

# OTTAUQUECHEE HEALTH FOUNDATION

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

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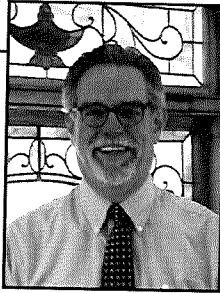
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## OTTAUQUECHEE HEALTH FOUNDATION'S OFFICE

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



## A MESSAGE FROM THE PRESIDENT

Greetings  
OHF  
Members.

Thank you so  
much for  
your support  
this past year,  
we'd not

meet our mission without all of  
you. We've had much to celebrate  
recently at the Ottauquechee  
Health Foundation.

On April 7<sup>th</sup>, we held our first-ever  
fundraising event, An Evening  
with Roger McGuinn, at the  
Woodstock Town Hall. With help  
from our friends at Pentangle Arts,  
the event was a rousing success.  
We not only raised money for our  
wonderful cause, but also  
communicated our name and  
mission to an entirely new  
audience.

In May, OHF hosted "The  
Conversation: A Revolutionary  
Plan For End-of Life Care". This  
program featured Dr. Angelo  
Volandes, a Harvard Medical  
School physician and a leading

advocate for health care  
decision-making. I extend my  
thanks to Communication  
Committee Chair Paul Regan  
and Executive Director Sherry  
Thornburg for their hard work  
and efforts on both of these  
events. A major part of our  
strategic plan is to expand our  
exposure in all nine  
communities served, and both  
of these events were huge steps  
towards that goal.

Last year was a banner year for  
the Good Neighbor Grants  
Program. We funded over  
\$95,000 to assist people in  
paying for health care needs  
they otherwise would not have  
received. This year looks to be  
record setting for the GNG  
program as we already granted  
\$70,000 through May. We also  
celebrate our Health  
Information Referral Service  
(HIRS) program. Since our  
merger with HIRS three years  
ago, we now serve more people  
than ever. The OHF's staff  
handle all HIRS coordination.

Nothing is more stressful than  
finding a dependable caregiver  
in the time of crisis. Sherry, and  
our new Program Coordinator,  
Beth Robinson, are doing a  
great job providing this vital  
service to our communities.

We initiated three new  
fundraising campaigns during  
2015 to meet increased service  
demands. We came to some of  
you for each of these  
campaigns, and to some of you  
for all three! Please consider  
giving whatever you can again  
this year to the Good Neighbor  
Grants, HIRS, or Woodstock  
Business campaigns. Together,  
we can promote better health in  
the communities in which we  
live and serve.

*Eric Fritz*

Eric Fritz  
*President, Board of Trustees*

## "Good Neighbor Grants Campaign 2016"

*The Need is Great*

May 15 - July 15, 2016

May 15th was our Good Neighbor Grants Campaign kickoff date. This past year we have seen continuous growth in the number of community members who reach out to us for help in dealing with their pressing health care needs.

In 2015, 91 donations from caring neighbors and local businesses helped us raise over \$15,000 to support community members and fund 133 grants. ***This year our goal is to raise \$18,000 and we need your help.*** Requests for assistance from community members are greater than ever. So far, we have already approved over 100 Good Neighbor Grants in 2016 funding more than \$70,000 for health care needs.

"Almost every day I hear from past Grant recipients telling me how their lives have changed for the better and how much they appreciate the help they received from OHF", said Sherry Thornburg, Executive Director of OHF. "The need is great and every gift makes a difference in the lives we help."

Is it dental problems that have been put off, hearing loss, sky rocketing drug prices, unaffordable co-pays, recovery care? Struggling with the ability to pay for health care is a part of everyday life for some of our neighbors. Your neighbors reach out to you through the Ottauquechee Health Foundation and our "Good Neighbor Grants" program.

