

# 10 YEARS *of* HEALTH IMPROVEMENT



OBICI HEALTHCARE  

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FOUNDATION

2016 ANNUAL REPORT

# 2016

## BOARD MEMBERS



Seated are: Lula B. Holland, Clarissa E. McAdoo, Lynne H. Rabil and Pat Edwards; Standing: R. Scott Carr, Ralph L. Howell Jr, DDS, Robert C. Barclay IV, J. Samuel Glasscock, Pastor Emanuel Myrick, William G. Jackson, MD, Frank A. Spady III and Thomas Woodward III.

## VISION AND VALUES

**VISION** – The vision of the Obici Healthcare Foundation is good health and wellness for all.

**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.

Cover: Photo of iron statue donated by Mr. Thomas J. O'Connor to the Obici Healthcare Foundation. This statue and others like it topped columns on front of the office of Planter's Peanuts founded by Amadeo Obici.

# TO OUR COMMUNITY

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It's exciting to celebrate 10 years – *a Decade of Health Improvement*.

It was a vision that was born in the 1940s by Amedeo Obici. His generosity, civic contributions, desire to memorialize his wife in the form of a regional hospital and his good will were the seeds of the Obici Healthcare Foundation.

Building on that history, the Foundation seeks to strengthen the status of health in the community. Our knowledgeable and hard-working Board of Directors takes their responsibility seriously. Each Board member is committed to use the Foundation's resources to address Obici's concern for access to healthcare for the less fortunate and the prevention of disease.

In reflecting over the last 10 years of grant making, we revel in the success that comes with collaboration. We formed partnerships with 82 community-based organizations committed to improving the health status of their constituency. These partnerships resulted in outcomes that include reduction in body mass index (BMI) among children, enrolling low-income families in Medicaid and other insurance products, providing medical homes to the uninsured and improving the health status of area residents.

While our combined efforts have been impressive, we are determined not to rest. The Foundation and our community partners will continue to identify those programs that will reach the many individuals in Western Tidewater who need healthcare.

In the center of this annual report, you will find a detailed overview of our accomplishments over the past decade by priority areas: Access to Medical Care, Chronic Disease Management, Insure More People and Obesity Prevention.

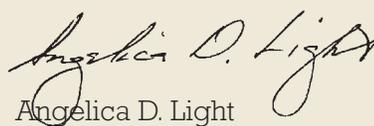
In addition, you will see a snapshot of individuals who were served in these areas, the number of programs that were funded, an overview of the Foundation's investment portfolio and the allocation of funds used for grant making.

We appreciate our many community partners and their commitment to healthcare improvement for Western Tidewater. We know we are stronger when we work together.

Sincerely,



Samuel Glasscock  
Chairman of the Board of Directors



Angelica D. Light  
Interim Executive Director

A BIG IDEA MAKES  
CHARLIE'S  
DREAM  
BECOME A  
REALITY





23-year prison stay did not keep Charlie LaBoone from fulfilling his dream.

While incarcerated for a felony, “I was determined to use my mind so that when I leave, the only thing I’m taking out of here is knowledge.” Charlie completed two associate degrees. One of them resulted in obtaining certification in computer drafting, a skill that would help change his life.

Charlie’s dream came to fruition with the confluence of his newly learned computer drafting skills and the big idea he had been thinking about for years.

Charlie, who is now the president of Catering Machine, Inc., developed a kiosk that can be located in worksites with large numbers of employees. The kiosk, which resembles an ATM, allows workers in companies to order from a menu on a video screen, pay for the food with a bank card and have their food delivered from designated restaurants that offer a broad range of menu options.

Drawing on his 20 years of restaurant sales experience, he could not help but imagine that there had to be a better way of getting a variety of good food to a large number of workers. Charlie is celebrating, because a large, national retailer recently approved the placement of the kiosk in its warehouses.

Charlie had some help in his transition from inmate to businessman.

Released from prison in 2013, Charlie immediately started attending weekly support groups organized by The Up Center which is part of a grant funded by the Obici Healthcare Foundation. Sessions are held weekly at the Probation and Parole Board District 6 office in Suffolk.

Facilitators Gary Ellis and Pat Stockwell, Charlie reports, “created direction in my life. There were times when I thought about quitting the group, but thoughts of leaving were short lived. I get so much from hearing the thoughts from Gary, Pat and others, and I believe others benefit from learning about my experiences. I’ve been attending the group for 3 years and have no plans of leaving anytime soon.” Charlie believes the give and take from different points of view are mutually beneficial.

The support groups led by Gary and Pat help formerly incarcerated men understand how their traumatic past affected them, give them concrete life skills to use, provide education on relationships and controlling anger and allow them to share their stories in a non-judgmental manner.

“I spend a lot of time alone thinking,” Charlie recounts. “Some of that time is devoted to figuring out the details of this ambitious business venture. Other times are spent pondering the constructive messages provided by Gary and Pat.”

“They give me the structure in my life that I need.”



RIDE ON  
MARCUS,  
RIDE ON



“I was in need of help. I was rescued by two life coaches.”

This was Marcus Thomas' self-assessment after successfully overcoming several health challenges.

Marcus came to the Sentara Obici Hospital Emergency Department in April 2015 with extremely high blood pressure, he was overweight, in need of dental care, had no transportation and had no medical home. However, Marcus had been prone to multiple emergency room visits. His last emergency room visit was in May of that year due to the intervention of Life Coaches Renee Austin and Vanessa Dunlap.

