



*Legacy Foundation of Southeast Arizona*

Promoting Population Health and Community Wellness Throughout Southeast Arizona

# 2017 Annual Report

*Cover artwork courtesy of Brenda Bowers*



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## *A Message from the CEO*

Season's Greetings!!

The holidays are fast approaching and soon we will be in the midst of the annual gift-giving season with warmhearted gifts being given and received. For the Legacy Foundation of Southeast Arizona though, gift giving is more than an annual event – our community giving occurs throughout the entire year.

In this 2016-2017 Annual Report, you will read about the Legacy Foundation's year round gift-giving during our grant cycles, as well as through our education, partnership and convening activities. I'm sure you will enjoy reading about the various ways the Legacy Foundation has supported community organizations throughout Cochise and eastern Santa Cruz counties over the last year.

A highlight of our year was our involvement in the Community Health Improvement Plan (CHIP). Details about this partnership are described in this annual report.

During 2017, the Legacy Foundation convened community partners around learning experiences and to work on specific projects. One such activity you will read about in this annual report is our "Community Coalition for End of Life Care". Stay tuned during 2018 for more information regarding community educational opportunities around end of life planning.

Every year the Legacy Foundation partners with Canyon Vista Medical Center to select veterans to be honored and included in our "Veterans Wall" celebrations. The 2016 honorees are highlighted in this annual report.

The success of the Legacy Foundation is due in large part to our Board of Directors. Many thanks to the all volunteer Legacy Foundation Board of Directors who serve faithfully and with tremendous dedication. The Board is responsible for setting the strategic direction of the Legacy Foundation and is tasked with ensuring excellent stewardship of the funds entrusted to the organization.



This year we saw the retirement of Dr. Lanny Kope who provided 12 years of loyal service, first as a trustee and then Board Chair on the Sierra Vista Regional Health Center Board and then as a director on the Legacy Foundation Board. Dr. Kope was an exemplary director and is greatly missed at the Legacy Foundation.

We have an incredible staff at the Legacy Foundation. Thank you to our hard-working and dedicated staff members Becky Smyth, Barbara Nichols, and Susan Richards. Our staff is truly amazing and very much appreciated.

Finally, to everyone in the communities we serve and beyond, I wish you all a wonderful holiday season and a very Happy and Healthy New Year!

Margaret Hepburn, CEO

Legacy Foundation of Southeast Arizona





# Promoting Community Wellness

## A Matter of Balance: Managing Concerns About Falls

Ellen K. is 89 years old.

Ellen began to lose her balance and fall, sometimes as often as twice a day. Once down on the floor, she had trouble getting herself back up again. She had problems with balance and standing up straight. She needed help.

Ellen heard about a new program being offered by the local fire department called *A Matter of Balance: Managing Concerns About Falls*. The program is designed to reduce the fear of falling and increase activity levels in older adults. Ellen signed up for the class.



Led by Jared Haros, a local Firefighter/Paramedic from Fry Fire District, A Matter of Balance: Managing Concerns About Falls consists of eight two-hour small group sessions. Participants perform gentle exercises while sitting and standing. Safety strategies are discussed for repositioning from sitting to standing and from standing to sitting, bending, and walking. There is no cost to the participants.

Ellen gained confidence from the program and did not have a fall the whole time she was attending. She continues doing her exercises three months after completing the program. Now, if she does have an occasional fall, she has learned to fall on her knees allowing her greater ability to get back up. She benefitted greatly from the program.

“It’s a very good program”, says Ellen, “Everyone was very faithful about going”. “And,” she added, “the facilitators are very nice young men. I give them an A+”.

Matter of Balance classes provided by Fry Fire District are possible through a Strategic Grant awarded to Fry Fire District from the Legacy Foundation of Southeast Arizona.





# Promoting Community Wellness

## Bringing Transportation to Willcox, Arizona

Willcox, Arizona, with a population of less than 4000 people, is a rural community in Cochise County. Known for its agriculture, cattle ranching, wine-making, and birding, Willcox is a quiet community just off the beaten path of Interstate 10. Located seventy miles from Sierra Vista and approximately ninety miles from Tucson, Willcox is geographically removed from services found in these larger communities.



