

HEALTH



It's Personal, Leading by Example

OBICI HEALTHCARE
FOUNDATION

2014 Annual Report



Letter from the Chairmen

Dear Friends:

Healthcare really is *personal* in so many ways.

What began as a personal commitment by this Board 8 years ago – “to improve the health status of people living in the service area” – has now become a community-wide engagement emphasizing the four areas we defined as our healthcare focus: *Access to Care, Chronic Disease Management, Insuring More People, and Obesity Prevention*. As broad as these areas are, they each drill down to the personal interaction of our grant applicants, our professional staff, our collaborating service providers, our citizen client base and our friends and collaborators like you.

Over these last 8 years, the Obici Healthcare Foundation has delivered almost \$30 million to grantees for programs and projects to serve the community and, more importantly, to turn Western Tidewater health indicators toward more positive footing. We believe this concerted effort is succeeding. Dr. Nancy Welch, Medical Director of the Western Tidewater Health District, reports “since 2006, almost a 20% reduction in cardiovascular disease deaths, close to a 30% reduction in diabetic deaths (still 54% above state rate) and a 23% reduction in deaths from stroke. These positive results reflect active medical intervention, community program and appropriate preventive measures taken by individuals.”

This year’s Annual Report captures a few of the personal stories that illustrate how important our work is and the personal effect it is having on individuals in Western Tidewater... individuals who are not only learning about their own health issues but are also accepting personal responsibility for improving their own health status. We hope you can feel the enthusiasm of these folks as you read of their personal triumphs.

Our benefactor, Amedeo Obici, took personal commitment to the highest level when, to honor his wife’s memory, he left funds in his will to build a hospital and endow a foundation to benefit all of Western Tidewater and Gates County. His personal generosity and concern for community are what we at the Foundation try to preserve and continue.

We thank each of you personally for your interest and for your support of our efforts. The healthcare landscape is extremely complicated and slow to change, but with your partnership we look forward to continued success.

Sincerely,

George Y. Birdsong
Chairman

J. Samuel Glasscock
Vice Chairman

Board of Directors

The Obici Healthcare Foundation Board: (standing) J. Samuel Glasscock, B.J. Willie, William G. Jackson, MD, Frank A. Spady II, Harold U. Blythe, Clarissa E. McAdoo and Douglas C. Naismith; (sitting) Robert C. Claud, Lula B. Holland, George Y. Birdsong.

Individual shots: Richard F. Barry III, and Jeffrey D. Forman, MD



Our 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*

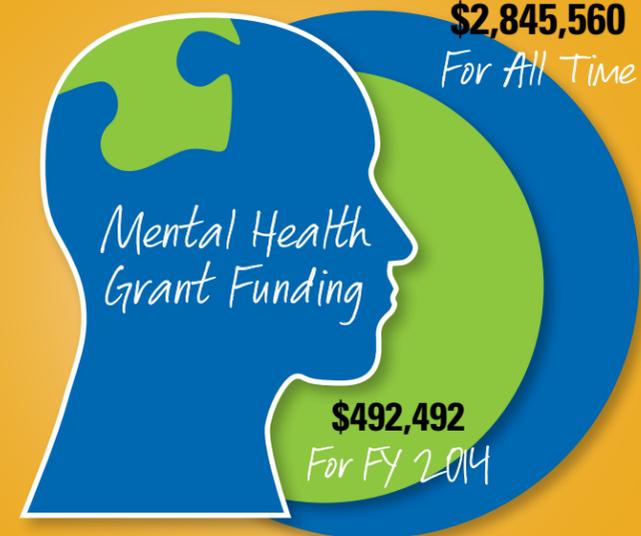
We will act responsibly to make the Foundation strong and support healthcare programs that are effective.

My Choice



Attendance at the Day Program has risen 16% because clients are eager to engage with Wanda."

Louis enjoys being out of doors riding the bicycle made for two with Robin Davis, Program Technician with the CSB's Day Support Services.



Happy, Healthy Accomplishments for a Vulnerable Population...

Grantee: Western Tidewater Community Services Board | Grant: Intellectual Disabilities Licensed Practical Nurse

It's a personal accomplishment when Jack can tell us his "diabetes number" is 95. It's a personal accomplishment when Laura explains she takes two "blood pills" a day. It's a personal accomplishment when Louis rides the "bicycle built for 2" around the parking lot.

Jack, Laura and Louis are all clients of the Western Tidewater Community Services Board (WTCSB) Day Program for the Intellectually Disabled. They reap the benefits of care, education, activities and medical supervision thanks to funding from Obici Healthcare Foundation. In addition to a full-time LPN position, the grant supplied exercise equipment including the new two-seat tricycle.

Under the guidance of Wanda Powell, LPN, clients in the Day Program have gained increased access to basic healthcare: daily health checks, prescribed medications and gentle counseling about ways to improve their chronic illnesses such as diabetes, obesity and hypertension. Attendance at the Day Program has risen 16% because clients are eager to engage with Wanda. Jack says, "Wanda helps me understand diabetes... hot dogs are bad"; and Laura declares, "I like Wanda!" By establishing a personal relationship with her clients, Wanda can reinforce medical points as well as social and life skills. Improved behavior and medical education. Better compliance and reduced ER trips and 911 calls are the happy outcomes of her efforts. "We can tell a difference in the health status of our clients," says Wanda. Before Wanda joined the WTCSB staff three years ago, there was no full-time medical professional on site to

observe and monitor the physical well being of these vulnerable individuals. Now, Wanda spends four days a week at the CSB location in Suffolk and one day a week at the CSB location in Southampton County.



Laura gives a thumbs up to Western Tidewater Community Services Board Nurse Wanda Powell, LPN, after receiving a favorable blood pressure reading.

