

Saint Benedict Health and Healing Ministry 2014 Annual Report









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2014 Highlights

- ✓ Over 40 volunteer Health Care professionals, Spanish translators and other volunteers provided greater than 9300 Health Care services to guests via 12 Free Clinics per month and the Don Burt Community Care Program!
- ✓ Over 45 key volunteers provided over 3000 hours of volunteer time equating to \$108,044 Value of Volunteer Service Time!
 - This breaks down as follows: \$53,713.82 in Clinical Value for Volunteer Service Time and \$54,330.66 non-Clinical Value for Volunteer Service Time.
- ✓ 362 Physician or Nurse Practitioner visits were provided at no cost.

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

- √ 512 Nurse visits were provided at no cost.
- √ 54 Paramedic visits were provided at no cost.
- √ 134 Acute illness or trauma patients were seen at no cost.
- ✓ Veterans Helping Veterans Stand Down Event served 34 individuals at no cost.
- ✓ Patient Residency Demographics:
 - 55.4% Boulder18.7% Lafayette
 - 20.5% Longmont



- ✓ Over 250 health service referrals were made.
 - These included: Clinica Campesina, People's Clinic, Dental Aid, Mammography, Salud Clinic, Urgent Care and the Emergency Room



- ✓ In partnership with Boulder Community Hospital 17 patients received flu shots at no cost and 34 patients received foot care via the Sunday Free Clinics.
- ✓ In partnership with Project HOPE, a Free Clinic was provided on Christmas Day via their Room at the Inn event at Heart of Longmont Church. 64 individuals were seen in outreach that day!
- √ 72 Community Contacts made in partnership with First Presbyterian Church during their Holy Saturday Foot Washing Event.
- ✓ In-Kind donations such as handmade hats, socks, personal care items, medical supplies, dental supplies, medications and office supplies exceeded \$5,900 in value.

Executive Director's Report

Rev. Sally Bowersox

2014 proved to be another exciting year for St. Benedict Health and Healing Ministry (SBHHM). Our volunteers have been profoundly moved and honored to serve those adults in need of health care services.

Believe it or not, there are countless situations of tragedy and destitution amongst folks right here in Boulder County. As we have witnessed via our Free Clinics, the need for health care services has only increased and multiplied.

As well, financial challenges remain a constant reminder of the reality the majority of those we serve live with every day. In the strength and dedication of one another, we have found abundance and have tried our best to pass this abundance on to each and every patient we see.

In February this year our 9th Annual Heart Art Fundraiser welcomed over 200 guests for the evening, a record setter for this event!
Church contributions exceeded \$19,000. Our



third Yoga fundraiser at the Yoga Pod raised over \$760! And our new fundraiser, Decades Dance, had a great beginning raising over \$960!



Over the year we expanded our outreach in Longmont by continuing our Free Clinic every Thursday at the OUR Center. In addition, our new partnership with Longmont Community Health Network (LCHN) lead us to hire two paramedic volunteers who work with our nurses at clinic at the OUR Center, providing much needed community and health care liaison. SBHHM donated 10 diabetic kits to LCHN for distribution to diabetic patients in the Longmont community. We developed partnership with Hopelight Clinic in Longmont.

Our Don Burt Community Care Program grew by leaps and bounds, seeing over 3,200 individuals. Volunteers in this program hand out much needed OTC (over the counter) medications and basic health care supplies to folks staying at the Emergency Warming Centers BOHO (Boulder Overflow for Homeless Outreach) provides.

In addition to the agencies mentioned above, new partnership are being forged with Exempla Good Samaritan Hospital and Boulder Housing Partners.

The Board of Directors welcomed: Ms. Amy Paine, Secretary and Darren Conradson. We were sad to say good-bye to those who retired from the Board: Mr. Mark Biggers, President and Dr. Julie Ansell, Medical Director. We are excited to welcome Mr. Jay Millard as President, Ms. Sandi Klatt as Vice President and Dr. Eugene Chu, Medical Director.

Several new volunteers were welcomed to the SBHHM team: Dr. Jeska Albuisson, Dr. Drew Updike, Ms. Kari Wadell NP, Ms. Sara Russell RN, Ms. Emma Mancera, Mr. Todd Mc Laughlin, and Ms. Patt Anderson.

