

OTTAUQUECHEE

HEALTH FOUNDATION

January 2018

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Happy New Year from the Ottauquechee Health Foundation!

As we head into the new year, with our sights set on our 2018 goals and initiatives, we want to take a moment to reflect on our efforts and accomplishments in 2017, and to thank all those who have made them possible.

The Ottauquechee Health Foundation is pleased to be celebrating more than 20 years of providing grants to improve health in our communities. Since 1996, OHF has contributed more than \$3.2 million to individuals, organizations and initiatives to support health and wellness. Last year we were able to help more people than ever before with **Good Neighbor Grants** for health and wellness services. Our **Caregiver Referral Service** also helped more families and individuals seeking in-home assistance through our caregiver registry, and provided just under \$9,000 in **Caregiver "Respite" Grants** to those needing help to pay for short-term care.

We are so grateful to our generous donors for making these efforts possible. In 2017, our Good Neighbor Grant and Annual Appeal Campaigns generated 122 gifts totaling more than \$71,000. Our benefit concert in May, featuring Livingston Taylor and the Dupont Brothers, raised just over \$19,000 through the support of generous underwriters, donors, and local businesses.

Three new trustees joined our hardworking OHF Board in 2017. **Denise Dupuis**, who lives in Reading, has spent much of her life working with vulnerable populations and is currently the Windsor Support and Services at Home (SASH) coordinator. **Janet North** lives in East Barnard and works in the Counseling Services Office at Woodstock Union High School. Taftsville resident **Mary Young-Breuleux** is a retired Nurse Practitioner with more than 40 years of experience in specialties from general surgery to internal medicine and cardiology.

Last year marked the first full year for our new executive director, **Adrienne Sass**, and we also welcomed program coordinator **Tonya Hoyt** to round out our administrative team of **Beth Robinson**, grants coordinator, and Chance, our resident office greeter.

In 2017, OHF staff put significant time and effort into new initiatives and programs designed to address unmet health needs through proactive and preventive approaches. Major areas of focus included the Mindful SELF Program and the OHF SMILES Program.

Through the generous support of a private donor, OHF launched the **Mindful SELF Program** in three elementary schools in our area, and partnered with ArtisTree to offer a summer Art of SELF Program for children and families. The programs provide mindfulness-based social and emotional learning for children, and support for teachers, parents and families.

The success of our **OHF SMILES Program**, launched as a pilot in 2015 to get in front of the growing dental health issues in our communities, generated significant requests for help in developing similar place-based dental care programs in neighboring communities. The program also received kudos from the state of Vermont. Adrienne presented the OHF SMILES Program model to the Vermont State Oral Health Coalition and is serving on the State's Oral Health Advisory Group.

OHF values its longstanding **partnerships with local community organizations**. In 2017, we were pleased to partner with the Thompson Senior Center, providing a grant for \$3000 to support their new wheelchair lift van as well as being able to utilize the van and Thompson's volunteer drivers to offer our clients rides to medical appointments.

Much of last year also included an extensive **strategic planning** process. We look forward to sharing the results of that process, and all our 2017 efforts, at our **Annual Meeting on March 7, 2018, at 5:30p.m.**, at the Norman Williams Public Library. We hope to see you there!

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HEALTH FOUNDATION

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Greetings OHF Members,

It has been another busy year at the Ottauquechee Health Foundation! We continue to fulfill our mission of supporting community members with their unmet health needs through our Good Neighbor Grants Program, SMILES Program, HIRS Caregiver Referral Service, Respite Grants, and our growing Mindful SELF Program.

The core of OHF's mission has always been to provide people in the towns of Barnard, Bridgewater, Hartland, Killington, Plymouth, Pomfret, Quechee, Reading, and Woodstock with grants to support their health needs. We also identify gaps in services and funding and create innovative solutions to fill those gaps. With a number of successful programs, we are now faced with determining the future of those programs and how to help them succeed while still staying true to our mission.

In order to do this, we embarked on a journey to create a new OHF Strategic Plan. We spent many hours over the past year asking the tough questions about who we are, who we want to be, and how we can best serve our community. This journey has forced us to dive into everything from the minutiae of each of our programs, to our core values and what it truly means to be a viable and vital organization. We believe we have faced these challenges head on to be able to present you with a Strategic Plan that outlines a framework for OHF that is both exciting and inspiring.

We would like to thank each of you who has donated, volunteered, served on a committee or our Board, called or sent a letter to share your story, made referrals to our programs, and acted as an ambassador of the organization. Without your help, none of this would be possible, and you have our deepest gratitude.

We hope you will join us at our Annual Meeting on Wednesday evening, March 7, at 5:30 p.m., to hear more about all that we've done this past year and our Strategic Plan for moving forward. We look forward to connecting and partnering with you in 2018 and, we hope, for many years to come!