To be that good neighbor, please donate by sending your check made payable to the Ottauquechee Health Foundation, PO Box 784, Woodstock, VT 05091, or donate online at [www.ohfvt.org/make-a-donation/](http://www.ohfvt.org/make-a-donation/).

GRANTS

How Has OHF Addressed Community Health issues in 2015?

Good Neighbor Grants by Town		
Towns:	Grants 2015	Grants 2014
Barnard	4	9
Bridgewater	23	22
Hartland	13	13
Killington	9	2
Plymouth	9	1
Pomfret	6	2
Quechee	12	9
Reading	5	4
Woodstock	52	50
<b>Total</b>	<b>133</b>	<b>112</b>

OHF has served the community since 1996 thanks to a generous gift from Gertrude Mertens to assure that community members with financial challenges could access health care. Over the past 5 years, our programs have significantly grown and we are grateful for your continued support.

**Good Neighbor Grants Program**

Last year brought to OHF another record number of requests for assistance through our Good Neighbor Grants program, and as of May 2016 we again have doubled the number of requests for assistance compared to last year.

How is the health of our community better off because of the Ottauquechee Health Foundation? How much have we addressed community health needs and issues and how well?

The 133 Good Neighbor Grants approved in 2015 included 65 requests for medical needs and 68 requests for oral health needs. Why are we receiving more requests for medical needs? The reasons might be that people feel comfortable coming to us with more than one request, that there are more people in need, or that there are more gaps in medical care coverage.

Examples of gaps in medical care coverage include lifeline subscriptions for seniors, co-pays for prescription medications, and fundamental needs such as eyeglasses, hearing aides, and dentures, which are not covered by insurance.

**Community Grant Giving**

Our community grant giving was based on focus areas which were identified as areas of need in the 2012 Community Health Needs Assessments completed by D-H and Fletcher Allen.

How well do we address community health needs through our Community Grants program? We continue to ask this question and ask that all organizations have measurable outcomes and targets for programs funded by OHF. Community Grant

reports provide data to evaluate the impact of our community grantmaking with a goal to improve community health and wellness.

**OHF HIRS Caregiver Referral Service**

The HIRS Caregiver Referral Service is a free service for community members. In 2015, OHF connected 50 families to caregivers or caregiving agencies and funded 12 HIRS Caregiver Respite Grants for 10 community members. We also had community partners who provided additional funding for 2 respite grants once OHF respite grants were exhausted.

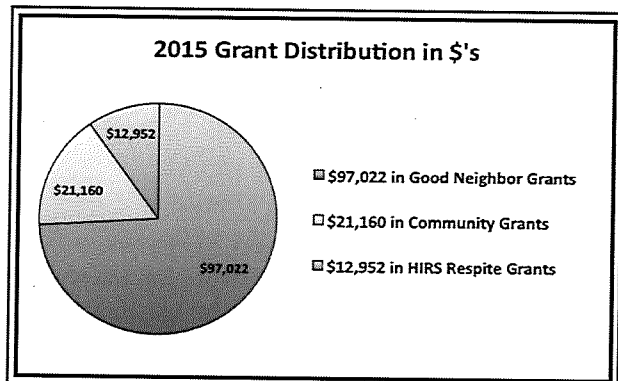
**OHF SMILES**

A New Initiative – known now as the “OHF SMILES” program – is a preventative oral health screening program. The “OHF SMILES” pilot program (previously known as “SMILES FOR SENIORS” ) includes partnerships with Dartmouth-Hitchcock Community Health, Alice Peck Day Community Health, and the Vermont Oral Health Coalition, and Dr. Mark Knott, DDS.

Our goal is to find a prevention based program for oral health versus responding to urgent oral health needs through OHF’s Good Neighbor Grants program and to reduce local hospital emergency room visits for oral health issues. Hence, the idea of bringing preventative oral health services to the community instead of waiting for people to present with urgent needs was born. Through funding from a grant from the Vermont Oral Health Coalition and additional support from D-H Community Health and the Ottauquechee Health Foundation, the OHF SMILES program provides education, oral health screening, and fluoride varnish to adults in community venues. There is no charge to participants for this program. Once screened by the dental hygienist, we connect those without dental homes to oral health services.

