

2016 *Annual Report*



Chanda Hinton Leichtle

EXECUTIVE DIRECTOR



In 2016, the Chanda Plan Foundation

- Delivered approximately 40 acupuncture and massage treatments per week.
- 90 participants received adaptive exercise, acupuncture, massage, adaptive yoga, and chiropractic care through our provider-based services, both locally and nationally.
- Became a provider of the Medicaid pilot program, also known as the SCI Waiver, which was created through our systemic change efforts to provide acupuncture, massage and chiropractic care reimbursed by Medicaid.
- Served 142 active participants through donor raised funds and 10 additional SCI Waiver participants for a total of 152 participants served.

2016 was filled with determination, generosity and physical sweat from our organization, donors and community during the "Lets Build" campaign, established in the winter of 2015. This campaign was driven by a vision to impact more lives with more services. Our desire came from significant unmet health needs for those we serve and witnessing the health disparities they face when disability and accessible health care do not intersect to its fullest potential. With your support and collaboration, we started 2016 with expansion and improved services in mind.

To craft our expansion through the "Lets Build" campaign, we consulted with donors, participants and community partners. We did not want to leave any stone unturned when developing something that had never been done before. We purchased a building with the support of an anonymous donor and worked through weekly meetings with Hensel Phelps on the renovation needs.

As we prepared for our future, we continued all of our existing services and the evidence of our impact outlined in this report was an inspiration towards the larger impact that will be created at the Chanda Center for Health.

As we reminisce and hold hands with participants, donors and community partners on our 2016 accomplishments, we are elevated with pride and overwhelmed with the goodness that exists and the goodness to come.

In this report, you will find highlights from many of our participants and supporters who helped us establish a complex health system and the ability to collaborate for our population, whose need for this type of care is vital. Thank you for supporting our mission, and we cannot wait to "open doors" with you in 2017.

Chanda Hinton Leichtle

Executive Director, Chanda Plan Foundation

Ben Stockman

BOARD CHAIR

The Foundation's first ever \$4 million capital campaign rounded third-base and was on an unstoppable homestretch by the end of 2016. Miraculously, the staff successfully juggled the largest year-to-date fundraiser, coordinated services, maintained focus on the final \$1.2 million capital campaign fund raising and managed the extensive renovation of the new Center for Health. I am truly in awe of everything the staff was able to accomplish in 2016.

The imminent opening of the Chanda Center for Health marked the beginning of a new era for the Chanda Plan Foundation. The Board worked diligently on a number of strategic projects. One of the the projects was to revise and adopt a new mission statement:

"To provide access to integrative therapy, primary care, and other complementary services to improve health outcomes and reduce healthcare costs for persons with physical disabilities."

Our new mission expands the impact of the Foundation by including access to primary care and other complementary health services. The expansion of services, impact on our participant's lives and better health of our community is only possible with the steadfast support of our donors. Please visit our list of donors to acknowledge their commitment to a healthier community, and if you aren't already, get involved - You will be in good company!

In Gratitude,

Ben Stockman

Board Chair, Chanda Plan Foundation



Board of Directors



(back row left to right): Maggie Cavanagh (Director of Operations), Ben Stockman (Chair), Ryan Zeiger, Barry Martin, Candy Tefertiller
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Julie Farrar, a healthcare policy analyst and paraplegic, has first-hand experience with opioid addiction, but she found a way to beat the addiction and change her life with integrative therapies provided by the Chanda Plan Foundation. Farrar was born without the lower 12 vertebra in her spine and has been a paraplegic most of her life, using a wheelchair full-time since she was a teenager.

"I knew that opioids had been grossly over-prescribed," said Farrar. "The way we treat addiction is really bad. It should not be this way. Holistic therapies directly address this crisis and help you to understand yourself, allowing you to take control of what you can take control of."

As a busy mom with three daughters, Farrar is active and always on the go. About eight years ago, she suffered a rotator cuff injury – a very common occurrence for people who use wheelchairs. After seeing a sports rehabilitation doctor, she was prescribed a number of opioid pain medications. Julie found these medications to be unbearable and not effective for her active lifestyle, so she stopped taking them. Without the pain medication, she was incapacitated. She lost her job, couldn't leave the house, and was suicidal as the pain was so debilitating.