One service lacking in Willcox was public transportation. With no city transit or inter-city bus routes, Willcox residents were challenged to find transportation to doctors appointments in Sierra Vista or Tucson or even to find transportation to the local grocery store. This was even more difficult for those in a wheelchair. This concern was validated when 64% of those who responded to the community health assessment survey stated they did not feel there was sufficient access to health care services or social services.



Southeast Arizona Government Organizations (SEAGO) recognized the need. Using funds from a \$600,000 Strategic Grant they received from the Legacy Foundation of Southeast Arizona, SEAGO reached out to the community of Willcox to see how they could facilitate providing transportation. SEAGO then developed a collaborative partnership with Volunteer Interfaith Caregiver Program (VICaP) in Sierra Vista. Replicating a model of transportation that uses volunteers, SEAGO and VICaP worked together to launch a VICaP program in Willcox. Strategic Grant funding assisted in the purchase of a wheelchair accessible bus and in the hiring of two paid drivers. Volunteer drivers were also recruited. Transportation services began in December 2016 for the elderly and disabled of Willcox and the surrounding areas.

During the months of January through May of 2017, the wheelchair accessible van took 177 riders on 738 trips totaling 16,006 miles. During that same time, volunteer drivers took 48 riders on 202 trips for a total of 3,290 miles. Many miles were accumulated traveling to and from medical appointments in Tucson.





# *Promoting Population Health*

## **Reducing diabetes in Cochise County**

Diabetes knows no boundaries. This chronic disease affects all ages, all racial types, all genders, and all levels of income.

St. Vincent de Paul (SVdP) St. Andrew's Conference in Sierra Vista provides monthly food boxes to those who are in need. The contents of the food boxes are the same for everyone including diabetics and non-diabetics. However, understanding that food requirements for a diabetic are not the same as a non-diabetic, the staff at SVdP began to think about how they could provide food boxes designed with the diabetic in mind.

With a \$15,000 capacity-building grant from the Community Food Bank of Southern Arizona, funded by a Strategic Grant from the Legacy Foundation of Southeast Arizona, SVdP began a ten month pilot project to identify friends (clients) with diabetes and enrolled 20 of them in a program to receive diabetic-friendly food boxes. These food boxes contained more fresh foods and less starches and carbohydrates.



The project started with 30 interested friends but that number eventually grew to nearly 85 people who self-proclaimed to be diabetic on the intake questionnaire. Funding limited the project to 20 individuals. Each month the volunteers at SVdP prepared the food boxes with more fruits and vegetables, called the friends to remind them to pick up their boxes, and, if they could not pick them up, the SVdP volunteers would drop them off to their friend's at home. A parish nurse checked finger stick blood glucose levels and Hemoglobin A1C levels. A nutritionist from the University of Arizona Cooperative Extension provided a series of 6 weekly cooking classes. Each food box also contained healthy recipes. Sister Jean from the Tucson conference made a visit to check feet and trim toe nails.

A number of challenges occurred during the pilot program. Each month various friends enrolled in the program would not show up for their boxes and did not answer phone calls to remind them of their food box. Because the contents were perishable, the food box could not be kept. The food boxes were \$20-\$25 more expensive than a regular food box. Fresh produce was not always available so low-sodium canned or frozen vegetables were substituted. Also, glucose testing was expensive. Out of the 20 individuals who started the program, 12 completed it. Of those, six were diligent in their efforts.



A number of successes occurred as well. Several friends lost weight. One friend lost nearly 40 pounds. Some friends have been able to stop their diabetes medications. Referrals were made to local clinics for ongoing follow-up. Out of the six friends available for a final Hemoglobin A1C test, five of them showed improvement.

There were many lessons learned from this pilot project. You'll read later in this report about the Community Health Improvement Plan. Projects like this fit right in to the Plan. Next steps are to be determined.





# *Promoting Population Health*

## **Health Promoter Program Benefits Communities**

The Legacy Foundation of Southeast Arizona began a pilot program this year to promote community wellness. The program, Health Promoter, teaches non-medical community members to promote health and wellness in the areas they live, learn, work, volunteer, play, or pray.

