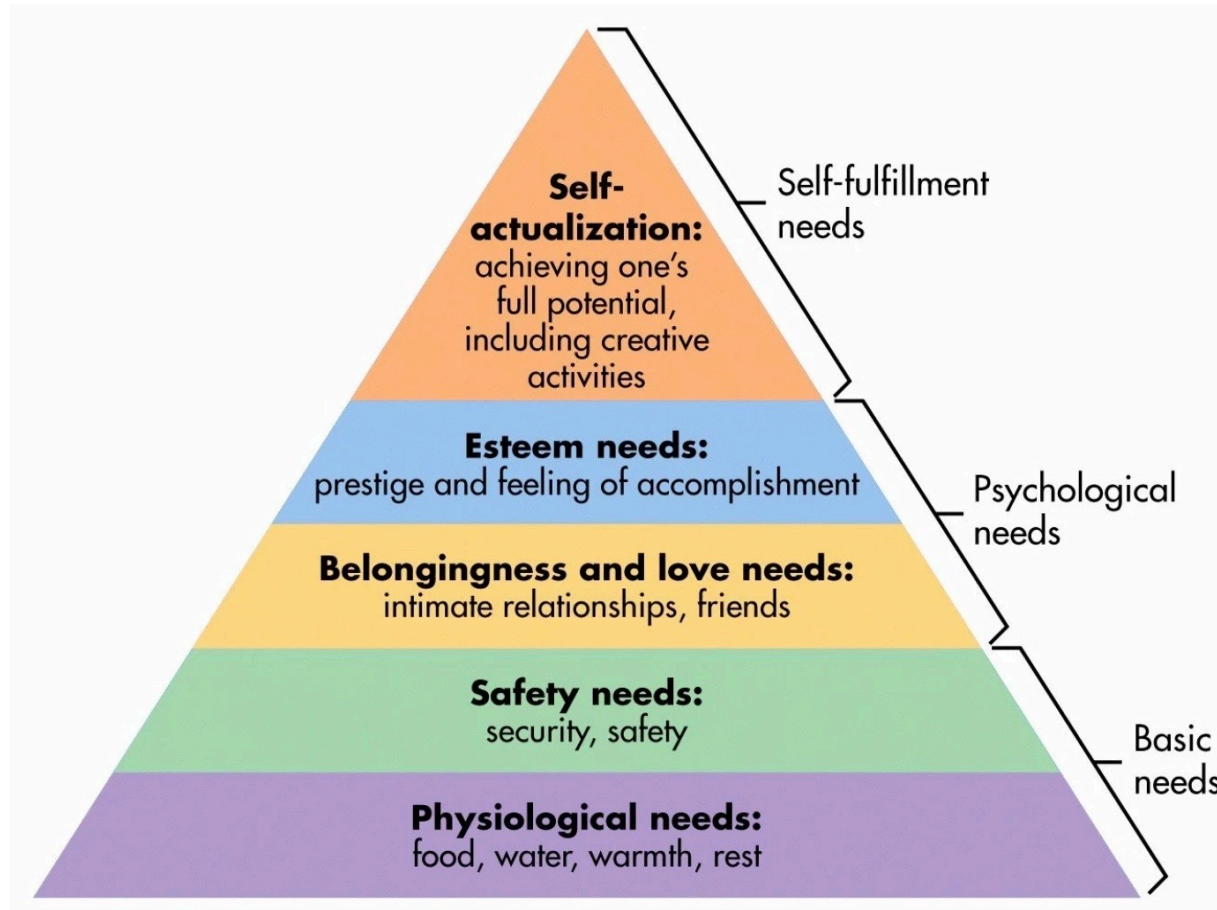
# Community Projects Funded in 2022

<b>Nutrition</b>		
WCSU School Nutrition Program	\$500	Protein foods to accompany Veggie Van Go
<b>Mental Health</b>		
WUHS/MS Yoga and Arts	\$5000	Yoga and Art Program for teens in catchment area
<b>Safety/Prevention</b>		
MAHHC/Primary Care Clinic	\$600	Bike Helmets
Governor's Institute of VT	\$250	N95 masks and COVID tests
<b>Maternal and Child Health</b>		
WUHS/MS	\$500	Lactation room fridge and snacks
Jess Kimball Wellness	\$5000	Support for pre- and postnatal periods
<b>Elderly Care</b>		
OHC/Thompson	\$41	Shipping costs for Advanced Directive materials
Good Neighbor Health Clinic	\$2000	Flu vaccine for 65+