After visiting with her primary care physician, she was prescribed a different mixture of low dose opioids. She still felt her cognitive function was not as high as she would have hoped; however, she took them successfully at their lowest dose for almost four years before having further pain issues that required her to increase her dosage.

After experiencing an adverse reaction to an anti-depressant due to the opioid mixture, she went to see her doctor again. A very in-tune physician's assistant was able to diagnose her immediately with Serotonin Toxicity Syndrome, a potentially life-threatening condition that can occur when taking medications that cause high levels of serotonin to accumulate in the body.

Julie immediately went off all medication, suffering severe withdrawal and angst. That is when she turned to acupuncture, massage, yoga and meditation provided by the Chanda Plan Foundation. Using these complementary holistic therapies, Julie has reclaimed her life and been opioid free for a year and a half.



"Julie was at her wits end when I first met her. Although she was off opioids, the angst and uncomfortable feelings were still making it difficult for her to have a full and happy life. Access to integrative therapies has turned her life around," said Chanda Hinton Leichtle, Founder and Executive Director of the Chanda Plan Foundation. "The opioid epidemic is tragic. The medical system that simply provides pain medication on top of pain medication is broken. This is especially pertinent to those with physical disabilities."

According to Julie, "These holistic therapies have been absolutely life changing. I am not on any medication. Not enough words can express how grateful I am for the Chanda Plan. Integrative and complementary therapy has worked so well and improved my life. This is a melding of Eastern and Western therapies – emphasizing the balance between treating your mind and your body."



Life has changed dramatically for Ben since he was injured in August of 2015. After falling and hitting his head, Ben was unconscious for over 24 hours before a neighbor happened to be walking by and heard him yelling for help. The fall resulted in a pinched nerve in his neck, and doctors had to cut a vertebra in order to relieve the cervical spinal pressure. Ben was left completely paralyzed.

Since that day two years ago, Ben says the Chanda Plan Foundation has had a significant impact on his recovery. Ben was initially referred to the Chanda Plan Foundation by his case worker at Craig Hospital. Desperate for anything to get his health back, and hopeful that he will someday walk again, Ben jumped at the chance to work with the Foundation.

"God has blessed me with the opportunity to use the facilities at the Chanda Center for Health, which provides a vital tool to help in my recovery," says Ben.

From massage, acupuncture and counseling, to yoga and care coordination, Ben has utilized a full range of services that the Chanda Plan Foundation provides. In particular, Ben has received massage and acupuncture every week since mid-2016. The Foundation provides a specialized massage therapist trained to treat those with spinal cord injuries. According to Ben, "Crystal's style of massage is completely different. It's more range-of-motion, getting the spine lined up. It's very intense." Ben's therapist also teaches yoga poses specifically created to help those with spinal cord injuries.

Over the course of Ben's time at the Chanda Center for Health, he has accessed \$5,000 in treatments at no-cost to him due to generous donors. The Chanda Plan Foundation is able to provide its services through the donations of its supporters. Ben feels this is great because he says he could never give up the therapy he is receiving, thanks to the Chanda Plan Foundation. "Before the Chanda Plan Foundation, I had more pain, stress and stiffness. I didn't know how it was going to work out. The acupuncture relieves pain and stress, and the massage loosens me up. It's training me how to sit and stand, as well as ensure that I have good posture, which lines up my spinal cord."

The therapies have improved Ben's quality of life by allowing him to stand with help, move his arms and hands, and increase his leg and arm strength.

According to Ben, the Chanda Plan Foundation and the services it provides are "the best thing that someone in my position could have or use. I can't express how important it is to support the Chanda Plan Foundation because without it, I would not be as far along as I am."

"The services I receive at the Chanda Plan Foundation are healing both my mind and my body," he says. "I'm so grateful." He encourages others to try it for themselves.

One thing is certain – Ben is determined to make the most of the services he has received from the Chanda Plan Foundation. "Oh yes," he says. "I plan on walking again."

Meet Jake

Shortly after being in a motorcycle accident and being paralyzed, Jake discovered and started receiving care from the Chanda Plan Foundation. Through the help of massage and acupuncture, he was able to reduce his pain enough to go back to work.

"Massage, acupuncture and chiropractic care has given me a future. I wish I could teach people that these services are not a luxury. I was in so much pain and discomfort that I couldn't be in my wheelchair for more than just minutes at a given time without laying down. Now I am working full-time and going to school. My endurance and pain has improved so much."

