

Saint Benedict Health and Healing Ministry 2012 Annual Report





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Executive Director's Report

Rev. Sally Bowersox

2012 has been an exciting year for St. Benedict Health and Healing Ministry (SBHHM). While the stressed national, state and local economy has created challenges for the ministry as well as the people we serve, we have found and welcomed much abundance. In February this year our 7th Annual Heart Art Fundraiser brought in over \$23,000! With the tremendous assistance of our grant writer, more grants were received than in any year to date.

An outstanding highlight of 2012 was the expansion of our Free Clinics. In January we began a partnership with Trinity Lutheran Church in Boulder offering a Free Clinic every second Sunday during their luncheon for the homeless. And in June a Free Clinic began at First Congregational Church in Boulder every 4th Sunday during their luncheon for the homeless.



Aaron: With a family history of diabetes, he appreciates "testing is available to those who need help."

Presently, SBHHM offers a Free Clinic every Thursday at Sister Carmen Community Center's Food Bank and during the above luncheons for the homeless at various church locations. In December SBHHM began collaborating with the Our Center in Longmont, where we plan to begin offering regular Free Clinics to their population twice per month. The target start date is 7 February 2013.

Through a new partnership with the American Diabetes Association, the first class of Spanish speakers graduated from the Stanford based, Chronic Disease Self-Management (CDSM) Program in October. We are excited to look toward offering both CDSM and Diabetes Prevention classes in 2013. The Board of Directors welcomed Mr. Jay Millard, Mr. Matt

Kapinus, Mr. Bill Ashworth, and Dr. Julie Ansell. Dr. Ansell, a physician volunteer with SBHHM, also stepped into the role of Medical Director, bringing a depth of medical experience as well as wisdom and oversight. Ms. Kris Bertness graciously accepted the invitation to serve as Assistant Treasurer and Bookkeeper, bringing years of experience in these positions.

Mr. Mike Anderson came on board as consulting attorney to the organization. Ms. Jen Urbonas is serving as our much needed Volunteer Coordinator. Several new volunteer health care professionals joined the SBHHM team: Meagan Chandler, Elizabeth Cruse, Rebecca Fellows, Linda Jensen, Lori Johnson-Berke, Colleen Keller, Camille Moore, Gay Lynn Olsen, and Kay Weltzin.



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

Financial Accomplishments

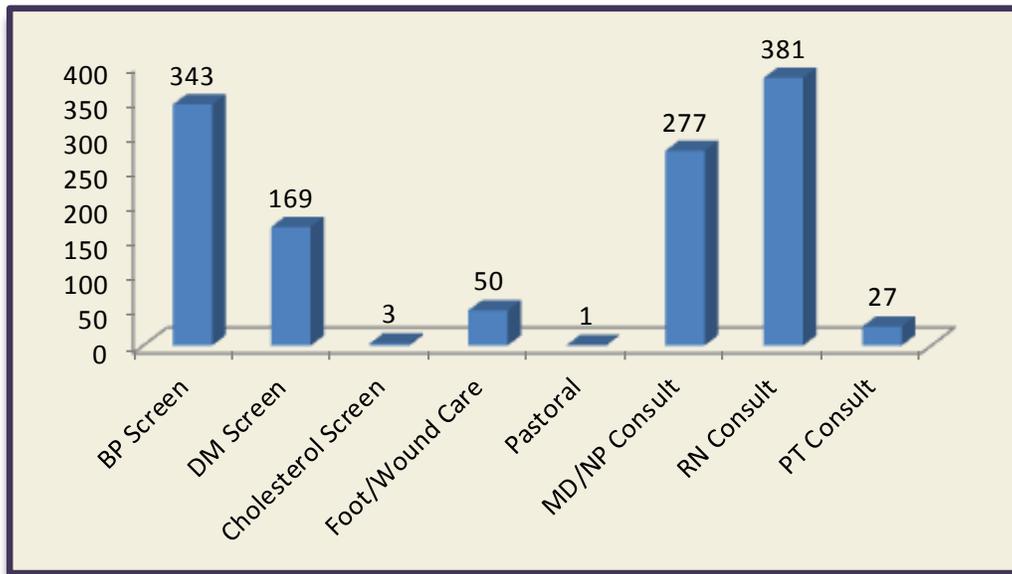
✓ Oakes Home Trust granted:	\$30,000
✓ Eighth Annual Heart Art Fundraiser raised:	\$21,838
✓ Church Contributions Exceeded	\$11,600
✓ Front Range Region granted:	\$6,500
✓ Medtronic Foundation granted:	\$5,000
✓ Community Foundation Serving Boulder County granted:	\$4,500
✓ Virginia W. Hill Foundation granted:	\$3,000
✓ Western Digital granted:	\$3,000
✓ One Lafayette granted:	\$2,200
✓ Collins Foundation granted:	\$2,000
✓ April Fund granted:	\$1,000
✓ Wells Fargo Community Assistance Fund granted:	\$1,000
✓ Yoga Pod Fundraiser:	\$592

