



Together, the Strength of One



One Committed Board

Seated (from left) are: Harold U. Blythe, Jeffrey D. Forman, MD and BJ Willie; Standing: George Y. Birdsong, Frank A. Spady II, Lula B. Holland, Douglas C. Naismith, Richard F. Barry III, Clarissa E. McAdoo, J. Samuel Glasscock, William G. Jackson, MD and Robert C. Claud



Letter from the Chairmen

The generosity and compassion of Mr. Amedeo Obici were demonstrated in the provisions made in his will for the construction of a hospital in Suffolk in memory of his wife, Louise. He knew the importance of vision and the responsibility of all of us to help others. His generous gift of the hospital was one to serve the community for many generations. His gift also made possible the creation of the Obici Healthcare Foundation.

Achieving a healthy community is complex and expensive but it is a rewarding and meaningful endeavor. It takes not only the work of the medical community, but the efforts of many organizations and volunteers. In fact, each of us has great responsibility for our own health and the health of our community. Only by working together to encourage and to participate in good health practices can we enjoy the benefits good health can bring. Obici Healthcare Foundation looks forward to continued cooperation with our many partners to reach that goal.

On a personal note, this year we said goodbye to a retiring founding Board member and officer, Mr. Robert Hayes. He served tirelessly and passionately in his many Foundation roles. As we bid Bob much success, we welcome Clarissa McAdoo, Executive Director of the Suffolk Redevelopment and Housing Authority, to the Board and celebrate her command of the issues and her compassionate heart for those in our community.

Sincerely,

George Y. Birdsong
Chairman

J. Samuel Glasscock
Vice Chairman



Clarissa McAdoo



Robert Hayes

The Obici Healthcare Foundation bid farewell to Robert Hayes, one of the founding members of the Board of Directors. The vacancy created by Mr. Hayes' retirement from the board was filled by Clarissa McAdoo, Executive Director of the Suffolk Housing and Redevelopment Authority.

VALUES

The Obici Healthcare Foundation adheres to the highest standards by embracing the following set of values:

Service

We will act with compassion, sensitivity and creativity to make a significant improvement in the health status of our community.

Integrity

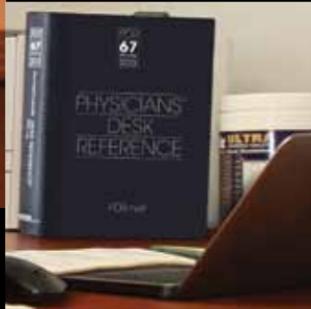
We will act with honesty and fairness, give our best efforts and take responsibility for our actions.

Community Involvement

We will act as a team with the community to promote good health and good healthcare for all.

Financial Stewardship

We will act responsibly to make the Foundation strong and support healthcare programs that are effective.



Psychiatrist Helps Families Manage Mental Illness

The Western Tidewater Community Services Board (WTCSB) plays an important role serving low-income youth who are in need of psychiatric services. WTCSB's psychiatrist, Julia Brown Trice, MD, focuses her practice on emotionally disturbed children and adolescents. "The work we provide is a team approach... no team member is more important than the patient and their family," emphasized Dr. Trice.

A grant from the Obici Healthcare Foundation funds Dr. Trice's position, and as the only pediatric psychiatrist in the region, Dr. Trice provides needed service for many families with no other resource for their children. Often these young people are being treated for multiple problems, and sometimes several siblings within the same family receive care. Treatment identifies issues and helps children develop the skills necessary to function well at home, at school and in the community. Individual, family and group therapy is offered as well as case management and psychiatric medication when needed. Specialized outpatient services that are more intensive and allow for greater flexibility are offered to youth with more serious and longer-term needs. The full treatment spectrum includes collaboration and referral to schools, Court Appointed Special Advocates (CASA) and the Western Tidewater Regional Jail.

As one of 40 Community Services Boards in Virginia, the WTCSB is responsible for community-based behavioral healthcare for the citizens of Suffolk, Franklin, Isle of Wight and Southampton County.

WTCSB also provides substance abuse services for the citizens of Suffolk, Franklin and Isle of Wight, and Southampton County designed to address youths' alcohol and drug usage and mental health and life-situation problems to help them develop the life skills necessary for recovery and wellness. Youth receive encouragement to make lifestyle changes that will lead to healthier, more fulfilling lives.