Without this support and continued care at an affordable cost, Jake would quickly return to having severe pain and utilizing heavy narcotics to treat it. "I wouldn't be able to work full-time any longer, and my wife would have to pick up more hours at her job, which would significantly effect my self-esteem, confidence, and drive for life." says Jake.

Jake has been slowly rebuilding his life since the motorcycle accident, and the Chanda Plan Foundation has seriously changed his life.

"As a participant of these programs, I am not short of gratitude when it comes to understanding that donors, grants and fundraisers make these services available to me and others. Thank you so very much for giving me hope. Before my accident, I would see somebody in a wheelchair and think that sucks, they can't use their legs and have to sit all day, but it comes with so much more; pain, discomfort, pressure sores, urinary tract infections and so many more things that most of us never think about... the Chanda Plan Foundation does."



Meet Jamille



On February 6, 2017, a 7 year-old little girl was a victim in a tragic car accident, resulting in her becoming paralyzed from the chest down. The other driver was intoxicated, on drugs and driving a stolen car when they smashed into Jamille and her mom. Before the accident, she was a normal 7 year-old girl, active, creative and independent. Now she is learning things all over again.

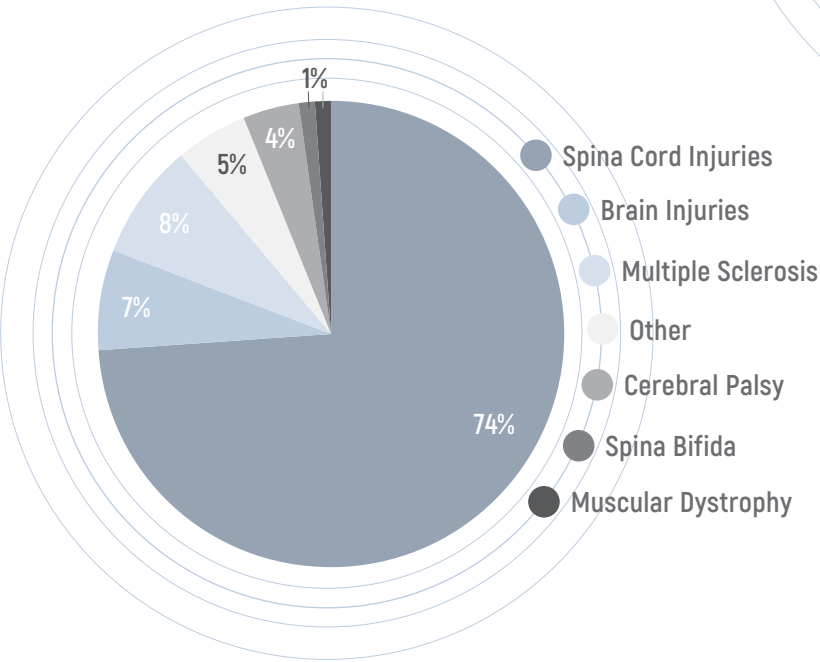
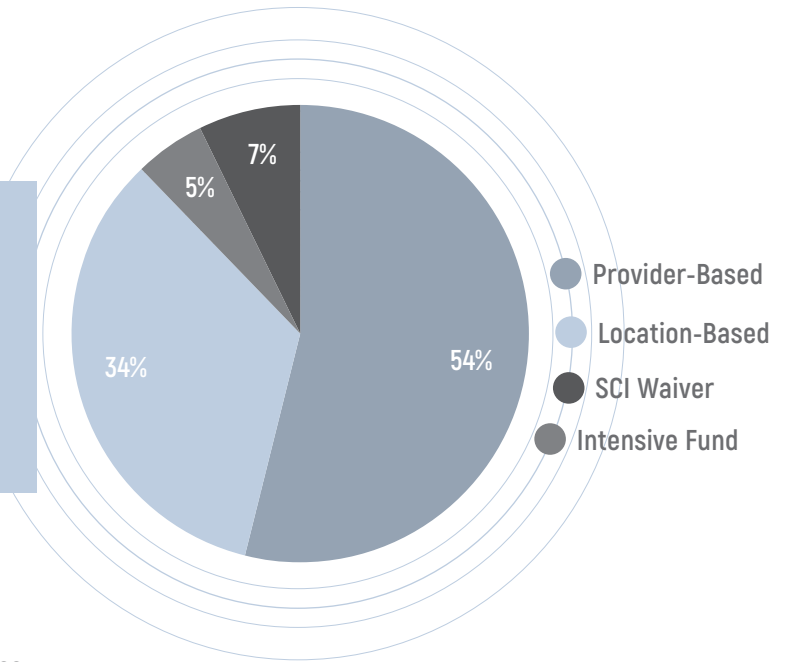
Sandra, Jamille's mom, knew that it was vital to keep Jamille moving. "I was lost, and our lives changed so much that I was really looking for help, a place, a person, or something that could give us hope and understand what our new future looks like. We found all of this at the Chanda Plan Foundation and more. She's only 7 years-old, and she can see others using a wheelchair, which makes her feel not alone.

