

ATL Foundation News



2022 Grant Stories

By Sue Boynton

The ATL Foundation received a variety of grant requests in the past year or so. Your donation dollars have gone to some grateful women in our community.

One lady had a major stroke in 2014 that resulted in longstanding issues with paralysis and numbness on the right side of her body. She had several falls; one fall in particular damaged her jaw and teeth, rendering her dentures ineffective. She was having difficulty eating, chewing, and often aspirating, which, in turn, caused infections. She was in need of dental implants which required the remaining teeth to be removed. She got estimates over \$35,000 for the process. She was able to raise money through savings, fund raising, and some help from ATL.

Another friend of ATL is Tina. She had received some periodic grants from ATL over the past 15 years, as she was disabled from coronary heart disease, diabetes, kidney disease, fibromyalgia, etc. She was gracious to attend a Wine Tasting event that ATL hosted in 2018 and tell her story about how ATL has helped her through the years. Unfortunately, she was diagnosed with multiple myeloma in the spring of 2022. She stopped the cancer treatments in the fall and passed away in November 2022. As a final wish, ATL was able to provide a small grant for her to spend quality time with family prior to her passing.

Most recently, ATL provided some financial assistance to a lady in Larimer County. She works as an elementary school nurse for about 16 years and loves her job. She was diagnosed with breast cancer and had a bilateral mastectomy. She has chemotherapy sessions every 3 weeks for a year. She was trying to work in between sessions and

Giving a lift to women in need since 1994

2023

then got sick, and she landed in the hospital for 2 weeks. She decided to go on disability and focus on getting well before school starts again in August. Her disability pays a fraction of her normal income, and the employer does not pay health insurance premiums during that time. ATL was able to help pay her COBRA health insurance premiums for 2 months and assist with rent and other monthly expenses.

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FUNDRAISING CONTINUES!

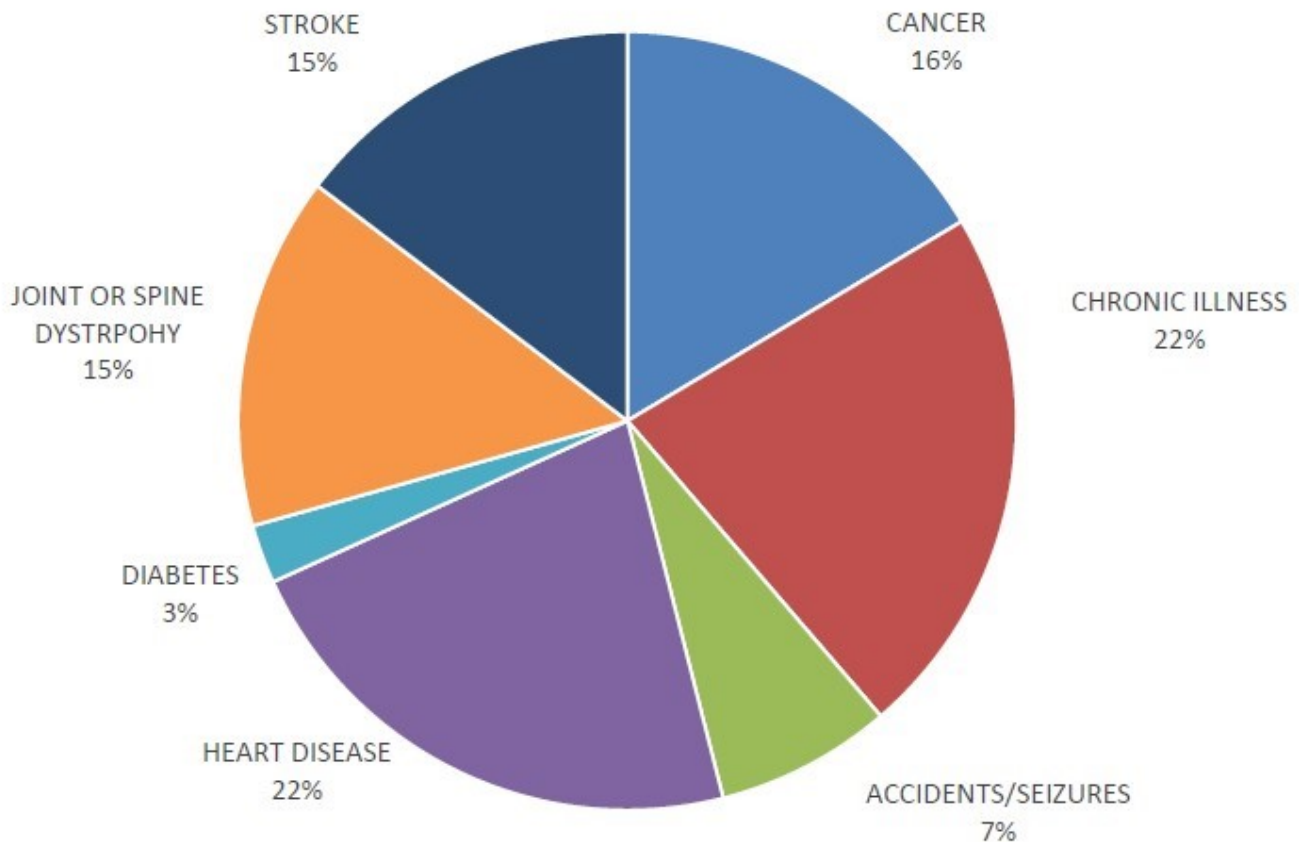
ATL had 3 fundraising events last fall. We started with a bike ride in September. It was a lovely day, and no two bikes were the same. We have pedal bikes, electric bikes, and recumbent bikes! We would like to extend a big THANKS to Jeannette, Jen, and Trish for organizing the route from Anderson Park and hiding trivia questions along the route. This event was organized at the last minute, and we are already planning the next bike ride for early October!