The work we do is a team approach... no team member is more important than the patient and their family.



ONE Very Special Service

During Fiscal Years 2012–2013, the Obici Healthcare Foundation awarded over \$3.4 million to the following 51 grantees:

ACCESS TO CARE

Basic Primary Care Services

Eastern Virginia Medical School \$56,250
To increase the number of medical encounters at the Western Tidewater Free Clinic by scheduling family medicine residents, third-year medical students and an attending physician.

Case Management Services

The Planning Council \$16,047
To coordinate the homelessness continuum of care process, which includes the management of housing, healthcare and support services.

Virginia Supportive Housing \$15,000
To provide medical and mental health services to disabled persons residing in permanent supportive housing.

Sentara Louise Obici Memorial Hospital \$56,250
To provide uninsured patients with case management services that improve self-care disease management skills from hospital to home.

Catholic Charities of Eastern Virginia \$35,709
To provide Life Coaches in Sentara Obici Hospital's Emergency Room to help uninsured or underinsured patients secure primary care services or other resources.

Dental Care

Isle of Wight Christian Outreach Program \$15,500
To provide basic dental healthcare access to the uninsured elderly in the Isle of Wight area, most of whom are at or below the poverty level.



Suffolk Public Schools, Teaching Healthy Lifestyles

Leading by example, faculty and staff at Suffolk Public Schools are making the healthy choice the easy choice.

The Obici Healthcare Foundation funded the Wellness Program to incorporate physical activity in classrooms and reintroduce salad bars in each elementary and middle school in the city. Tara Worley, Suffolk Public Schools Wellness Coach, developed a library containing dozens of suggestions that gives teachers ideas for integrating physical activity into the core curriculum (math, language arts, social studies and science). Nearly 400 teachers surveyed reported they use exercise in the classroom on a daily basis.

"I was surprised to see children lining up at the salad bar," said Tara Worley. "Since the introduction of salad bars, the purchase of salads has doubled and, at times tripled, in some schools each day. It's easy for students to custom make their own salads. Teachers are reinforcing healthy choices with easy-to-use MyPlate guidelines," Tara added.

Suffolk school days begin with Morning Minutes. These announcements are made over the public address system and offer health tips and narrated exercise routines set to music. Morning Minutes and the establishment of the Movement Library were developed by Tara in response to the need to better educate students on healthy life choices.

For the last two years, the school system has been diligent about weighing and measuring students to track progress of the Wellness Program. The two-year outcomes among students in grades K-10 resulted in a 1.1% decrease in obesity and a .46% decrease in the number of overweight students.

School Superintendent, Deran R. Whitney, PhD, is a staunch advocate of the Wellness Program that has been funded by the Obici Healthcare Foundation for the past four years. "The proof is in the improvements. It simply makes good sense that we support healthy choices and increased physical activity for all students," Dr. Whitney proudly shared.

It's easy for students to custom make their own salads. Teachers are reinforcing healthy choices with easy-to-use MyPlate guidelines.



ONE Classroom at a Time

Medical Equipment

Western Tidewater Free Clinic \$25,000
Funding for a new computer server and medical equipment.

Western Tidewater Community Services Board \$40,000
Support for technology of telemedicine to link crisis services for children, adolescents and adults to local law enforcement and hospitals.

Pharmaceutical Assistance

RX Partnership \$15,000
To provide free prescription medication and low-cost supplies to low-income, uninsured residents served by Western Tidewater Free Clinic.

Mental Health Services

Voices for Kids CASA Program \$42,935
For program expansion to serve and advocate for children involved in Suffolk juvenile courts due to neglect and abuse.

Western Tidewater Community Services Board \$43,680
For on-site security services 6 hours per day, 7 days per week for 6 months in the Outpatient Medical Detox Program.

Western Tidewater Community Services Board \$150,000
For additional weekly outpatient pediatric counseling and psychiatry in Western Tidewater.

The Up Center \$126,717
To expand trauma-informed-care groups for adults who have experienced trauma; to implement trauma-informed groups for children and adolescents based on best-practices concepts; and to educate human service providers in Trauma-Informed-Care techniques.