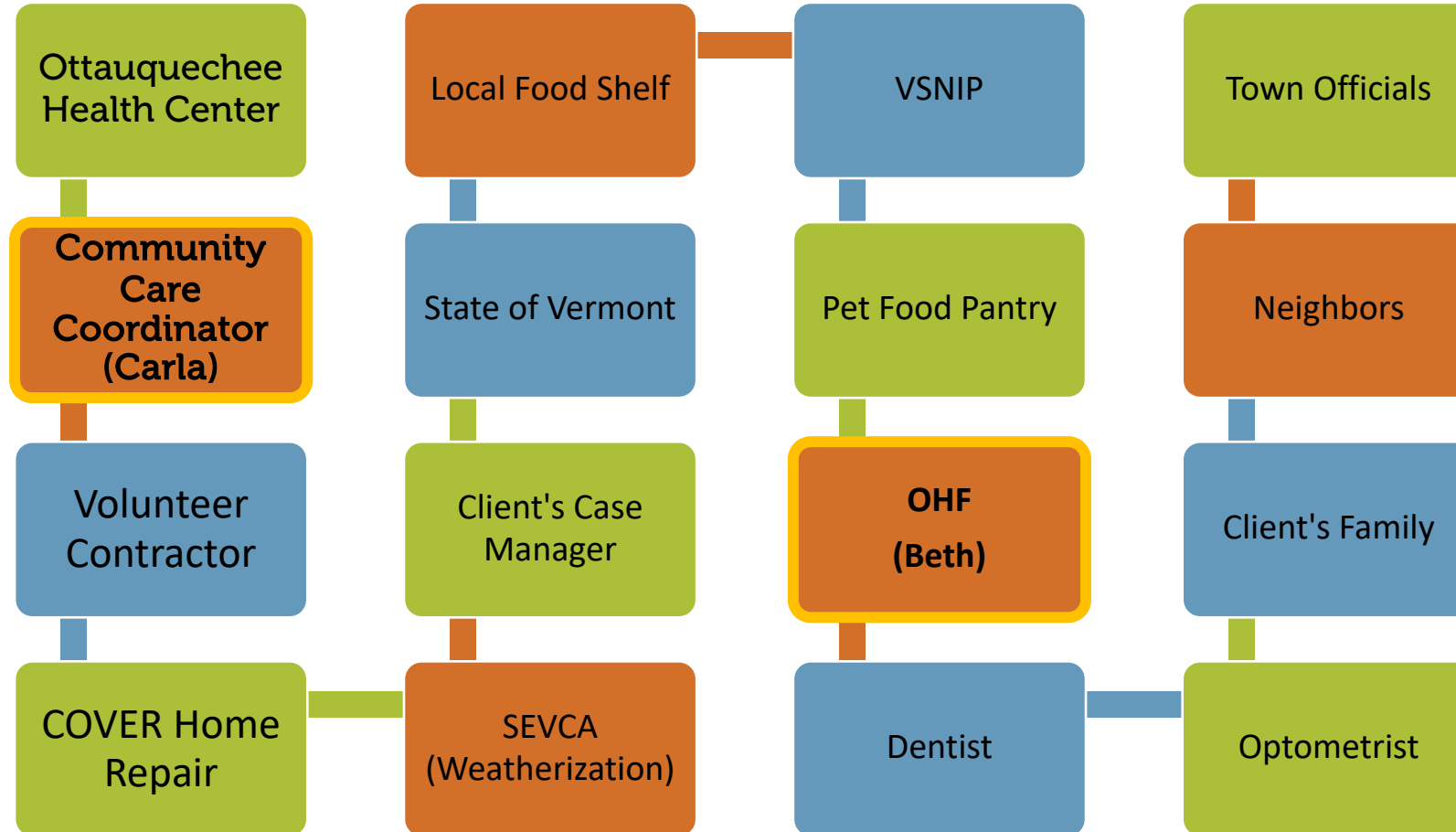
# Working Together



# Key Players Story



# Resources involved



# Welcome Hali Robinson

## Executive Director

Hali is a lifelong resident of Woodstock and its surrounding towns. She has worked in eyecare, cancer research, and epidemiology.

Hali has an undergraduate degree in Biology with a French minor and a Master's degree in Public Health. Upon completion of her MPH she also became Certified in Public Health through the National Board of Public Health Examiners. With this background, she is able to understand systems-level issues while also seeing people as individuals.

Hali is interested in an ever-growing list of public health topics – maternal and child health, environmental health, health literacy and communication, end-of-life care, community health, dental care, and health equity, just to name a few.

Hali enjoys skiing, reading, and spending time near water in her free time. She and her husband, Jake are gaining a lot of humility as they navigate life as new parents to their son, Knox. She can also be found tending to the needs of their high maintenance dog and cat, Minnie and Banks, as they learn to cope with less attention... but more treats.

# Robinson and... Robinson?

## Is there nepotism happening at OHF?



# A Little Bit About OHF's New ED

- Master of Public Health and Certified in Public Health
  - Clinical and Data Background
  - Public Health lens
  - Stakeholders, stakeholders, stakeholders
- Goals for Year 1
  - Accessibility
  - Health communication
  - Membership engagement





# Mission

The Ottawa-Quebec Health Foundation improves the health and well-being of people in need who live in the towns we serve. We do this through **financial assistance**, **community partnerships**, **education opportunities**, and **support of wellness initiatives**.



