

Inspirations

An update from
Ashland Community Health Foundation

A NEW GENERATION OF FOUNDATION LEADERSHIP

We are happy to introduce the incoming president of the Ashland Community Health Foundation's Board of Directors, Jeff McCullough. Jeff brings a wealth of experience from his past tenure on the Ashland Schools Foundation board, and a genuine passion for improving the health and well-being of our community. Jeff and his wife Alexi made the decision to move from Seattle back to Alexi's hometown of Ashland in pursuit of a higher quality of life – a choice that has proven to be a benefit for both them and our community.

Jeff and Alexi's relationship with the foundation began in 2016 when they learned how philanthropic gifts stewarded through ACHF could not only impact departments like the family birth center at our local hospital, but the health of the community as a whole. Their first child was born in 2017 and the positive experience they had at the birth center, along with the deep connections between Alexi's parents and the foundation, motivated them to learn more about the foundation's work in the community.

Jeff joined the board in 2022, and through his participation on the Development Committee, found that ACHF's broadened mission resonated with him. The shift to community health has allowed the foundation to partner with various organizations, magnifying its impact on the health and well-being of the communities of Ashland, Talent, and Phoenix.

As Jeff assumes the role of president in January, he is poised to build upon the strides ACHF has made over the past few years. Under his leadership, the founda-

tion envisions a future with endless possibilities, where partnerships with local organizations will be leveraged to create innovative health initiatives. These collaborations will improve access to medical care and address the broader determinants of health that influence our community's well-being.

"I am truly honored to step into my new role and continue the inspiring work that ACHF has undertaken. Together, with the support of our community of generous donors, we have the opportunity to shape a healthier, happier

see NEW GENERATION on page 7



Alexi and Jeff McCullough, with Abigail and Charles

LETTER FROM OUR PRESIDENT

Welcome to the Fall/Winter 2023 issue of our Inspirations newsletter.

As I write this letter, I'm filled with mixed emotions, many of them bittersweet. This is my last letter as president of the Ashland Community Health Foundation. I will complete my term at the end of this year and serve as past president in 2024.

It has been an honor to lead this organization for the last three years. ACHF has been a Bernard family affair for decades. My parents, Dick and Jean, and brother, Dave, have all been passionately involved with the foundation and its work. When I was invited to serve, I felt proud to continue our family legacy.

The foundation has been on a remarkable journey over the past three years as we transitioned from a traditional hospital foundation to a community foundation focused on improving the health and wellness of our friends and neighbors in Ashland, Talent, and Phoenix.

It has been so gratifying to experience these changes firsthand and to partner

with my fellow board members, our staff, and our donors during this exciting evolution. You have embraced our expanded mission and allowed us to touch so many more lives through your generous support. Thank you for your dedication to our community!

Jeff McCullough will begin his term as president in the new year. He is a certified financial planner and owner of Koenig Investment Advisory, LLC. Jeff believes in giving back to the community and became interested in our foundation's work because of the long-time involvement of his parents-in-law, Linda and the late Chuck Butler. Please join me in congratulating Jeff on his new role with our foundation.

With gratitude,



Cindy Bernard
President



Jeff McCullough and Cindy Bernard

PASSING THE TORCH

Welcoming a New Chapter at ACHF



Stephanie Roland and Janet Troy
Photo by Beyond the Gates Photography

Our long-time Executive Director, Janet Troy, will be retiring at the end of 2023. Janet moved to Ashland to join our foundation in June 2009. Over the course of the last 14 years, Janet led ACHF through four evolutionary shifts while keeping our mission clearly focused on the health and well-being of our beloved community. Her thoughtful approach has helped steer the foundation forward during both prosperous and challenging times.

Stephanie Roland will be assuming the role of Executive Director on January 1, 2024. Stephanie is an Oregon native and moved to Ashland in 1997 to attend Southern Oregon University. Stephanie began her career with ACHF in 2007 as our Development Associate. She has worn many hats over the past 16 years and progressively taken on more administrative, development, and leadership responsibilities. She has a deep understanding of our history and strong connections with our donors. As Associate Director, Stephanie currently oversees our foundation operations and leads our grantmaking and scholarship programs.

Congratulations to Janet and Stephanie on their new, upcoming adventures!

GRANTS AWARDED TO SUPPORT HOSPITAL PROGRAMS

ACHF recently granted more than \$61,000 to support Asante Ashland Community Hospital improvements and community partnerships.