Jamille receives massage, acupuncture, chiropractic care and care coordination at the Chanda Center for Health, and the Chanda Plan Foundation also financially supports her to receive adaptive exercise. Sandra also receives free counseling services while Jamille is in therapy. "As Jamille's mother, counseling is very helpful to me as it helps me to deal with my emotions, stress and hopelessness. The support I receive as well helps me to plan and be a better mother and caregiver for Jamille. I have learned new techniques to be calm and feel less stressed. Life as a caregiver can be really stressful and having somebody to listen to me is very helpful, but they also care and help me to keep going for my family."

The therapies Jamille is doing provides her with a great opportunity for her to have a better life, including better circulation, stronger body, and more flexibility - not only physically but emotionally too. "She loves going to the Chanda Center for Health, and everybody there is truly amazing." says Sandra. "We feel so blessed and lucky that the Chanda Plan Foundation exists for people with a low income like us."

Outcomes 2016

As an organization with unique and innovative programs, we provided **4,875** individual treatments in **2016**, saving participants **\$324,840** in out-of-pocket costs for services not accessible otherwise and with purposes of improving the health care experience.



The Chanda Plan Foundation works diligently at diversifying those served. However due to limited funds, we also have to narrow our focus areas.

Data collected from participant surveys.



Pain
Reduced
30%



Rx
Drug Use
Reduced
50%



50%
Reduction
in Traditional
Health Care
Visits



60%
of Participants
Able To Perform
Work*



70%
of Participants
Saw Increased
Mobility

* of those unable to work

Financials

REVENUE

Individual Donations	\$71,365
Special Events	\$259,098
Grants	\$70,318
Total for Existing Programs and Operations	\$400,782
Capital Campaign	
Events	\$37,422
Individual Donations and Grants	
New Programs and Operations	\$140,000
Capital Campaign Building and FFE	\$637,000
Unrestricted Capital Campaign	\$293,983
Total Capital Campaign	\$1,108,405
Earned Income	-\$3,091
Investment Income	\$7,765
1630 Carr Income	\$76,765
Other	\$21
In-kind Donations	\$10,800
Total Revenue	\$1,602,683

EXPENSES

Programs	
Program personnel	\$86,966
Program operations	\$105,503
Provider-based services	\$172,990
Location-based services	\$94,718
Intensive fund	\$37,680
Systemic change	\$-
Total Programs	\$497,858
Outreach and Education	\$8,024
Capital Campaign	\$44,442
Administrative	
Administrative Personnel	\$41,800
Administrative Operations	\$42,727
Events	\$93,933
Fundraising	\$45,552
Total Administrative	\$224,012
Investment Expenses	\$1,929
Total In-Kind Expenses	\$10,800
Total Expenses	\$787,064

Revenue over Expenses **\$815,618**

Major Donors

Foundations/Trusts:

Anschutz Family Foundation, The Anschutz Foundation, A.V. Hunter Trust, Frank and Jo Collins Family Foundation, Home Builders Foundation, Juanita Gregg Foundation, Mabel Y. Hughes Charitable Trust, Negley Flinn Charitable Fund, & Pinnacol.