# Member Business



## Approval of 2022 Annual Meeting Minutes

Kathy McHugh, Secretary

## Governance Committee Report

Carol Stall, Governance Committee Trustee

# Member Business

## New Membership Nominations



Owen Astbury  
Mary Bourgeois  
Katie Burke  
Lucy Dunne  
Janet A. English  
Tayo Kirchhof  
Cynthia Keenan Kosinski  
Linda Markwell  
Kathy McHugh  
Brenda Metzler  
Kari Meutsch  
Kristian Preylowski  
Lana Reuss  
Sherry Sousa  
Vali Stuntz  
Alonzo Tapley  
Leanne Tapley

# Member Business

First Term  
Trustee Nominations



Katie Burke  
Kathy McHugh, Woodstock  
Vali Stuntz, Woodstock

# Member Business

## Trustee Nomination

### Katie Burke

Katie works as a School Nurse at two Central Vermont schools: Woodstock Union Middle and High School and Reading Elementary School. She received her Masters of Science in Nursing Informatics from Norwich University, in May 2019. Katie received her BS (Bachelor of Science in Nursing) from Hartwick College in 2003. Early in her career, Katie worked on a medical/surgical inpatient unit of Southwestern Vermont Medical Center before transitioning to the Electrophysiology Lab (EP Lab) at Dartmouth Hitchcock Medical Center. She has worked in a variety of settings over the years; operating room, home health agency and summer camps to name a few. In 2020, Katie became the COVID-19 Coordinator for the Windsor Central Supervisory Union working with stakeholders to keep schools open, and students and staff healthy. In 2022, she was the recipient of Vermont's Outstanding Educator Award. Katie manages the Supporting School Nurse Leadership grant in partnership with the Vermont Department of Health, with a budget of \$79,000. Katie and her husband Zane have three teenagers, a rescue dog, two cats, and a hermit crab from The Outer Banks, that just keeps living.