The medical staff at the hospital referred Marcus to the Life Coach Program, which is a grant funded by the Obici Healthcare Foundation to the hospital. Sentara Obici partners with the Catholic Charities Life Coaches to help uninsured and underinsured patients secure primary care services and other resources.

Renee helped coordinate Marcus' first appointment at the Western Tidewater Free Clinic. At the time, he was taking three high blood pressure medications and was in need of dental care.

Marcus weighed 276 pounds and his health status made him unable to work. To make matters worse, he did not have transportation to and from his medical appointments.

After about a year as a Free Clinic patient, Marcus' health condition improved considerably. Now that his blood pressure was under control, his weight was down 30 pounds and his oral health needs were met, Marcus was ready to get a job. This is when Vanessa Dunlap, another Life Coach, entered Marcus' life.

“You need to develop a long-term plan now that your health has stabilized,” Vanessa advised the 26-year-old.

Marcus, who lives in Chuckatuck, needed more independence. Vanessa gave Marcus one of her bicycles, a helmet and helped him obtain a food handler's permit from the health department. Marcus was ready to roll, now that he had transportation and the certification needed to start work.

He got a job at the Burger King located 5 miles from his home. He is so thrilled to have a job and transportation to get there that he is undeterred by cold or rainy weather conditions. “I bundle up by putting on extra layers of clothing when it's cold or wet outside.” His positive work ethic led to Burger King increasing his number of days from 3 to 4 per week.

Renee said that Marcus really stepped up. In doing so, he is able to help his family pay bills.

Marcus knew he could take care of himself. “I just needed the chance.”

When asked about the help received from the Life Coaches, Marcus said, “It is very wonderful! I'm blessed!”



CHRONIC DISEASE MANAGEMENT  
**FOOT CARE**  
MANAGEMENT:  
AN IMPORTANT 'STEP'  
IN PROPER DIABETES CARE



**B**y practicing prevention, Vernon Woodson, a diabetic for 12 years, has successfully avoided serious

foot care challenges.

“Diabetics are prone to having foot problems such as wounds, foreign bodies, deformities (e.g., bunions), and infections. They may not even know it, because over time they (diabetics) all will develop neuropathy to some degree,” said Charles J. Hastings, DPM, FACFAS, owner and physician at McKenzie-Hastings Institute for Foot & Ankle Surgery. “Neuropathy of the lower extremities typically plays a major role in the diabetic complications we see.”

“One theory on how diabetics get neuropathy is from chronically high sugar levels and resultant nerve swelling. Through osmosis, elevated sugar levels cause nerves to swell. Sometimes the nerves swell so severely that they essentially choke off the smallest blood vessels that feed the smallest nerves,” said Dr. Hastings.

“Persons suffering from an advanced form of neuropathy cannot let pain be their guide. Diabetics with untreated wounds or infections may result in loss of toes, feet, legs or worse. In patients with

neuropathy, surgery sometimes can be performed without the need for anesthesia,” Dr. Hastings said.

“If you cannot feel me doing surgery on you, how would you be able to feel something simple like a splinter or ingrown toenail? You won’t until the symptoms are further up your leg to where you have a little more feeling, and then you seek help. By then it may be too late,” he added.

Practicing preventive foot care techniques used by Mr. Woodson and other diabetics, such as conducting daily foot inspections, is essential for diabetes.

Other preventive and disease management methods involve “making smart food decisions and continue doing activities you love. I don’t like to tell my patients to ‘diet and exercise’, because many patients have no idea what that means.

“Diabetics are apt to have foot problems; therefore, a foot care specialist should be part of each patient’s healthcare team,” said Dr. David Lieb, Eastern Virginia Medical School Strelitz Diabetes Center of Western Tidewater Medical Director. The Diabetes Center at Sentara Obici Hospital is funded by the Obici Healthcare Foundation.

The Diabetes Center offers vouchers to its uninsured patients in need of diabetic foot care examinations or treatment. Referrals are made to the McKenzie-Hastings Institute for Foot & Ankle Surgery.



# GRANTS AWARDED

## ACCESS TO CARE ..... \$2,480,998

### BASIC PRIMARY

Bon Secours Maryview Foundation .....	\$75,000
To provide free, mobile medical services to medically underserved patients in Western Tidewater	
Eastern Virginia Medical School .....	\$45,000
To provide access to basic healthcare uninsured, Western Tidewater Free Clinic patients by engaging medical residents, third-year medical and physician assistant students.	
Western Tidewater Free Clinic, Inc. ....	\$500,000
To provide operational support for medical and dental care and chronic disease management of uninsured patients.	

### CASE MANAGEMENT

ForKids, Inc .....	\$60,000
To improve the health of poor and homeless families in Western Tidewater through intensive case management, access to stable housing, permanent supportive housing and referrals to community resources.	
Sentara Obici Hospital .....	\$56,250
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 .....	\$141,572
To provide high risk expectant families and new parents with case management and home visiting support to increase infant survival rate.	
Western Tidewater Health District .....	\$140,422
To improve the reduction of undesirable birth outcomes among first-time pregnant mothers through education, nurse case management, home visitation and transportation assistance.	

### DENTAL

Horizon Health Services, Inc. ....	\$75,000
To provide dental care and smoking cessation services in the Franklin, Southampton, Isle of Wight, Surry and Sussex service areas.	
Southeastern Virginia Health System .....	\$200,000
To provide access to comprehensive oral health care services and education for the residents of Suffolk.	