Pictures from the Eighth Annual Heart Art Fundraiser

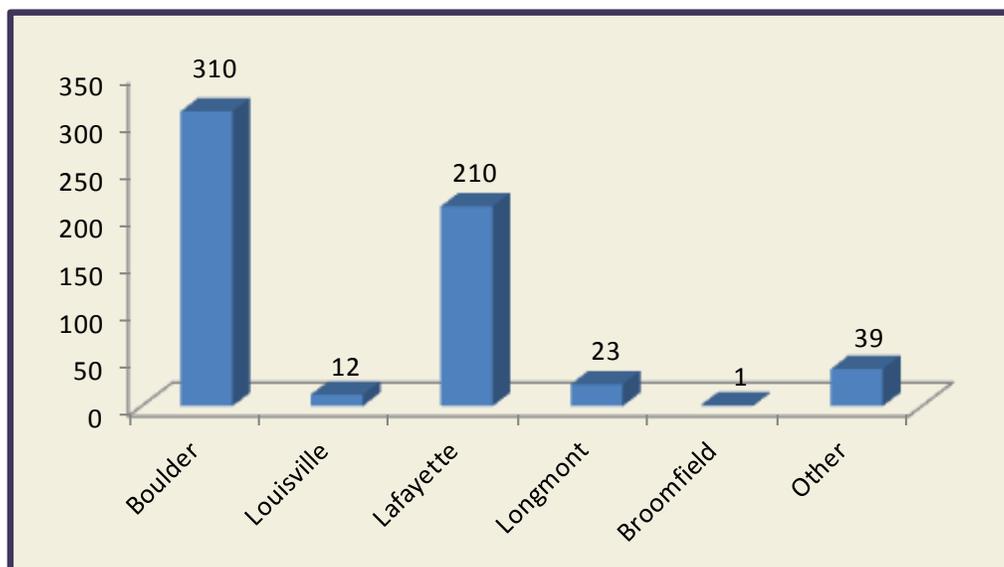


Medical Services Breakdown and Patient Residency Demographics

Medical Services - 2012



Patient Residency Demographics - 2012



President's Annual Report 2012

Mr. Mark Biggers

Imagine being faced every day with the difficult choice of providing food, shelter, or health care for yourself and your family. Do I buy groceries, pay the rent, get a mammogram, or buy the prescription medicine my child needs? This is reality to the over 40,000 medically underserved adults here in Boulder County. Saint Benedict Health and Healing Ministry provides a safety net to these individuals - providing them access to our free medical clinics and helping them get connected to a medical home where they may obtain additional services at an affordable rate.

SBHBM made great progress over the course of 2012 in providing significantly more services to the medically underserved and in strengthening our internal infrastructure for future success. In 2012 we welcomed on four new Board Members, including a new Medical Director, a number of new medical volunteers, a new volunteer coordinator, a new assistant treasurer/bookkeeper, and a consultant attorney.

We are well positioned to achieve the challenging, exciting goals set out in our 2013 thru 2015 Strategic Plan. These include:

- ✓ Increase the number of clinics to twenty or more per month by the end of 2015;
- ✓ Expand our Operations to include free medical clinics in Longmont, which has the largest number of working poor and homeless of any City in Bolder County;
- ✓ More fully implement our Healthy Living Program to better educate and support our clients who are managing a chronic disease; and
- ✓ Determine what barriers to health care our clients have, doing our best to help them address these barriers so that they can take full advantage of the medical care that is available to them.



Dietrick: *"I cannot afford healthcare. I rely upon St. Benedict to be available."*

On behalf of the hundreds of medically underserved that SBHBM assisted in 2012 thank you to our donors, our volunteers, and to our Board members.

Medical Director's Annual Report 2012

Dr. Julie Ansell, MD

A lot has happened in 2012 for St Benedict Health and Healing Ministry! After a long period of service to the ministry as medical director, Dr. Shevaun Duiker passed on this role to me mid-year and continues with St Benedict as a valued physician volunteer.