Persistence Is Key to Outreach Worker Success

Finding affordable health insurance can be a challenge. No one knows that better than Angel Choate, a FAMIS (Family Access to Medical Insurance Security) Outreach Specialist who works to connect families with the medical insurance that best fits their needs and their means. Fewer employers offer health insurance as a benefit, and, for those who do offer it, the cost to both the employer and the employee seems to get higher every year. Yet, without health insurance, worries about becoming ill or injured are financial fears, not just physical ones. Hardworking people can become bankrupt in the face of high medical bills; worse yet, children in need of medical care can have their illnesses go untreated when there is no insurance coverage.

Fortunately for Virginia children, there's help available. FAMIS health insurance is state-sponsored insurance for children under age 19. It is available to families who cannot afford private insurance but do not qualify for Medicaid.

Through a grant to the Suffolk Department of Social Services, Obici Healthcare Foundation helps fund Angel Choat's Outreach position. During the life of the grant, Angel has enrolled nearly 500 children in state-sponsored insurance, either Medicaid or FAMIS. "One of the barriers to working families is misinformation," states Angel. "So many families don't even know they could be eligible for Medicaid or FAMIS."

One child, Amiah Riddick, has been a direct beneficiary of Angel's successful outreach efforts. Amiah's father, Mr. Tyron Riddick tried several times, unsuccessfully, to secure insurance for his daughter who needs an expensive medication to maintain her health. Frustrated and ready to give up, Mr. Riddick found Angel. She did not give up and was able to secure FAMIS for Amiah who now has secure access to the medications she needs.

One of the barriers to working families is misinformation, so many families don't even know they could be eligible for Medicaid or FAMIS.



ONE Insured Child at a Time

The Children's Center \$40,000
To purchase a passenger van to transport special needs children and for in-home therapy visits.

Senior Services of Southeastern Virginia \$22,329
Support of the I-Ride program which includes service for seniors and persons with disabilities to access healthcare, legal services, employment and grocery shopping.

CHRONIC DISEASE MANAGEMENT

Diabetes Care Management
Albemarle Regional Health Services \$25,000
To implement a comprehensive diabetes plan in Gates County, North Carolina.

Western Tidewater Health District \$40,000
To provide underinsured and uninsured diabetics with one-on-one chronic disease case management services.

Virginia Diabetes Council \$23,800
To provide an evidence-based, self-management program for Type 2 diabetics and promote healthy dining choices and active lifestyles.

Primary Care Services
Bon Secours Maryview Foundation \$112,500
To provide free, mobile medical services to medically underserved persons in Western Tidewater.

Western Tidewater Free Clinic \$450,000
To provide operational support for medical care and chronic disease management of uninsured patients.



National Model Helps New Moms in Western Tidewater

Shayvon Wise wants to do all she can to deliver a healthy baby. This is why she chose to have Ann Ridder, RN, a specially-trained nurse from the Nurse Family Partnership (NFP), help her along.

Locally, the Western Tidewater Health District administers NFP; the program is funded by the Obici Healthcare Foundation and federal grants.

With Ann Ridder's help, Shayvon learned the importance of properly installing a baby car seat and other related safety precautions to help her as a first-time mom. "This program really prepared me to be the best mom I can be to my baby girl," Shayvon said. "I learned a lot about what to expect on being a mother."

Although 9 months pregnant, Shayvon's and Ann's partnership will continue after her baby is born. NFP uses a detailed 2-year curriculum that covers prenatal nutrition, fetal growth and development, labor and delivery, breastfeeding and ways to care for newborns and become a good parent.

"NFP, a national best practice for improving infant health, has been brought to the region and, in its first year of operation, has been declared a success," said Nancy Welch, MD, Health District Interim Medical Director.

The program introduces vulnerable first-time parents to specially-trained nurses who help clients become responsible parents and provide their babies with the best possible start in life.

"Data validates the fact that NFP is an effective healthy babies program that improves school readiness, increases employment and prevents crime," Dr. Welch noted.

For program sustainability, the Western Tidewater Health District receives Medicaid reimbursement for some of the enrolled participants. For individual sustainability, Shayvon has completed a semester in the Paul D. Camp Community College nursing program and will return to school in August 2013.

This program really prepared me to be the best mom I can be to my baby girl.