### EDUCATION

Paul D. Camp Community College Foundation .....	\$22,755
To improve healthcare delivery through nursing education and career access through the advancement of nursing curriculum and enhanced accreditation.	
The Children's Center .....	\$25,000
To support Maternal Infant Home Visiting Services and collaboration with the Universal Screening Coordinator, Maternity Nurse Navigator and Family Resource Specialist in the coordination of services to a underserved population.	
The Planning Council .....	\$25,000
To develop a plan to bring fresh fruits and vegetables into childcare programs in Western Tidewater by using a Farm to Childcare model.	

VOLUNTEER Hampton Roads .....	\$30,000
To fund a program to increase the effectiveness and efficiencies in the volunteer operations of three nonprofit organizations for the benefit the communities they serve.	

### FACILITY/EQUIPMENT

Southeastern Virginia Health System .....	\$150,000
Matching capital funds to help establish a new Federally Qualified Health Center in the City of Franklin, VA.	

### MENTAL HEALTH

SCM Vision, Incorporated .....	\$50,000
To provide viewers of the television program and the YouTube video sharing website with information about mental health issues and connect them to follow-up services.	
Southampton County Public Schools .....	\$60,000
To provide students and families of Southampton County Public Schools with access to behavior health services.	
The Up Center .....	\$88,326
To provide individuals and families with trauma informed care and counseling services.	
United Way of South Hampton Roads .....	\$109,102
To provide 2015 Suffolk summer school participants with access to oral and behavior health services.	
Voices for Kids CASA Program of Southeast Virginia .....	\$25,000
To provide access to medical, oral and mental health services for every child served.	
Western Tidewater Community Services Board .....	\$357,859
To provide uninsured and under insured adults with access to community based psychiatric services for behavioral health care.	
Western Tidewater Community Services Board .....	\$24,064
To support a telemedicine link to crisis services for children, adolescents and adults with local law enforcement agencies and hospitals.	
Western Tidewater Community Services Board .....	\$145,648
To provide on-site integrated outpatient counseling by trained clinical staff at local shelters, community health centers and clinics.	
Western Tidewater Community Services Board .....	\$75,000
To continue Western Tidewater's first outpatient medical detoxification program that provides daily testing, counseling, support and referral services to substance abusers.	

## CHRONIC DISEASE MANAGEMENT

..... \$715,142

### DIABETES

American Diabetes Association .....	\$52,958
To raise awareness of diabetes and stress the importance of early detection, disease management and health risk factors in Franklin and Southampton County.	

**Obici Healthcare Foundation awarded over \$4.2 million in 82 grants to 63 organizations in Fiscal Year 2016 from April 1, 2015 – March 31, 2016**

Eastern Virginia Medical School .....\$500,000  
 To establish a Specialty Care Center that will focus on the detection, prevention and management of diabetes and its most common complications.

**CASE MANAGEMENT**

HumanKind.....\$38,414  
 To provide residents with wellness education and support on managing their chronic disease.

Western Tidewater Community Services Board .....\$123,770  
 To train peer providers who will educate, monitor and assist enrolled peers with chronic disease management.

**INSURE MORE PEOPLE..... \$275,916**  
**ENROLLMENT INITIATIVES**

Franklin City Department of Social Services.....\$35,120  
 To increase the number of children and families enrolled and renewed in Medicaid and FAMIS.

Isle of Wight County Department of Social Services.....\$65,796  
 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  
 To provide seniors and persons with disabilities with outreach services to apply for eligible benefits through Medicare and Medicaid.

Virginia Legal Aid Society.....\$75,000  
 To help disabled clients navigate the complex Medicaid and Medicare application and appeals processes.

Virginia Legal Aid Society.....\$25,000  
 To provide clients with more efficient services by developing an automated telephone triage and intake system.

**OBESITY PREVENTION..... \$661,677**

**ACTIVE LIVING**

Eastern Virginia Medical School .....\$61,923  
 To develop collaborative strategies that create policy, systems and environmental changes that will result in healthy food choices and physical activity in churches, public housing and community organizations.

Girls on the Run South Hampton Roads .....\$49,466  
 To support the expansion of the program in Western Tidewater in 10 schools and community centers.

Isle of Wight County Public Schools.....\$25,000  
 To teach elementary aged school children, in an after school food club, the importance of growing, preparing, purchasing and eating fresh fruits and vegetables.

Suffolk Partnership for a Healthy Community .....\$25,000  
 To fund a planning grant for evaluation of the current tactics for improving the health of the Healthy Community and the management of the Healthy People Healthy Suffolk initiative.

Suffolk Partnership for a Healthy Community .....\$33,750  
 To fund a walking coordinator to increase the registration and sustainability of Walking Groups, within businesses, schools and civic/faith based organizations.

Suffolk Public Schools.....\$100,000  
 To provide students with resources, such as salad bars and integrating physical activity into core classes, that lead to healthy eating and active living, respectively.

Virginia Repertory Theatre .....\$15,000  
 To develop an elementary school aged play to both educate and entertain children with a solid message for obesity prevention.

Walk In It Inc. ....\$25,000  
 To fund an after school program that encourages healthy self-esteem, healthy decision making skills and healthy lifestyles by educating for better food choices, regular exercise, the importance of academics and school attendance.

**COMMUNITY ENGAGEMENT**

Suffolk Partnership for a Healthy Community .....\$180,177  
 For implementation of a 10-year community wellness plan that promotes active lifestyles, access to healthy foods and neighborhood engagement.