2012 saw us greatly expand the number of services provided to our clients, by increasing our outreach locations and our number of volunteers. We are thankful to be able to attend the Boulder downtown Soup Kitchens three Sundays each month, continue our presence at Sister Carmen/food bank, and are eager to move forward with expansion of our clinical screening services to Longmont and eastern Boulder County. Through our collaboration with the local chapter of the American Diabetes Association, we have been able to offer our clients at Sister Carmen Center a recognized and very successful diabetes education class, and look forward to offering more classes in 2013. We compiled our first healthy cookbook for our clients, in English and Spanish. We continue our efforts to reach out to local health care organizations to improve communication in hope of connecting more of our clients to a medical home.



John: *"I had no idea of the risk...
A blood pressure check
may have saved my life."*

2012 was a year of organization and standardization, of clinical procedures and efforts at volunteer recruitment and retention. As we grow, we recognized the need to be able to track our successes and analyze our efforts. We have reviewed and confirmed our mission and goals. We have instituted a new wellness flow sheet at one of our locations. We have welcomed several new clinical and non-clinical volunteers. There have been some bumps on the road along the way, but overall I am so looking forward to 2013 and continuing in our goal of caring for and making personal connections with our clients, of educating and helping them towards better health and well-being.

Treasurer's Annual Report 2012

Dr. Larry Burgess

The financial situation for St. Benedict Health and Healing Ministry (SBHHM) at the end of 2012 was good. Overall spending in 2012 was below budget while income matched budget, resulting in a surplus of around \$4,500.

In the last three years, the ministry's sources of income have shifted away from church-based donations and more toward public and private grants. In 2012, these grants, church giving and individual donations contributed 55%, 11% and 34% of our total income, respectively. Ultimately, we hope to balance our sources of income more evenly by increasing individual donations and church giving.





2012 St. Benedict Health and Healing Board of Directors

Dr. Julie Ansell, Medical Director

Family Practice Physician at Boulder Medical Center. Bachelor of Arts in Anthropology and Biology at Rice University, Masters in Anthropology from University of Colorado and Doctor of Medicine from University of Colorado Health Sciences Center. Dr. Ansell speaks Spanish, is board certified in Family Medicine, a member of the Colorado Medical Society, and the Boulder County Medical Society. Residence: Boulder.

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

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. Mark Biggers, President

Retired Civil Engineer from MHW, a global engineering and construction firm. BA in Management from Claremont Men's College, BS Civil Engineering and MS Sanitary Engineering from Stanford University. Junior Warden at St. John's Episcopal Church, Boulder. Actively involved with the following non-profits: Habitat for Humanity, Boulder Homeless Shelter, Community Food Share and Emergency Family Assistance. Residence: Boulder.

The Rev. Sally Bowersox, osb, Executive Director

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



Dr. Larry Burgess, Treasurer

Senior Director of Medicinal Chemistry at Array BioPharma in Boulder. Engaged in team-based research aimed at discovering new therapeutics to treat arthritis, asthma, allergy and cancer. Helped start Array BioPharma in 1998. B.S. in chemistry from Georgia Institute of Technology (1984) and Ph.D. in synthetic organic chemistry from University of Texas (1989). Post-doctoral research at Colorado State University from 1989-1991. Residence: Boulder.

Mr. Don Burt, Vice President

Computer Programmer and President, Probita, Inc. Residence: Boulder.

Ms. Carol Hewitt, Secretary

Semi-retired software engineer from many different high tech companies in the Boulder area. BS in Special Education/Elementary Education from University of Wisconsin-Eau Claire. Special Ed teacher for 4 years after college. Member of Atonement Lutheran Church in Boulder. Residence: Louisville.

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.

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.

Mr. Aaron Shupp

MD Candidate at University of Colorado School of Medicine. Served as Vice Chair of American Medical Association - MSS Standing Committee on Economics of Medicine 2010-2011 and Vice Chair of Longmont City Council Housing and Human Services Advisory Board 2005-2007. Worked in engineering, marketing and sales for various Boulder County technology firms 2003 - 2009. Received Master's of Engineering Management, BA in Spanish Literature, BS in Chemical Engineering, and BA in Biochemistry all from the University of Colorado at Boulder. Residence: Lafayette, CO.

Consultants to the Board of Directors

Mr. Michael Anderson

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

Ms. Anne Doyle

Health Care Consultant – strategic development, quality management, program innovations. Residence: Boulder.

Dr. Mark Earnest

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

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. Susan Cabell

Development Director/Grant Writer for SBHMH.



Appendix - Donor Recognition

Thank You to Our 2012 Corporate, Foundation, Business and Congregational Donors!