The AACH Laboratory Department was awarded \$19,957 to purchase two refrigerators and a freezer to maintain specimen integrity and to support lab staff appreciation week. The hospital’s Engineering Department received \$16,060 to support facility-wide painting in all common areas and patient rooms, which will accelerate the implementation of the age-friendly care model at AACH. The lab and engineering grants were made possible through a generous planned gift from The Allen A. Alsing & Katherine M. Alsing Fund of the Oregon Community Foundation.



Kids learning about dental health through the School Nurse program



ACHF awarded \$25,000 to the School Nurse Program in the Ashland School District for the 2023-2024 academic year. This partnership between AACH and the district provides two RN’s and an LPN that serve all K-12 students across the district. The School Nurse Program is a valuable, high-impact resource beloved by ACHF, our donors, and many in the community.

We are pleased to fund AACH and support delivery of care to patients of all ages!

ADDRESSING HOUSING INSTABILITY AND HEALTH DISPARITIES AMONG LGBTQIA+ YOUTH

Since 2022, ACHF has partnered with Oregon Health & Science University (OHSU Ashland) nursing students to look at the state of health care in Ashland, Talent, and Phoenix. This year’s project focused on housing instability among LGBTQIA+ youth (ages 13 – 25) and the related barriers to health services and resources.

To read more about the findings of this project, please visit achfoundation.org/blog or scan the QR code below.

We are so grateful to Julia North, Kofi Nunes, and their advisor Heather Voss, PhD, for their expertise and passion for this project and for contributing to our vision of health for all. If you would like to find out how you can support the health and well-being of LGBTQIA+ youth, ACHF would love to hear from you.



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ACHF AWARDS \$180,000 TO FUTURE NURSES

In September, ACHF announced the 2023-2024 recipients of its annual **Willam G. and Ruth T. Evans Endowed Nursing Scholarship** program. Through this scholarship, ACHF aims to empower individuals pursuing nursing degrees at Rogue Community College and Oregon Health & Science University's (OHSU) Ashland Campus to become skilled caregivers here in the Rogue Valley.

This year, ACHF's Evans Scholarship Selection Committee reviewed a record number of applications and was impressed by the exceptional qualifications and passion demonstrated by the applicants. After careful consideration, the committee selected the fifteen deserving registered nursing students listed here to receive awards ranging from \$6,000 to \$18,000. ACHF celebrated the awardees at a special luncheon on September 15, attended by the recipients, the Evans family, the selection committee, and special guests.

Each recipient has shown great dedication to

improving the lives of individuals and the communities of the Rogue Valley through their work. By investing in the education and development of these aspiring nurses, ACHF is helping to address the nursing shortage and ensuring the highest quality of care for patients of Jackson County.

Additional awards will be made to 22 students in the graduating class of RCC's Licensed Practical Nursing Program this month. The LPN scholarship covers the cost of state licensing and exam fees for graduates so they can move swiftly into the workforce.

The Evans Nursing Scholarship was founded in 2002 by Ruth Evans, a former WWII Army nurse, who wanted to help meet the local need for nurses and to honor her late husband, Bill, who was a family practice physician. With the help of her daughters, Peg and Barb, she established the scholarship at ACHF. Since its creation, the Evans Scholarship program has awarded more than \$1.2 million to 300+ nursing students.

From the OHSU BSN Program

Lizbeth Aguilar Chaparro
Samantha Blommel
Seairra Fitzgerald
Shelby Lane
Cole Moore
Edgar Perez Rivera
Liza Salazar
Saima Shah
Hanna Whitescorn

From the OHSU Accelerated BSN Program

Marie Mazur
Jacqueline Ramirez

From the RCC Associate of Nursing Program

Kylie Edmaiston
Kelli Hall
Marisol Navarro

From the OHSU RN to BS Program

Kelsey Strouse

Congratulations 2023 Evans Nursing Scholarship Recipients!

Not Pictured: Shelby Lane, Jacqueline Ramirez, Kelsey Strouse



Lizbeth Aguilar Chaparro



Samantha Blommel



Kylie Edmaiston



Seairra Fitzgerald



Kelli Hall



Marie Mazur



Cole Moore



Marisol Navarro



Edgar Perez Rivera



Liza Salazar



Saima Shah



Hanna Whitescorn

RECOGNIZING EXCELLENCE

Celebrating Our Distinguished Service Award Recipient



On October 10th, Ashland Community Health Foundation announced its 2022 Distinguished Service Award recipient – Cindy Bernard. Cindy has been a resident of Ashland for over 30

years, following her parents and siblings from the Chicago area. Soon after arriving in Ashland, Cindy began volunteering for many community organizations. She served on the boards of the Ashland Family YMCA, Mt. Ashland Racing Association, Ashland High Ski & Snowboard team, and Ashland Chamber of Commerce, serving two years as president. She was also a long-time volunteer with the Ashland Independent Film Festival.