ONE Mother at a Time

Town of Smithfield \$25,000
To implement the Town of Smithfield community wellness initiative, Smithfield on the Move. This culture-based plan includes broad-based education, marketing, infrastructure and programs that promote healthy nutritional choices while encouraging on-going physical activity to combat and prevent obesity in both children and adults.

Education Approaches
Nansemond-Suffolk Academy \$27,515
To develop a "kid-to-kid" social marketing obesity prevention awareness campaign.

The Planning Council \$85,159
To prevent and address obesity among children within private childcare settings and before/after school programs across Western Tidewater.

The Rensselaerville Institute \$75,000
To define, track, achieve, communicate and improve results over the life of the Healthy People/Healthy Suffolk initiative.

Suffolk Partnership for a Healthy Community \$24,225
To implement an individualized, comprehensive wellness care management program in Suffolk.

Facility Purchases
James L. Camp, Jr. Family YMCA \$10,000
For an ADA compliant portable pool lift, which will provide pool access for disabled residents in need of aqua therapy.

2013 Financial Summary

Obici Healthcare Foundation

AUDITED STATEMENT OF FINANCIAL POSITION – YEARS ENDING MARCH 31, 2013 AND 2012

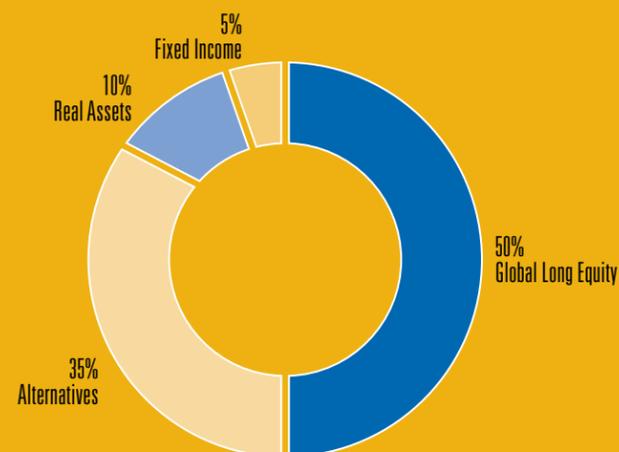
ASSETS	2013	2012
Current assets:		
Cash and cash equivalents	\$ 8,116,187	5,198,887
Accrued interest and dividends receivable	22,935	37,472
Total current assets	8,139,122	5,236,359
Investments	94,706,685	94,264,496
Property, plant and equipment, net	2,039,754	2,125,481
Other assets	699,708	708,236
Total assets	\$ 105,585,269	102,334,572
LIABILITIES AND NET ASSETS		
Current liabilities:		
Accounts payable and accrued expenses	\$ 90,616	109,808
Healthcare grants payable	946,337	1,780,644
Current portion of long-term debt	68,713	66,040
Total current liabilities	1,105,666	1,956,492
Long-term debt, excluding current portion	1,594,620	1,663,333
Deferred federal excise taxes	423,256	306,269
Unrestricted net assets	102,461,727	98,408,478
Total liabilities and net assets	\$ 105,585,269	102,334,572

STATEMENT OF ACTIVITIES – YEARS ENDING MARCH 31, 2013 AND 2012

Revenues, gains, and other support:		
Interest and dividends	\$ 745,065	1,366,996
Net realized and unrealized gains (losses) on investments	8,562,064	(292,089)
Investment income before investment fees	9,307,129	1,074,907
Less investment fees	708,005	630,339
Investment income, net	8,599,124	444,568
Other income	1,200	5,000
Total revenues, gains and other support	8,600,324	449,568
Expenses:		
Healthcare grants	3,275,691	4,415,655
Program and administrative	1,096,882	1,218,021
Provision for federal excise taxes	174,502	278,555
Total expenses	4,547,075	5,912,231
Increases (decrease) in net assets	4,053,249	(5,462,663)
Unrestricted net assets, beginning of year	98,408,478	103,871,141
Unrestricted net assets, end of year	\$ 102,461,727	98,408,478

2013 Asset Allocation

The Obici Healthcare Foundation was established in 2006 with investments exceeding \$100 million. At the end of March 2013, the investment portfolio totaled approximately \$103 million and the Foundation has awarded over \$23 million in grants.



Investment Review

The Foundation's investment portfolio receives the close attention of the Investment Committee and the Foundation's outside investment advisor.