**HEALTHY EATING**

YMCA of South Hampton .....\$74,475  
 To proactively address the prevalence of pre-diabetes by implementing a risk-reduction model for Roads Western Tidewater residents based on a national best practice.

**NUTRITION**

Isle of Wight Christian Outreach Program.....\$15,000  
 To provide fresh fruit, vegetables and produce to the economically disadvantaged families who are unable to afford the purchase of fresh produce.

The Planning Council.....\$56,886  
 To implement a well-researched model that connects local producers of fresh fruits and vegetables to childcare programs in Western Tidewater.

**GRAND TOTALS..... \$4,133,733**

**COMMUNITY ENGAGEMENT GRANTS.... \$98,250**  
*(up to \$5,000 each)*

**TRAINING GRANTS..... \$730**

**TOTAL AWARDED ..... \$4,232,713**

10 YEARS OF HEALTH  
IMPROVEMENT  
**\$34,946,073**

AWARDED TO **82**  
AGENCIES SERVING  
**361,919** PARTICIPANTS

## MISSION

The mission of the Obici Healthcare Foundation is to IMPROVE the health status of people living in the service area by RESPONDING to the medical needs of the indigent and uninsured and by SUPPORTING programs which have the primary purpose of PREVENTING illness and disease.

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## BOARD IDENTIFIED PRIORITY AREAS

### ACCESS TO CARE

#### CHRONIC DISEASE MANAGEMENT

Specialty  
Care Diabetes  
Care Management,  
Home Visitation

#### INSURE MORE PEOPLE

FAMIS  
Enrollment  
Medicare Part  
D Enrollment

#### ACCESS TO PRIMARY CARE

Medical  
Service  
Behavioral  
Health Services  
Dental  
Services  
Care  
Coordination

### PREVENTION

#### OBESITY PREVENTION

Healthy  
Eating  
Active  
Living  
Policy  
Change  
Improved  
Built  
Environment

## SERVICE AREA



### MUNICIPAL POPULATIONS

Sussex County.....	<b>2,986</b>
one fourth of Sussex County's population of 11,945	
Surry County .....	<b>6,821</b>
Southampton County .....	<b>18,376</b>
Isle of Wight County .....	<b>35,378</b>
Franklin.....	<b>8,510</b>
Suffolk.....	<b>85,194</b>
Gates County, NC.....	<b>11,894</b>

# OBESITY PREVENTION

Active Living and Healthy Eating are at the heart of prevention. Obici Healthcare Foundation encourages programs that make the healthy choice the easy choice. Many services and resources contribute to improvements in individual choices that reduce weight gain and improve physical health through activity and nutrition. The participant counter on Lake Meade Trail in Suffolk tracked **80,000** encounters among individuals entering and exiting the track over a 5 month period demonstrating a high demand for outdoor resources. Local farm markets are thriving with support from the Obici Healthcare Foundation for improvements in equipment and marketing. Suffolk schools introduced activity in the classroom and improved Body Mass Index (BMI) rates by one point each year over the last 5 years.



## Obesity Prevention by the Numbers

**\$6,018,834** Funding  
Serving **266,543**  
Participants Through  
**74** Programs

**HEALTHY PEOPLE HEALTHY SUFFOLK** is a collaborative initiative to encourage and engage Suffolk residents by promoting healthy lifestyles. Over 60 agencies and companies joined the effort and more than \$500,000 has been committed to implementation of this city-wide initiative in Suffolk.

## Chronic Disease Management by the Numbers

**\$5,143,805** Funding  
Serving **11,369**  
Participants Through  
**35** Programs

# CHRONIC DISEASE MANAGEMENT



Self-management and accountability are keys to success when faced with a chronic disease. Medication access and physician advice are also essential when attempting to manage the impact of a disease. The EVMS Western Tidewater Strelitz Diabetes Center opened in 2015 to serve the most complicated diabetics and to help identify pre-diabetics. Funded by the Foundation, **35** programs have helped **11,369** people with chronic disease thrive! These resources combined with exercise and proper nutrition, contributed to the reduction in mortality from diabetes over the last 5 years in Western Tidewater.

# INSURE MORE PEOPLE

Access to insurance is another way to increase access to medical services and equalize disparities in health. Many medical services have been unattainable for the uninsured including: preventive testing, vaccinations, surgical procedures, therapy and annual check-ups, but with insurance, all become possible. For those at **65** and first-time Medicare beneficiaries, there is a lot to learn about insurance and how to navigate the insurance benefits. For families enrolled in FAMIS, the medical services accessible are encouraging for health improvement but require explanation and have a complicated application process.

## Insure More People By the Numbers

**\$2,005,616** Funding  
**31** Programs  
Serving **11,104**  
Participants and Enrolling  
**4,425** Individuals in  
Insurance Programs

# ACCESS TO MEDICAL CARE

A reported **14.3%** of Virginians are uninsured. Western Tidewater has been tracking above the state average. Those who are uninsured and now underinsured have a difficult time accessing a medical home, behavioral health services and dental services. Funding in this area has been the largest field of need over the last 10 years for the Foundation where **\$21,777,826** was awarded to fund **188** programs that have assisted **72,599** participants. Persons served in our community include the sickest and most vulnerable. Access to Care includes primary care, behavioral healthcare and oral healthcare services.