For participants lacking insurance and with limited income, we have funding available from the Ottauquechee Health Foundation’s Good Neighbor Grants program.

The program is simple and replicable requiring very little equipment and a modest space. Since July 2015, we have served more than 100 individuals through the OHF SMILES program and have connected 75% to dental homes.



*“The confidentiality and the respect for my issues makes me feel comfortable in seeking assistance as I needed it. Thank you!” ~ Good Neighbor Grant Recipient 2015*

**FINANCIAL SUMMARY**

Statement of Assets (in 000s)

Current Assets	216
Investments	3,428
<u>Fixed Assets, Net</u>	<u>156</u>
Total Assets	3,800

Revenue

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

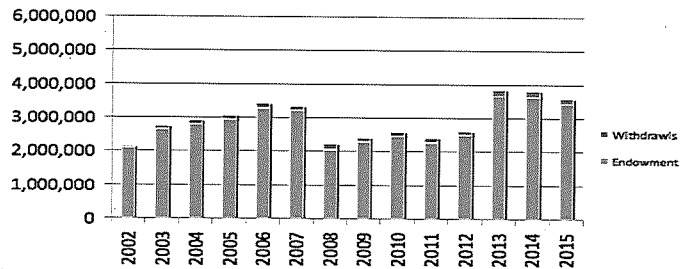
- 1) Fundraising through annual appeal donations, targeted program fundraising, grantwriting, and special events.
- 2) The investment fund, comprising investments of past gifts and bequests.
- 3) The net income from our rental property, Simmons House, at 32 Pleasant Street, Woodstock, VT.

Income Statement (in 000s)

Income	
Investment Transfer	121.9
Real Estate Transfer	39.7
Fundraising	161.1
<u>Real Estate</u>	<u>46.4</u>
Total Income	369.1
Expense	
Grants	150.8
Operations	140.6
<u>Real Estate</u>	<u>61.7</u>
Total Expense	353.1
Net Income	17.0

*"Since I got the Lifeline I have felt more confident and I think it helped me be more careful knowing it's there if I need it. Thank you very much for all you have done." ~ Good Neighbor Grant Recipient 2015*

**INVESTMENTS OVER TIME - 2015**



**OTTAUQUECHEE**  
HEALTH FOUNDATION

**2015 Community Grants**

Health prevention programs - Oral Health Focus

- ◆ Bugbee Senior Center - OHF SMILES, a prevention based program
- ◆ Red Logan Dental Clinic - provide dental services to OHF community
- ◆ Thompson Senior Center - OHF SMILES, a prevention based program

Emotional wellness programs for children and youth

- ◆ Reading Elementary School - health and wellness program
- ◆ Second Growth - Coaching for Captains program
- ◆ Woodstock Elementary School Special Education - summer program
- ◆ Woodstock Middle School - Mindfulness program

Removing barriers to health care

- ◆ HIV/HCV Resource Center - expansion of education and syringe exchange program to educate high-risk drug users
- ◆ Thompson Senior Center - medical transportation

Senior Issues (caregiving, safety, and well-being)

- ◆ Aging in Hartland - Hartland Community Nurse program
- ◆ Volunteers in Action - senior support in Hartland and Reading

**FREE Oral Health Screenings and**

**Fluoride Varnish by a Licensed Dental Hygienist**

Do you know someone who has oral health needs but cannot afford a dentist or doesn't know what oral health services are available?