Soly & bowersof +

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



Financial Highlights

| ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ | Oakes Home Trust granted: 9 th Annual Heart Art Fundraiser raised: Church Contributions Exceeded Virginia W. Hill Foundation St. Mary Magdalene Front Range Region City of Lafayette First Congregational Church St. John's Episcopal Church April Fund Lanyon/Clark Fund John Duncan Charitable Trust Community Foundation Serving Boulder County Collins Foundation Yoga Pod Fundraisers | \$30,000 \$27,025 \$19,000 \$10,000 \$7,800 \$7,000 \$3,000 \$2,500 \$2,340 \$2,000 \$2,000 \$2,000 \$2,000 \$2,000 \$2,000 \$1,731 |
|-------------------------|--|--|
| ✓ | | . , |
| \checkmark | Wells Fargo | \$1,000 |
| ✓ | First Congregational Church | \$1,000 |
| ✓ | Credit Union of Colorado Foundation | \$1,000 |
| √ | City of Louisville | \$400 |





Pictures from the 9th Annual Heart Art Fundraiser – February 2014



Pictures from the 1st Decades Dance Fundraiser – October 2014





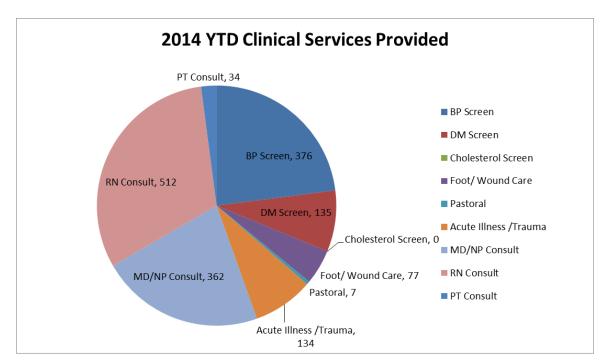


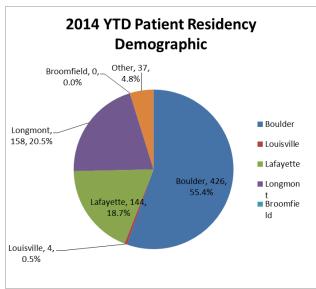






Medical Services Breakdown and Patient Residency Demographics







President's Annual Report 2014

Mr. Jay Millard

It is my honor to serve as Board President. I am truly amazed by the remarkable people who have served on this board over the years. It is a funny thing about where you find many of these former board members today...still helping out St. Benedict Health and Healing Ministry in one way or another.

This transition from a formal role for these former board members to an informal role reinforces a key theme that makes SBHHM so special – the importance of our volunteers! I would like to recognize all of our volunteers both medical and non-medical, as we are only able to provide this great service to our community as a vital part in the continuum of care thanks to our volunteers.

My role has been made easier with special thanks to the support of past President, Mark Biggers, who has continued to be a great resource to me. Of course I get the chance to pick his brain every Thursday morning at the Boulder Shelter for the Homeless where we cook meals together for the clientele. Mark has stayed active in SBHHM by leading the efforts of the Don Burt Foundation. Since November of 2013, the Don Burt Foundation has provided free over-the-counter medicines, medical supplies, and personal hygiene items to homeless individuals staying at BOHO's emergency warming centers.

I am excited to see the continued development of our relationship with Longmont's Our Center and the Longmont community. We are forging a strong partnership with Longmont. With the addition of Darren Conradson to our board, I see our role in Longmont continuing to grow as Darren is a true leader in the Longmont community. Darren currently works as a Community Paramedic for the City of Longmont, serving the uninsured/underinsured, assuring they get the care they need.

We continue to be honored by all who support SBHHM in so many different ways. I would especially like to thank the Yoga Pod and their owners Gerry and Nicole Weinholt. In addition to our annual Yoga fundraiser over Thanksgiving, this year we added a Decades Dance in October for a fun way we could raise money while still offering an entertaining and inexpensive night out. Of course the event DJ was Matt Kapinus from our Board and from the Yoga Pod (a.k.a. Mr. Gettdowne). The event was a great success!