As a model grantee, the WTCSB will finish its Foundation funding cycle this year but will sustain Wanda's position within the regular CSB budget for the future.

My Chart



Dr. Terri Babineau, Assistant Dean for Student Affairs EVMS, and Dr. Meghan Dolmat, second year resident at Ghent Family Medicine Residency at EVMS, provide encouragement to Rosa, a WTFC patient, as she shares changes made to benefit her health.

What transpired on that Wednesday morning between Rosa, Dr. Babineau, the medical students and Tiffany Stradford was anything but normal. It was the intersection of good medicine, education, encouragement and experiential learning that benefitted all involved.

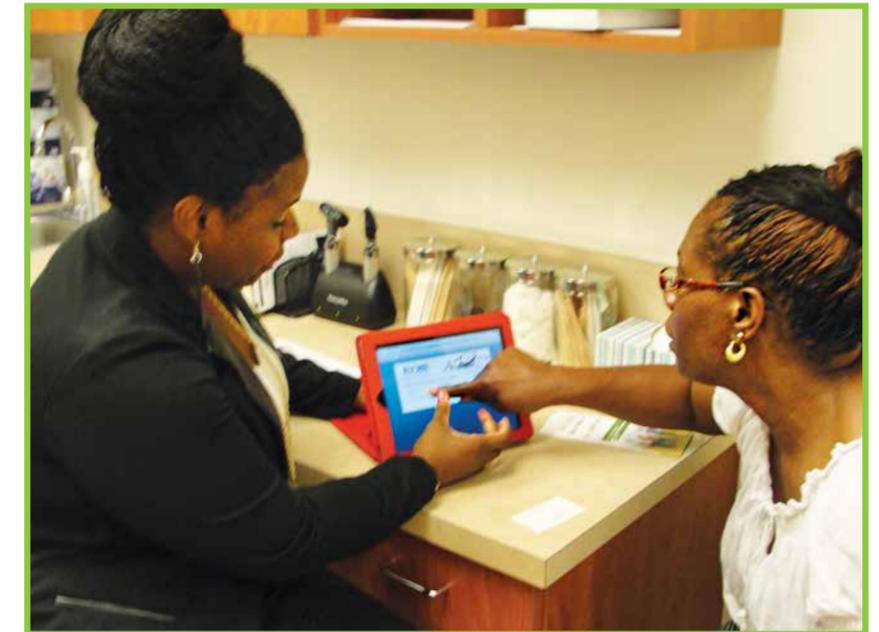


Patients Embrace Education About Their Own Health Issues...

Grantee: Eastern Virginia Medical School | Grant: EVMS Continuity of Care for Western Tidewater

On a normal Wednesday morning at the Western Tidewater Free Clinic, Rosa had just completed her medical review with Dr. Terri Babineau, supervising physician for the EVMS residents and students giving care at the Clinic. Rosa was waiting for her follow up interview with Tiffany Stradford, EVMS Assistant Director for Service Learning. As Tiffany entered the room, Rosa smiled and waited for the usual questions about how her behavior choices might be affecting her health issues. Happily she reported that she had been trying to change some poor behaviors in order to improve her health. To document that change, Tiffany asked Rosa to fill out a short survey on the iPad; that data will be entered into the Program report information that tracks outcomes from this 3-year project. Personal feedback from Rosa is positive indeed. She says "It is great to have" this special health service. "I never had healthcare before coming to the Clinic" and she appreciates the learning approach brought by EVMS. It is a one-on-one approach to increase personal responsibility and accountability to produce better medical outcomes.

Obici Healthcare Foundation awarded this grant because of its unique opportunities for both patients and physicians. In addition to providing up to 450 additional patient encounters a year for the Clinic, the residents and medical students at EVMS gain valuable knowledge about working with the underserved populations. The goals of the project include seeing a 25% change in personal behavior on the part of the patients and a 40% increase in interest among residents in caring for underserved populations when they enter medical practice.



Tiffany Stradford, EVMS Assistant Director for Service Learning, sits with Rosa as she takes the survey on the iPad documenting her behavioral changes.

What transpired on that Wednesday morning between Rosa, Dr. Babineau, the medical students and Tiffany Stradford was anything but normal. It was the intersection of good medicine, education, encouragement and experiential learning that benefitted all involved.

My Food



The Suffolk Mobile Pantry encourages clients to think of healthy food as 'medicine' for their bodies that can curb chronic health conditions.

A Foodbank volunteer distributes fresh fruits and vegetables – healthy foods – to clients at the monthly Foods to Encourage healthy mix distribution in Suffolk.

Obesity Prevention Grant Funding



Let Food Be Your Medicine!

Grantee: FoodBank of Southeastern Virginia | Grant: Suffolk Healthy Mobile Pantry

Prevention is almost impossible to prove, but the cause and effect between what we eat and our personal health status is well documented. Poor food choices can lead to diabetes, heart disease and obesity; healthy food choices can and do prevent these conditions. Armed with this potent fact and eager to pilot a Healthy Mobile Pantry project, the FoodBank of Southeastern Virginia, with grant funding from Obici Healthcare Foundation, began the Suffolk Mobile Pantry. Using a national model called Foods to Encourage (F2E), the FoodBank is bringing healthy food to Suffolk residents.

Once a month, the Healthy Mobile Pantry filled with “yummy goodness” arrives at Suffolk’s Salvation Army site with Foods to Encourage healthy cooking and eating.

F2E uses standards based on USDA Dietary Guidelines to measure nutritional quality of food distributed in foodbanks nationwide. Fruits, vegetables, whole grains, low-fat dairy and lean protein are replacing foods high in fat, sodium and sugars.