Cindy has a long and impressive history with our foundation. She was first introduced to ACHF by her parents, Dick and Jean, who were role models for generosity and community service. Both were long-time supporters of the foundation and were honored with a Distinguished Service Award in 2006 for their exceptional contributions to Ashland Community Hospital and the broader

community. Cindy's brother, Dave, was also a Distinguished Service Award recipient in 2008 for his volunteer involvement throughout Ashland.

Cindy began supporting our work in 1995 as an avid gala attendee and has fond memories of family gatherings before and after the event. She joined the foundation's board of directors in 2019 when she decided it was her turn to continue her family's legacy of board service. During her tenure, she has served on the Asset Management Committee, Development Committee, and the Executive Committee.

Cindy jumped in with both feet, becoming vice president in 2020 and president in 2021. She is currently serving an unprecedented third year as president and will retire from that role at the end of this year. Since that time, Cindy has shown exceptional dedication and leadership to our organization as she worked alongside board members and staff to chart a new direction for our foundation. She was instrumental in expanding our mission and creating new opportunities for ACHF, and our donors, to make a positive impact in Ashland, Talent, and Phoenix.

Congratulations to Cindy Bernard, our 2022 Distinguished Service Award recipient.



Cindy Attends Ribbon Cutting at ACHF's New Office

PATRONS CAMPAIGN

Together We Can Build a Healthy Community



We are so fortunate to live in a community that comes together to support one another during challenging times. Through your support of our Patrons Campaign, you have helped save lives, heal families, and strengthen local health care resources.

Gifts to support Community Health Initiatives are an investment in programs that address root causes of health challenges, benefit people with immediate need, and help build a healthy community for all – now and in the future.

Your gifts help address critical health needs including:

- Improved access to medical care
- Life essentials such as food security
- Health and wellness care for school children

Your support of our annual Patrons Campaign is deeply appreciated and is an important investment in the health of our community. Thank you!

LIGHTS FOR LIFE

Shine a Light for Someone Special

The holiday season is a time of joy, love, and giving. It's a time when we come together as a community to support those in need and make a positive impact in their lives. One such initiative that embodies the spirit of the season is our annual Lights for Life holiday campaign.

Lights for Life is not just about illuminating our community with beautiful lights, it's about shining a light on the lives of those who need it most by honoring someone special in your life. This campaign aims to raise funds for critical health care needs in our community through Community Health Initiatives, as well as nursing and allied health scholarships.

This holiday season, let's come together as a community and shine a light for someone special. Your support can make a difference in the lives of those in need. Together we can create a brighter, healthier future for our community.

**LIGHTS FOR LIFE
RECOGNITION
SCHEDULE**

Rogue Valley Times
December 23

**Ashland Sneak Preview
and Talent News & Review**
January 6



Lights for Life Tree, Ashland



Lights for Life Tree, Talent



Lights for Life Tree, Phoenix

SIMPLIFY YOUR GIVING

IRA distributions Make Giving Effortless

Since 1977, Ashland Community Health Foundation has been dedicated to supporting the health and well-being of our community. We are constantly amazed by the generosity of individuals like Brian and Ruth Ann Almquist, who have been steadfast champions of our mission for over 30 years.

One easy way to support ACHF is to donate through your IRA. If you are 70 ½ or older, you can give any amount up to \$100,000 per year. You may benefit by avoiding paying income taxes, while the community benefits from your generosity.

Brian and Ruth Ann have found this approach to be both efficient and rewarding. By donating a portion of their required minimum distribution directly to ACHF, they have discovered a streamlined way to make their annual contribution.

Donating through our IRA distributions has made giving back to our community a seamless part of our yearly routine.