We are continuing to work hard toward our goal:

To improve the physical, mental, and spiritual health of those people in our community who have need, but who lack access to health care resources and ultimately to help connect them to a medical home where they can receive the ongoing care they need.

We know that a key distinction for SBHHM is helping make sure people don't fall through the cracks.

Thank-you to all who volunteer, support, and donate to help this special group. We look forward to the continued good works we all will provide together in 2015!



Medical Director's Annual Report 2014

Eugene Chu, MD

In 2014, thanks to the skill, dedication and compassion of its wonderful volunteers, providers and staff, St. Benedict Health and Healing Ministry (SBHHM) continued to evolve its important and integrated role in the health care safety net of Boulder County.

One exciting new partnership was with the Longmont Community Health Network (LCHN) as part of a federally funded grant obtained by LCHN. Over the summer, SBHHM entered into a collaborative with the LCHN, the OUR Center and Hopelight clinic to provide coordinated services to the indigent in Longmont with a special focus on case management and the delivery of care at the point of habitation. To help meet the needs of this initiative, SBHHM expanded its services in the OUR center to a weekly clinic.



David – 61. "I have used clinic 3 or 4 times...always caring, competent with compassionate care."

Meanwhile, our dedicated group of nurses, physicians, nurse practitioners, physical therapists and foot care nurses continue to staff clinics providing diabetes care, blood pressure management, foot and wound care, health education, pastoral visits and care coordination in clinics throughout Boulder County. SBHHM continues to work closely with St. John's Episcopal Church, Trinity Lutheran Church, First Congregational Church and the Sister Carmen Community Center by providing health care services in parallel to the compassionate care programs already in place in each organization.

In appreciation of the good work of the volunteers staffing SBHHM's clinic at Sister Carmen Community Center, SBHHM was recognized as the "Community Partner of the Year" by

Sister Carmen's this past summer.

SBHHM also continues the Don Burt Community Care Program in a joint venture with BOHO. SBHHM's non-medical volunteers provide much needed over the counter medications (aspirin, Tylenol, Motrin, antacids...) and daily comfort essentials (hand lotion, Q-tips...) to the homeless in Boulder County who access the emergency warming shelters during the winter months.

And not to be forgotten, St. Benedict Health and Healing Ministry developed and deployed an Ebola preparedness program to ensure proper and safe triage of patients with symptoms and risk factors for the virus.



It is an honor to be part of St. Benedict Health and Healing Ministry and we look forward to continuing to provide health care services to the underserved in Boulder County with our many partnering organizations.

Treasurer's Annual Report 2014 Neil Borman

St. Benedict Health and Healing Ministry ended the year with a \$15,148 surplus. Two factors were major in generating the surplus: 1) we were mindful of expenses and 2) our grantors, both churches and philanthropic organizations, expressed their support through larger contributions. Specifically, congregations increased their support by \$3,000 and grants increased by \$11,000 (rounded figures).

Our major fundraiser, Heart Art, provided a couple hundred dollars less than in 2013.

To capitalize on philanthropic support we completed IRS FORM 990 EZ. We expect to be more competitive for receiving support as many philanthropic organizations require this form to be considered for a grant. The ministry also formalized a Cash Reserve, another item potential grantors consider in their grant application evaluation.

Our medical supply expenses increased slightly, though still within budget. Ebola guidelines were developed and PPE (Personal Protective Equipment) was donated by BCH for all clinical sites. The medical supply expenses increased slightly due to the increase in clinics per month.



Our greatest assets are our volunteers, be they in the clinics or the office.



2014 St. Benedict Health and Healing Board of Directors

Mr. Bill Ashworth, Bishop's Representative

Parishioner at St John's Episcopal Church, Boulder since 2006, served on the Vestry, a number of other ministries, and attended Diocesan convention as a delegate. Worked in Silicon Valley for 30+ years in high tech product management and project management. Residence: Boulder.

