2018 Annual Report



Saint Benedict Health and Healing Ministry 2018 Annual Report











Contents

2018 Highlights
Executive Director's Report4
Financial Highlights5
Medical Services Breakdown and Patient Residency Demographics7
President's Annual Report 20188
Medical Director's Annual Report 20189
Treasurer's Annual Report 20189
2018 St. Benedict Health and Healing Ministry Board of Directors12
Consultants to the Board of Directors, Development Director/Grant Writer to Programs14
Appendix - Donor Recognition15



2018 Highlights

- ✓ Volunteer Health Care professionals (21), Board members (10), administrative volunteers (12) and a Spanish translator made possible 1,115 medical services through 605 patient visits at our Free Clinics.
- ✓ Our volunteer hours totaled 2,448, which equates to \$83,858 in the value of volunteer service. This breaks down to:
 - \$36,237 value of clinicians' 670 Free Clinic service hours, and
 - \$47,788 in 1,778 other service hours such as provided through the Don Burt Community Care Program, governance structures, and administration

We envision a community where suffering is alleviated, Where health and healing are available to all.

- ✓ Our 205 new Free Clinic patient visits highlight the continuing demand for our services, and 405 returnee visits demonstrate that customer satisfaction is high
- Vaccinations totaled 13 this year, including influenza and Hepatitis A (our first offering of this critical protection)
- ✓ Patient Residency Demographics:
 - 45.3% Boulder
 - 7.8% Lafayette
 - 42.6% Longmont



- In addition, 82 health care referrals were made, including People's Clinic (Boulder), Salud (Longmont), Hope Light Clinic (Longmont), Clinica (Lafayette), Dental Aid, and more. Ten patients were referred to Urgent Care Centers or Emergency Rooms
- ✓ In-Kind donations such as hats, socks, and personal care items totaled \$2,802 in value, more than doubling that of 2017. This is due to the generosity of our partnering Free Clinic churches: First Congregational, Trinity Lutheran and St. John's Epsicopal!



✓ And by simply being present in the homeless shelters, food banks, community centers and below-market-rate housing communities where we serve, our volunteers reached 4,678 members of the community who now know about us and where to find us.

Executive Director's Report

Bill Goodwin

As a year of planned transition and managed change came to a close in December, I sensed that our clinics, Board room and offices were full of gratitude for the blessings of 2018. We were so fortunate to



have had the 44 volunteers needed to conduct over 600 patient visits, leveraging nearly \$84,000 worth of volunteer time. None of the 1,100 medical services* we provided would have happened at all if the "safety net" that is St. Benedict Health and Healing Ministry did not exist. So many of our patients simply do not know of any viable alternatives.

While many caring people worked last year to alleviate suffering in our community, this is also true for the 13 prior years under the leadership of our founder and former Executive Director (The Reverend) Sally Bowersox. Our gratitude also extends to our

benefactors, who make this work possible. Our grantors represent a large percentage of our revenue, but also do the many individuals who donate or bid on silent auction items, purchase a seat or a table for our annual fundraiser dinner, contribute on Colorado Gives Day in December, or simply send us an unexpected check or in-kind donation.

New developments in 2018 included the launching of Passport to Wellness, a joint venture with the OUR Center in Longmont that focuses on measurable improvements in health indicators tailored to each participant. In addition, our Contemplative Program became even more successful with just a few tweaks to its schedule and location. As 2019 began, we made plans to collaborate with Sister Carmen Community Center in Lafayette by doing pre and post health assessments for participants learning how to choose and prepare more nutritious food for themselves and their families. In our continuing effort to be as effective and efficient as possible, we will pilot two new Free Clinic locations in Boulder and Lafayette. Work also continues on a revision of our Medical Financial Assistance Program and a relocation of our Don Burt Community Care Program. We are also working on changes to our logo and Web site, which will still be found at www.sbhhm.org.