The Health Promoter program brought in a variety of community experts to teach basics on healthy living, hypertension, prenatal and well-baby care, diabetes, nutrition and exercise, behavioral health, taking medications correctly, and sexually transmitted infections. In addition to the Health Promoters meeting with local experts who work and provide services in the community, the Health Promoters are provided information about community resources. Health Promoters are coached on how best to use and share the information they receive, provided numerous resources, and encouraged to continue to network once the class is complete.



Coordinated by Becky Smyth, grants manager and community outreach coordinator of the Legacy Foundation, the classes held in Sierra Vista and Douglas consisted of graduates from diverse backgrounds ranging in age from 21 to 83.

A third class is progressing in Bisbee.



Health Promoter graduates from Sierra Vista



Health Promoter graduates from Douglas with Margaret Hepburn, CEO of Legacy Foundation and Becky Smyth, Grants Manager.



# Community Involvement



The Legacy Foundation of Southeast Arizona was voted the

**2017 Nonprofit Organization of the Year.**

Awarded by the Sierra Vista Chamber of Commerce, this is the first award of its kind.

We're honored to blaze this trail!



Legacy Foundation Board members and CEO.

The Legacy Foundation partnered with Canyon Vista Medical Center to honor former or current residents of Cochise County who honorably served the nation's armed forces and distinguished themselves through community service.

Annually, the Legacy Foundation, Canyon Vista Medical Center, and the United Veterans Council, through a co-sponsored Veteran's Wall Committee, call for nominations. The Committee reviews all nominations prior to selecting twelve recipients of the award. An award ceremony is held on Veteran's Day to recognize and honor each of these veterans with an individual plaque which is then displayed at Canyon Vista Medical Center.



Honorees for 2016 were William Bess Jr. (USA), James Chambers (USA), James Coan (USMC), Bob Gent (USAF), Bill Hess (USAF), David Lambert (USMC), Norman Patten (USA), Tom Reardon (USA), Thomas Stoney (USA), Hal Thomas (USAF), Janis Wheat (USA), and Tom Wisniewski (USA).





# Community Involvement



The Legacy Foundation Board of Directors and staff celebrated St. Patrick's Day by providing an authentic corned beef and cabbage lunch with all the fixings at the Salvation Army's hot lunch program. Dressed for fun and with St. Patrick's Day decorations abounding, this was a chance to serve our community with hands and hearts. We're looking forward to serving next year!



Cochise County has only one homeless shelter, and Good Neighbor Alliance (GNA) is that shelter. GNA is on the frontline of homelessness and issues related to homelessness and displacement.

Each year, Good Neighbor Alliance participates in a national event conducted by the U.S. Department of Housing and Urban Development to conduct a count of the homeless in Cochise County. Called a Point-In-Time or PIT Count, members of GNA staff and local volunteers, seeking to build a rapport with the homeless people they meet and asking them to complete a survey, spend the day going to homeless camps. In addition to asking for information, GNA staff offer information about the many services Good Neighbor Alliance provides.



This year, the Salvation Army provided space for GNA and local volunteers to assist with interviewing those homeless individuals who came in for a hot meal. The Legacy Foundation assisted with the PIT Count by sponsoring gift cards to a local food chain for anyone who participated in the survey. Additionally, members of the Legacy Foundation Board of Directors and staff joined in visiting the homeless camps and assisting with completion of the surveys at the Salvation Army. The gift cards brought smiles to the faces of those being surveyed. One interviewee excitedly proclaimed, "It's been a long time since I've had a Big Mac!"





# Capacity Building

## The Legacy Foundation of Southeast Arizona Partners with the Alliance of Arizona Nonprofits to Provide Americorps VISTAs in Cochise County

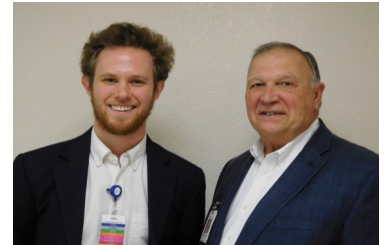
The Legacy Foundation of Southeast Arizona shares a goal with the Alliance of Arizona Nonprofits Americorps VISTA Program. The goal is to grow capacities of Arizona nonprofit organizations. With this goal in mind, Legacy Foundation partnered with the Alliance to underwrite a VISTA for a year for each of two Cochise County nonprofit organizations.