Focusing on Access, Education and Confidence for its clients, the Suffolk Mobile Pantry delivers 75,000 healthy meals over 12 months, conducts cooking demonstrations on site, and encourages clients to think of healthy food as “medicine” for their bodies that can curb chronic health conditions. This speaks directly to the OHF mission of “supporting programs that have the primary purpose of preventing illness and disease.”

Now in its third funding year, the FoodBank has seen enthusiastic acceptance from its clients who report on surveys four times a year. An adventure in making lentil soup caused one client to exclaim, “I made it and it turned out very good!” Another remarked, “I cannot afford produce... and I liked learning ways to prepare food healthier.”

This pilot Mobile Pantry program will have far reaching effects as it will serve as a model for replication across the region. Even after OHF funding ends, the FoodBank



A local man visits the Foodbank of Southeastern Virginia’s Healthy Suffolk Mobile Pantry where he receives fresh produce in addition to nutritious pantry staples that help stretch his monthly food budget.

will sustain this project with funding garnered from other sources eager to follow the lead the Foundation has taken for a way to healthier communities.

Grant Awards by Foundation Priority and Grant Type

Fiscal Year Ended March 31, 2014

A total of 47 grants were awarded to 33 organizations for 2013-2014 in the amount of \$3,942,459.

During this period:

- > \$2,494,182 (63%) Access to Care
- > \$ 526,938 (14%) Obesity Prevention
- > \$ 276,134 (7%) Insure More People
- > \$ 645,205 (16%) Chronic Disease Management

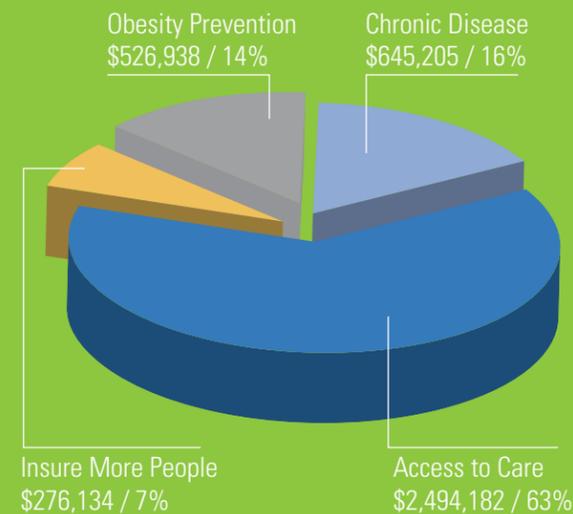
Of this amount, the Foundation awarded:

- > \$3,197,896 in Programs
- > \$ 719,563 for Capital
- > \$ 25,000 for Planning

A total of 44 Community Engagement Grants were also awarded in the amount of \$125,369.

Grants By Priority Areas

April 1, 2013 – March 31, 2014



2013-2014 Financial Summary

Obici Healthcare Foundation, Inc.

FINANCIAL POSITION – FISCAL YEAR ENDED MARCH 31, 2014

ASSETS

Cash and Investments	\$	114,751,088
Property, Plant and Equipment (Net Book Value)		1,933,185
Other Assets		703,773
Total Assets	\$	117,388,046

LIABILITIES AND NET ASSETS

Healthcare Grants Payable	\$	1,352,124
Accounts Payable and Accrued Expenses		212,486
Bond Payable		1,594,621
Deferred Federal Excise Taxes		648,839
Total Liabilities		3,808,070
Unrestricted Net Assets		113,579,976
Total Liabilities and Net Assets	\$	117,388,046

REVENUE AND EXPENSES – FISCAL YEAR ENDED MARCH 31, 2014

REVENUE

Investment Income (Net of Fees)	\$	16,591,860
Other Income		10,941
Total Revenue		16,602,801

EXPENSES

Healthcare Grant Awards (Net of Amendments)		3,976,906
Program and Administrative Expenses		1,111,631
Provision for Federal Excise Taxes		396,015
Total Expenses		5,484,552

Increase in Net Assets **11,118,249**

Net Assets, Beginning of Year **102,461,727**

Net assets, End of Year **\$ 113,579,976**

These summarized statements do not include all disclosures nor the format required by generally accepted accounting principles. Complete audited financial statements, including footnote disclosures, are available on our website (www.obicihcf.org).

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 community funding requirements while preserving principal and maximizing returns, and to match or outperform the established portfolio benchmark, given appropriate risk constraints.

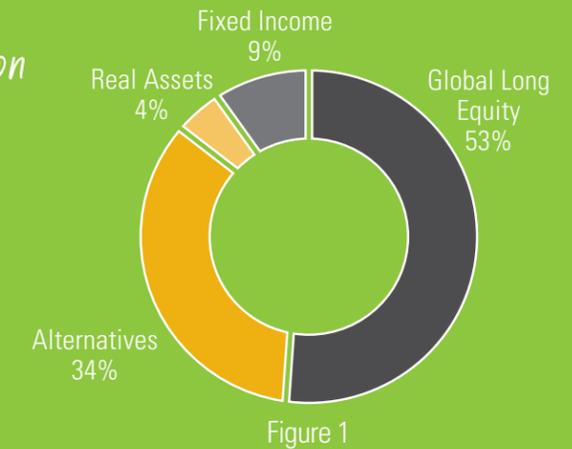
The portfolio is broadly diversified across asset classes, strategies, geographies and through investment managers with established performance. The Board establishes overall investment policy and long-term asset allocation ranges and targets. Current allocations are depicted in the circle graph. (Figure 1)

For the fiscal year ended March 31, 2014, the portfolio was up +16.5% net of all fees and expenses. This compares to 10.4% for the portfolio's total benchmark and 16.6% for the global equity markets. In spite of strong rallies in the global equity markets, the overall portfolio outperformed the portfolio benchmark by +6.1% for the fiscal year. From inception in October 2006 through March 2014, the Foundation's portfolio has compounded at +6.8% per year net of all fees and expenses, compared to +3.2% for the portfolio benchmark – outperformance of +3.6% compounded per year.