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 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 I 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 I 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 I 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. Eugene Chu, Medical Director

Director of Hospital Medicine Services at Boulder Community Hospital, Eugene spent the first ten years of his career as a hospital medicine physician serving the under and uninsured of Denver County at Denver Health Medical Center. In this academic role, he was able to learn formal quality improvement methodology as it pertains to health care as well as develop his clinical and educational skills. In 2011, Eugene was able to bring these skills to Boulder Community Hospital to serve the community of Boulder. He now looks forward to contributing to the mission of St. Benedict's Health and Healing Ministry. Born and raised in Washington DC and its suburbs, Eugene went to college at Stanford University in Palo Alto, CA before attending medical school at Tufts University in Boston, MA. He completed his internal medicine training at the University of Colorado School Health Sciences Center in Denver, CO where he remains on faculty as an Associate Clinical Professor of Medicine. Residence: Golden.

Mr. Darren Conradson

Darren began his career in the Emergency Medical Services over 20 years ago. During that time he has worked in variety of areas including Firefighter Paramedic, SWAT medic, Private Transport Agencies and Event Medicine. Darren currently works as a Community Paramedic for the City of Longmont, serving the uninsured/underinsured, assuring they get the care they need. Darren's passion for medicine has taken him on several mission trips over the years providing medical care in various places throughout the world. Residence: Berthoud.

Mr. Matt Kapinus

BA in English/Creative Writing from the University of Maryland, near Hyattville Maryland where he grew up. As a perpetual spiritual seeker, he has a background in Tai Chi, meditation, and somato-respiratory integration. In 2005 he completed his conversion into Judaism and has been a very active participant in Boulder's vibrant Jewish community. He is now an accomplished yoga teacher in Boulder Colorado and in his 4 years of teaching yoga has taught over 2500 classes. He draws inspiration for class from teachers both inside and outside of the asana-based world of yoga. His classes are known for their playfulness and potent spiritual resonance. Residence: Boulder.

Ms. Sandi Klatt, RN, CHPN, Vice President

Registered Nurse, Kaiser Permanente Palliative Care. BA, English from University of Colorado, Boulder, A.D in Nursing, BSN. Sandi has lived in the Boulder area since 1989 and truly enjoys her work as a nurse and manager. Residence: Niwot.



Mr. Jay Millard, President

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 has previously chaired their Community Service committee, as well as he serves meals weekly at the Boulder Shelter for the Homeless. Residence: Boulder.

Ms. Amy Paine, Secretary

Senior Vice President of Asset Management for Key Equipment Finance, headquartered in Superior, Co. Amy graduated with a BA and an MBA from McGill University. Amy is a parishioner at St. Aidan's in Boulder and serves as the Treasurer for the parish of St. Aidan's and for Canterbury Colorado, the Episcopal Ministry to the University of Colorado at Boulder. Residence: Superior.

Mr. Jim Podolak

Semi Retired Labor Market Researcher with Colorado Department of Labor. Held several similar research positions with the State of Colorado since 1981. Taught school in Leadville Colorado in the early 70's. Joined the US Army in 1964 for a brief time. Served on the governing boards of St. John's Episcopal Church, Saints Peter and Paul Greek Orthodox Church and Transfiguration of Christ Orthodox Church. Volunteer work with 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, Boulder Aikikai Summer Camp. PhD in Education (Reading Research) from University of Colorado Boulder, MA in Education from Western State College of Colorado, BA in Economics from Orange State College (now California State College Fullerton). Graduate work in Business and Economics at UCLA and Cal Berkeley. Residence: Boulder.



Consultants to the Board of Directors

Mr. Michael Anderson

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

Ms. Patt Anderson

Administrative Assistant. Residence: Louisville.

Mr. Mark Biggers

Chairperson for the Don Burt Community Care Program. Residence: 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

Chairperson for the Medical Financial Assistance Program. Residence: Boulder.

Mr. Tom Luehrs

Executive 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.

Ms. Jen Urbonas

Volunteer Coordinator. 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, 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 2014 Corporate, Foundation, Business and Congregational Donors!

Altitude Event Services Amadeus Consulting

April Fund

Ascent Financial Advisors Atonement Lutheran Church Boulder Community Hospital

City of Lafayette City of Louisville Clark Fund / Lanyon Collins Foundation

Community Foundation of Boulder County Credit Union of Colorado Foundation Emergency Family Assistance Association

Fidelity Charitable Fund First Congregational Church

First Presbyterian Church
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John G. Duncan Trust
Klatt Moving and Storage
Morgan Stanley Smith Barney

Oakes Home Trust Sister Carmen Center

St. Aidan's Episcopal Church St. Ambrose Episcopal Church St. John's Episcopal Church St. Mary Magdalene

Virginia W. Hill Foundation Wells Fargo Foundation

Yoga Pod

Thank You to Our 2014 Heart Art Silent Auction Donors!