VISTA stands for Volunteers in Service to America. Nonprofit organizations in Cochise County interested in the added benefit of a VISTA were encouraged to apply to the Americorps VISTA program. After receiving several applications, the Legacy Foundation, in collaboration with the Alliance of Arizona Nonprofits, chose two organizations to each receive a full-time VISTA for a year, fully funded by the Legacy Foundation of Southeast Arizona.

The two organizations awarded a VISTA are Benson Hospital and Willcox Against Substance Abuse (WASA).

Benson Hospital's focus for their VISTA is on the elderly. The initial effort of the VISTA is to design an assessment tool to identify the vulnerable elderly population based on several factors: inadequate, unsafe housing, high levels of drug abuse, low economic stimulus, high rates of undiagnosed COPD and asthma, lack of affordable healthcare and medication, lack of primary care providers, and lack of community resources/funding. The VISTA will identify needs, types of resources, and available funding.



Benson Hospital CEO, Rich Pohlheber on right, with VISTA, Nathan Kohrman



Willcox Against Substance Abuse is focusing their VISTA on seeking out new partnerships, locating and applying for funding, and bringing a fresh set of eyes and perspective to help energize and expand WASA. The goal of WASA is to help local youth and families make right choices about their health and well-being and to improve the economy, health, and general living conditions in the Willcox area.



WASA VISTA Johanna Curley



# Capacity Building: Community Outreach

Building capacity of area nonprofit organizations is an important role of the Legacy Foundation of Southeast Arizona. Providing monthly educational workshops to nonprofit organizations at no cost to participants helps achieve this goal. A survey was provided to area nonprofits to understand their educational needs and to identify their top priorities. Fundraising, Strategic Planning, and Board Development ranked highest. These topics, as well as topics such as Grant Application, Endowments, and Lean Innovation amongst others, were covered throughout the year.



Number of educational workshops offered by the Legacy Foundation



Total number of workshop participants



Number of organizations represented



In June of 2016, the Legacy Foundation opened the doors of the Outreach Center, a training and meeting space for area nonprofit organizations. During this past fiscal year, July 2016 through June 2017, the Outreach Center hosted 106 events with over 1,300 participants.







# *Grant Awards: Fast Pitch*

In August of 2016 the Legacy Foundation introduced the Fast Pitch Grant.

Fast Pitch is an organizational development grant that supports education to strengthen an organization's ability to function effectively and efficiently. Fast Pitch focuses on the inner workings of an organization, rather than programs and services.

Fast Pitch upholds our commitment to build capacity of nonprofits in Cochise and eastern Santa Cruz Counties.

Fast Pitch grants are for education and training. Activities may include:

Conference or seminar attendance, consultants or professional speakers, specialized staff training, professional development, coaching, leadership training, board development, and focused education on organizational development such as: strategic planning, fund or program development, needs assessment and information management.

Fast Pitch Awards totaled \$34,614.00. The Fast Pitch Grant recipients were:



- \* Rural Accent
- \* Cochise County Reentry Coalition
- \* Willcox Historic Theater
- \* Chiricahua Community Health Centers, Inc.
- \* St. Vincent de Paul, Our Lady of the Mountain
- \* Arizona's Children Association
- \* National Alliance on Mental Illness, SEAZ
- \* Boys & Girls Club of Bisbee
- \* Coronado Elementary School
- \* Echoing Hope Ranch
- \* Boys & Girls Club of Sierra Vista
- \* Elsie S. Hogan Community Library
- \* Cochise Family Advocacy Center
- \* All the King's Horses Children's Ranch



# Grant Awards: Fast Pitch

## Chiricahua Community Health Center Adds Domestic Violence Advocates

The Fast Pitch grant builds capacity for nonprofit organizations by providing funds for education and training.

Chiricahua Community Health Center Inc. (CCHCI) used its Fast Pitch Grant to certify three employees as domestic violence advocates by the Department of Justice.

Rosie Mendoza-Chapa had been the sole domestic violence advocate with CCHCI since 2006. Now, with the addition of three more domestic violence advocates located throughout the county, there will be a trained advocate available close by to most situations.



Using the Fast Pitch Grant to add domestic violence advocates has made it possible to have help more immediately available to victims of domestic violence and abuse.