Businesses/Organizations (includes in-kind):

Accent on Independence, Accessible Systems, Acute Property Management, Amazing Care, Anthony's Pizza, Application Experts, Aspen Seating, Autopay, BMC, Boulder Community Health, Bradley Construction, Braun, Bruno, Celestial Seasonings, Cherry Creek Benefits, Cherry Creek Insurance Group, Chipotle, Chris Monfort, Chubb, City Wide Homeloans, Colorado Access, Colorado Fund for People with Disabilities, Coloplast, COPIC, Craig Hospital, Dennis Hogan and Associates, EXDO Event Center, Fleishman & Shapiro, Fortis, Guaranty Bank & Trust, Golden Triangle, Dr. Jennifer Hartley, Hensel Phelps, Dr. Indira Lanig, ISEC, Invacare, Jay's Valet, Law Firm of Saul Sarney, Metro Community Provider Network, Metier Law, Performance Mobility, Nichez, NuMotion, Personicare Healthcare Network, PASCO Home Health, Phoenix Group, Porchlight, Public Partnerships of Colorado, RDM Communications Inc., Ride Design, Rocky Mountain Medical, Saunders Construction, Shield Healthcare, St. Joseph Hospital, Strait Line Construction Co, VMI, Weifield Group Contracting, Wright Group, & Zim Consulting.

Capital Campaign (includes in-kind):

Anonymous Donor, The Anschutz Foundation, Cara and Len Beasley, John and Bobbi Jo Beeble, Lisa and Michael Blandford, Darrel and Judy Burr, Dale Campau, Vineta Campau, Virginia Carducci, Caring for Colorado Foundation, Linda and Paul Chatelain, Frank and Jo Collins Family Foundation, Colorado Health Foundation, Brenda and Ed Combs, Daniels Fund, Kevin Durban, Encore Electric, Kristy and Raymond Faus, Mike and Terri Fordyce, Paula Foster, Front Range Roofing, Bill and Karen Hammel, Hillen Corporation, Jeff and Kerry Hutcheson, Ken and Jamie Jensen, Jody and Emery Legg, Paul and Chanda Leichtle, Little Oak Hill Foundation, Ludvik Electric, Megan and Patrick Mahncke, Ray Merenstein, Harry Merrihew, Walt Merrihew Family, Milgard, MTECH Mechanical, Jared and Hillary Myers, Negley Flinn Charitable Fund, Nichez, Len and Trish Norten, Penhall Company, Pinnacol, Sam Reiz, Vicki and Jim Robinson, Jon and Heather Rose, Barry and Lee Rosenberg, Ben and Kristin Stockman, Weifield Group, Melissa and Peter Winthers, Curt Wolff, Ralph Zeiger, & Ryan and Megan Zeiger.

Individual & Monthly Sustainers:

Sarah Allen, Heidi and Eric Anderson, Cara and Len Beasley, Lisa and Michael Blandford, April Boehm, Stephanie Brennan, Mark Burnsed, Darrel and Judy Burr, Vineta Campau, Virginia Carducci, Linda Carducci, Clyde Carper, Cheryl and Greg Cavanagh, Jenna and Shaun Kloor, Ed and Brenda Combs, Angela Cook, Keith Copen, Amber and Matt Cornwell, Stephen and Kathy Corsale, Pam Davis, Amy Starrett, Denise Ellinger, Michelle Epp, Kristy and Raymond Faus, Jennifer Gasner, Lisa Gennaro, Karen and Ron Graves, Dan Hester, Ron and Sue Hester, Sarah Hoerle, Chad Holaway, Gretchen and Steve Kalal, Arjan Khalsa, Trish and Randy Kloor, Steve and Vicki Larson, Kate Levkulich, Charity and Ryan Marr, Ryan Martorano, Shandy & Kelly Grady, Sheila Maxwell, Sam and Michele McCandless, Jan McCarty, Larry Merrihew, Miriam Merrihew, Robyn and Jeff Moon, Steve Moore and David Wigington, Karen Morrioni, John and Marily Movius, Mazen Mukayess, Len and Trish Norten, Anne Patton, Collin and Caroline Placke, Becky Plunkett, Craig Pollitt, Sharita Richmond, Julia Sartain, Brook and Dave Sautter, Joby and Brooke Siciliano, Steve and Kellie Sponberg, Gabrielle Steckman, Beau and Erin Stephenson, Ben and Kristin Stockman, Hailey Strampel, Lana and Tyler Trofholz, Tina Vogel, & Melissa and Peter Winthers.

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