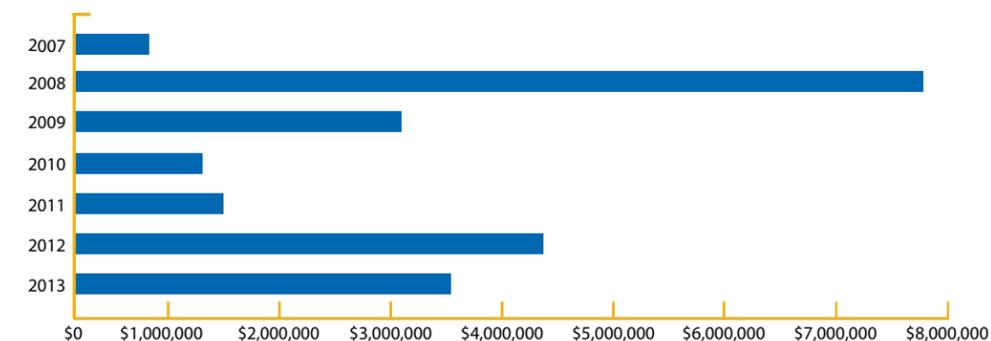
The primary long-term objective of the Foundation's investment program is to manage the assets in a prudent and well-diversified manner to ensure sufficient resources to meet funding requirements while preserving principal and maximizing returns, and to match or outperform the established portfolio benchmark, given appropriate risk constraints.

The portfolio is broadly diversified across asset classes, strategies, geographies and exceptional investment managers with established performance. The Board establishes overall investment policy and long-term asset allocation ranges and targets. Current allocations are depicted in the pie chart on page 10.

For the fiscal year ended March 31, 2013, the portfolio was up +9.0 % net of all fees and expenses. This compares to 7.7% for the portfolio's total benchmark and 10.6% for the global equity markets. In spite of strong rallies in the global equity markets, the overall portfolio outperformed the portfolio benchmark by +1.3% for the fiscal year. From inception in October 2006 through March 2013, the Foundation's portfolio has compounded at +5.3% per year net of all fees and expenses, compared to +2.1% for the portfolio benchmark – outperformance of +3.2% compounded per year.

The value of the investment portfolio on March 31, 2013, was \$102,578,959 (includes cash held for investment and pending trades). Since inception (October 2006), \$21,658,412 in grants, \$5,640,303 in operating expenses and \$2,439,733 in fixed assets (including the office facility), totaling \$29,738,448 has been paid out of the Foundation's portfolio.

Total Amount Awarded Per Year Since Inception to March 31, 2013



Grant Awards by Priority and Grant Type

Fiscal Years 2012 – 2013

A total of 51 grants were awarded to 36 organizations for 2012-2013 in the amount of \$3,456,815.

A total of 28 Discretionary Grants were also awarded in the amount of \$109,148.

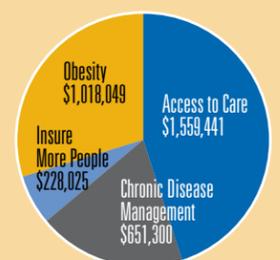
During this period

- \$1,559,441 (45%) supported Access to Care
- \$1,018,049 (29%) for Obesity Prevention
- \$228,025 (7%) to Insure More People
- \$651,300 (19%) for Chronic Disease Management.

Of this amount, the Foundation awarded

\$2,895,486 in Programs
\$536,329 in Capital
\$25,000 for Planning

Grants By Priority Areas April 1, 2012 – March 31, 2013



Types of Grants Awarded April 1, 2012 – March 31, 2013



Distance and treatment cost most times are a huge factor in someone looking for help or repeating the same cycle of failure.



ONE Safe Space Helps Many

Breaking the Cycle of Addiction

The Suffolk Recovery for Life leaders, Trevor and Shea MacMillan, believe in this 10-year old program: that by providing a safe atmosphere, people will talk about their addiction struggles, learn to solve issues and eventually get better. Thanks to a discretionary grant from the Obici Healthcare Foundation, they are able to enhance meeting nights with refreshments and leadership/client education.