In November, we had the annual bowling event at Bowlero Lanes in Westminster. This is always a favorite event for our bowling supporters. We had about 50 bowlers and made some new friends. After two years with no in-person events, it was great to connect with people again!

Lastly, in December was Colorado Gives Day! ATL received over \$8,800 in donations on this day. We continue to be amazed at the generosity of our community of supporters. It is through the support of our community that we are able to help these women in need of a lift.

We are grateful for all of you that attend events, donate regularly in our sustained giving program, donate time and volunteer at events, and remember us on Colorado Gives Day. We love our community!

Grant Recipient Condition by Category 2022



Stacey Beckman returns to the ATL Board of Directors

After a four-year hiatus. Stacey initially served from 2015-2018, which included a term as Board President. Last November's bowling event brought Stacey into conversation with ATL Board President Becky Moore.

"Becky is so damn nice, and generous, and committed to ATL and the community we serve, that it's really difficult to say no to her," Stacey said. "When she asked me to re-join the Board I took about two seconds to consider before I said yes. And I'm glad I did. ATL puts a lot of positivity and kindness and life-changing support out into the world."

Stacey, a retired civil rights attorney and law professor, also serves as a Commissioner on Denver's LGBTQ Commission; she has received three successive mayoral appointments to that body.

Stacey enjoys being with her family, playing basketball, riding e-bikes with her wife and trying to stay as balanced as her mom at their twice-weekly Tai Chi classes.



**Don't Miss Our Fall Bowling Event—
Keep an eye on our Website for all upcoming
events and online registration.**

In loving memory of Linda



Meet our new Board member—

Kim Kochevar

Kim Kochevar (Ko chay' ver) is a Colorado native, raised in Broomfield, Colorado. She came from a family of 10 including 7 siblings, all still living in Colorado. Family and community have always been an important part of her life, including being a supporter of past ATL events and fundraisers.

Kim graduated with a teaching degree from Bethany College, Lindsborg, Kansas. She earned a Master's Degree in Education from The Wichita State University, with an emphasis on Counseling and Student Personnel Administration. She has extensive work experience in higher education and secondary education.

While working at CU, Boulder, Kim's responsibilities included managing student residence halls and residence hall/some campus activities. She also provided on-site counseling in the residence halls. After leaving CU, Kim worked in the Westminster School system- first as a school counselor and then (for fun) completed her remaining tenure as a middle school physical education teacher. She also has coaching experience.

Kim is now retired and enjoys pottery, playing pickleball and golf. In addition, she and her partner love to ride e-bikes. She also spends her time staying

connected to family, friends and neighbors. She lives with her partner, Dawn who is still working, and their fur animals. She is honored to be a more integral part of ATL-and looking forward to empowering others with the support that ATL generously provides.