Last year our Board of Directors welcomed The Rev.Michael Houlik and Dr. Richard Keller. The Board said a reluctant good-bye to Neil Borman, who finished his second two-year term; Erik Holbrook; and



Elizabeth Adle, RN, who also served as a Free Clinic nurse. We understand when such talented people leave to take on other challenges, but we must and will soon replace them. If you want to talk about your level of involvement, please contact me at any time at bill@sbhhm.org or 303-380-3132. *assessments and screenings, treatments for illnesses and injuries, provision of foot care and immunizations, professional consultations, and patient education and referrals

Financial Highlights

Oakes Home Trust	\$35,000
12th Annual St. Benedict Benefit Fundraiser	\$25,575
Front Range Region Episcopal Diocese Grant	\$10,000
Virginia W. Hill Foundation	\$10,000
Longmont Community Foundation: Lynn and Helen Clark Fund	\$5,000
Collins Foundation	\$3,500
St. Mary Magdalene Episcopal Church	\$3,300
Autumn Fundraising Campaign	\$3,193
Kerr Foundation	\$2,500
St. Aidan's Episcopal Church	\$2,500
City of Lafayette	\$2,000
April Fund	\$2,000
The Community Foundation Serving Boulder County	\$2,000
Credit Union of Colorado Foundation	\$1,000
Longmont Community Foundation: Live and Give Longmont	\$900
St. John's Episcopal Church	\$750
St. Ambrose Episcopal Church	\$390

Pictures from the Heart Art Fundraiser at the Avalon Ballroom – April 6, 2019

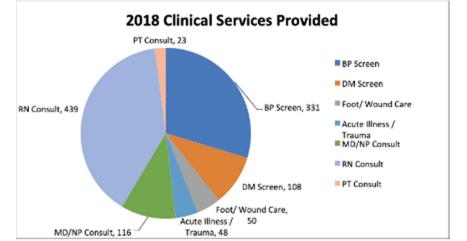


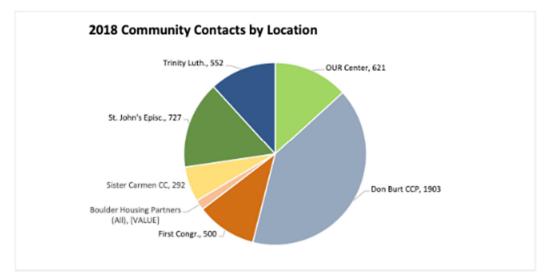
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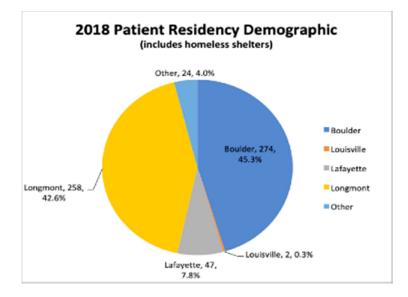


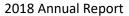


Medical Services Breakdown and Patient Residency Demographics











President's Annual Report 2018

Mr. William Eliason

2018 was a year of new beginning for Saint Benedict Health and Healing Ministry. With the retirement of the founding executive director, Sally Bowersox, the organization is experiencing many changes. From a new logo, to many new board members, new services provided, and many new community



affiliations also. Thankfully, there have been qualified volunteers willing to fill vacancies on the board and at the clinics hosted by the organization. With all this change, St. Benedict Health and Healing Ministry has sought to maintain its niche as a solid provider of basic health services to the homeless and the medically underserved in the Boulder, Longmont, and Lafayette communities. The board of directors consistently assesses the Ministries' strategic goals and vision, as to how best to serve this segment of the local community given the current resources available.

St. Benedict's has been very fortunate to

have a great staff of veteran volunteers, which have enabled the Ministry to provide useful support to the homeless in the County. St. Benedict's has also enjoyed the support of a generous community of dedicated donors, who have all contributed to the Ministries' financial stability and enabled it to continue to provide service to the homeless community through these challenging times.