Adam Baksa, Habitat for Humanity

Agnes Mathews Anna Northrup Anne Roth April Christenson

Barbara Roach Bill Ashworth

Brian Hansen, Art Cleaners Brittany, Boulder Blooms Carlos Arturo Smith

Carol Hewitt Cheryl Andrews Chris Meloche

Derise Diatta, Core Power Yoga Diana Zimmerman, Jacque Michelle

Diane Kirby

Diane Mullet, Maruca Design

Don McCormack

Dr. Paul Austin Ed and Marge Szoke Eugene and Haley Chu

Gaiam

Gary and Elaine Collins

George Karakehian, Art Source International Glennise Humphrey, Boulder Ice Cream Heather Duncan, Tattered Cover Bookstore

Helen McKeown Henry Smith

Isabel McDevitt, Bridge House

Jane Rogers

Janelle Holter and Joy Shanley, Core Power

Yoga Jay Millard

Jenny Blanchard, Vic's Coffee

Jenny Kapela, Wallaroo Hat Company

Jere Freeman



Jolene Kindig, Massage Therapeutics, Inc.

Joseph Sikora

Judy and Maggie, Shuttles, Spindles and

Skeins

Judy Nieusma Julie Ansell

Karen and Ian Hollaman, Redtail Wellness

Centers

Karen Bennett Karen Lamb Karen May

Kathy Arthofer, Leanin' Tree

Kathy Ongarato, Whole Foods Market,

Superior Kathy Thaden Katie Taylor Keith Murdock Kevin and Anne Kelly

Kim Obert, Boulder FastFrame

Kimmie Hollowell Kris Urbonas

Leslie Mathis, Bob L. Burger Recreation

Center Linda Baker Lisa Griffin Seidel

Lori Wheat, Lafayette Florist

Louise Garrels, McGuckin Hardware

Lucho Herara, King Soopers

Lucile's Creole Café

Mandy Perera, Louisville Recreation Center

Marijean Levin

Mark Biggers
Marty McDaneld
Matt Kapinus
Megan Yalkut
Melinda Wirsing

Mike Houlik Neil Borman

Nicole and Gerry Weinholt

Pat Biggers Patti Tussey

Priscilla Cohan, Boulder Arts and Crafts

Gallery

Randy Gallagher Randy Hickernell Rev. Fred Poteet Rev. Sally Bowersox

Ron Secrist, Boulder Community Hospital

Sam Bowersox-Daly

Sandi Klatt

Scott Somes, Center for Integrated Eastern

Medicine Sephra Albert

Shelby Robinson, Auguste Escoffier School

of Culinary Arts

Stephanie Schindhelm, Boulder Bookstore

Steve and Susan Carlson

Taylor Merriam, Old Chicago Restaurant

Terry McDaneld

Tori, Cheesecake Factory

Travis Railey, Boulder Homeless Shelter



Thank you to our 2014 Individual Donors and Volunteers!

Ackerman, Richard Albuisson, Dr. Jeska

Allen, Karla Anderson, Mike Anderson, Patt

Andrews, Bill & Cheryl

Angulo, Martha Ansell, Dr. Julie Ansell, Margaret

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Beno, Matt Bertness, Kris

Biggers, Mark and Pat Bookstein, Dr. Nancey A. Borman, Neil and Catherine

Boss, Eric

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Kase, Edwin
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Kelly, Kevin & Anne
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Kessler, Sher King, Elsa King, Kathy Klatt, Sandi

Koelling, Janet and Terry L'Orange, Hans & Carol Latimer, Walt & Jane Lee, C. Nicholas Leibnow, Renee LeMere, Kathryn Linfield, Mary Joy

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MacDowell, Karin
Mancera, Emma

Martin, Peggy Matheis-Kraft, Carol McBride, Suzanne McConnell, Beth McDaneld, Terry McLaughlin, Todd

Marks, Aileen

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Miller, Rich

Miller, Sally Moore, Camille

Morse, Robert & Susan

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