

Saint Benedict Health and Healing Ministry 2017 Annual Report











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2017 Highlights

- ✓ Over 25 volunteer Health Care professionals, Spanish translators and other volunteers provided greater than 8,690 Health Care services to guests via 12 Free Clinics per month and the Don Burt Community Care Program!
- ✓ Over 50 key volunteers provided over 4000 hours of volunteer time equating to \$87,758 Value of Volunteer Service Time!
 - This breaks down as follows: \$39,970 in Clinical Value for Volunteer Service Time and \$47,788 in DBCCP hours and non-Clinical Value for Volunteer Service Time.

We envision a community where suffering is alleviated Where health and healing are available to al

- ✓ 169 Physician or Nurse Practitioner visits were provided at no cost.
- ✓ 607 Nurse visits were provided at no cost.
- ✓ 31 Acute illness or trauma patients were seen at no cost.
- ✓ Over 3770 folks seen in our Don Burt Community Care Program.
- ✓ Patient Residency Demographics:
 - 45.6% Boulder
 - 8.5% Lafayette
 - 42.9% Longmont





- ✓ Over 130 health service referrals were made.
 - These included: Clinica Campesina, People's Clinic, Dental Aid, Mammography, Salud Clinic, HopeLight Clinic, Primary Care Physicians, Urgent Care and the Emergency Room
- ✓ In partnership with Boulder Community Hospital 22 patients received foot care and 4 patients received flu shots via the Sunday Free Clinics.

 In-Kind donations such as handmade hats, socks, personal care items, medical supplies, dental supplies, medications and office supplies exceeded \$1,229 in value.



Executive Director's Report Rev. Sally Bowersox

Our annual strategic planning session in June 2017 focused on: transitioning/sustainability, the changing landscape for homeless services in Boulder County, building infrastructure and continuing to reduce barriers to quality health

care for underserved adults in Boulder County. The need for health care services has only risen in the almost 13 years SBHHM has served adults in Boulder County. We see a patient population that crosses every age and ethnic range, both men and women. We learn that anyone of us could in fact experience homelessness, destitution and lack of health care. Heath care costs continue to be the number one cause of bankruptcy across the United States. None of us are immune.

Fortunately, we are blessed to have a strong and diverse Board of Directors who continue to lead this organization toward success. Our volunteer health care professionals are a truly amazing and dedicated group of individuals. They are the backbone of SBHHM and we would not exist without them. To watch them in action at our free clinics is to witness healing and compassion on a profound level.

In February this year our Annual St. Benedict Benefit Fundraiser (formerly Heart Art) welcomed over 120 guests to the Avalon Ballroom, raising over \$23,000! Ms. Edwina Salazar, Executive



Director for the OUR Center, was our keynote speaker. Mr. Kevin Hornbaker and Mr. Dave Delaney spoke firsthand about the need for health care services among the homeless.

New developments in 2017 include beginning a gentle yoga program at the OUR Center and a Contemplative Program at Boulder Housing Partners' Canyon Pointe location. Both programs are lead by Mr. Matt Kapinus, CYT. Our hope is that these healing practices will further promote peace and quality of life for all people. In addition, I announced my retirement date from the position of Executive Director for SBHHM as 1 July 2018. Moving forward with transition planning creates mixed feelings. While I will be sad to leave SBHHM, I continue to believe strongly in the mission, focus, viability, passion, dedication and future of this small but mighty faith based ministry!

As we look toward 2018, we will focus on transition planning, including integrating and welcoming the new Executive Director. As well, we will focus on the changing landscape of services to homeless adults in Boulder County and how SBHHM can continue to remove barriers to quality health care for all adults.

The Board of Directors welcomed: Mr. William Eliason as Board President, Dr. Jeska Albuisson as Medical Director, Ms. Beth Dickinson, and the Rev. Jan Dewlen. We said good-bye to Mr. Jay Millard who resigned from the Board after many years of dedicated service, including that of Board President and Dr. Eugene Chu, who served as Medical Director. SBHHM continues to grow a strong, diverse and committed Board of Directors.