**PRIMARY CARE:** Access to a medical home for the uninsured is a primary focus for the Foundation. The introduction of the Western Tidewater Free Clinic opened medical access for more than **1,250** people on an annual basis, the Care-A-Van serves for **750** annually and Main Street Physicians expanded its practice to include a full-time nurse practitioner as a third medical provider in 2015, where more than **2,500**

uninsured patients receive care at that facility.

Over the past decade, the Foundation funded **32** programs with **\$8,156,548** in support, of that amount **\$3,536,791** was for Capital projects including the Suffolk Health and Human Services building, Western Tidewater Free Clinic's new building, Main Street Physicians' expansion and Horizon Health – Surry Medical Center expansion renovations.

**BEHAVIORAL HEALTHCARE:** Behavioral healthcare spans the spectrum from those who are seriously mentally ill to those who experience substance abuse, addiction, depression and anxiety, all of whom need professional intervention to overcome. To be in remission is to manage the condition with assistance and eventually on your own. The programs and services funded in this area have been start-up in nature and innovative

in development. Work force shortages are a serious concern for Western Tidewater and the increased medical manpower has contributed to our improved behavioral health in this region. The Foundation has funded **\$4,237,730** for **51** programs, serving over **10,900** participants with behavioral health services. More than **1,000** participants each year are receiving much needed services.

**ORAL HEALTHCARE:** The Foundation recognized oral health as an important part of overall health and began encouraging the expansion of care for uninsured to include oral health. In **2009**, Main Street Physicians expanded to include a dental suite and providers. In 2010, Ivor Medical Center expanded to include four dental chairs and a full-time dentist. In 2012, the Western Tidewater Free Clinic added two dental chairs and a volunteer

dentist. In 2013 and 2014, the Mission of Mercy dental outreach served nearly **1,000** people with over **800** volunteers. In 2015, Access Partnership, in collaboration with dental clinic providers, established a voucher program assisting the uninsured with unmet, acute dental services. The Foundation committed **\$2,945,874** to dental care over the last 10 years, which served **16,178** participants through **23** programs.

# FOUNDATION STAFF



(top to bottom) – Cathy Huband, Grants Administrator; Rick Spencer, Program Resource Officer; Anna Roberts, Foundation and Facility Assistant; Tammie Mullins-Rice, Program Resource Officer; Angelica Light, Interim Executive Director; Mike Brinkley, Director of Finance and Diane Nelms, Communications and Program Specialist

## AMEDEO AND LOUISE OBICI – A HEALTHIER COMMUNITY AS AN ENDURING LEGACY

It is fitting that the Obici Healthcare Foundation and Mr. Peanut share milestones – the Foundation is celebrating a decade of good health and wellness for all while Mr. Peanut celebrates a century of being one of the most recognized mascots representing excellent nutrition and one of the world's healthiest foods. Both, of course, were born of the generosity and vision of Amedeo Obici, founder of Planters Peanuts.

Although Amedeo and Louise Obici did not have children of their own, Western Tidewater and Gates County, NC, became heirs to their love and generosity. A trust funded by Obici built the Louise Obici Memorial Hospital, funded the construction of a new hospital and then the establishment of the Foundation.

The Obici Healthcare Foundation keeps alive Obici's passion for providing help and medical care to the people in the community by addressing the challenges of preventing illness and disease and serving the medical needs of the indigent and uninsured.



# 2015–2016 FINANCIAL SUMMARY

## OBICI HEALTHCARE FOUNDATION, INC.

FINANCIAL POSITION – FISCAL YEAR ENDED MARCH 31, 2016

### ASSETS

Cash and Investments	\$ 104,088,035
Property and Equipment, Net	1,761,152
Other Assets	739,226
<b>Total Assets</b>	<b>\$ 106,588,413</b>

### LIABILITIES AND NET ASSETS

Healthcare Grants Payable	\$ 1,292,351
Accounts Payable and Accrued Expenses	351,319
Bond Payable	1,448,897
Deferred Federal Excise Taxes	347,722
Total Liabilities	3,440,289
Unrestricted Net Assets	103,148,124
<b>Total Liabilities and Net Assets</b>	<b>\$ 106,588,413</b>

REVENUE AND EXPENSES – FISCAL YEAR ENDED MARCH 31, 2016

### REVENUE

Investment Income (Loss), Net	\$ (6,356,722)
Other Income (Loss)	(535)
<b>Total Revenue and Gains (Losses)</b>	<b>(6,357,257)</b>

### EXPENSES

Healthcare Grants (Awards, Net)	4,088,093
Program and Administrative	1,496,286
Provision for Unrelated Business Income and Excise Taxes	(31,867)
<b>Total Expenses</b>	<b>5,552,512</b>
<b>Change in Net Assets</b>	<b>(11,909,769)</b>
<b>Net Assets, Beginning of Year</b>	<b>115,057,893</b>
<b>Net assets, End of Year</b>	<b>\$ 103,148,124</b>

*These summarized statements do not include all disclosures or the format required by generally accepted accounting principals. Complete audited financial statements, including footnote disclosures, are available on our website ([www.obicihcf.org](http://www.obicihcf.org)).*

## GRANT AWARDS BY PRIORITY AND GRANT TYPE

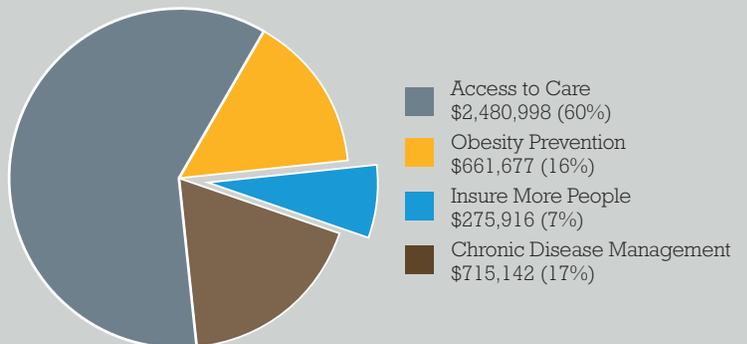
Fiscal Year 2015 – 2016

A total of 82 grants were awarded to 63 organizations for 2015-2016 in the amount of \$4,232,713.