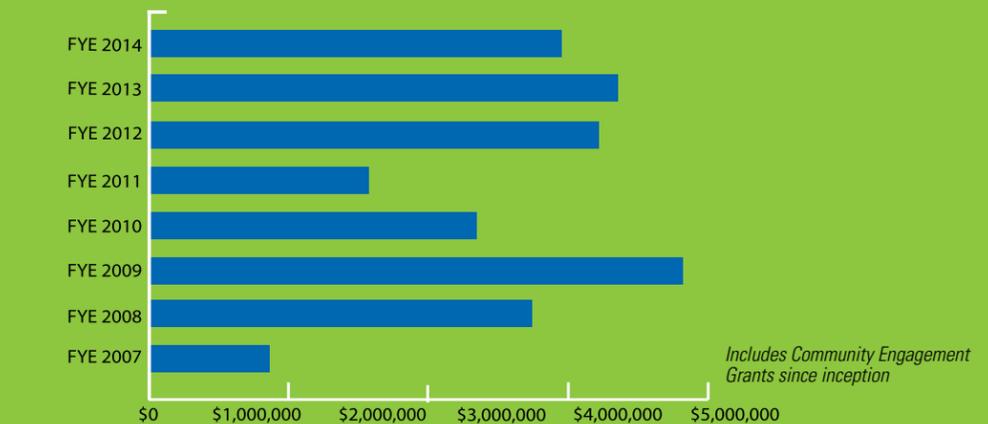
The ultimate goal is to grow our investments so that we can increase our contribution to the community.

2014 Asset Allocation

The Obici Healthcare Foundation was established in 2006 with investments exceeding \$100 million. At the end of March 2014, the investment portfolio totaled approximately \$115 million and the Foundation has awarded over \$27.6 million in grants for all time.



Total Grant Dollars Paid Per Year Since Inception to March 31, 2014



Total Grants by Geographical Area Served FY 2014



Grants Awarded

Obici Healthcare Foundation awarded over \$3.9 million in 47 grants to 33 organizations during Fiscal Year ended March 31, 2014

Access to Care \$2,494,182

Basic Primary Care Services

Eastern Virginia Medical School \$56,250

To engage medical residents and third-year medical students in giving care to patients at the Western Tidewater Free Clinic, thereby increasing medical care access.

Western Tidewater Free Clinic \$500,000

To provide operational support for medical and dental care, and chronic disease management of uninsured patients.

Bon Secours Maryview Foundation \$112,500

To provide free, mobile medical services to medically underserved in Western Tidewater.

Case Management Services

Sentara Obici Hospital \$75,000

To provide Life Coaches in Sentara Obici Hospital's Emergency Room who will help uninsured and underinsured patients obtain primary care services or other resources.

Sentara Obici Hospital \$37,500

To provide uninsured patients with case management services that improve self-care disease management skills from hospital to home.

The Planning Council \$12,000

To coordinate services among homelessness continuum of care providers, including the management of housing, healthcare and support services.

Virginia Supportive Housing \$11,250

To provide case management and access to medical and mental health services to disabled persons residing in permanent supportive housing.

Western Tidewater Health District \$147,650

To implement a national model – the Nurse Family Partnership program – to help reduce undesirable birth outcomes through education, nurse-case management, home visitations and transportation assistance for pregnant women in Suffolk and Isle of Wight County.

Dental Care

Horizon Health Services \$75,000

To provide dental care and smoking cessation services in Franklin, Southampton, Surry and Sussex service areas.

Western Tidewater Health District \$13,900

To offer mobile dental services to improve the oral health of children in Isle of Wight County, the City of Franklin and Southampton County by increasing the Medicaid/FAMIS utilization rate.

Diabetes

Eastern Virginia Medical School \$85,748

To reduce the risk of diabetes by educating physicians, conducting screenings and implementing a telephonic care management plan for referred patients.

Eastern Virginia Medical School \$25,000

To plan for the establishment of a Specialty Care Center that will improve access to specialty care and decrease complications associated with pre-diabetes and diabetes.

Education

Paul D. Camp Community College \$72,000

To renovate the Suffolk Health Sciences Skills Laboratory into a modern, innovative space to meet the needs of today's nursing students.

Facility/Equipment

Isle of Wight Christian Outreach Program \$100,000

To help remodel a facility where low-income persons can receive health and social services.

Senior Services of Southeastern Virginia \$500,000

To rehabilitate the historical Hayden High school in Franklin, Virginia, and provide inter-generational health and wellness services to the community.

Medication

RX Partnership \$11,250

To provide free prescription medication and low-cost supplies to low-income, uninsured residents served by the Western Tidewater Free Clinic.

Virginia Health Care Foundation \$25,000

To continue participation in the patient Medication Assistance Program with technological upgrades.

Mental Health

The Genieve Shelter \$35,000

To support the establishment of the Development Coordinator position to encourage community participation, and financial support for the Shelter's programs and special events.

ForKids, Inc. \$56,250

To improve access to medical and mental health services for homeless families by connecting them to services.

Sentara Obici Hospital \$22,563

To purchase necessary telemedicine equipment to improve access to behavioral health services in the emergency departments at Sentara Obici Hospital and BelleHarbour.

Western Tidewater Community Services Board \$48,127

To support a telemedicine link to crisis services for children, adolescents and adults to local law enforcement agencies and hospitals.

Western Tidewater Community Services Board \$100,000

To continue Western Tidewater's first outpatient medical detoxification program that provides daily testing, counseling, support and referral services to substance abusers.

The Up Center \$61,381

To offer a traumatic stress symptom education and referral system to community providers and to conduct traumatic stress therapy for individuals referred.