Several new volunteers were welcomed to the SBHHM team: Ms. Margie Mateer, RN, Ms. Nadine Kelliher, NP, Mr. Jonathan Houle, Ms. Carol Green, RN, Ms. Jeanie Balch, Dr. Dean Beasley, Dr. Phil Weber, Ms. Carol Callicotte-Belman, PT, Ms. Taeler Holbrook, Ms. Julie King, PA, Ms. Catherine Pearce, and Ms. Camille Moore, NP.

Selly & bowersop +

Behold, I will bring to them health and healing; I will let my people see peace. - Jeremiah 33:6



Financial Highlights

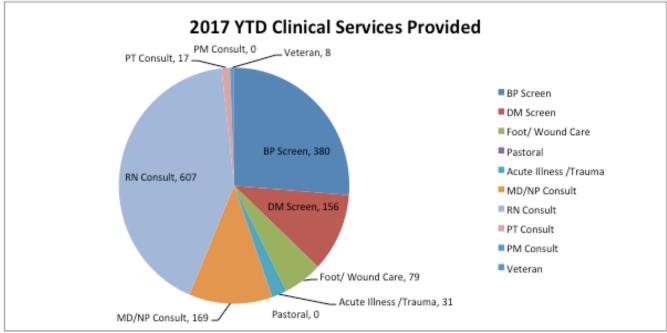
Oakes Home Trust	\$35,000
11th Annual St Benedict Benefit Fundraiser	\$23,473
Virginia W. Hill Foundation	\$10,000
Front Range Region Episcopal Diocese Grant	\$9,000
First Congregational Church of Boulder	\$6,000
Juanita Gregg Foundation	\$6,000
St. Mary Magdalene Episcopal Church of Boulder	\$4,215
Longmont Community Foundation: Lynn and Helen Clark Fund	\$4,000
St. Aidan's Episcopal Church of Boulder	\$2,500
City of Lafayette	\$2,500
Autumn Fundraising Campaign	\$2,165
April Fund	\$2,000
Burt Foundation	\$2,000
Collins Foundation Grant	\$2,000
Community Foundation Serving Boulder County	\$2,000
Sisters of St. Francis	\$2,000
Wells Fargo Community Assistance Fund Grant	\$1,500
Aweida Impact Fund	\$1,500
Morgan Stanley Smith Barney	\$1,000
St. John's Episcopal Church of Boulder	\$700
Longmont Community Foundation: Live and Give Longmont	\$650
St. Ambrose Episcopal Church of Boulder	\$291



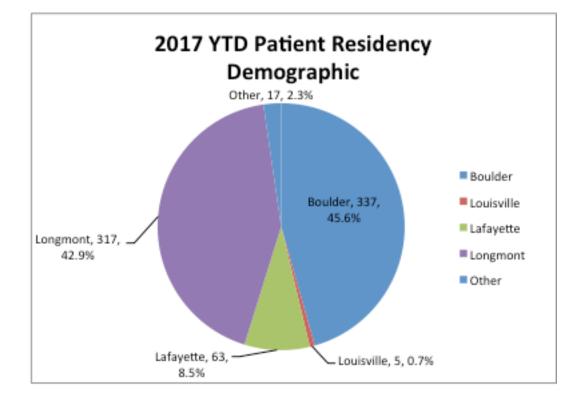
Pictures from the Heart Art Fundraiser at the Avalon Ballroom – February 27, 2017







Medical Services Breakdown and Patient Residency Demographics





President's Annual Report 2017

Mr. William Eliason

2017 was a challenging year for organizations serving the homeless population in Boulder County. Shortages of funding and facilities, in addition to changes in public attitudes toward certain segments of the homeless community have all contributed to these organizations' struggles to serve. In this state of flux, St. Benedict Health and Healing Ministry has sought to maintain its niche as a solid provider of basic health services to the homeless. 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.