During this period:

- > \$2,480,998 (60%) supported Access to Care
- > \$661,677 (16%) for Obesity Prevention
- > \$275,916 (7%) for Insure More People
- > \$715,142 (17%) Chronic Disease Management

\$98,250 for Community Engagement Grants  
\$730 for Training Grants



# INVESTMENT REVIEW

The Foundation's investment portfolio receives the close attention of the Investment Committee and Obici's investment advisor CornerStone Partners, based in Charlottesville, Virginia.

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 investment managers with established performance. The Board sets overall investment policy and long-term asset allocation ranges and targets. Actual asset allocation as of March 31, 2016 is depicted in the circle graph.

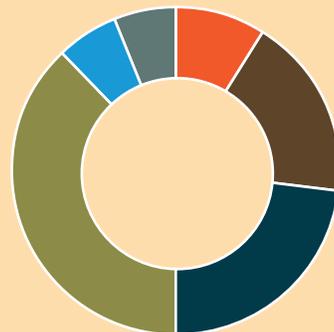
For the fiscal year ended March 31, 2016, the portfolio was down -5.5% net of all fees and expenses. This compares to down -5.0% for the portfolio's total benchmark and down -4.3% for the global equity markets. From inception in October 2006 through March 2016, the Foundation's portfolio has compounded at +5.4% per year net of all fees and expenses compared to +2.2% for the portfolio benchmark – outperformance of +3.2% compounded per year.

Our goal is to grow the investment portfolio so that we can increase our contributions to the community.

## 2016 ASSET ALLOCATION

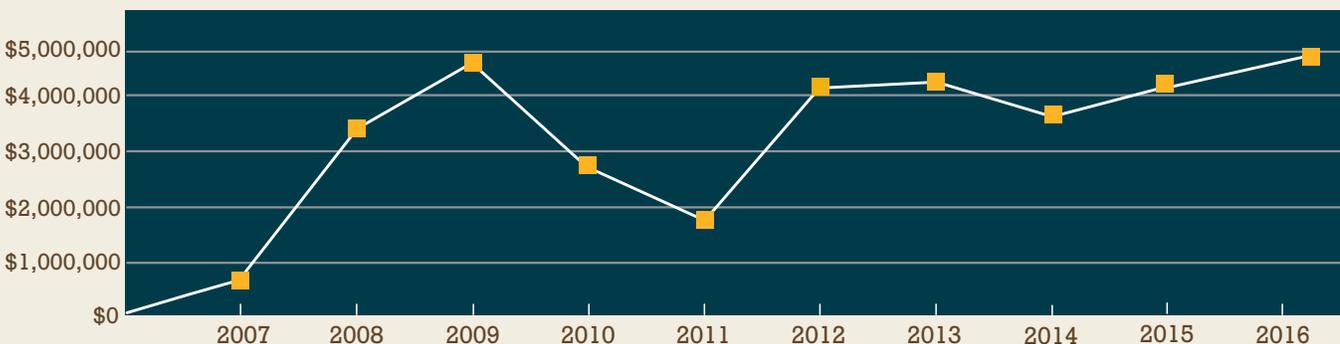
*As of March 31, 2016*

At the end of March 2016, the investment portfolio totaled approximately \$104 million, and the Foundation had awarded over \$36 million in grants.



- Domestic Long Equity (9%)
- International Long Equity (18%)
- Global Long Equity (23%)
- Alternatives (38%)
- Real Assets (6%)
- Fixed Income (6%)

## TOTAL AMOUNT PAID PER YEAR Since Inception to March 31, 2016



## TOTAL GRANTS SERVING GEOGRAPHICAL AREA FY 2015 – 2016

(Some grants serve more than one area.)