# Member Business

## Trustee Nomination

### Kathy McHugh, Bridgewater

Kathy and her husband Jim have been part time residents of Bridgewater since 1999. She recently retired from a career in law, followed by philanthropic administration, both in Boston. She has served on numerous nonprofit boards, including 36 years as a trustee of Northeastern University. Kathy is a lifelong equestrian and currently serves as Vice President of the board of Green Mountain Horse Association in South Woodstock. As an OHF board member, she looks forward to deepening her roots in the Woodstock area, and better understanding and serving the health needs of area residents.

Kathy has served on the board for the previous one and a half years to fill a Trustee vacancy. She has been a vital member of the board to date, serving as Secretary and on the Finance and Communication Committees.

# Member Business

## Trustee Nomination Vali Stuntz, Woodstock

Vali has worked professionally in the mental health field for her entire adult life. Her background in drug and alcohol treatment, serving at risk youth, and working as a family therapist, eventually lead her to her current position of School Counselor at Woodstock Union Middle and High School. For the past 21 years, Vali has been supporting the emotional and social health of her students to ensure that they are able to access their education, and develop and achieve their life goals.

Vali has a B.A. degree in Psychology from the University of Vermont, and an M.A. in Contemplative Psychotherapy from Naropa University.

Born and raised in New England, Vali met her husband while “ski bumming” in Telluride, Colorado. From there they lived in Boulder, Los Angeles and Seattle, before returning to Vermont to raise their two children in the green hills of Vermont. Vali enjoys Alpine and Nordic Skiing, Hiking, Mountain Biking, Gardening and generally being outdoors as much as possible.

# Member Business



## Governance & Nominating Committee

Carol Stall (Chair)

Deb Heimann

Marian Koetsier

Paul Rigali



# Member Business



## Audit Committee

Jordan Harris (Chair)

Carla Kamel

Alan Fine

# Finance Report

## Committee Members:

Dan Bollag, Treasurer; Kathy McHugh,  
Sue Bryan, Steve Moyer, and Mary Young-Breuleux



# Investment Accounts

## Total Year End Balance from Investments:

### 2022

\$3,684,062 (ML)

\$59,930 (VCF)

### 2021

\$4,546,524 (ML)

\$70,943 (VCF)

### 2020

\$4,234,589 (ML)

\$64,290 (VCF)

### 2019

\$3,931,563 (ML)

## Managed by Merrill Lynch Account Activity Summary Year to Date

Beginning Value	\$4,477,990
Fees	-\$23,699
Quarterly draws (\$52,672 X 4 )	-\$210,688
Ending Balance	\$3,684,062
Gain/Loss	-
17.7%	

## Managed by Vermont Community Foundation Account Activity Summary Year to Date

Beginning Value	\$70,943
Fees	-\$820
Ending Balance	\$59,930
Gain/Loss	-
15.5%	

# Finance Report 2022 Highlights

- Updated Finance and Investment Policy and Procedures. Main change is transfer of financial audit oversight to Audit Committee.
- Oversaw transition of bookkeepers (due to retirement).
- Monitored, reviewed strategy and discussed with financial adviser concerns about the decreased investment income, secondary to market gains and losses.
- Analyzed annual expenses in relation to productivity and grantmaking. Expenses decreased in 2022 secondary to leadership changes, real estate management, and grant payments paid.
- Commissioned external assessment of financial assets (Strategic Plan Goal) : Assessment is ongoing

# Looking Ahead



**OTTAUQUECHEE  
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**2022-2027 Strategic Plan**



## Our Vision for the Future

OHF's 2022-2027 Strategic Plan is the result of a multi-year process. The goals for this 5-year plan are based on critical issues and strategies discussed during strategic planning sessions.