1313 Salon
American Diabetes Association
April Fund
Art Source International
Autumnus Woodwind Quintet
Amadeus Consulting
Bob Burger Recreation Center
Boulder Arts and Crafts Gallery
Boulder Bookstore
Boulder Homeless Shelter
Boulder Community Hospital Foundation
Boulder Ice Cream
Central Colorado Health Education
Cheesecake Factory
City of Lafayette
Collins Foundation
Colorado Avalanche
Colorado Rapids Soccer
Community Foundation Boulder County
Core Power Yoga
Delta Gamma Sorority
Emergency Family Assistance Association
Episcopal Diocese of Colorado
Fidelity
First Congregational Church
First Presbyterian Church
Front Range Region
Gaiam
Gibbons Slacklines
Habitat for Humanity
Hachette Book Group
Jacque Michelle
King Soopers
Leanin' Tree
Lake Valley Seeds
Louisville Recreation Center
Lucille's Restaurant
McGuckin Hardware
Medtronic Foundation
Mew Mew's Yarn Shop
Moe's Broadway Bagels
Morgan Stanley
Oakes Home Trust
Pinocchio's Restaurant
Random House Publishers
Regis Salon
Shuttles, Spindles and Skeins
Smiling Moose
St. Ambrose Episcopal Church
St. John's Episcopal Church
St. Mary Magdalene Episcopal Church
Street Fair Bakery
Sweet Cow
Tattered Cover
The Porch Deli
Trinity Lutheran Church
Via Toscana Restaurant
Vic's Coffee
Virginia W. Hill Foundation
Wallaroo Hat Company
Wells Fargo Community Assistance Fund
XOB Knitwear
Yoga Pod



Thank you to our 2012 Individual Donors and Volunteers!

Mr. Bill Anderson
Mr. Mike Anderson
Mr. and Mrs. Anderson-Howland
Mr. and Mrs. Bill Andrews
Ms. Martha Angulo
Mr. Gerard Ansell
Dr. Julie Ansell
Mr. Alex Arnold
Ms. Paula Arnold
Mr. and Mrs. William Ashworth
Ms. Elizabeth Aspinwall
Dr. and Mrs. Paul Austin
Mr. and Mrs. Craig Autry
Ms. Gail Aweida
Mr. and Mrs. Dave Back
Ms. Sheryl Bain
Mr. and Mrs. Andrew Baird
Mr. and Mrs. Girdo Baker
Ms. Linda Baker
Mr. and Mrs. Robert Bales
Ms. Cynthia Beard
Mr. and Mrs. Tim Beaton
Ms. Karen Bennett
Ms. Kris Bertness
Mr. and Mrs. Mark Biggers
Dr. Nancey Bookstein
Mr. and Mrs. Cornelius Borman
Mr. and Mrs. Joe Bowers
Rev. Sally Bowersox
Mr. Sam Bowersox-Daly
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Mr. and Mrs. Doug Ford
Mr. and Mrs. Bill Frazier
Mr. Matt Gauch
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Ms. Wendy Goldschmidt
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Mr. Raleigh Hickernell
Mr. Randy Hickernell
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Ms. Katherine Holland
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Ms. Ellen Horn-Lamb
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Rev. and Mrs. Rol Hoverstock
Rev. and Mrs. Ted Howard
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Mr. Barry Linder
Ms. Emily Linder
Mr. Eric Linder
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Mr. and Mrs. Tom Luehrs
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Ms. Jane Rogers
Mr. and Mrs. William Roth
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Ms. Renee Sereff
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Ms. Nora Smith
Mr. Ronald Smith
Ms. Ginny Strange
Ms. Demetra Sullivan
Dr. Pam Talley
Mr. John Taylor
Mr. Warren Taylor
Mr. Russell Teets
Mr. and Mrs. Jim Terada
Rev. and Mrs. Tim Thaden
Ms. Amy Thornberry



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Ms. Barbara Vallejos
Mr. and Mrs. Chris Van de Honert
Ms. Faith Vidrine
Ms. Marina Vidrine
Rev. Linda Vosburgh
Mr. and Mrs. Gary Warren
Mr. and Mrs. James Watkins
Mr. Gregory Watson
Mr. and Mrs. Manly Weidman
Ms. Diane Weil

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Ms. Linda Whisler
Ms. Carol Wiernet
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Ms. Sue Wills
Ms. Lisa Winston
Mr. and Mrs. Thomas Wirsing
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Rev. Roger Wolsey
Mr. Bill Woodward
Ms. Valerie Yates
Ms. Amanda Zeis