As the new Executive Director, Bill Goodwin has solidly stepped into the role of recruiting new volunteers, making connections with affiliated organizations to more efficiently service the community, overseeing applications for grant funding from foundational, business, and congregational donors, in addition to working with the board of directors to guide the direction of the organization. I am grateful to have the opportunity to be associated with a charitable organization which is this effective in providing support to these very underserved members of our community.



Medical Director's Annual Report 2018 Julie Ansell, MD

I am thrilled to have the opportunity to serve again as the Medical Director of St Benedict's Health and Healing Ministry. A lot has changed since I was last in this role- more clinic locations, more volunteers, new programs. Yet the most important aspect of this wonderful ministry hasn't changed- the commitment of everyone involved to provide a safe and comforting space for the medically underserved of Boulder County. Whether we check a blood pressure, assess an acute illness, discuss the importance of a seasonal influenza vaccine, provide foot care, or take the time to truly listen, the connection we make with our clients is invaluable (to them and to us as volunteers)! As the Medical Director, I am looking forward to working closely with the Board of Directors in 2019 to help re-evaluate and update our goals. The volunteers can see the importance of St Benedict's as a safety net for our clients, but we need to ensure that we are integrated into the greater health care community in Boulder County also. Thank you to all of the donors and volunteers that make this Ministry possible! I look forward to speaking with and meeting you all in the year to come.

Financial Report 2018

This report is based on preliminary December 2018 financial information, and may be subject to adjustments as more information is received. For example, CEF investments have not yet reported investment gain or loss for the year. Income analysis: For Church pledges, actual 2018 income was less than budgeted by \$3,060, primarily due to not receiving a \$3,000 pledge. Donations were also less than expected, approximately \$2,500, due to a shortfall of expected donations from Colorado Gives Day. Grant income was down for the year by \$6,857, primarily due to not receiving two of our larger grants from prior years. Both the Collins Foundation and the Credit Union Foundation grant income, which came in higher than budgeted, offset part of this amount. Expense analysis: Total cash expenses for the year were under budget by \$7,672. The majority of these savings was in the Executive Director expenses. This is primarily due to timing. As our records are kept on a cash basis, December's Executive Director salary and benefits are paid in January. Training and education expenses were also underspent by \$505. All other categories were overspent or underspent by small amounts. Net operating income (loss): Although \$11,270 was budgeted for net operating income, actual net operating income for 2018 was \$6,897. The net operating income does not include the December Executive Director salary and benefits of almost this amount. Therefore, overall SBHHM broke nearly even for the year comparing income with expenses.



Analysis of Income Statement

CASH INCOME/PLEDGES	2018 Actual	% to Total
Total CHURCH PLEDGES	6,940	6%
Total DONATIONS	4,902	4%
Total FUNDRAISING/ST B BENEFIT	27,075	24%
Total GRANTS	68,543	61%
INTEREST INCOME	95	0.1%
RESTRICTED INCOME		0%
Total RESTRICTED INCOME	5,066	4%
Total CASH INCOME/PLEDGES	112,621	100%
IN-KIND DONATIONS	2018 Actual	% to Total
GOODS - CLINICAL	3,450	4%
Total GOODS - NON-CLINICAL	285	0%
VOLUNTEER CLINICAL SERVICES	36,237	41%
VOLUNTEER NON-CLINICAL SERVICES	47,622	54%
Total IN-KIND DONATIONS	87,593	100%
	200,213	
	200,213	