### Strategic Goals:

**Goal One:** Build a solid infrastructure to support and maintain a highly functioning organization.

**Goal Two:** Ensure adequate financial resources for long-term sustainability and future growth.

**Goal Three:** Support, maintain, and/or expand effective programs and services.

**Goal Four:** Implement effective marketing and public relations strategies to increase awareness and outreach.

Evaluation and management must go together with the implementation of the OHF Strategic Plan. Ongoing assessment is vital for several basic reasons: accountability, quality improvement, and predicting future needs and resources. Evaluation and management of the strategic plan will help to provide a clear understanding of the strengths and effectiveness of the organization's management and programmatic strategies and will help identify areas that need addressing.



# Strategic Plan Progress

- Trustees and Committees have worked on assigned objectives of the Strategic Plan. As the awesome Audit Committee diligently assigned several objectives for completion BEFORE this meeting, all of us worked to assure compliance. Several objectives are within the Plan, and a few important ones are addressed here:
  - **Goal one: Build a solid infrastructure to support and maintain a highly functioning organization**
    - Focuses on Board Education, Orientation and Evaluation
    - Completed Annual Orientations, Board evaluation, Board Manual
    - Planning ongoing Board education
    - Several Consultants used to achieve outcomes

# Strategic Plan Progress

- **Goal Two: Ensure adequate financial resources for long-term sustainability and future growth**
  - Focus on finance policy and procedure, fundraising/development opportunities, financial advice, and long-range fiscal planning including the Simmons House
    - Revised P and P, and receive allocations annually from each town that we serve
    - Continuing to work on donor cultivation and fundraising ideas
    - Received a commissioned financial overview from external consultant
    - Analyzed benefits and risk of Simmons House as an asset. Determined that it remains an essential asset to OHF, financially, socially and historically.
    - Plan future meetings to analyze long-term and short-term financial growth



# Strategic Plan Progress

- **Goal Three: Support, maintain and/or expand effective programs and services.**
  - Reestablish Communications Committee for creative community outreach
  - Review of ongoing programs annually
  - Reinstate surveys post-granting
  - Plan community/member survey
  - Continue current outreach programs
  - Identify new opportunities

# Strategic Plan Progress

- **Goal Four: Implement effective marketing and public relations strategies to increase awareness and outreach.**
  - Continue what is working: Facebook, Instagram, quarterly newsletters, news releases
  - Explore sequential educational write-ups in local publications
  - Continue marketing in local publications, expanding outreach to children and families
  - Continue and expand community partnerships



# Trustee, Volunteer and Partner Recognitions

# Partner Collaborations

## Thank You to Our Partners

Aging in Hartland  
Aging in Reading  
Aria Hearing LLC  
ArtisTree  
Barnard Helping Hands  
Barnard Academy  
Bridgewater Mennonite Church  
Bridgewater Neighbors  
Helping Neighbors  
Centerra Pharmacy  
Cliff Steinburg, ND  
CVS – Windsor  
COVER  
Eleanor Lowenthal  
Dartmouth Health  
Dr. Tom Johnston DDS  
Dr. Naomi Johnson

Eye Care for You  
Eyes On Elm  
Eden Piconi  
Hanover Oral Surgery  
HCRS  
Hartland Food Shelf  
The HUB  
Jeffrey Cyphers  
Junction Eye Center  
Joe Dinatale  
Johnson Audiology  
Keene Medical  
Killington Elementary School  
King's Sons and Daughters  
LIFELINE  
Mt. Ascutney Hospital and Health  
Center  
Mac's Market

Michael Malik  
Neal Wallace Dental  
Ottauquechee Health  
Center  
Ottauquechee School  
Ottauquechee Pharmacy  
Powerhouse Hearing  
Pro Optical  
Prosper Homemakers  
Prosper Community Club  
Prosper Valley School  
Reading/W. Windsor Food  
Shelf  
Reading Elementary School  
Rutland Community Dental  
Scotland House  
Senior Solutions  
SEVCA