The night of the meeting “Eric” shared his recent successes. That day he had been to the Community Services Board in Chesapeake and had reached a milestone: due to positive behavioral change in his alcohol addiction, the auto ignition interlock device would be removed from his car. Just minutes after the removal of the device, Eric got behind the wheel and had an overwhelming urge to get an alcoholic drink, but he remembered that he would be attending the Recovery for Life program in a matter of hours. So instead of drinking, he took some time out of his workday to visit his son. “Eric” shared his story in a safe and accepting atmosphere where those around him could encourage him and where his story could be the encouragement for others.

“Distance and cost most times are a huge factor for someone looking for help or repeating the same cycle of failure. This was a program we could run as a husband and wife team and that was very important to us,” Trevor reported.

The weekly faith-based free meetings provide substance abuse education and prevention by teaching the whole family. In an atmosphere of support and structure, the whole family becomes involved with recovery and relapse prevention. The group follows curriculum using principles that turn hopelessness into hope and anger into more positive energy.



Foundation Staff

First Row: Cathy Huband, Grants Associate; Gina Pitrone, Executive Director; Heather Davis, Student Intern; Second Row: Diane Nelms, Program Associate; Tammie Mullins-Rice, Program Officer; Third Row: Rick Spencer, Senior Program Officer; Anna Roberts, Executive Assistant and Mike Brinkley, Director of Finance

ONE Staff Committed to Helping Others

During Fiscal Years 2012 – 2013, the Obici Healthcare Foundation awarded over \$109,000 in Discretionary Grants to the following 28 grantees:

FISCAL YEAR 2013 DISCRETIONARY GRANTS

- American Diabetes Association** \$5,000
Cuisine for the Cure and Tour De Cure
Support for two ADA projects that raise funds for awareness.
- Association of Fundraising Professionals VA** \$500
2012 National Philanthropy Day luncheon
To sponsor a table at the 2012 National Philanthropy Day, Hampton Roads Chapter, awards luncheon recognizing excellence in philanthropy.
- Cerebral Palsy of Virginia** \$3,000
Respite Program
To provide respite for primary caregivers who need time away from the daily stress of caring for family members with disabilities.

- Chuckatuck Volunteer Fire Department, Inc.** \$1,500
Fire Department Equipment Purchase
To purchase TIC (thermal image camera) equipment for the new Chuckatuck Volunteer Fire Department engine.
- Sentara Louise Obici Memorial Hospital** \$5,000
OHF Bravo Breakfast 2013 Award
Bravo Breakfast Award commending the Hospital’s Community Health Outreach Program on its sustainability.
- ForKids, Inc.** \$5,000
ForKids emergency fund
To assist families in Western Tidewater needing short-term shelter.
- Franklin-Southampton Area United Way** \$500
Agency Support
To support agencies providing community services to individuals during the winter holidays.

HEALTH ACCESS POINTS

Hospitals

- Sentara Obici Hospital, Suffolk, VA 1
- Southampton Memorial Hospital, Franklin, VA 2
- Bon Secours Care-A-Van mobile medical center, Suffolk, VA 3
- Albemarle Hospital, Elizabeth City, NC* 4
- Vidant Roanoke-Chowan Hospital, Ahoskie, NC* 5

Federally Qualified Health Centers

- Gateway Community Health Center, Gatesville, NC 6
- Roanoke Chowan Community Health Center, Ahoskie, NC* 7
- Surry Medical Center, Dendron, VA 8
- Ivor Medical Center, Ivor, VA 9
- Waverly Medical Center, Waverly, VA 10
- Main Street Physicians, Suffolk, VA 11

Free Clinics

- Surry Area Free Clinic, Surry, VA 12
- Western Tidewater Free Clinic, Suffolk, VA 13

(*serves residents within service area)

Service Area

The Obici Healthcare Foundation's service area covers the established location of the Louise Obici Memorial Hospital and includes the cities of Suffolk and Franklin; Isle of Wight County; Gates County in North Carolina; the towns of Surry, Dendron and Elberon in the eastern half of Surry County; Waverly and Wakefield in Sussex County; and Boykin, Newsoms, Courtland, Sedley and Ivor in Southampton County.