Voices for Kids CASA Program \$32,200

To expand advocacy services for children involved in Suffolk juvenile courts due to neglect and abuse.

Western Tidewater Community Services Board \$112,500

For expanded outpatient pediatric counseling and psychiatry in Western Tidewater.

Western Tidewater Community Services Board \$24,471

For medical care monitoring and intervention for participants with severe/profound intellectual disabilities and physical disabilities in the Day Support programs.

Nutrition

Suffolk Meals on Wheels \$38,680

For meal delivery to seniors and disabled recipients who are homebound and/or home alone in Suffolk and Isle of Wight County.

Screenings

Sentara Obici Hospital \$102,962

For a hospital-based, universal risk screening during pregnancy or at birth that connects new parents with appropriate community resources.

Chronic Disease Management \$645,205

Case Management

Gateway Community Health Center \$135,697

To expand services that support Gates County, NC, residents who are diabetic, pre-diabetic or at high risk for developing diabetes.

Western Tidewater Health District \$134,274

To provide telehealth monitoring services for chronic disease patients who frequently visit emergency rooms, and to improve chronic disease self-management.

Diabetes

American Diabetes Association \$13,855

To train ambassadors in high health-risk congregations to raise awareness of diabetes and stress the importance of early detection, disease management and health risk factors.

Southeastern Virginia Health System \$250,000

To provide access to clinical intervention/primary care services for the diagnosis and management of diabetes and oral health.

Education

Suffolk Redevelopment and Housing Authority \$61,379

To help public housing residents become more aware of both the prevention and management of chronic disease.

Suffolk Redevelopment and Housing Authority \$50,000

To raise awareness among residents of public housing communities in Suffolk about the health hazards from exposure to secondhand smoke in public places and reduce the number of smokers.

Insure More People \$276,134

Enrollment Initiatives

Virginia Legal Aid Society \$75,000

To help disabled clients navigate the complex Medicaid and Medicare application and appeals processes.

Isle of Wight Department of Social Services \$73,107

For a proactive outreach program to increase the number of children and families enrolled in Medicaid and FAMIS in Isle of Wight County.

Senior Services of Southeastern Virginia \$75,000

For training Benefit Counselor volunteers in an expansion of the MedCare Access Program.

The Planning Council \$53,027

To support a Suffolk outreach initiative that enrolls uninsured children in FAMIS.

Obesity Prevention \$526,938

Active Living

City of Suffolk Parks and Recreation \$23,844

To provide youth with opportunities to increase physical activity and improve healthy eating choices.

Suffolk Public Schools \$75,000

To develop and implement After-School Challenge Clubs focused on obesity prevention and to sustain salad bars in cafeterias for better nutrition.

Suffolk Family YMCA \$20,625

To increase cardiovascular fitness, physical strength and life skills for youth participating in an after-school jump rope program.

Community Engagement

Suffolk Partnership for a Healthy Community \$186,100

For implementation of a 10-year community wellness plan that promotes active lifestyles, access to healthy foods and neighborhood engagement.

Education

The Planning Council \$63,869

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.

Facility/Equipment

Cover 3 Foundation \$20,000

To relocate the kitchen and administration to a larger facility enabling the feeding of more children.

Healthy Eating

Town of Smithfield \$25,000

To continue Smithfield's community wellness initiative and to include incentives for Supplemental Nutrition Assistance Program (SNAP) households to shop at the Farmers Market for fresh produce.

Foodbank of Southeastern Virginia \$37,500

To provide diabetic clients with high nutritional value foods from the Foodbank's Suffolk Mobile Pantry.

Grand Total \$3,942,459

Community Engagement Grants
for Fiscal Year Ended March 31, 2014

Access Partnership
\$5,000
To fund the update of the Strategic Plan and Review and to support continued planning for the next three to five years.

Alzheimer's Association—Southeastern Virginia Chapter
\$1,000
To support the 24th Annual Walk to End Alzheimer's, an awareness campaign and fundraiser for Alzheimer's care, support and research.