To make an appointment call or email:

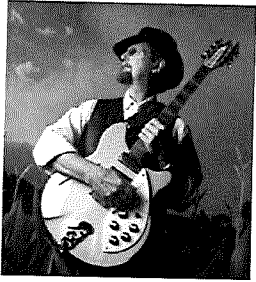
802-457-4188 [ohf@sover.net](mailto:ohf@sover.net)

All inquiries are confidential



Sandy Joslin,  
Registered  
Dental Hygienist

**OTTAUQUECHEE**  
HEALTH FOUNDATION



## ***Ottauquechee Health Foundation's First Ever Concert... a Resounding Success.***

On April 8th, OHF hosted its first fundraiser - 'An Evening with Roger McGuinn' with a goal to increase awareness of our name and work and also to raise funds for our community health programs.

The evening began with a pre-event for our sponsors and VIPs at the St. James Parrish Hall. At 7:30 pm, Roger McGuinn played to an audience of more than 300 people at the Woodstock Town Hall. As a Rock and Roll Hall of Fame inductee, Roger's performance did not disappoint as the audience was mesmerized by McGuinn's melodic voice and captivating stories bringing nostalgic memories of the days of rock n roll.

This event brought new sponsorship opportunities for the Foundation and raised more than \$19,000 to support OHF's Community Health programs. We especially wanted to thank all those who attended but also the all-important underwriting support from those listed below because without their support events such as this would be impossible.

In hosting this concert we feel so privileged to have had the opportunity to partner with another Woodstock based professionally run non-profit, Pentangle Arts.

### ***With Great Thanks to our Roger McGuinn Event Sponsors:***

#### **Major Underwriters**

Dead River Oil · Ledyard National Bank · Terrace Communities · The Byrne Foundation

#### **Patrons**

Newhall Farms, LTD., Reading, VT · Joseph Kelley, Morgan Stanley Wealth Management, Burlington VT  
Rob and Susan Sennott, Quechee VT

#### **Supporters**

Clean Yield Asset Management · Mascoma Savings and Bank Foundation · The Point FM Independent Radio  
The Woodstock Inn · WCTV 8 · Woodstock Farmers' Market

## **Free Medicare Boot Camp**

***Learn what you need to know about Medicare!***

**Date:** Thursday, July 14<sup>th</sup>, 5:00 pm – 7:00 pm

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

**Are you ...** turning 65? ... retiring? ... losing insurance coverage soon?

... disabled for two years and Medicare eligible? ... wondering about your choices for open enrollment?

This is your opportunity to receive free, unbiased information about the Medicare system and your responsibilities. Medicare has strict enrollment periods, and you will need to make choices about drug plans and supplemental plans. There is no fee. ***Space is limited, so please call in advance to the Senior HelpLine for registration and detailed location information: 1-800-642-5119.***

This workshop is in partnership with Senior Solutions, whose staff provides unbiased information about the Medicare system at Medicare Boot Camp. The class is for Vermonters who are new to Medicare. Family members who help these beneficiaries may also find it useful. Medicare has strict enrollment periods, and Medicare Boot Camp prepares participants make timely decisions about drug plans and supplemental plans as well as many other issues.

*This event is co-hosted by the Ottauquechee Health Foundation, Norman Williams Public Library, and Thompson Senior Center.*

***"Thanks for helping me with co-pays for my anticonvulsant medication as I am unable to afford co-pays as I had been out of work for months and was just making ends meet." ~ Good Neighbor Grant Recipient 2015***

Dr. Angelo Volandes brings "The Conversation"  
to Hartland, Woodstock, and Quechee



On May 9th, OHF hosted three community events in Hartland, Woodstock, and Quechee with guest speaker Dr. Angelo Volandes, a physician, writer, and patients' rights advocate.

The topic presented by Dr. Volandes was "The Conversation: A Revolutionary Plan for End-of-Life Care" in which Volandes emphasized the importance that people clearly understand and communicate what type of care they want at the end of life with both their physician and family. Volandes pointed out that more often than not, patients receive "wrongful care" which is people getting medical interventions that, if they were more informed, they would not want.