# COMMUNITY ENGAGEMENT GRANTS

<b>Airfield 4H Conference Center</b> .....	<b>\$5,000</b>	<b>Health &amp; Awareness, Inc.</b> .....	<b>\$500</b>
To fund a comprehensional healthy education camp program that includes healthy eating (growing foods, food choices, food preparation), active living (canoeing, swimming, kayaking, fishing, soccer, running) and the tools to transfer this healthy lifestyle to their home life.		To fund an appreciation dinner and recognition event for caregivers and organ donors and to support the education of those who may need caregivers.	
<b>Alzheimer's Association – Southeastern Virginia Chapter</b> .....	<b>\$1,000</b>	<b>National Kidney Foundation Serving Virginia</b> .....	<b>\$1,000</b>
To support the 25th Annual Walk to End Alzheimer's, an awareness campaign and fundraiser for Alzheimer's care, support and research.		To support the 2015 Hampton Roads Kidney Walk, a community event that raises awareness, and funds lifesaving programs that educate and support patients, their families and those at risk for kidney disease.	
<b>American Diabetes Association</b> .....	<b>\$2,500</b>	<b>Oasis Social Ministry</b> .....	<b>\$500</b>
To support the 2015 Tour de Cure regional cycling event that raises funds and awareness about diabetes and its effects on health.		To support the 2016 Oasis Walk for Hunger and to promote the offering of fresh green salads and fresh, well-balanced food for the soup kitchen.	
<b>Blackwater Baptist Association</b> .....	<b>\$2,500</b>	<b>Paul D. Camp Community College Foundation</b> .....	<b>\$5,000</b>
To gather youth and adult volunteers to pack 20,000 healthy meals for Suffolk, Southampton and Isle of Wight elementary school students' free lunch program student backpack programs..		To fund the purchase of 15 laptop computers for on-line classroom testing for both the Franklin and Suffolk campuses.	
<b>Cerebral Palsy of Virginia</b> .....	<b>\$3,000</b>	<b>Peninsula Community Foundation of Virginia</b> .....	<b>\$5,000</b>
To fund respite opportunities for primary caregivers of persons with cerebral palsy or other developmental disabilities.		To support the 24-hour e-philanthropy fundraising event for 2016.	
<b>Childrens Literacy of Suffolk</b> .....	<b>\$1,000</b>	<b>Recovery for Life/Recovery for the City</b> .....	<b>\$5,000</b>
To fund a program to eradicate illiteracy in children within the Suffolk Public Schools in K-2 that are not eligible for Title 1 services and are below grade level in reading and word study, using curriculum that promotes healthy eating and active living.		To fund a faith-based, 12-step addiction recovery program in which participants use lessons, healthy refreshments and partners for support and assistance.	
<b>Coalition Against Poverty in Suffolk, Inc.</b> .....	<b>\$4,500</b>	<b>South Hampton Roads Habitat for Humanity</b> .....	<b>\$2,500</b>
To sponsor a Coalition Against Poverty Suffolk (CAPS) event for the purpose of creating awareness among churches in Suffolk around the services that current member churches provide to the community.		To construct nine affordable single family homes for first time homebuyers who live or work in Suffolk.	
<b>Colonial Virginia Council Boy Scouts of America</b> .....	<b>\$500</b>	<b>Southeastern Virginia Health System</b> .....	<b>\$1,000</b>
To support a fundraising event that benefits young men and young women of Western Tidewater through the building of character under the promises of being physically strong, mentally awake, and morally straight.		To support a fundraiser to cover procedures such as colonoscopies, breast and prostate screenings for the uninsured/underinsured patients.	
<b>Communities In Schools of Hampton Roads</b> .....	<b>\$5,000</b>	<b>Straighten Up and Fly Right, Inc.</b> .....	<b>\$4,000</b>
To support a nationally proven and effective dropout prevention program for elementary aged students.		To support a program for Suffolk youth for obesity intervention and prevention through organized sports, performing arts and recreational programs.	
<b>Cover 3 Foundation</b> .....	<b>\$5,000</b>	<b>Suffolk Art League</b> .....	<b>\$500</b>
To support the 2015 Community Day Kick Off for the Reach, Teach and Feed program that feeds thousands of children every day in Western Tidewater by providing fresh fruit and vegetables and encouragement to be physically fit.		To fund monthly art therapy workshops for the clients of Western Tidewater Community Services Board's Tidewater House adult daycare program.	
<b>Edmarc, Inc.</b> .....	<b>\$1,000</b>	<b>Suffolk Breast Cancer Society, Inc.</b> .....	<b>\$1,000</b>
To participate by sponsoring the 2015 Hope Gala fundraiser in support of services for sick and dying children and their families.		To support the 2015 Suffolk Breast Cancer Society Survivors Masquerade Gala in support for awareness and prevention efforts.	
<b>Franklin-Southampton Housing Corporation</b> .....	<b>\$2,000</b>	<b>Suffolk Redevelopment and Housing Authority</b> .....	<b>\$5,000</b>
To build organizational capacity that will enable FSHC to educate low income families through its annual feeding programs that include healthy food options during afterschool tutoring and summer enrichment programs.		To serve the unique health and nutrition needs of a minority-based, elderly and disabled low income housing population by providing access to healthier foods, education opportunities and healthier cooking techniques.	
		<b>Suffolk Rotary Club</b> .....	<b>\$500</b>
		To support the First Citizen Award Reception that recognizes volunteers and philanthropic leadership and raises funds for the Rotary's charitable causes.	
		<b>Susan G. Komen Tidewater</b> .....	<b>\$1,000</b>
		To support the Susan G. Komen Race for the Cure® Series for education around breast health and programs to save lives.	