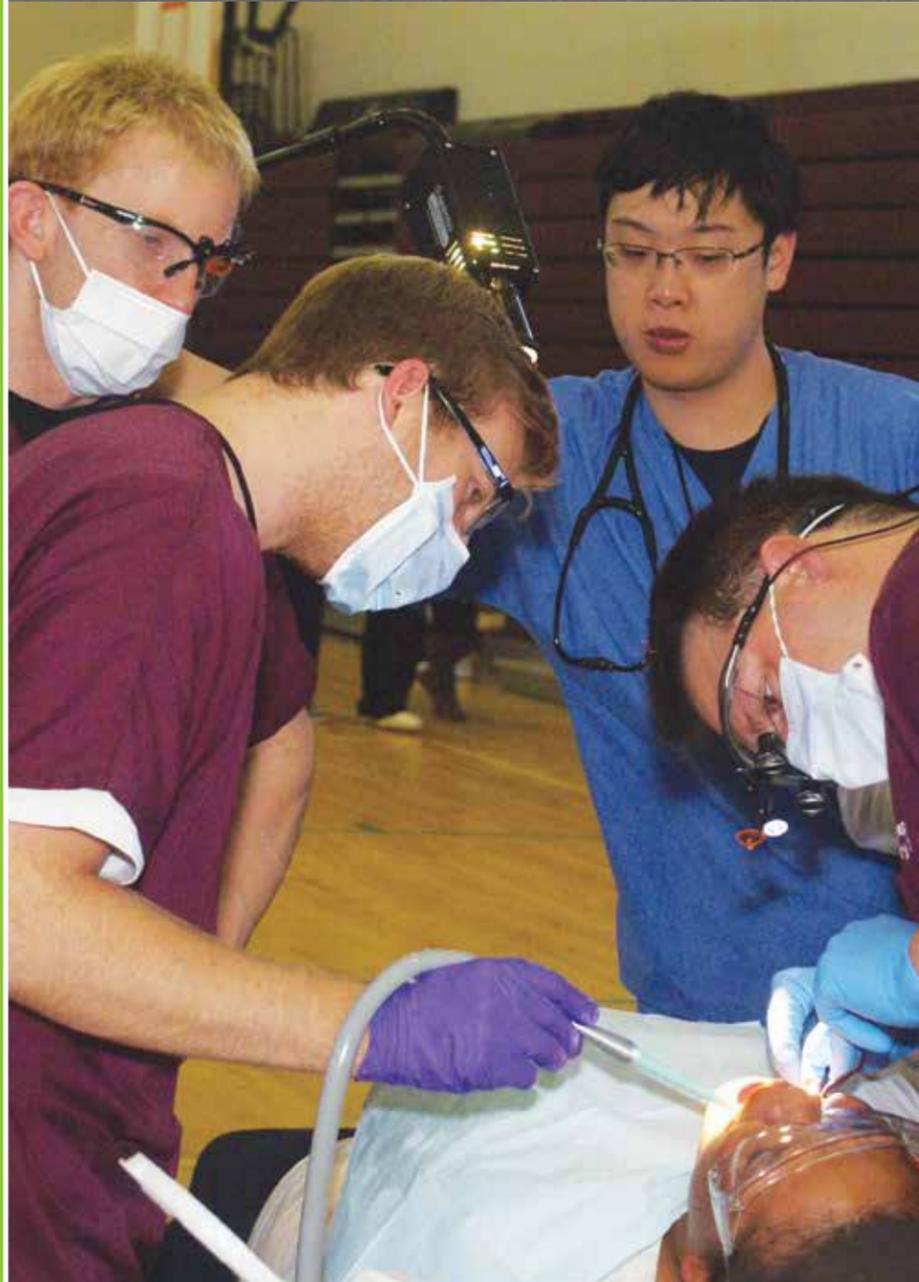
American Cancer Society
\$1,000
To support the 2013 Suffolk Relay for Life; to support local programs and services and celebrate over 100 cancer survivors.

American Diabetes Association
\$2,500
To support the 2014 Tour de Cure, a regional cycling event that raises funds for and awareness about diabetes and its effects on health.

Applewood Farms Home Owners Association
\$5,000
To sponsor the 2013 National Night Out event to promote and educate neighborhoods' involvement in crime prevention, police-community partnerships, neighborhood camaraderie and to include information on health and wellness and to offer healthful foods, dancing and exercise.

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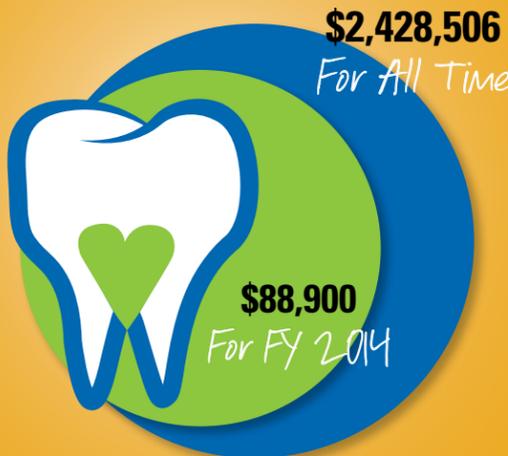
My Smile



"I am so happy to have had the opportunity to go to the MOM event. They all cared so much for me - they made me feel so special," said Lex Phillips.

Just a sampling of the 400 volunteers at the MOM event which included dentists, dental students, physicians, pharmacists, x-ray technicians, dental hygienists, dental assistants and nurses.

Dental Health Grant Funding



A Mission of Mercy Treatment Recipient

Grantee: Virginia Dental Association Foundation | Grant: Suffolk Mission of Mercy (MOM) Project

There is profound disparity in oral care in Virginia with approximately three million people in the state lacking the resources needed to see a dentist. Western Tidewater mirrors that profile, and many citizens in our region routinely turn to hospital Emergency Rooms for relief from chronic oral disease and pain.

In 2013, Dr. Ralph Howell, a prominent Suffolk dentist long involved in many dental missions, met with the Obici Healthcare Foundation, the Virginia Dental Association and a team of volunteer leaders to address this lack of access to dental care. That collaboration resulted in the development of a signature event called Mission of Mercy, a single day dedicated to providing dental services to those in the disparity gap. Obici Healthcare Foundation provided funding for the initial event.

In March 2014 nearly 500 Western Tidewater citizens took advantage of the Mission of Mercy clinic at the transformed King's Fork Middle School. The volunteer staff of 400, including dentists, dental hygienists, dental assistants, nurses, pharmacists, x-ray technicians and dental and dental hygiene students, worked in an extremely well organized manner to serve the unmet dental needs of almost 500 clients. The school auditorium was transformed into a triage clinic and the school's gymnasium became a giant dental clinic. A poignant indicator of the desperate need for services was the fact that some folks started lining up at 3 am to be seen. One of the patients being treated was 18 year old Alexis "Lex" Phillips.

Lex, in her eighteen years, has seen a dentist only three times. Many times she suffered with mouth pain that radiated through her jaw and was so severe she remembers crying. The only option available was a visit to the emergency department. After treating Lex for infection and the pain of an abscess, the emergency department would prescribe antibiotics, review the importance of taking all of the prescription, and stress the need for a dentist intervention. Due to lack of dental insurance, dental visits for Lex were out of her financial reach as they are for so many others. The Mission of Mercy clinic provided her with real hope for a permanent solution to her oral problems: two extractions, a root canal and a crown with an estimated value of nearly \$3,000. "I am so happy to have had the opportunity to go to the Mission of Mercy event."