2023 Chippin' In Golf Tournament

ATL's past four Chippin' In Golf Tournaments have been held at Hiwan Golf Club, and this year's tournament – held on **Monday, August 14th at 1:00pm** is no exception. **Hiwan Golf Club** is a well-known private club in Evergreen, Colorado, with beautiful views and challenging holes. To ensure a tournament that emphasizes fun while minimizing pressure, the chosen format for ATL's golf event is a scramble. The format encourages team members to interact and even strategize from hole to hole. In addition to the scramble format, the Chippin' In tournament also includes contests for longest drive, closest to the pin, and putting. These contests are designed to generate a bit of excitement over the course of play. The ATL Board looks forward to welcoming all levels of golfers to join in the fun at Hiwan this August for an afternoon Shotgun start at 1:00pm. Please be sure to register your team early at our website, as the tournament is filling up fast. If you are interested in being a sponsor for the tournament, please contact any of our Board members or send a message via the "Contact us" link at our website.

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Golfer's Elbow!

By Jeannette Guerrasio, MD

My dear friend Julia was having pain in her elbow. We went to the park for a picnic and she asked if I wouldn't mind checking out her arm. (Of course not!) I took my fingers and pressed on different areas on her elbow. I asked her to bend and extend her wrist against my hand. I had her turn her wrist up and down and asked her to press down with her middle finger. And the diagnosis: Golfer's elbow... except my friend Julia doesn't golf. She is a lepidopterist. She had "butterfly net elbow!" Ha! Ha! Only my nerdy friends. (Sorry, Julia!)

The other name for golfer's elbow is medical epicondylitis and as you have learned from my friend Julia, repetitive activities, other than golf, can cause the problem. Any activity that causes you to grip objects repetitively, forcefully and with a twisting motion can cause irritation of the tendons on the inside of your elbow – a golf club, a tennis racket, a garden clipper, a hammer, or (giggle, giggle) a butterfly net. Patients experience soreness or pain on the inside of the elbow during or after activity. This pain may extend down the forearm and some people experience stiffness in the elbow as well.

The goal of treatment is to improve technique to avoid injury, prevent overuse, reduce pain and irritation, promote healing and strengthen muscles and tendons. Ice for 10-20 minutes 3 times per day. Take anti-inflammatories like Tylenol or ibuprofen (if your doctor says you can safely take this). If your symptoms are not improving after 1 week, then you should see your doctor for a formal exam. If you are experiencing any numbness, tingling or weakness OR you had an accident that caused the pain then you should see your doctor.

Physical therapy is also very helpful. If you can tolerate her and her dogs (like you tolerate me

and mine), Dr. Jo the physical therapist has some great stretches and exercises for golfer's elbow at: <https://www.youtube.com/watch?v=EJFmzeCh8po>

If these don't work, a doctor may recommend a brace, a cortisone injection, a platelet rich plasma injection, or a tenotomy and debridement procedure. A tenotomy uses ultrasound to break down damaged tendon tissue, which is then removed under a local anesthetic in a doctor's office. The effectiveness of platelet rich plasma injections and tenotomy are variable and therefore, may not be covered by insurance. Open surgery is rarely necessary.

How You Can Help!

You can help the ATL Foundation by doing any or all of the following:

Attend and support any of the ATL fundraising activities.

Check our website on the [Upcoming Events](#) link for upcoming activities.

Or

- Host your own event in ATL's name and donate the proceeds to the ATL Foundation.
- Use one of many planned giving options to donate to ATL (become a [Friend of the Flock](#), donate gifts of stock, name ATL as a beneficiary in your will, etc.)
- Volunteer to help out during fundraising events
- Apply to be on the ATL Board of Directors.
- Sponsor an event for ATL.
- Be creative!

And, of course, all donations are always appreciated!

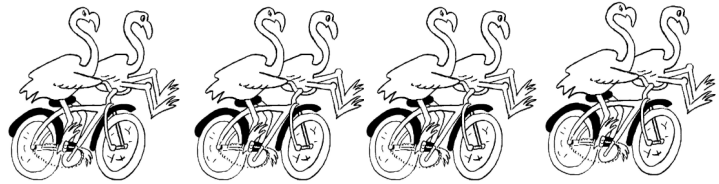


The ATL Board Members: **Sue Boynton** - President, **Nancy Fritsch** - Treasurer, **Becky Moore** - Secretary, **Kim Kochevar** - Vice President, **Anne Brack** - Grant Coordinator, **Meg Sutter** - IT Manager, **Stacey Beckman**, and **Cindy King**.