With that said, new opportunities appear to be opening up for the future in Boulder County as new shelter overflow facilities are planned for the next year. 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 Executive Director, Sally Bowersox has steadfastly recruited new volunteers, overseen applications for grant funding from foundational, business, and congregational donors, in addition to working with the board of directors to guide the Ministry. Sally has provided a stable foundation for the Ministry to continue to succeed in serving the homeless in Boulder Country moving into future. 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 2017

Jeska Albuisson, MD



2017 has been another year of continued growth and change for St. Benedict Health and Healing Ministry. Amidst this evolution, I have had the distinct honor of stepping into the role of medical director.

What has remained unchanged in 2017, has been St. Benedict's mission to provide safety-net healthcare services to the most vulnerable and voiceless members of our community in Boulder County. Our volunteer staff continue to expand and find new ways to reach out to those most at risk of being forgotten, and every single clinic I attend reminds me of the power that exists in community when we can be united in our commitment to be bigger

than our individual selves and prioritize the well being of all.

Through the dedicated and compassionate team of St. Benedict's volunteer nurses, physicians, NP's and PA's as well as physical therapists, foot care nurses and non medical volunteers, we have been able to provide diabetic care, blood pressure management, cancer screening and initial care for acute illness in clinics throughout Boulder. We continue to partner with St. John's Episcopal Church, Trinity Lutheran Church, First Congregational Church, and the Sister Carmen Community Center providing health care services in tandem with the compassionate care services already in place within each of these organizations.

We also have continued our efforts to both maintain and grow our community partnerships including the existing affiliations with Boulder Housing Partners, the OUR center and Dental Aid as well as Don Burt Community Care Program and BOHO. Also in 2017, The Gentle Yoga Program was initiated at the OUR Center as well as initiation of the Contemplative Program at Boulder Housing Partners Canyon Pointe, both providing access to much needed spiritual and physical support to people often living in turmoil.

Looking to the future, St. Benedict's, is committed to continued growth and evolution, with an eye towards expanding both access to services and diversity of services offered. While there are some significant changes coming for St. Benedict's, what we all remain focused on, is our continued commitment to making a difference in service to the underserved and being a voice for those in danger of going unheard.



Treasurer's Annual Report 2017 Neil Borman

St. Benedict Health and Healing Ministry experienced a small cash deficit of \$ 560 for 2017. Expenses remained less than budgeted throughout the year; however,, on the income side we experienced a number of short falls. Both pledges and grants reached our projections with some being less than expected and other greater. We appreciate all those able to provide the extra voluntary funds.



In Summary for 2017 St. Benedict Health and Healing Ministry Income Statement, Cash donations totaled \$ 121K while in kind donations were \$88K for a total of \$ 209K. On the expense side Cash Expenses totaled \$ 122K while In Kind expenses totaled \$ 88K for a total of \$ 210K. The Net Income was a deficit of \$ 1K (rounded)

Neil Borman Treasurer

	2017 Actual	% to Total
Analysis of Income Statement:		
Total CHURCH PLEDGES	13,706.00	11%
Total DONATIONS	3,798.37	3%
Total FUNDRAISING/ST B BENEFIT	24,473.18	20%
Total GRANTS	74,497.16	61%
INTEREST INCOME	43.35	0.04%
Total RESTRICTED INCOME	4,873.62	4%
Total CASH INCOME/PLEDGES	121,391.68	100%



	2017 Actual	% to Total
All Income Sources:		
IN-KIND DONATIONS		
GOODS - CLINICAL	2,168.30	2%
GOODS - NON-CLINICAL	294.18	0%
VOLUNTEER CLINICAL SERVICES	39,970.21	46%
VOLUNTEER NON-CLINICAL SERVICES	45,157.31	52%
Total IN-KIND DONATIONS	87,590.00	100%
Total Income	208,981.68	

	2017 Actual	% to Total
Expense		
CASH EXPENSES		
Total ADMINISTRATION	4,216.91	2%
Total CLINIC	4,024.57	2%
Total EXECUTIVE DIRECTOR EXPENSES	96,028.36	46%
Total FUNDRAISING	6,210.65	3%
Total GRANT WRITER	7,808.83	4%
Total PROGRAM	0.00	0%
Total TRAINING & EDUCATION	1,489.37	1%
Total TRANSPORTATION	2,162.99	1%
Total CASH EXPENSES	121,941.68	58%
IN-KIND EXPENSES		0%
GOODS - CLINICAL	2,168.30	1%
Total GOODS - NON-CLINICAL	294.18	0%
VOLUNTEER CLINICAL SERVICES	39,970.21	19%
VOLUNTEER NON-CLINICAL SERVICES	45,157.31	22%
Total IN-KIND EXPENSES	87,590.00	42%
Total Expense	209,531.68	100%
Net Income	-550.00	