There are 499 other stories similar to Lex's. The MOM project in Suffolk performed over 1,300 extractions, 494 fillings, root canals, crowns and dentures with a value of service estimated at \$475,000 but, it is just not possible to estimate the value of being cared for and helped in such a special way.



Lex received over \$3,000 of dental care at the MOM event.

Bon Secours Maryview Foundation
\$915
To fund supplies for the free Obici Healthcare Foundation Suffolk Community Diabetes Screening.

Bon Secours Maryview Foundation
\$3,404
To fund the Care-A-Van at the 2014 Mission of Mercy event for the screening of uninsured, underinsured or unemployed individuals.

Catholic Charities of Eastern Virginia
\$3,200
To fund the Companion Care Program, the purpose of which is to make seniors' daily life more manageable.

Cerebral Palsy of Virginia
\$3,000
To give primary caregivers respite (meals, entertainment, overnight stay and a respite provider) from daily stresses of caring for a family member with a disability.

Colonial Virginia Council Boy Scouts of America
\$2,500
To support the annual fundraising dinner celebrating recent Eagle Scout, Lifetime Achievement Awards and Community Pillars.

Cover 3 Foundation
\$1,000
To support a New Year's Eve party fundraiser to benefit the purchase of C3's Kid's meals.

Education Foundation for Isle of Wight Public Schools
\$1,000
To support the 7th Annual Students First Dinner and Auction to benefit the students in Isle of Wight County Public Schools.

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Community Engagement Grants

for Fiscal Year Ended March 31, 2014, continued

Eternawell

\$250
To sponsor a Healthy People Healthy Suffolk Walking Club.

First Tee Hampton Roads

\$1,000
A donation in honor of Mr. Robert Hayes, OHF Board Emeritus, to First Tee of Hampton Roads, a junior golf program that teaches life skills.

Franklin City Department of Social Services

\$300
To support the Franklin City Child Abuse Prevention Fund's No Excuse for Child Abuse fundraiser.

Gates Partners for Health

\$1,500
To support a heart healthy seminar, dinner and panel discussion directed at health centers and churches in Gates Co., NC.

Girls on the Run South Hampton Roads

\$5,000
To fund the purchase of curriculum, water bottles and lesson materials for an after-school running and exercise program for 8-12 year old girls.

Hampton Roads Chamber of Commerce

\$500
To sponsor the May 2013 Peanut City Cloggers' performance at the Suffolk Mingle on Main event.

Isle of Wight Educational Foundation, Inc.

\$3,900
To encourage students to choose a healthier lunch by funding a portable salad and fruit bar for Isle of Wight Academy.

Isle of Wight Educational Foundation, Inc.

\$5,000
To fund early childhood specialized play equipment designed to aid in the prevention of early childhood obesity.

Johns Hopkins Scleroderma Center

\$500
To support the Scleroderma Win the Fight Walk and Car Show awareness and fundraiser.

National Kidney Foundation Serving Virginia

\$1,000
To support the 2014 Kidney Walk, the fundraising campaign which brings attention to the prevention of kidney disease and the need for organ donation.

National Kidney Foundation Serving Virginia

\$1,000
To support the 2013 Kidney Walk, the fundraising campaign which brings attention to the prevention of kidney disease and the need for organ donation.

Recovery for Life/Recovery for the City, International

\$5,000
To fund a faith-based 12-step addiction recovery program whereby participants use lessons, healthy refreshments and accountability partners for support and assistance.

RX Partnership

\$2,000
To support the RX Partnership Annual Affiliate Roundtable and discussion.

Senior Services of Southeastern Virginia

\$2,500
To sponsor the educational Medicare Health Fair and Expo, and to provide Medicare counseling for senior citizens.

Sentara Obici Hospital

\$4,000
To support nutritional and heart healthy analysis of local restaurant menus and to indicate on the analyzed menus those heart and diabetic healthy options.

Smart Beginnings Western Tidewater

\$2,500
To fund quarterly workshops for the professional development of preschool providers on the subjects of nutrition and health.

Smithfield and IOW Convention and Visitor Bureau

\$2,500
To support the Farmers Market with marketing dollars to promote the availability of fresh produce.

Southeastern Council of Foundations

\$5,000
To sponsor a luncheon at the Southeastern Council on Foundation's 2013 Annual Meeting.

Southeastern Virginia Health System

\$1,000
To support a fundraiser to cover procedures such as colonoscopies, breast and prostate screenings for the uninsured/underinsured patient.

Suffolk Literacy Council

\$2,000
To sponsor the 2 Your Health Workshop Series which focuses on reading and comprehension of prescription labels and food label directions.

Suffolk Meals on Wheels

\$2,000
To provide funds for marketing to short-term/ young disability individuals in need of a temporary nutritious meal delivery service.

The Genieve Shelter

\$500
To support the Walk-A-Thon, Walk Away from Domestic Violence awareness event.

The Healing Place of Hampton Roads

\$5,000
To provide seed funding for the start-up phase and operational needs for a program to help homeless men and women, including veterans, recover from alcohol and drug addiction.

The Horses Helping Heroes Project

\$2,500
To fund introductory and advanced horse therapy classes for veterans and first responders with special needs/disabilities.

The Wakefield Foundation

\$5,000
To help fund the production of an hour-long documentary film about the history of peanut farmers and peanut farming production.

Virginia Dental Association Foundation

\$20,000
To support the 2014 day of free dental care, the "Mission of Mercy" project.

Virginia Faith Based Outreach Initiative

\$5,000
To fund the development of health ministries through the education and distribution of health materials to faith and lay leaders.