# *Grant Awards: Responsive Competitive*

The Responsive Competitive grant cycle awarded ten nonprofit organizations a total of \$42,259.00.

Held in collaboration with Arizona Community Foundation of Cochise, the Responsive Competitive grants were awarded at the annual Cochise Celebrates Giving event in October of 2016. The Responsive Competitive Grant recipients were:



- \* Alzheimer's Association Desert Southwest Chapter - Southern Arizona Region: Tucson Arizona
- \* Bisbee Coalition for the Homeless
- \* CASA of Cochise County
- \* Cochise Family Advocacy Center, Inc.
- \* Douglas Association of Retarded Citizens (ARC)
- \* Friends of the Sierra Vista Animal Shelter
- \* Soldier's Best Friend
- \* Southeast Arizona Area Health Education Center, Inc.
- \* Southeastern Arizona Consumer Run Services, Inc.
- \* Southern Arizona Children's Haven





# *Grant Awards: Innovative*

The Legacy Foundation of Southeast Arizona celebrated giving during the month of December by awarding seven local nonprofit organizations Innovative Grants. Just over \$283,000 was awarded for projects that support or enhance innovation in action.

The Innovative Grant recipients were:

- \* American Red Cross to install smoke detectors and to train children in fire safety
- \* Boys and Girls Club of Sierra Vista for a new vehicle to transport children to various youth activities
- \* Child and Family Resources to extend outreach and services to new parents
- \* Cochise Family Advocacy Center to extend the service area for victims of domestic violence and stalking
- \* Good Samaritan Quiberi Mission to pilot a Music and Memories Project
- \* Southeast Arizona Health Education Center (SEAHEC) to build a new community center at Winchester Heights
- \* Whisper's Sanctuary to offer caregiver self-care respite workshops





# County Health Assessment

In 2016, the Legacy Foundation of Southeast Arizona partnered with Cochise Health and Social Services (CHSS) to complete the Cochise County Health Assessment. The Legacy Foundation provided major funding to bring in Health Management Associates (HMA), a consulting firm, to take the lead on completing the countywide health assessment.

Working collaboratively, HMA, Legacy Foundation, CHSS, Benson Community Hospital, Copper Queen Community Hospital, and Northern Cochise Community Hospital aligned their resources and leveraged their collective strengths to bring the communities together, assess needs, identify resources, and create a plan that would deliver results for all of Cochise County.



Prior to distributing a community health assessment survey, HMA, Legacy Foundation, and Cochise Health and Social Services collaboratively held community meetings in each of the five major communities: Benson, Bisbee, Douglas, Sierra Vista, and Willcox. These meetings provided open forums for community members to share their community's health issues and concerns.

Once the health assessment survey was developed by HMA, a highly energized collaborative push was made by many to distribute the health assessment to residents across all 6,200 square miles of Cochise County. Distributing the survey electronically and in paper format, 2,376 surveys were collected in both English and Spanish. This far exceeded the 558 responses received in the 2012 community health assessment. Additionally, responses to this survey included primary zip code information to allow us to drill down and better understand the needs of each of the very diverse communities in Cochise County. All of this was accomplished in less than 9 weeks!

The findings of both the community meetings and the survey were aggregated to develop the overall county health priorities. These priorities are:

1. Mental Health and Alcohol/Substance Abuse
2. Good Jobs and a Healthy Economy
3. Healthy Eating, Obesity and Diabetes

The Legacy Foundation continues to be engaged in this process by participating in the development of the Cochise County Health Improvement Plan. The Legacy Foundation Board of Directors postponed this year's Strategic Grant cycle in order to apply grant funding directly towards strategies identified in the Cochise County Health Improvement Plan.



# Community Coalition for End of Life Care

The Legacy Foundation convened key community stakeholders to begin discussing ways to improve end of life care. This endeavor led to the creation of the Community Coalition for End of Life Care. The Coalition is comprised of members from the Legacy Foundation of Southeast Arizona, Canyon Vista Medical Center, Arizona Hospital and Healthcare Association, Cochise Health and Social Services, Fry Fire District (Pre Hospital/Paramedicine), Cochise College School of Nursing and Allied Health, local faith-based organizations, local hospice organizations, and community members-at-large.