Map Populations

Sussex County: 2,993

one fourth of Sussex County population of 11,972

Surry County: 6,844

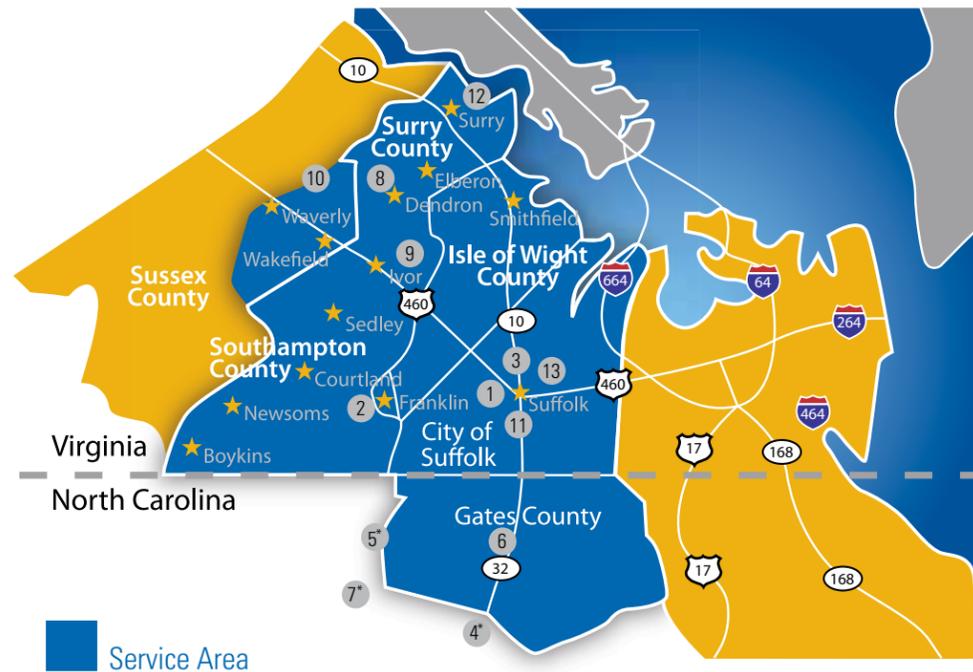
Southampton County: 18,409

Isle of Wight County: 35,399

Franklin: 8,528

Suffolk, VA: 85,181

Gates County, NC: 11,869



Service Area

ONE Good Neighbor

Suffolk Foundation Finds a New Home

Welcome to our new "neighbor" – The Suffolk Foundation. In the past, the Suffolk Foundation was located in donated office space from a generous donor, but the building was for sale and the Foundation would eventually need to relocate. The Obici Healthcare Foundation was pleased to offer space with a cost sharing stipend as part of the commitment to community nonprofit development. The Suffolk Foundation Board of Directors also have access to the board room and conference rooms for meetings each month.

Mr. Billy Hill, the Executive Director of the Suffolk Foundation, reports, "I am pleased and honored on behalf of the Suffolk Foundation for the generosity of space made available by the Obici Healthcare Foundation. This space has certainly enhanced the Suffolk Foundation's visibility, and it is no surprise that the Suffolk Foundation visitors remark on how pleasant a place the office is to visit." Mr. Hill is thankful for the generosity of the Obici Healthcare Foundation and adds, "I am working in perfect surroundings."

The Suffolk Foundation is an established community foundation that facilitates and develops philanthropy for charitable grantmaking to benefit the citizens in the City of Suffolk and the surrounding area. It awards grants to assist in maintaining and enhancing:

- Health
- Education
- Arts
- Culture and humanities
- Public and societal benefits
- Human needs and services
- Environmental and animal welfare
- Youth and elderly programs

Having two foundations located under one roof benefits each of our grantees who want to discuss projects of interest to both funders.

This space has certainly enhanced the Suffolk Foundation's visibility.



Mr. Billy Hill, Executive Director, Suffolk Foundation

Recovery for Life/Recovery for the City, International \$5,000
 Substance abuse education and prevention
 For faith-based meetings that provide substance abuse and addiction recovery education.

Roanoke Chowan Community Health Center \$5,000
 OHF Bravo Breakfast 2013 Award
 Bravo Breakfast Award commending the RCCHC's Telehealth program on its sustainability.

Suffolk Family YMCA \$5,000
 OHF Bravo Breakfast 2013 Award
 Bravo Breakfast Award commending the YMCA's Y-Change program on its sustainability.