Expense

Total Income

CASH EXPENSES	2018 Actual	% to Total
Total ADMINISTRATION	4,038.77	2%
Total CLINIC	4,071.44	2%
Total EXECUTIVE DIRECTOR EXPENSES	81,550.05	42%
Total FUNDRAISING	6,312.02	3%
Total GRANT WRITER	7,301.08	4%
Total TRAINING & EDUCATION	575.00	0%
Total TRANSPORTATION	1,875.32	1%
Total CASH EXPENSES	105,723.68	55%
IN-KIND EXPENSES		
Total GOODS - CLINICAL	3,449.70	2%
Total GOODS - NON-CLINICAL	284.96	0%
VOLUNTEER CLINICAL SERVICES	36,236.67	19%
VOLUNTEER NON-CLINICAL SERVICES	47,621.56	25%
Total IN-KIND EXPENSES	87,592.89	45%



Total Expense	193,316.57	100%
Net Ordinary Income	6,896.91	
INVESTMENT GAIN (LOSS)	-394.70	
THEFT LOSS	-157.28	
Net Other Income	-551.98	
Net Income	6,344.93	

William Eliason-SBHHM Board President



2018 St. Benedict Health and Healing Ministry Board of Directors

The Rev. Jan Dewlen, Chairperson DBCCP, Resides Longmont

Deacon Jan serves on the staff of St. John's Episcopal Church with a focus on reaching out to the community with God's love and serving God's people who are on the margins of life. She was ordained in 1999, served in Longmont for 13 years and was assigned to St. John's in December 2013. Jan led the Boulder Homeless Women's Initiative at St. John's for 4 years. The mission was achieved and the ministry ended in 2017 as new services for homelessness began. Jan has had careers as a Registered Radiologic Technologist and Mammographer, a Hospice Chaplain and a stay at home mom. She has served on the Commission on Ministry and the Committee on the Diaconate, and teaches classes for Eucharistic Visitors in the diocese. Jan and her husband Jerry have two grown children, and three grandchildren nearby.

Ms. Elisabeth Dickinson, Treasurer, Resides Lafayette

A Certified Public Accountant, Beth retired as Chief Financial Officer for Colorado's Office of the State Auditor. She held several Controller positions for the State of Colorado since 2008. She taught Accounting classes at Front Range Community College for many years, and served in the US Navy in the late 70's. Now a member of St. Ambrose Episcopal Church, Beth formerly served as Treasurer at St. John's Episcopal Church, Boulder. Her volunteer experience includes the Boulder Shelter for the Homeless, Boulder Valley School District, Meals on Wheels, and Rocky Mountain Scottish Terrier Rescue.

Mr. William Eliason, President, Resides Boulder

Currently, William is Finance Controller at Oracle Corporation of Redwood City, California. He holds a B.S. in business administration from Bellevue University, and an MBA from the University of Iowa, with an emphasis in finance. William is also a parishioner of St. Ambrose Church, where he has held vestry, treasurer, and audit committee positions.

Mr. Bill Goodwin, Executive Director, Resides Longmont

Bill began his career as a non-profit manager at a religious research center in Washington, D.C., After earning a Masters in Labor Relations from Cornell University, Bill worked for the federal government for



the next 23 years as a supervisory employment and training program specialist. He continued in public service for eight more years as a health and human services program analyst and manager in county governments in Maryland and California. Originally from Buffalo, Bill's Bachelor of Arts degree is from a Catholic seminary-college in New York State. His love of community service led him in his first year in Boulder to local volunteer positions with St. John's Episcopal Church, Emergency Family Assistance Agency, Wildlands Restoration Volunteers, and the City of Boulder Mediation Service.

The Rev. Michael Houlik, Resides Longmont

Mike Is an Episcopal priest, retired after having served parishes in Wichita, Kansas; Gunnison, Colorado; and Boulder, Colorado. He earned a BA from the University of Kansas, and a M.Div. from Nashotah House Seminary. His wife, Barb, works for the St. Vrain school district, and he has two daughters: Emily Houlik-Ritchey, who teaches at Rice University in Houston; and Kate Doering, who is a program director at the Boulder Rec Centers. In retirement Mike walks dogs for the humane society, plays duplicate bridge, makes home brew, and plays guitar.