Warmest Regards,
Jack McGuire, President
Adrienne Sass, Executive Director



Adrienne Sass, Livingston Taylor and Paul Regan pause for a "selfie" at our 2017 fundraising concert.

OHF SMILES: Fostering Dental Health and Prevention

Over the last decade, OHF's review of community health needs began to reflect a concerning trend: More and more people were having difficulty accessing affordable dental care. One telling data point was the large number and amount of OHF Good Neighbor Grants—more than 75 percent—going to pay for advanced dental problems and treatments.

As a result, OHF's Grants Committee and Board began to ask, 'Is there a way that we can help people avoid difficult and expensive dental problems through improved preventive care?' In 2015, OHF launched the OHF SMILES Program to answer that question, building on a model developed at Alice Peck Day Memorial Hospital (APD) and working in partnership with APD, Dartmouth-Hitchcock, the state of Vermont and local dentist Mark Knott, DDS.

The OHF SMILES Program provides "place-based" dental care—that is, it takes basic preventive care and coordination out into the communities where it's needed. SMILES clinics are offered at OHF offices in Woodstock, and at the Upper Valley Haven and Vermont Department of Health in White River Junction. Services include an assessment of general oral health and treatment needs, preventive care and education, and the connection to a "dental home" where the person can get the care they need.

Importantly, the OHF SMILES Program helps bridge the gap between needing dental care and getting it done. OHF staff work with providers, insurance carriers, and patients to remove barriers and coordinate care. If an interested person has insurance or has the means, they may just need a connection to an appropriate dental home. Others, who are underinsured, uninsured, or on Medicaid, may need financial assistance, which OHF provides through its Good Neighbor and SMILES grants programs.

The success of the OHF SMILES Program has generated numerous requests for help in developing SMILES Programs in neighboring communities, and has resulted in the expansion of OHF SMILES clinics in the Upper Valley. In the broader SMILES Program, services and grants for individuals living outside of OHF's nine communities are provided through funders that include APD, The Byrne Foundation, Dartmouth-Hitchcock, Hypertherm's HOPE Foundation, and United Way, and through partnerships with organizations including the Haven and Public Health Council of the Upper Valley.

The Mindful SELF School-Based Program

In 2016, OHF was presented the opportunity to create a program to support mental health in our communities through prevention and early intervention with children and families.

OHF partnered with Susan Mordecai, M.Ed., a mindfulness educator and educational consultant, to create The Mindful SELF School-Based Program. The program promotes social and emotional wellbeing through a focus on teaching children kindness, self-awareness, how to focus attention and how to communicate nonviolently.

The Mindful SELF Program is currently offered in the Reading Elementary School, Barnard Academy, and the Woodstock Elementary School. Since its implementation in 2017, the program has reached 248 students in 18 classrooms from pre-kindergarten through sixth grade.

The program also uses a "train the trainer" model that teaches classroom educators and support staff techniques they can use in the daily classroom routine. In addition, Susan provides specialized training opportunities for school staff, and to date has held five teacher trainings. The schools also have started to include many of the Mindful SELF techniques into their staff meetings and school-wide assemblies.

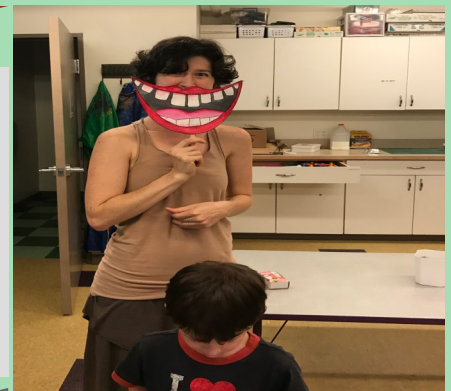
Over the summer, OHF partnered with ArtisTree to offer the Art of SELF to children and their parents/guardians to create continuity between school and home. The Art of SELF program, which offers expressive arts through mindfulness, was co-taught by Susan and Caitlin Eastman, a school-based art teacher with a background in mindfulness through art.

We are excited to watch this program grow, and to see how a mindful approach to kindness, respect and attention impacts the lives of young people and families in our community.

"... we have integrated breathing exercises and poses throughout our day as a way to calm students after a stressful recess or release some of our energy during cold winter days."
-WES Teacher

"The being still activity clears my mind and I'm not thinking about other things in class."

- WES student



All Smiles at the Art of SELF Summer Program

Please Join Us

Ottauquechee Health Foundation Annual Meeting

WEDNESDAY, MARCH 7, 2018

5:30p.m. - 6:30p.m.

Norman Williams Public Library

The Ottauquechee Health Foundation Mission

The mission of the Ottauquechee Health Foundation is to promote and support programs that identify and help meet the health care needs in Barnard, Bridgewater, Hartland, Killington, Plymouth, Pomfret, Quechee, Reading, and Woodstock.

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