Meet Our new Board member—Meg Sutter

Meg is one of our newest members to join the ATL Foundation's Board of Directors. She came back to Denver after receiving her master's in creative writing in Edinburgh, Scotland, and joined ATL with a desire to give back to her community. Before abroad, she worked for 2 years at St. Francis Center to help the homeless in Denver. Now, she aims to become involved in the LGBTQIA community and use her marketing, tech and writing skills to aid ATL in their mission to support lesbians in need. Welcome, Meg!



ATL has changes to the Board of Directors—

By Becky Moore

Recently The ATL Foundation went through a number of changes to our Board of Directors. With great sadness, we had a few Board members decide to retire from our Board. Founding members, Becky Brinkman and Margaret Burd stepped down. The Foundation would not be where it is today without the dedication and efforts of these two amazing women. They had the vision to start the foundation after the loss of a dear Friend – Linda D'Orio. Along with other friends they started the foundation out of love and it is that love that continues to drive the organization today.

We also said goodbye to B. Frank whose dedication and work on the Foundation's Golf Event was truly impressive and she will be greatly missed.

Lynn Johnson retired from our Board after many years of service. Her work on our Wine Tasting events was most appreciated.

Lastly, Dr. Jeannette Guerrasio, MD, started a new private practice and found her time to be spread a tad too thin, her expertise and enthusiasm will be missed.

We wish to express our appreciation for all the effort, hard work, and hours of Board meetings these retiring members gave the Foundation. Each one brought unique talent and insights. A special thank you to Becky and Margaret for so much they have given the organization.

But like the Phoenix, we rise again with new Board members who bring new ideas, new contacts, new areas of expertise. The important work of the ATL Foundation continues and will continue to help women in our community suffering with financial difficulties due to health issues. In this newsletter we introduce you to our New Board members, I know they all look forward to meeting our supporters at the next event (Golf). Thank you for supporting the Foundation as we continue with this ongoing important work.



Current and former Board members (Photo from 2019)



Watch for more details about this year's Colorado Gives Day in December. If you aren't getting our monthly email, make sure we have your email address by registering on our website. Give where you live!

Thank you for the past support via Colorado Gives Day.



ATL – Keeping Up with the Times!

When ATL was founded in 1994, technology was vastly different from today. Cell phones were new – and they were just that – a phone! The phone didn't have a camera, a computer, a map, contact database, and all the apps we enjoy today in the palm of our hands. When ATL had an event, there was no pre-registration on the computer. We mailed out event invitations and *hoped* people would show up and support us. When a lesbian requested a grant, the grant coordinator Becky would call each board member for a vote. My how times have changed!

As technology has evolved, ATL has endeavored to take advantage of the benefits of technology. Supporters now pre-register for events, pay with credit cards, automate sustained giving payments, follow our events on the website and social media, and so on.

As the foundation has grown, however, it has become more difficult to maintain databases of donors, volunteers, event attendees, mailing lists, etc. So, ATL partnered with a technology development company that focuses on non-profits. Their platform includes a new website and technology improvements to assist ATL going forward. However, because we are a small board, it is a work in progress. Check back regularly for more history, a photo gallery, and additional resources on the site.

Meet New Board member -

Cindy King

It is with great honor that I am now a new Board Member for the ATL Foundation. Since I am a recent empty nester, I have more time to dedicate to our community and volunteering. For many years I have volunteered in some capacity and am extremely excited to join the ATL Foundation. I have been in the commercial insurance industry for over 25 years and enjoy the work that I do. In my free time I like bowling, hiking, volleyball, camping, dancing and am a host for a LGBTQA+ meetup group. Most important to me is connecting with our community and giving back because any of us could be in a difficult position at any time.



Next year ATL will Celebrate 30 years !!

Hard to believe it's almost been 30 years since ATL began. Over those years we have helped countless women in our Community. But none of that would be possible without the support of our donors, and our Board of Directors. Look for upcoming events next year to celebrate the past 30 years. If you have a good story about someone you know that was impacted by the ATL Foundation we would love to hear from you. We look forward to the next 30 years and where this organization will go and how much more we can do.