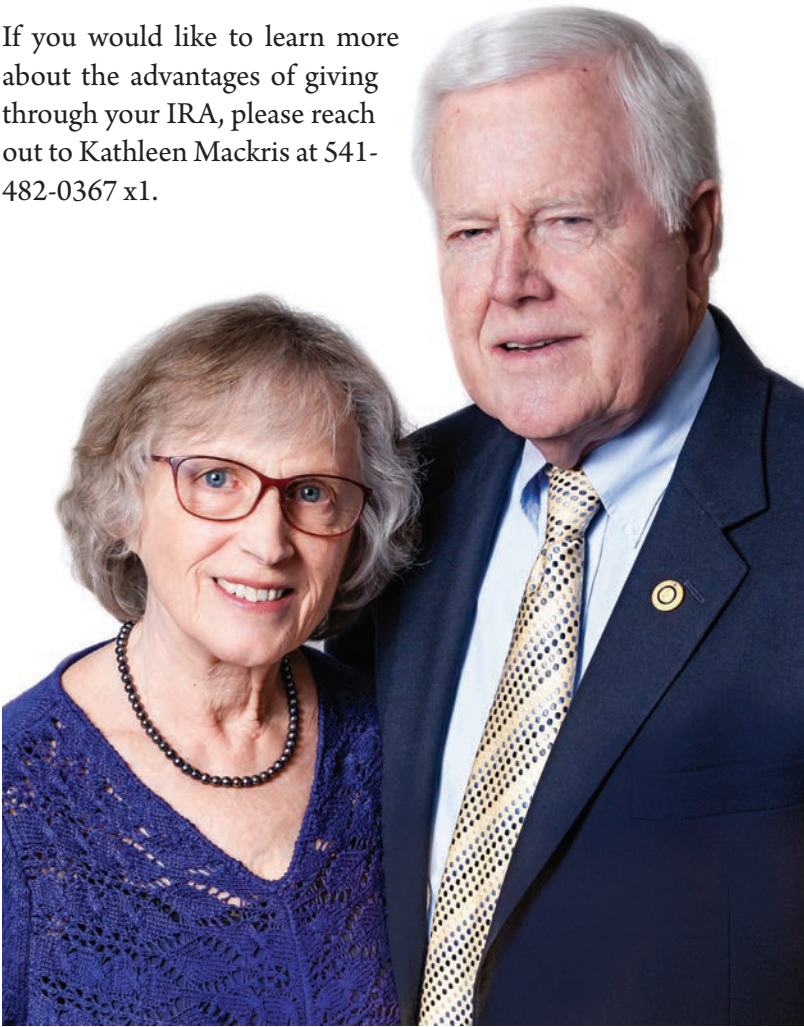
Brian Almquist

“Donating through our IRA distributions has made giving back to our community a seamless part of our yearly routine. We’re able to support the foundation’s vital work while also enjoying the tax advantages,” says Brian.

We extend our heartfelt gratitude to Brian and Ruth Ann for their continued support and for setting an example of how easy

it can be to make a meaningful impact. Together, we can continue to uplift and enhance the health and well-being of our community.

If you would like to learn more about the advantages of giving through your IRA, please reach out to Kathleen Mackris at 541-482-0367 x1.



*This information is offered for educational purposes only.
Please consult with your professional advisors when making final decisions about charitable gifts.*

NEW GENERATION

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future for everyone in the Ashland, Talent, and Phoenix communities.”

We are grateful for the support Jeff and Alexi have provided to the foundation over the years, and we are honored that Jeff will be taking on the role of president. As we embark on this new chapter with Jeff at the helm, we invite you to join us as we celebrate the exciting journey of Ashland Community Health Foundation.

ADVISORY COUNCIL

The inaugural meeting of the ACHF’s newly formed Advisory Council, made up of local community leaders, was held this past spring. This council is a very important group as it will offer valuable insights to ensure that ACHF is maximizing its impact and meeting the most pressing needs of our community. Please join us in welcoming this esteemed group of individuals to the foundation!

Vicki Bernard
Tim Bewley
Peter Buckley

Victor Chang
Joy Dobson Way
Hector Flores
Danette Harfst

Gary LaVenture
Lupe Sims
Sandra Slattery



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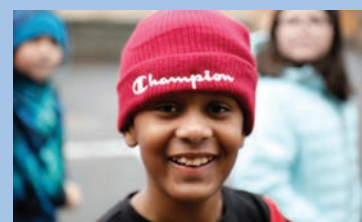
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Vision. Ashland Community Health Foundation (ACHF) leads philanthropic efforts to advance innovative and equitable approaches to community health and wellness.

Mission. Ashland Community Health Foundation generates and invests resources to improve the health of our community.



Last year, you made our Mitten, Glove, & Hat Drive a great success! Over 1,000 winter items were collected for K-5 students in the Ashland and Phoenix-Talent districts. And through a grant from Lithia4Kids, we were able to provide galoshes for 5th graders for outdoor school, too! Let's do it again this year. Stay tuned for details.