Dr. Richard Keller, Resides Lafayette

Richard has experience with free medical clinics, having helped found one in Illinois. He worked as a volunteer in that organization for seven years until becoming its Executive Director. He was a practicing physician for 30 years after which he became an educator and nonprofit consultant.

Mr. Jim Podolak, Bishop's Representative, Resides Boulder

A semi-retired Labor Market Researcher with Colorado Department of Labor, Jim held several similar research positions with the State since 1981. He taught school in Leadville, Colorado in the early 70's, and joined the US Army in 1964. Jim has served on the governing boards of St. John's Episcopal Church, Saints Peter and Paul Greek Orthodox Church and Transfiguration of Christ Orthodox Church. His volunteer experience includes St. Thomas Aquinas Parish Food bank, St John's Episcopal Church Soup Kitchen, St. John's Summer Reading Camp, Cub Scouts and Boy Scouts, and Boulder Aikikai Summer Camp. Jim has a PhD in Education (Reading Research) from CU Boulder, an MA in Education from Western State College of Colorado, a BA in Economics from Orange State College (now California State



College, Fullerton). He has also done graduate work in Business and Economics at UCLA and Cal Berkeley.

Other Key Non-clinical Volunteers

Mr. Michael Anderson, Consulting attorney.

Executive Director, Rocky Mountain Legal Center.

Ms. Kris Bertness, Bookkeeper

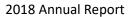
A physicist at the National Institute of Standards and Technology, U.S. Department of Commerce, Kris has a B.A. in physics from Oberlin College and a Ph.D. in physics from Stanford University. She is a member of St. Ambrose Episcopal Church, and previously served there as Treasurer and Senior Warden.

Ms. Susan Eitel, Contract Development Director/Grant Writer

Susie has expertise in managing capital and annual campaigns, development planning, writing grants and soliciting major gifts. She consults widely with non-profits in Colorado. Her Master of Science in Exercise Physiology and Kinesiology is from CU Boulder, and follows her Bachelor of Arts from the University of Washington.

Mr. Matt Kapinus, Chairperson for the Contemplative/Yoga Program.

Matt has been teaching yoga in Colorado for more than a decade and has taught over 5,000 public classes across the Front Range. He has studied multiple styles of yoga and meditation and brings his passion for health and wellness and a broad knowledge of mind and body into all of his classes.





Appendix - Donor Recognition

Thank You to Our 2018, Foundation, Business and Congregational Donors!

April Fund Grant City of Lafayette Credit Union of Colorado Foundation **Collins Foundation Grant Community Foundation Serving Boulder County** Front Range Region Episcopal Diocese Grant **Kerr Foundation** Klatt Moving and Storage Longmont Community Foundation: Live and Give Longmont Longmont Community Foundation: Lynn and Helen Clark Fund Morgan Stanley Smith Barney **Oakes Home Trust** St. Aidan's Episcopal Church of Boulder St. Ambrose Episcopal Church of Boulder St. John's Episcopal Church of Boulder St. Mary Magdalene Episcopal Church of Boulder Virginia W. Hill Foundation

Thank You to Our 2018 Heart Art Silent Auction Donors!

95a bistro and sushi 95th Street Salon and Spa Allure Hair Studio Amanda Silecchio Anders Ruff Workshop **Ars Nova Singers** Barbara Roach **Beth Dickinson BigRedF Restaurant Group** Boulder Arts and Crafts Gallery **Boulder Bookstore** Bridge House Carol Ford **Cathedral Ridge** Cathy and Charlie Skala CenterStage **Charles Ayars** Charlie and Henry Smith **Cheryl Andrews**

Clean Conscience Color Me Mine Denver Art Museum Denver Museum of Nature and Science Diane Mullet Eben Carsey Ed and Marge Szoke Front Street Chiropractic Hachette Book Group Jacque Michelle Jan Dewlen Japango Jhett and Zach Jim Podolak JoAnne Foster Joseph Sikora Julia McMillen Karen Maddock Kathy Thaden