	2017 Actual
Net Income:	
Total CASH INCOME/PLEDGES	121,391.68
Total IN-KIND DONATIONS	87,590.00
Total Income	208,981.68
Expense	
Total CASH EXPENSES	121,941.68
Total IN-KIND EXPENSES	87,590.00
Total Expense	209,531.68
Net Income	-550.00

William Eliason-SBHHM Board Member



2017 St. Benedict Health and Healing Ministry Board of Directors

Ms. Kris Bertness, Bookkeeper and Assistant Treasurer (not on Board of Directors)

Physicist at the National Institute of Standards and Technology, U.S. Department of Commerce. B.A. in physics from Oberlin College, Ph.D. in physics from Stanford University. Member of St. Ambrose Episcopal Church, Boulder. Previously served St. Ambrose as Treasurer and Senior Warden. Residence: Boulder.

Mr. Neal Borman, Treasurer

Until 2004, Neal resided in the Great New York area. BA from Earlham College (Chemistry) with MS (Chemistry - organic) from U. Washington and both an MS and PhD from New York Medical College (Pharmacology). Neal began his career as a Chemist with Geigy Chemical, now Novartis, and migrated to Drug Metabolism and Toxicology. Concurrently Neil was in the US Army reserves, with 2 years active

duty. Early retirement at the end of 1999 from Novartis and retired from the Reserves 6 month later. In retirement Neal taught at the College of St. Elizabeth (undergraduate chemistry and biology) and Fairley Dickenson U. (Pharmacology - graduate) and volunteered at The Great Swamp NWR and Great Swamp Watershed Association. Served on the Friends of GSNWR board including chair while with the Watershed Association and represented the Stream Team with NJ EPA water quality board. Moved to Boulder in August 2012. In Washington volunteered with environmental groups, Skagit Co.



Marine Resources Committee (chair for 2 years) Skagit Co flood group's environmental subcommittee (chair 2 years) and tutored middle and high school math and science. Currently as a member of St. Aidan's he is also a volunteer with BOHO. Residence: Boulder.

The Rev. Sally Bowersox, osb, Executive Director

Priest in the Episcopal Church in the Diocese of Colorado, Registered Nurse, Spiritual Director and Yoga Teacher. A.D. in Nursing, M.A. Dance/Movement Therapy, Masters of Divinity, Certificate in Spiritual Direction and Registered Yoga Teacher. Professional Associations: Episcopal Diocese of Colorado; Spiritual Directors International; Public Policy Advisory Board (Episcopal Diocese of Colorado). Residence: Denver.



Dr. Jeska Albuisson, Medical Director

Physician at Boulder Community Hospital where she is also serving as one of the co-directors of the Hospitalist group. As co director she is charged with recruitment and retention of staff as well as implementing and overseeing quality improvement work within the group. She completed her residency in Internal Medicine at the University of Colorado, where she had the opportunity to train in some of the more under-served populations of Denver, including the county "safety net" hospital, Denver Health and the Stout Street Clinic. Her years of travel outside of the United States have cemented her commitment to health advocacy and taking a stand to support the marginalized and often voiceless members of our society, such as the mentally ill and the homeless. She is the mother of two teenage boys and lives in the mountains surrounding Boulder. Outside of work, she is passionate about travel, yoga and martial arts. Resides: Jamestown.

Mr. William Eliason, President

Finance controller at Oracle Corporation of Redwood City, California. William 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 in Boulder, where he has held vestry, treasurer, and audit committee positions. Residence: Boulder.