Thank you from everyone with the foundation for your support—***Cheers to 30 years!!!***

ATL's new Grant Coordinator— Anne Brack

Hi, I'm Anne Brack, the new Grant Coordinator for the ATL Foundation. I became aware of the ATL Foundation, its mission and vision, when I attended the bowling fundraiser last year. After I read in my church newsletter that they were wanting to financially support additional nonprofits, I immediately thought of ATL Foundation. Becky Moore and I got a chance to talk, and she invited me to submit my application to The Board for consideration, and, as they say, here I am.

I put myself through college after I'd had my children and I earned my Bachelor of Science Degree in Nursing at the age of 40 from Regis University. As a Public Health Nurse, for over 20 years, the focus of much of my work has been to help folks access care and services. I currently provide services for families who have children with disabilities. I'm a huge proponent and advocate for health equity and social justice.

I think we hear so much about what's going wrong in the world that it's easy to lose hope. Realistically I probably can't make a difference in Florida or Texas or Idaho but I can do something positive for my community in Colorado. I feel grateful for the opportunity to serve and use my talents to help individuals who identify as lesbian achieve some peace of mind by assisting with financial burdens when they are facing health issues. I look forward to working with the other Board Members and meeting some of you all at the ATL events coming up this year. Take care.



Be sure to Adopt a pig at our next event. We have "Pretty in Pink" and "Show me the money" in clear. Just fill out the adoption papers and the piggy bank is yours. We ask that you toss your loose change in your pig and when she is full, donate the coins to The ATL Foundation. Just bring your Ziplock baggie of coins to the next ATL Event. Be sure to put your name on a slip of paper in with the coins, this way we will record your donation for year-end tax letters. We have found the average bag of coins given to ATL is around \$45.00 and every penny helps a woman in need. Give a pig a good home and help ATL!!

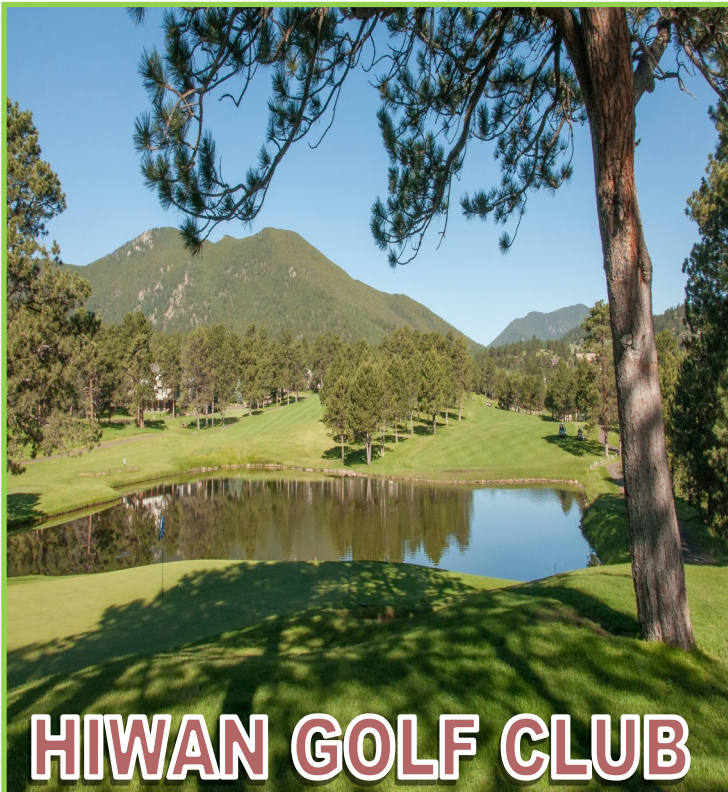




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A Colorado 501(c)3 Non-profit corporation



REGISTRATION IS OPEN

[Www. ATLFoundation.org](http://Www.ATLFoundation.org)
2023 Chippin' In Golf Tournament

At

HIWAN GOLF CLUB

In Evergreen, Colorado

On

Monday, August 14th, at 1:00pm
Shotgun start Scramble

Join us for a day of premier golf, good food
and great fun on this private championship
golf course