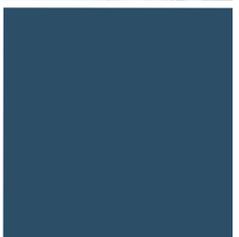


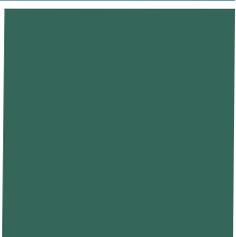
Osceola Community Health
FOUNDATION



2022 ANNUAL UPDATE



THE POWER OF ONE



A Letter from Director Jill Leaby:

SMALL TALK VS. DEEP TALK

The end of the year usually brings many social gatherings where one can always expect good food, a familiar music playlist, and a lot of small talk. If you're anything like me, by the end of the holiday season, you long for a deeper, more meaningful conversation.

This got me thinking about the science behind a conversation. So I went out on a fact-gathering mission to learn what defines a deep discussion and its impact on our lives and wellbeing.

According to an article in Discover Magazine, it's been found that "self-disclosure" (sharing personal and intimate information about thoughts, feelings, experiences, or beliefs.) is a crucial differentiator between light and deep conversation.

In another study, the New York Times wrote about how researchers wired snippets of conversations between participants every 12.5 minutes for four days to track their happiness levels.

Researchers found two-thirds of the participants were happiest during meaningful and deep conversations rather than with small talk.

"By engaging in meaningful conversations, we manage to impose meaning on an otherwise pretty chaotic world, and interpersonally, as you find this meaning, you bond with your interactive partner, and we know that interpersonal connection and integration is a core fundamental foundation of happiness," said Michael Mehl, lead researcher and psychologist

Understanding people and learning about their life journey is a daily priority of mine because it helps me offer encouragement and helps others feel valued. I make an effort to reach out and connect with people where ever I can.

An example of this was a recent visit to the Mayo Clinic with my father. As we rode back to the hotel in our shuttle, I turned to an elderly man sharing the seat with me. I asked where he was from and what had brought him to the Mayo Clinic.

He explained he was from New York and was a retired medical doctor and professor from Columbia University. This intrigued me, and I wanted to know more. So I asked him two questions, "What did you teach, and what is your greatest accomplishment in life?"

He said, "I researched how white cells can attack unhealthy skin cells (melanoma type)," while he pulled out his wallet and handed me a business card and a picture...

That's when he said, "I was one of the first explorers to climb the glacial peaks of Antarctica in 1968, and this is me there in 2006."

I was at a loss for words. All I could say was, "Wow, that's amazing! Did you have this desire to be a doctor and an adventurer since you were a young man?" He smiled and humbly said, "Yes, I did."

If I hadn't talked to a stranger that day, I wouldn't have ever known this intelligent, adventurous man's story. It never ceases to amaze me how many fascinating people are all around us, but so many of us will never know it because we don't think to start a deeper conversation.

Since I began at OMC in 2021, I've had many deep and meaningful conversations with OMC colleagues that fill my heart with joy. I've valued each of them. Thank you for trusting me to lead OCHF and sharing your stories with me.

Here are a few of the many fun tidbits I've learned about many of you:

I heard from someone who met a nurse in med school. Now they're getting married.

Someone's son is training to be a Marine Raider

One person shared they're from Ethiopia

Someone cans most of the food they eat all year

I heard a story about a person who drove their used car so long the wheels nearly fell off...it still goes!

Someone testified in the U.S. Senate this year for human rights in Africa.

OMC IMPACT

Chemistry Analyzer

Most patients who come to OMC need lab work in one way or another for clinicians to treat them effectively. The lab was in such demand that it became clear to OMC's CFO, Kim Ericson, we needed to replace the main chemistry analyzer to improve the patient experience. We're happy to say that OCHF raised more than \$380,000 for this project in 2022.

Audio Visual Equipment

With the growing demand to present information digitally, it's time to upgrade our 14-year-old audio-visual equipment on campus. In September, the foundation received a grant for \$90,000 from the RCU Foundation (Royal Credit Union) to replace and upgrade all equipment in the Cascade, Riverside, Admin Huddle, and the Physician's Education spaces. With additional financial support from OMC and OCHF, the project will be implemented by the OMC IT department in February 2023.

Roots & Wings Grant

We're grateful to have received more than \$100,000 since 2020 from the Roots and Wings foundation. This grant has been used for continuing education for staff members to provide parent/child, lactation, hypertension, diabetes, and mental health education to our community as a rural critical access hospital.