Sunset Valley Dental  
Sustainable Woodstock  
Thompson Senior Center  
Upper Valley Endodontics  
Upper Valley Haven  
Upper Valley Oral Surgery  
Upper Valley Rehab  
Vermont Food Bank/VVG  
Walmart  
White River Dentist  
White River Family Eyecare  
White River Smiles  
Woodstock Community Food  
Shelf  
Woodstock Dentistry  
Woodstock Elementary School  
Woodstock Union HS/MS

# Sunset Valley Dental

Dr. Jedidiah Janisse, Dr. Margaret Janisse, Dr. Margaret Stone, Dr. Mona Elzarka and the staff have worked with OHF and its Good Neighbor Grant recipients for many years by discounting services 15%. This discount allows our money to go further.

- In 2022 they provided nearly \$20,000.00 of care to our clients
  - 15% discount = \$3000
- Twelve clients were served, totaling 29 grants for dental care provided by The Good Neighbor grants in collaboration with Sunset Valley Dental served 12 clients, totaling 29 grants
  - Average grant = \$690.00

We appreciate their willingness to work with OHF and its clients as they promote dental health in the communities we serve.

# Special Recognitions

Woodstock Community Food Shelf  
Woodstock, Vermont

Sharon Rigali  
Volunteer

Carla Kamel  
Care Coordinator MACHH



**Thanks to our valuable partners and volunteers,  
we are better able to serve our communities!**

# Woodstock Community Food Shelf

## 2022 Statistics

- 488 individuals from 193 households
  - 48 households visited only 1x in 2022, down from 72 who visited only 1x, in 2021
  - 34 families (and 78 students) in the WCSU community use our backpack program
  - Our amazing community donated a whopping 13,527 pounds of non-perishable food. A WHOLESALE value of \$23,402
- Thank you!
    - Vicky Ferentinos, *Chair*
    - Ann Marie Boyd, *Treasurer*
    - Sheila Murray, *Operations*
    - Judi Greene, *Volunteer*
    - Barb Leonard, *Secretary*

# Sharon Rigali

- Thank you Sharon for your many hours of volunteering in the office and at community events. You show up ready to help, with a warm smile and sincere willingness to do “anything required”.
- This has included filing, preparing mailings, data management, reviewing and filing historical documents, and moving furniture in the office!
- You and Paul have both volunteered at several community events, including Taste of Woodstock, Race Around the Lake and the Covered Bridges Half-Marathon.
- AND you and Paul have hosted several Board meetings and dinners, to the enjoyment of all!
- Sharon’s dedication to OHF and enthusiasm to help in many situations is most appreciated. Thank you, Sharon!



# Carla Kamel

- Carla has served as a true partner, working with Beth, Tayo and now Hali, to improve the health and well-being of many many people in our communities.
- *You were presented today with an intriguing case study by Beth and Carla. This shared story represented the teamwork and resourcefulness of Carla.*
- Carla will be leaving the Ottawaquechee Health Center, but will remain a partner to OHF in her new position as a Case Manager with Senior Solutions. We wish you the best in your new position, and are happy that you will continue to serve as a trustee and partner of OHF.

# A Special Thanks to our Outgoing Trustees

Mary Young-Breuleux  
(6 years)



Josh Roylance  
(3 years)



Rebecca Nash  
(2 years)



Thank you for your service to our friends, neighbors and communities. OHF is forever grateful for the time and expertise you have each provided us.



**OTTAUQUECHEE  
HEALTH  
FOUNDATION**

# THANK YOU FOR JOINING US

## 2022 Board of Trustees

Mary Young-Breuleux, President; Mark Boutwell, Vice President; Kathy McHugh, Secretary; Dan Bollag, Treasurer; Member At-large Sue Bryan, Jordan Harris, Rebecca Nash, Paul Rigali, Josh Roylance, and Carol Stall

## Staff

Hali Robinson, Executive Director; Beth Robinson, Grants Coordinator