Ms. Elisabeth Dickinson

Certified Public Accountant and Chief Financial Officer for the Office of the State Auditor. Held several Controller positions for the State of Colorado since 2008. Taught Accounting classes at Front Range Community College for many years. Served in the US Navy in the late 70's. Member of St. Ambrose Episcopal Church, Boulder. Served as Treasurer at St. John's Episcopal Church, Boulder. Volunteer work with Boulder Shelter for the Homeless, Boulder Valley School District, Meals on Wheels, and Rocky Mountain Scottish Terrier Rescue. Residence: Lafayette.

Mr. Jim Podolak

Now a semi-retired Labor Market Researcher with Colorado Department of Labor, Jim held several similar research positions with the State of Colorado since 1981. He taught school in Leadville Colorado in the early 70's. Jim joined the US Army in 1964 for a brief time. Over the years he 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. Jim volunteer work has included St. Thomas Aquinas Parish Food bank, St John's Episcopal Church Soup Kitchen, St. John's Summer Reading Camp, Cub Scouts and Boy Scouts parent volunteer, and Boulder Aikikai Summer Camp. Jim has a PhD in Education (Reading Research) from University of Colorado Boulder, an MA in Education from Western State College of Colorado, and a BA in Economics from Orange State College (now California State College Fullerton). His Graduate work was in Business and Economics at UCLA and Cal Berkeley. Residence: Boulder.



Mr. Erik Holbrook, Secretary

Born and raised in rural Oklahoma, Erik moved to Colorado in 2016 to pursue a graduate degree in Computer Science. Erik received his Bachelor's in Computer Science and Mathematics from the University of Oklahoma. His scientific pursuits in Colorado include research in Artificial Intelligence, Neural Networks, and Natural Language Processing. At the completion of his Master's degree, Erik plans to attend medical school with the goal of continuing to contribute to St. Benedict's as a clinical practitioner. In addition to his studies, Erik is an avid guitarist with a decade of experience in jazz and blues. Residence: Boulder

Consultants to the Board of Directors, Development Director/Grant Writer to Programs

Mr. Michael Anderson

Consulting attorney. Executive Director, Rocky Mountain Legal Center. Residence: Lafayette.

Ms. Patt Anderson

Administrative Assistant. Residence: Louisville.

Ms. Becky Fellows, RN, Ms. Maria Krenz and Ms. Patt Anderson

Co-Chairpersons for the Don Burt Community Care Program. Residences: Boulder and Louisville.

Dr. Mark Earnest

Vice President Colorado Coalition for the Medically Underserved. Associate Professor of Medicine, University of Colorado Health Sciences Center. Residence: Denver.

Ms. Susan Eitel Contract Development Director/Grant Writer for SBHHM. Residence: Boulder.

Ms. Becky Fellows, RN Chairperson for the Medical Financial Assistance Program. Residence: Boulder.

Ms. Nancey Bookstein and Ms. Jen Urbonas

Volunteer Coordinators. Residences: Westminster; Boulder



Mr. Tom Luehrs

Director, St. Francis Center. Board member and past president of Metro Denver Homeless Initiative, commissioner on Denver's Road Home, board member Colorado Vincentian volunteers. Past board member 32nd Ave. Jubilee Center and the Delores Project, and former board member and founding member of Housing Justice. Residence: Highlands Ranch.

Mr. Matt Kapinus

Chairperson for the Contemplative/Yoga Program. Residence: Boulder

Mr. Jay Millard

One of the principal owners and the Chief Operating Officer of Amadeus Consulting, a custom technology solution provider. Amadeus Consulting provides expert custom software development solutions for the web, mobile, and the desktop ranging from large-scale enterprise systems, to small apps for the budding entrepreneur. Jay holds a Bachelor of Science degree from the University of Colorado at Boulder – Leeds School of Business and has been active for many years in both business and service to the local community. Jay has served on the Board for the Boulder Valley Rotary Club and chaired their Community Service committee, as well as he serves meals weekly at the Boulder Shelter for the Homeless. He helped spearhead the non-profit sustainability program Amadeus Consulting runs called the BLAST! Network. Residence: Boulder.