Dr. Volandes has completed extensive research which provides evidence that when the patient, is fully informed, they prefer quality time and relative normalcy to all-out intervention. Moreover, they choose to die at home or in hospice versus the hospital. The revolution proposed by Volandes is that people educate themselves about end of life care choices and initiate the conversation with their physician to assure that they get the right medical care at the right time and on their own terms.

To learn more about this topic, visit Dr. Volandes website at: [www.angelovolandes.com](http://www.angelovolandes.com).

OHF 2016 Community Health Events are free of charge and open to the public thanks to support from Athena Advocacy, CarePro Home Health Care & Wellness, Elaway Services, the Byrne Foundation, Dead River Company, Ledyard Bank, and Terrace Communities.

**What does the Ottawaquechee Health Foundation (OHF) Do?**

By Sherry Thornburg,  
 Executive Director



Over the past 4 ½ years as OHF's Executive Director, I continue to appreciate what a marvelous and unique organization OHF is and how fortunate our community members

are to be served by a community focused organization which strives to improve health and wellness.

What does OHF Do? The Foundation operates several programs, free of charge, to address community health needs serving hundreds of community members each year.

The Good Neighbor Grants program is the heartbeat of the foundation and provides grants for individuals residing in the OHF catchment area and unable to afford necessary health care needs. With targeted marketing efforts by OHF and through word of mouth, this program has grown significantly over the past 4 years. Funds granted are paid directly to

health care providers after treatment is received. Most community health care providers partner with OHF by providing discounted treatment prices for which we are grateful.

OHF HIRSCaregiver Referral Service was founded in 1956 by Martha Lussier and has continued to serve the greater Woodstock Community by connecting families and individuals who are seeking in-home assistance to community caregivers and caregiving agencies.

HIRS merged with the OHF in 2012. In addition to the Caregiver Referral Service, Caregiver Respite Grants are available for community members requiring in-home caregiving services but are unable to afford to pay out of pocket.

OHF SMILES is a prevention based program offering Free Oral Health Screenings and Fluoride varnish for adults with a goal of connecting adults to oral health resources. The services are administered by a registered Dental Hygienist at community venues. Our program coordinator provides care coordination to assure that participants are connected to a dental home and to resources for financial assistance as appropriate.

Community Health Education

includes forums and lectures addressing current community health issues. This program involves expert speakers and often includes partnering with other community organizations. Past lectures have included topics such as substance abuse, parenting, healthy eating, disaster preparedness, advance directive workshops, generational poverty, and end of life health care choices.

Community Grants are funded for organizations that provide health related programming in the OHF community. Community Grants are relevant to current community health needs and approved by OHF Trustees.

Fundraising is essential to assure that we can administer the programs mentioned above. Our funding comes through annual appeal donations, targeted program fundraising, grantwriting, a modest draw from our investments, and special events.

The Ottawaquechee Health Foundation provides community health programs which address and respond to current health needs.



Paul & Beverly Regan  
 Gordon & Pat Richardson  
 Paul & Sharon Rigali  
 Tom Roberts & Lorie Loeb  
 Joyce Robison  
 Carl & Joyce Roof  
 Kerry Rosenthal  
 Eric Rowley  
 Ellen Satterthwaite  
 Richard Schramm & Peg Brightman  
 Prudence Schuler  
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 Louis & Rosemarie Scibetta  
 Bruce & Meg Seely  
 Mallory Semple  
 Ad & Mavis Shaw  
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 Alfonce & Kathy Sorrentino  
 Orson St. John Jr.  
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 Steve Thomas  
 Sherry Thornburg & Samuel Belk  
 Philip & Susan Tomlet

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 Bob & Joan Williamson  
 Chet Williamson  
 Judy Williamson  
 Janet Wilson  
 Karl & Phyllis Wood  
 Gloria Zahka  
 George Zimberg  
 Susan Zuccotti  
 Donald and Barbara Zucker  
 13 Anonymous Donors