The Community Coalition for End of Life Care is focused on providing education and resources to both the community and healthcare providers, to encourage conversations around advanced care planning and end of life decisions, and to normalize conversations around end of life care.



A kick-off event, The Community Conversation for End of Life Care, engaged Dr. Jessica Zitter from the Netflix documentary *Extremis* as the keynote speaker.

Dr. Zitter shared the challenges of being an Intensive Care physician and having conversations about end of life decisions with patients and their families.

Future plans of the Coalition include facilitating community and health provider education and making tools and resources available throughout the communities we serve.







# Saying Goodbye, Saying Hello

June 30th, 2017 marked the end of an era. Dr. Lanny Kope reached the end of 12 dedicated years of service on the Board of Directors.

Dr. Kope brought a wealth of leadership, knowledge, friendship, and service to both the Board of Sierra Vista Regional Health Center and the Legacy Foundation of Southeast Arizona.



Dr. Kope was recognized at a special luncheon. Mayor Rick Mueller presented Dr. Kope with a Proclamation for his years of service. He was also presented a plaque by Legacy Foundation Chairman of the Board, Joanna Michelich, and Legacy Foundation CEO, Margaret Hepburn, in gratitude of his years of service.

We wish you well, Dr. Kope, and trust that you will continue to make an impact on this community.



The Legacy Foundation of Southeast Arizona added the newest member of our team, Susan Richards!

Susan's smile is what greets our visitors as they enter into our offices. Her official title is Receptionist/Data Clerk.

Susan brings an in-depth knowledge of community resources and is well known for her creation and management of the Cochise County Resource Guide. Her skills will be utilized in the development of a new comprehensive *Connecting Our Communities* resource guide for Cochise and eastern Santa Cruz counties.



This past year, the Legacy Foundation said farewell and best wishes to three additional directors:

Diane McDaniels, Josh Steinburg, and Linda Stanley all vacated their seats for new life adventures.





# *Board of Directors*



**Joanna Micheli,**  
**PhD,** Board Chair  
Executive Vice  
President/Provost,  
Cochise College,  
(Ret.)



**Brian J. Barkdull**  
Vice Chair  
President/CEO,  
American South-  
west Credit Union



**Ruth Britton**  
Board Secretary,  
Cochise College, (Ret.)



**Margaret Hepburn, RN,**  
**MS, FACHE,**  
Chief Executive Officer



**Frank Gonzalez**  
Chief Financial Officer,  
Lawley Automotive  
Group



**Susan Warne, JD**  
Elder Law Attorney,  
(Ret.)



**Joe Delgado**  
State Farm Insurance  
Agent, (Ret.)



**Maureen Kappler, RN,**  
**CDE**  
Child Care Consultant,  
Cochise County Health  
Department



**Michael Groves**  
Senior Software Engineer,  
Leidos, Intelligence Systems  
Maintainer,  
US Army. (Ret.)



**Alexandra Boneo**  
Owner,  
Blueberry Cafe



**Rev. Mark Conrad**  
Mission Strategist & Super-  
intendent, South District,  
Desert Southwest Confer-  
ence Sierra Vista United  
Methodist Church