Suffolk Project Lifesaver Search and Rescue \$2,500
 Tracking equipment
 To provide the rescue program with transmitters, batteries

and bracelets for tracking alzheimer and autistic patients who wander.

Suffolk Public Schools \$25,000
 Licensed Practical Nurse Program
 To complete funding of the School of Licensed Practical Nursing's LPN program through year end when other funding was lost.

Suffolk Rotary Club \$1,000
 2013 Suffolk First Citizen Reception
 Platinum Sponsorship of the 2013 Suffolk Rotary First Citizen Reception.

The Up Center \$5,000
 Transforming Practices through Trauma Informed Care
 To sponsor the Trauma Informed Care conference educating providers, teachers, police and social service agencies about individual trauma and how it affects behavior.



ONE Group of Grantees Celebrates Sustainability

"After five years of grantmaking and six years of operations, the Obici Healthcare Foundation was pleased to celebrate Amedeo Obici's sustaining legacy of caring at the Bravo Breakfast," said Foundation Chairman George Y. Birdsong.

"Bravo is a cry of celebration and approval that acknowledges excellent performances," said Gina Pitrone, Foundation Executive Director. "At the Bravo Breakfast, we publicly recognized and celebrated the excellent performances of our grantees who work hard to improve the health of vulnerable residents in our community. We are particularly proud of those grantees that have sustained, grown and thrived after their grant period ended."

Over 100 people came to celebrate the achievements and sustainability of former Foundation grantees.



Bravo Awards were presented to Roanoke Chowan Community Health Center for the Remote Telehealth Monitoring Network; Sentara Obici Hospital for the Community Health Outreach Program; and the Suffolk Family YMCA for the Y-Change Program.

Bravo Breakfast hosted a panel of Healthcare Leaders. They were The Honorable Chris Jones, Virginia House of Delegates; Caroline Martin, RN, President, Suffolk Partnership for a Healthy Community Board of Directors and Past President of the Western Tidewater Free Clinic; and Nancy Welch, MD, Medical Director Western Tidewater Health District. The panel was moderated by Joyce H. Trump, Foundation Board Member Emeritus.

ONE Initiative with Broad Support



Collaboration is Key in this Community-Wide Healthy Lifestyle Initiative

Healthy People Healthy Suffolk is celebrating its first anniversary in 2013!

Suffolk City Council passed a resolution recognizing the hard work being done by Healthy People Healthy Suffolk, a 10-year commitment to improving the health of Suffolk residents.

Faced with compellingly poor health statistics, the Obici Healthcare Foundation took the lead as the founding partner and initial funder for this community initiative designed to reduce the impact of obesity in Suffolk. The Foundation works closely in collaboration with the Suffolk Partnership for a Healthy Community, the organization that manages the implementation of Healthy People Healthy Suffolk.

This broad-based community collaborative includes about 150 individuals representing over 25 entities such as city government, the medical community, private businesses, civic leagues, faith groups, private citizens and other community leaders. These volunteers participated in more than 40 meetings and interviews and developed a comprehensive plan with four goals to improve health:

- Promote healthy eating habits and cultivate and increase access to healthy foods in Suffolk
- Create a walkable and physically active community
- Engage and empower residents to develop healthy Suffolk neighborhoods and lifestyles
- Increase awareness and build community and financial support for active and healthy living in Suffolk.

Workgroups, made up of interested community partners, meet bi-monthly. These workgroups – Healthy Eating Active Living, Healthcare Practitioners and Community Engagement – plan and develop programs that will change behavior and encourage a shift toward improved health outcomes for all of Suffolk.

"We are confident Healthy People Healthy Suffolk will be successful. Victory will stem from people adopting healthy lifestyle choices," said Keisha Cutler, Healthy People Healthy Suffolk Program Manager.

We are confident Healthy People Healthy Suffolk will be successful. Victory will stem from people healthy lifestyle choices.



From ONE Many Benefit

ONE eleven-year-old Italian immigrant boy
ONE self made man with a genius for innovation
ONE hospital built to memorialize his wife
ONE philanthropist whose generosity continues today
ONE iconic Mr. Peanut mascot

Mr. Amedeo Obici 1877-1947
Obici Healthcare Foundation



106 W. Finney Avenue, Suffolk, VA 23434

Phone 757.539.8810 • Fax 757.539.8887 • www.obicihcf.org