YOU RAISED OVER \$600,000 FOR OMC & THE COMMUNITY

COMMUNITY IMPACT

Student Mental Health Club & The Bandana Project

After a local high school student tragically died by suicide in 2021, OCHF donated \$3,000 to expand mental health support for students and faculty.

The OCHF grant helped initiate a new mental health club, the Bandana Project, and student mental health self-assessments.

DATA GATHERED FROM OSCEOLA STUDENTS

49%
of students experienced significant problems with anxiety in the past 12 months

34%
of students experienced prolonged, disruptive sadness in the past 12 months

25%
intentionally self-harmed without intending to die in the past 12 months

39% of students have lived with someone who is mentally ill, suicidal, or depressed

39% who reported suicide reported they don't feel like they belong in school.

The new mental health club allows students and teachers to work together against mental health stigma to reinforce mental health awareness in the school environment.

It helps students and teachers identify signs of mental health and support others struggling with suicidal thoughts/mental health needs.

Four staff members are now certified instructors to train students in teen mental health first aid, three of which are certified to train staff, and one is trained in QPR suicide prevention.



LOOKING AHEAD TO 2023

New OMC Lifestyle Partnership Program

OCHF received \$15,000 with the potential of receiving \$20,000 a year until 2025. OMC and OCHF are honored to receive this competitive grant from The Wisconsin Office of Rural Health.

In 2023, OMC will use this grant to plan and test a lifestyle management program in partnership with local employers and OMC employees.

The program is designed to support patients with medical consultation, encouragement, and a structured accountability plan to change habits through eating, exercise, and social engagement.

Please call the clinic if you are interested in participating.

Surgical Patient Care

The OMC surgery department is growing and requires several pieces of equipment be replaced. The equipment has been maintained well but seen its useful life. This equipment is essential to providing affordable and exceptional care for our patients:

- Surgical Tables
- Mobil X-Ray
- Anesthesia Machines
- Portable Ultrasound
- Autoclave Sterilizer
- Tool Washer
- Reprocessing Sink

Grant funding will be sought, and OMC and OCHF will contribute dollars to the \$1,046,100 project. If you like would like to contribute, contact Jill Leahy at 715-294-5727.

Thoughts by Outgoing Chair, Tim Pauley



Partner of the Rivergroup Financial Advisors, Tim Pauley (MBA), has served on the Osceola Community Health Foundation board for the last nine years. Most recently, he has served as the Board Chair and a member of the executive, finance, and grants committees. As a long-term Osceola resident and business owner, Tim speaks on the importance of local infrastructure, and how Osceola Community Health Foundation supports those values:

"A local economy is vital to a thriving community. A hospital, our local schools, and a solid industrial base play a significant role in that. My wife, Mary, and I are long-time supporters of the medical center and its central mission to provide services and programming that promote good physical and mental health.

The foundation is important for the hospital and community. I feel good about what we do, and I get to work with other members to promote projects that impact the Osceola community. These projects benefit the community now, and we also want them to be sustainable in the future, especially regarding resources in our schools. "

OCHF GRANT OPPORTUNITIES

OCHF also awards community grants of up to \$5000 to nonprofit organizations that align with the OCHF's mission for health and wellness. Community grant deadlines are March 15, June 15, September 15, and December 15, The grant application is available at www.myomc.org/grant.

Save The Dates for 2023 OCHF Events:

Employee Giving

March 27th-April 2nd

giveBIG SCV

Tuesday, April 25th

Gala

Thursday, May 4th

Golf

Friday, September 15th

Holiday Mixer

December 7th

THANK YOU 2022 DONORS

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2022 MAJOR GRANTS

Fred C. and Katherine B.
 Andersen Foundation
\$300,000

Royal Credit Union
 Foundation
\$90,000

Roots and Wings
 Foundation
\$75,000

WI Office of
 Rural Health
\$15,000

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(Individual gifts of \$1000 and above)

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 Lala & Eric Graf
 Deb & Mark Kravik
 Ann & Jeff Meyer
 Cathy Olson

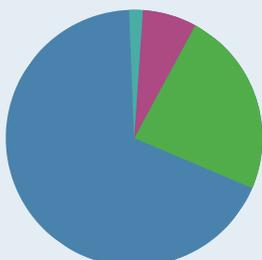
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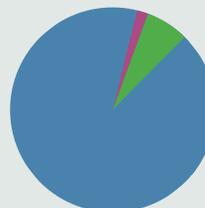
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2022 Revenue - \$659,874

- Grants - \$465,000
- Inkind - \$42,150
- Investment Income - \$7,347
- Individual Donation - \$152,724



2022 Expense - \$629,639

- Programs - \$549,755
- Fundraising - \$70,748
- Admin - \$9,136