Virginia Poverty Law Center

\$500
To support Medicaid Expansion in Virginia.

VOLUNTEER Hampton Roads

\$3,000
To honor members of the community for their outstanding contribution at the Volunteer Achievement Awards and to support the 13th Annual Hampton Roads Institute for Nonprofit Leadership conference.

Western Tidewater Free Clinic

\$500
To fund supplies for the free Obici Healthcare Foundation Suffolk Community Diabetes Screening.

Western Tidewater Health District

\$400
To fund supplies for the free Obici Healthcare Foundation Suffolk Community Diabetes Screening.

WHRO

\$5,000
To sponsor "Another view with Barbara Hamm Lee", a program to address the health concerns of the African-American community.

Grant Total **\$125,369**

A Mission

Healthy People Healthy Suffolk Moves Suffolk



Jett Johnson, manager of the city-wide Healthy People Healthy Suffolk

initiative, is using his hometown knowledge and his community organizing experience to reduce sedentary ways, promote healthy eating and get Suffolk *moving*, all over the city's 450 square miles! The singular goal of all this effort is better personal health for our citizens.

Over three years the Healthy People Healthy Suffolk collaboration, with partners, the Obici Healthcare Foundation and the Suffolk Partnership for a Healthy Community, has introduced many healthy lifestyle activities for Suffolk residents. These activities are *moving* folks in Suffolk neighborhoods, schools, local government, churches, restaurants, businesses and the local workforce. Activities include fitness courses, trail clean-up programs, and weekly walking projects. Local physicians are supporting the effort through the Rx Green Prescription Pad for Health that stresses *moving* as a

component of good health.

"Commit to be Fit," project is a free boot camp fitness course held at the pavilion at the Suffolk Tourism

Center. Under the direction of Sandy Spiro, Certified Personal Trainer, 20 individuals *move* very early on Tuesday mornings for a mix of cardio, interval and strength training. Even pedestrians walking past were recruited to join the group.

There's been a *move* by many Suffolk restaurants to healthier menu choices. Featuring guilt-free and healthy desserts and easily identified heart-healthy menu choices, restaurants are joining the crusade for a healthier community. Suffolk's Foodbank has moved to distribution of *Foods to Encourage* (low salt, no sugar, fresh and healthy foods), giving samples, recipes and education to its clients on cooking healthier meals. Local churches are encouraged to offer oatmeal as the healthy alternative at their congregational breakfasts.

If you want to join the over 300 other Suffolkians *moving* toward a healthier lifestyle, we invite you to make the move to Healthy People Healthy Suffolk. "Like" the Healthy People Healthy Suffolk Facebook page and visit the Healthy People Healthy Suffolk website which is full of information – www.healthypeoplehealthysuffolk.org. Sign up for the Healthy People Healthy Suffolk monthly e-newsletter on the webpage – available programs and resources are continuously updated.

Through collaboration, Healthy People Healthy Suffolk is *moving* individuals one person at a time.

healthy people healthy suffolk moves the community

Date _____

Optimum Caution High Risk

BMI 18.5-24.9 = Healthy Weight BMI 25-29.9 = Overweight BMI Over 30 = Obese

Information Rx Weight _____ BMI _____

5 or more servings of fruit and vegetables daily
4 eight ounce glasses of water daily
3 healthy meals daily: breakfast, less fast food, more home-prepared meals
2 hours or less of TV or screen time
1 hour or more of physical activity daily
0 sugar-sweetened drinks

Practitioner _____ Healthy People Healthy Suffolk Suffolk Partnership for a Healthy Community (757) 539-1326/healthysuffolkpartnership.org

Visit www.healthypeoplehealthysuffolk.org to get involved.

Start Walking Today!

You can be healthier and happier by walking only 30 minutes a day, 5 times a week

Benefits of Walking:

- increase energy
- enhance mental well-being
- reduces risk of osteoporosis
- reduce the risk of heart disease
- improves blood pressure by 5 points
- engages ab muscles
- improves balance preventing falls
- improves coordination
- maintain body weight
- reduce the risk of colon cancer
- lower the risk of obesity
- strengthen muscles in calves, quads, and glutes

Source: the American Heart Association website

Among currently implemented Healthy People Healthy Suffolk projects are the "Prescription Pad for Health" (left) and the "Walk Wednesdays" (above).

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**
- > Sentara Albemarle Medical Center* **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 and Populations

The Obici Healthcare Foundation's service area covers the established area identified by 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.



Municipal 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**

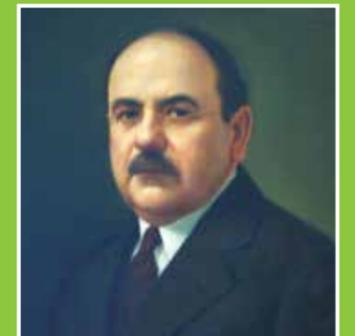


Foundation Staff

Front Row: Rick Spencer, Program Resource Officer; Lex Philips, Student Intern; Cathy Huband, Grants Administrator; Diane Nelms, Communications and Program Specialist; Gina Pitrone, Executive Director; Back Row: Tammie Mullins-Rice, Program Resource Officer; Anna Roberts, Foundation Assistant and Mike Brinkley, Director of Finance.

Mr. Obici Made It Personal

The work of the Obici Healthcare Foundation is dedicated to the lasting memory of Amedeo Obici, founder of Planter Peanuts, and his wife, Louise Musante Obici. As a philanthropist and healthcare visionary, Mr. Obici made possible the Louise Obici Memorial Hospital in 1951, and the Obici Healthcare Foundation in 2006. Any and all good we do in the community to help citizens lead healthier, more productive lives is because of the Obicis; our success continues to define and amplify their legacy.





Are You With Us?

OBICI HEALTHCARE
FOUNDATION

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