Kim Hollowell **Kris Bertness** Kroenke Sports & Entertainment Lafayette Recreation Center Larry McMahan Linda Baker Little Yoga Studio Louise Christopher Louisville Recreation Center Lucky's Market McGuckin Hardware Melinda Wirsing Mike Elmore Missy J's Morning Glory Café Mud. Facial Bar Paul Austin Pharmaca POSH Rev. Mary Kate Rejouis Ross and Vonda Neely **Ruth Frve** Sally Bowersox Sephra Albert Shannon Kaple Shuttles, Spindles and Skeins Snooze Sturtz and Copeland Sue Morse The Bar Method Boulder The Cheesecake Factory The Mountain Sun Tinker Art Studio Tom Wirsing Trader Joe's Valerie Hess Wade Curran Wallaroo Hat Company Yoga Pod Boulder 95a bistro and sushi 95th Street Salon and Spa Allure Hair Studio Amanda Silecchio Anders Ruff Workshop Ars Nova Singers Barbara Roach **Beth Dickinson**

BigRedF Restaurant Group Boulder Arts and Crafts Gallery **Boulder Bookstore** Bridge House Carol Ford **Cathedral Ridge** Cathy and Charlie Skala CenterStage Charles Ayars Charlie and Henry Smith **Cheryl Andrews Clean Conscience** Color Me MineDenver Art Museum Denver Museum of Nature and Science Diane Mullet Eben Carsey Ed and Marge Szoke Front Street Chiropractic Hachette Book Group Jacque Michelle Jan Dewlen Japango Jhett and Zach Jim Podolak JoAnne Foster Joseph Sikora Julia McMillen Karen Maddock Kathy Thaden **Kim Hollowell** Kris Bertness Kroenke Sports & Entertainment Lafayette Recreation Center Larry McMahan Linda Baker Little Yoga Studio Louise Christopher Louisville Recreation Center Lucky's Market McGuckin Hardware Melinda Wirsing Mike Elmore Missy J's Morning Glory Café Mud. Facial Bar Paul Austin Pharmaca



2018 Annual Report

POSH

Rev. Mary Kate Rejouis Ross and Vonda Neely Ruth Frye Sally Bowersox Sephra Albert Shannon Kaple Shuttles, Spindles and Skeins Snooze Sturtz and Copeland Sue Morse The Bar Method Boulder The Cheesecake Factory The Mountain Sun Tinker Art Studio Tom Wirsing Trader Joe's Valerie Hess Wade Curran Wallaroo Hat Company Yoga Pod Boulder

Thank You to Our 2018 Individual Donors!

Irene Ahrens John Alderson **Bill & Cheryl Andrews** Martha Angulo Julie Ansell Margaret Ansell Alex and Elspeth Arnold Kathleen & William Ashworth Paul & Amy Austin Sheryl Bain Kirk and Marilyn Baker Jean and Chris Balch Cedar Barstow Susanne Bates Scott Bell & Debra Nastaj **Kris Bertness** Mark and Pat Biggers Carla and Bill Bigum Nancey A. Bookstein Neil and Catherine Borman **Gwendoline & Joe Bowers** Sam Bowersox-Daly & Melisa Panagakos Sally A. Bowersox Toni & Daniel Brennand Larry Burgess Trude and Mark Burnett Jenny Burnsed Martha Burroughs Eileen Callaway Carol Callicotte-Belmon Carolyn Campion

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Beth Schmahl Kathryn Schmoll Robert Schwartz **Betsy Shears** Noelle Sprenger Doug and Katie Stewart Christian and Tabitha Tagne John Taylor John & Amy Thornbury Barbara Vallejos **Gregory Watson** Jeanette and Brad Walters **Christopher Walther** Zach and Elizabeth Wehling Manly Weidman Kristy Weprin Valerie Willett Arnold & Millie Williams **Bill Woodward**