*In Memory of John Semple*  
 Nancy Bassett  
 Walter and Hazel Harrington

**OTHER GIFTS AND GRANTS RECEIVED**

Ben and Jerry's Foundation  
 Behr Charitable Foundation  
 Byrne Foundation  
 Dartmouth Hitchcock Medical Center Community Health  
 Glad Rags  
 Killington-Pico Rotary  
 Kings Daughters  
 Ledyard National Bank  
 Lucy D Nisbet Charitable Fund  
 Mary and Laurence Rockefeller Foundation  
 Northeast Delta Dental  
 Preservation Trust of VT  
 Price Chopper Golub Foundation  
 Rising Phoenix Foundation  
 TD Charitable Trust  
 Town of Plymouth  
 Vermont Oral Health Coalition  
 Woodstock Area Jewish Community  
 Woodstock Rotary

**We also thank our local businesses for their support of OHF**

Sherman V Allen, Inc.	Pomfret Ladies Circle	Upper Valley Rehab
Dead River Company	Robert Wallace Real Estate	Van De Ven Construction, LLC
Dr. Mark Knott, DDS	Rowley and Associates, PC	Vermont Hand Carved Signs
The Ellaway Group	Dr. Thomas Schell	Woodstock Farmers Market, Inc.
Eyes on Elm	& Dr. Patrick Noble PLLC	Woodstock Pharmacy Inc.
Harper Environmental Associates	Spaulding Press	Woodstock Resort Corporation
Lake Sunapee Bank	The Chiropractic & Wellness Studio	<i>In Kind</i>
Melendy Moritz PLLC	The Village Butcher	Timber Tenders
Ottawaquechee Physical Therapy	UNICORN	Ellaway's Attic

***"I honestly do not know what I would have done without your help – so very much appreciated. I was in pain needing a root canal or I would lose my tooth. Thanks to your generosity my tooth was saved and now feeling great." ~ Good Neighbor Grant Recipient 2015***



## **The Ottauquechee Health Foundation Mission**

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.



**M**ary Hawkins lives in Woodstock with her husband, Tom Weschler. Between them, they have 6 adult children and 5 grandchildren whom they enjoy visiting around the country. Mary received her BA from the University of Virginia and has 25+ years of experience in communications and marketing, primarily in the medical, science, and technology fields. Prior to becoming an independent consultant in 2011, she directed communications at Dartmouth-Hitchcock Norris Cotton Cancer Center, and tech companies in the Upper Valley. Mary is pleased to be able to become more involved in volunteer efforts including with the OHF.



**P**eter has served for the past year on the OHF Finance Committee. He is a Princeton University Graduate with a degree in Chemical Engineering and now retired from a career with the Explosives Department of E. I. Du Pont de Nemours & Co. and 2 years at the Ballistics Research Laboratory, Aberdeen Proving Ground. Peter also has International Finance experience spending 4 years in Belgium and 7 years in the UK as Finance Director for Du Pont subsidiaries in Benelux and the UK. Peter lives in Woodstock with his wife Jennifer and enjoys spending time with his 6 children and their families.

### **WELCOME NEW MEMBERS!**

The Ottauquechee Health Foundation welcomes the following new members approved at the 2016 Annual Meeting:

Kat Robbins	David and Peggy Fraser	John and Ellen Snyder	Angelica Steadman
Ann Brown	Catherine & John Amarante	Paul and Nancy Seaver	Megan Elberty
Susan Mordecai	Brian & Sharon Earn	Diane and Jeff Dillon	Mary Hawkins
Russ & Betsy Tonkin	Rebecca Nash	Margo Marrone	Josh Gale
Bobbi Lynds	Tom Weschler	Rob Sennott	
Robert and Muriel Steinberg	Norman MacLeod	Laura Byrne	

EDITORS: SHERRY THORNBURG AND KIERA SAGGESE

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