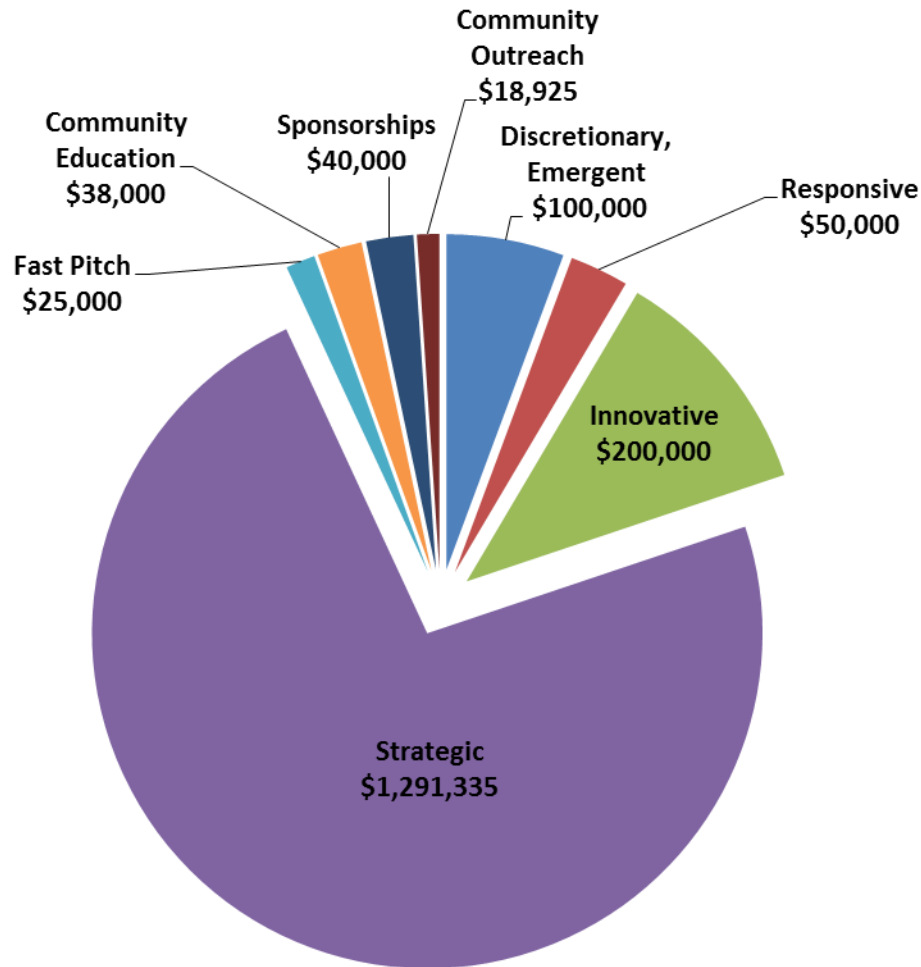
**Andrea Ruble, FNP-BC**  
Family Nurse  
Practitioner