# AVID BIKER FOUGHT DIABETES AND WON

*Fiscal Year 2016: April 1, 2015 – March 31, 2016*

<b>The Doorways, formerly Hospitality House of Richmond, Inc.</b> .....	<b>\$5,000</b>
To provide family assistance for lodging, meals and other support to residents of Suffolk, Surry, Franklin, Gates and Isle of Wight, who must travel to Richmond, Virginia, for medical care.	
<b>The Friends of the Suffolk Public Library</b> .....	<b>\$5,000</b>
To fund a program to prevent learning loss and to encourage the community to read and stay active during the summer months, particularly children.	
<b>The Horses Helping Heroes Project</b> .....	<b>\$1,000</b>
To fund a program to provide equine assisted therapy for veterans.	
<b>The Links Foundation, Inc</b> .....	<b>\$1,250</b>
To fund a program that focuses on healthy lifestyles and bullying prevention at Booker T. Washington School in Suffolk for students in grades K-5 who are struggling with reading comprehension, math computation and problem solving skills.	
<b>The Suffolk Foundation</b> .....	<b>\$5,000</b>
To improve the capacity of the Suffolk Foundation to increase philanthropy for the benefit of the communities of Suffolk and Western Tidewater.	
<b>Theatre IV</b> .....	<b>\$5,000</b>
To fund the development of a compelling instructional play, geared toward the elementary student population, to be used as a tool in the battle against childhood obesity.	
<b>Tidewater Community College's Academy for Nonprofit Excellence</b> .....	<b>\$2,000</b>
To sponsor an event that recognizes and educates new nonprofit leaders around the deliberate serving of healthy foods during meetings.	
<b>Town of Smithfield</b> .....	<b>\$1,000</b>
To fund a program that provides current up-to-date information for the prevention of senior victimization from scams such as "driveway gangs", telemarketers and ID theft as well as providing safety information/contacts around matters of health.	
<b>Voices for Kids CASA Program of Southeast Virginia</b> .....	<b>\$1,000</b>
To support an event to raise funds to educate the community on court advocacy programs for abused and neglected children in the Judicial Court system.	
<b>VOLUNTEER Hampton Roads</b> .....	<b>\$5,000</b>
To sponsor the 2015 Hampton Roads Volunteer Achievement Awards which recognize outstanding volunteers in the community and a lifetime honoree.	
<b>Western Tidewater Community Services Board</b> .....	<b>\$1,000</b>
To support the 2015 Walk for Recovery, which honors treatment successes and encourages those still needing mental health treatments.	
<b>Western Tidewater Health District</b> .....	<b>\$500</b>
To fund a tick awareness, identification, education and community outreach with a wallet-sized tick kit for distribution at various community events and health fairs.	
<b>Grand Totals</b> .....	<b>\$98,250</b>

Bike riding and a proper diet became life-changing experiences for Jimmy Gillerlain. This Suffolk real estate broker was a type 2 diabetic for 12 years. In April of 2016, Jimmy was able to stop taking all Diabetic medication.

"I was able to eliminate all diabetes drugs by exercising every day and having a nutritious, sugar-free diet," he asserted.

Participating in the American Diabetes Association's 20th - 25th Annual Hampton Roads Tour de Cure is one way he celebrates success. In addition to riding 101 miles, Jimmy raised \$1,500 for this cycling event in April 2016.

The event, co-sponsored by the Obici Healthcare Foundation, supports ADA's mission "to prevent and cure the disease while help making communities healthier."

Jimmy rides on behalf of family members who "have lost limbs, eyes or lives due to diabetes."

He is a member of a Team Portsmouth Riding Club that consists of over 100 cyclists who travel about 70 miles on weekends in all types of weather, except ice.

"More than 750 individuals participated on one of the four routes ranging from 10 to 100 miles in length," noted Deanie Eldridge, ADA executive director. "Over 400 folks also turned out during the day to provide volunteer assistance and cheer on the participants."

"The 25th anniversary of Tour de Cure is slated to raise over \$440,000 by the end of the year to fund vital diabetes research, education/awareness and advocacy efforts."

"The Tour de Cure encourages individuals of various ages and levels of physical ability to "get moving." The event also offers health and wellness tips and awareness on site and through pre-Tour messaging. Many participants come together to train and cycle year-round, thus promoting a continued culture of wellness and activity," the director concluded.

# VIRGINIA GENERAL ASSEMBLY HONORS GEORGE Y. BIRDSONG



The Obici Healthcare Foundation joins Delegate Chris Jones in saluting George Y. Birdsong for his tenure as the Chairman of the Obici Healthcare Foundation. Delegate Jones introduced a Joint House Resolution celebrating Mr. Birdsong's "ardent commitment to improving the health status of Virginians through volunteerism and philanthropy." The proclamation set aside March 16, 2016, as George Y. Birdsong Day in Commonwealth of Virginia.

Mr. Birdsong has been active in many Suffolk-based, civic organizations including the Obici Healthcare Foundation, Suffolk Redevelopment and Housing Authority, Suffolk Chamber of Commerce,

Suffolk Foundation, United Way of Southampton Roads, Suffolk Family YMCA, Suffolk Center for Cultural Arts and Nansemond Suffolk Academy.

He was the founding chairman of the Obici Healthcare Foundation for 10 years and has led the organization to make measurable improvements in the region's health in the areas of access to basic healthcare, obesity prevention, chronic disease management and insuring more people. Under his leadership, the Obici Healthcare Foundation awarded over \$36 million in grant funding that served more than 373,000 people.

Mr. Birdsong's commitment to regional volunteerism has been evident in organizations such as Virginia Wesleyan College, Virginia Manufacturers Association, Virginia Foundation for Independent Colleges, Chesapeake Bay Foundation, Nansemond River Preservation Alliance and Business Consortium for the Arts.

VOLUNTEER Hampton Roads honored Mr. Birdsong with the Lenora Mathews Award, which pays tribute to individuals and groups that have volunteered their time and talents to good purposes in Hampton Roads. In addition, he has led an effort to combat childhood malnutrition internationally by partnering with Project Peanut Butter and other organizations.

In the proclamation Delegate Jones quoted Scott Jackson, PhD, Plant Genomics Researcher at the University of Georgia. Dr. Jackson credited Mr. Birdsong for being able to "see value a decade out; he's someone who is considered a visionary."