The Rev. Bruce Swinehart

The Rev. Bruce Swinehart has worked with human services and non-profit organizations for nearly 30 years. As the Director of the City of Boulder's Children, Youth and Families Division, he was responsible for 35 staff and a \$2.2 million annual budget. He has provided consulting services to a wide variety of organizations since 1997, including organizational development, board development, strategic planning, facilitation/mediation, and fundraising/grant-writing. Rev. Swinehart was ordained to the priesthood in 2009, and served for three years as Priest-in-Charge at St. Patrick Episcopal Church in Somerset, Kentucky before returning to Boulder in 2012. Residence: Boulder.



Appendix - Donor Recognition

Thank You to Our 2017, Foundation, Business and Congregational Donors!

- April Fund Grant Aweida Impact Fund Burt Foundation City of Lafayette Collins Foundation Grant Community Foundation Serving Boulder County First Congregational Church of Boulder Front Range Region Episcopal Diocese Grant Juanita Gregg 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 Sisters of St. Francis 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 Wells Fargo Community Assistance Fund Grant

Thank You to Our 2017 Heart Art Silent Auction Donors!

Jim Podolak **Bill Stanton** Amy Paine Eugene Chu Neil Borman Matt Kapinus Jay Millard Rev. Sally Bowersox distinctively d'Layne Barbara Roach Karen Maddock Helen McKeown Carol Ford **Carol Park** Amy and John Thornbury Mark Biggers Sephra Albert **Cheryl Andrews** Chris Meloche Frasca Food and Wine Tom Wirsing POSH

The Bar Method Boulder Jacque Michelle **Diane Mullet** jlounge Natural Nail Bar and Spa Denver Center for the Performing Arts **Boulder Bookstore** Rev. Jan Dewlen Two Hands Paperie Boulder Arts and Crafts Gallery Joseph Sikora Harmony Music House Scott's on Alpine Ellen Lawson, Ph.D. by elke Ed and Marge Szoke **Cathedral Ridge** Dr. Eben Carsey **Ars Nova Singers** Charlie and Henry Smith **Boulder Philharmonic Orchestra Kroenke Sports & Entertainment** Patti Tussey



Diane Kirby Fabricate Pharmaca Kathy Thaden Hachette Book Group Spen Kellogg Carol Ziegenhagen The Little Jewel Kimmie Hollowell Melinda Wirsing Jennifer Perez **Open Hands Art Studio** Linda Baker Wallaroo Hat Company CenterStage Fate Brewing Company Eureka! Color Me Mine The Boulder Dushanbe Teahouse Tattered Cover Bookstore Trader Joe's Anne Turner Clean Conscience Flatirons Habitat for Humanity Que's Espresso

Thank You to Our 2017 Individual Donors!

Jim Podolak **Bill Stanton** Amy Paine Eugene Chu Neil Borman Matt Kapinus Jay Millard Rev. Sally Bowersox distinctively d'Layne Barbara Roach Karen Maddock Helen McKeown Carol Ford **Carol Park** Amy and John Thornbury Mark Biggers

Megan Yalkut Shuttles, Spindles and Skeins Yoga Pod Boulder Snooze Massage Therapeutics Bridge House Old Chicago Restaurant, Superior Louisville Recreation Center Mud. Facial Bar AllFourFeetEquine By Chance Alpine Modern Allure Hair Studio Pedestrian Shop **CorePower Yoga Common Threads** The Cheesecake Factory Sturtz and Copeland Pampered Pooch McGuckin Hardware Lucky's Market **Roost Books** Larry McMahan Walt Dabberdt

Sephra Albert Cheryl Andrews Chris Meloche Frasca Food and Wine Tom Wirsing POSH The Bar Method Boulder Jacque Michelle **Diane Mullet** jlounge Natural Nail Bar and Spa Denver Center for the Performing Arts **Boulder Bookstore** Rev. Jan Dewlen Two Hands Paperie Boulder Arts and Crafts Gallery Joseph Sikora Harmony Music House



Scott's on Alpine Ellen Lawson, Ph.D. by elke Ed and Marge Szoke Cathedral Ridge Dr. Eben Carsey Ars Nova Singers Charlie and Henry Smith Boulder Philharmonic Orchestra Kroenke Sports & Entertainment Patti Tussey