# Impact by the Numbers

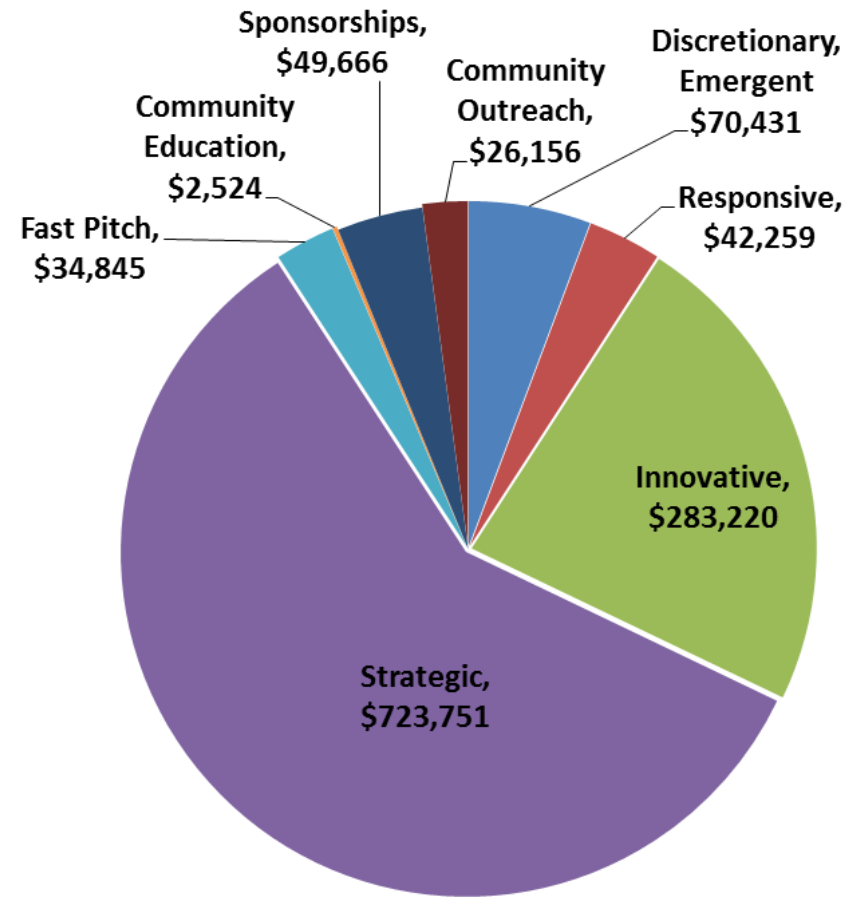
## Budget in FY2017

July 1, 2016—June 30, 2017



## Paid in FY2017

July 1, 2016—June 30, 2017



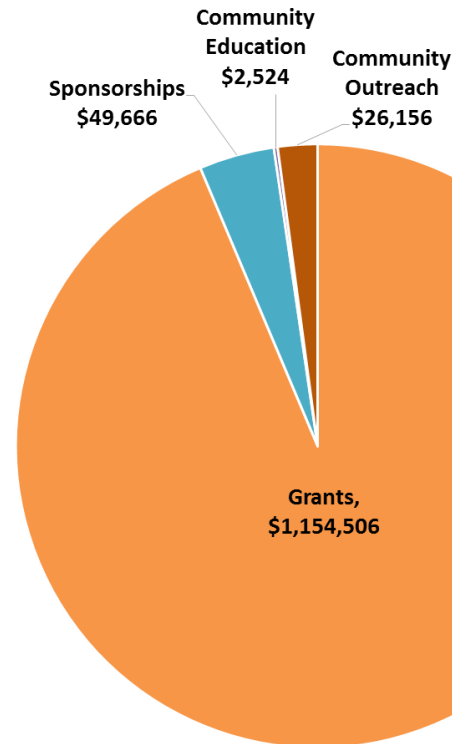




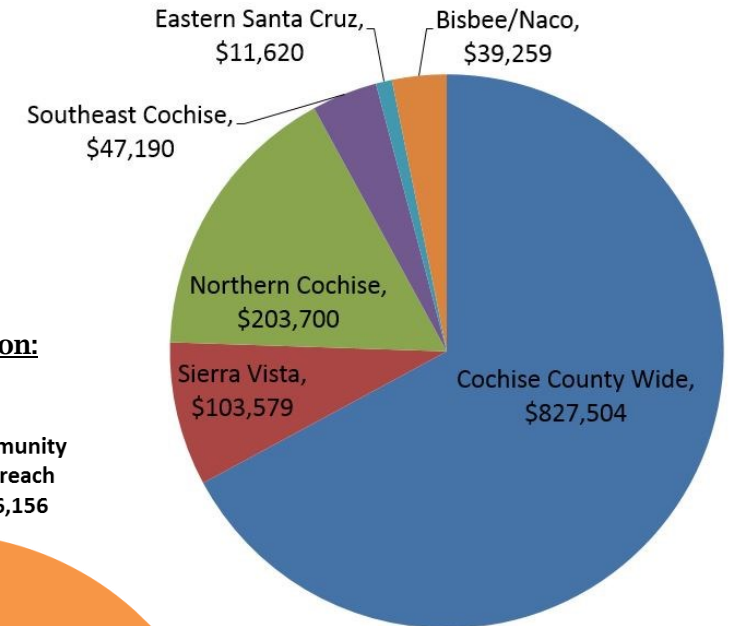
# Audited Financials

|                          |                    |
|--------------------------|--------------------|
| <b>REVENUE</b>           | <b>\$7,230,644</b> |
| Residual Business, Net   | \$1,095,318        |
| Investment Activity, Net | \$6,132,061        |
| Other                    | \$3,265            |
| <b>EXPENSES</b>          | <b>\$2,403,346</b> |
| Operations               | \$1,170,494        |
| Community Outreach       | \$26,156           |
| Grants                   | \$1,154,506        |
| Sponsorships             | \$49,666           |
| Community Education      | \$2,524            |

**Funding Distribution:**



**Geographical Distribution:**





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Best Wishes for the Happiest of Holidays and a  
Healthy and Prosperous New Year!



The southwest artwork in this annual report is provided courtesy of Brenda Bowers of La Casa Cards:  
[www.lacasacards.com](http://www.lacasacards.com) . Thank you, Brenda!



Legacy Foundation of Southeast Arizona

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