MOTORCYCLE RUN BENEFITS ATL

When the KSL folks approached the ATL Foundation about being the recipient of their annual benefit run, it made for a great partnership. The 4th Annual KSL Motorcycle Benefit Run was August 25th, 2007, and raised over $2,500 for women in our community.

In the summer of 2003, Keri Heber formed a womyn’s motorcycle run, by womyn, for womyn. There were about 50 people and over 40 bikes. The funds raised were donated to Susan G. Komen Foundation. On September 20th of that year, Keri, her partner, Short, and Lisa died in a tragic car accident.

The following year, friends and family continued the motorcycle run in their memory, and had over 100 participants and over 50 bikes. And, the tradition lives on. The KSL folks joined forces this year with Denver Dykes on Bikes, and selected ATL Foundation as the recipient of the fundraiser. When the ATL board learned the history of these amazing women and the legacy carried on by their family and friends, it was a great honor to be part of this event.

The motorcycle ride started at The Denver Detour, made a traditional loop through Cheeseman Park, went south on Santa Fe, through Sedalia, and on to Palmer Lake and Monument. We continued south on I-25 to Colorado Springs, where we went west to Woodland Park, and finally north to Pine. Lisa’s family hosted the annual BBQ and party. Several performers entertained during the BBQ, including Shelvis, Wilma, and Venus NV.

For the less ambitious riders, there was a shorter ride directly from The Detour to Pine. And, we were joined by numerous non-riders who enjoyed the BBQ, entertainment, and gorgeous mountain sunshine. Check out www.atlfoundation.org for photos from the event and to get information for the event next summer!

Many thanks to the family and friends of KSL, DDOB, the sponsors and entertainers for their donations, and the many riders and supporters of the event!

Be sure to visit us at www.ATLFoundation.org for information on upcoming events.
Friends of the Flock
Friends of the Flock is the ATL Foundation’s sustained giving program. In the two short years that the program has been in existence it has seen amazing growth. The annualized contributions from this program are now at $23,000 per year. These dollars come from a group of individuals who have committed to giving on a monthly or annual basis. The reason that this is so important is that it reduces the amount of stress on the board members to create and put on fundraisers throughout the year. The Foundation is currently helping women in our community to the tune of $50,000 a year. This amount is increasing every year while at the same time fundraising is getting more difficult. Many people just don’t want to go to one more event!

Our thanks to Ronnie and b. for hosting the annual Friends of the Flock party at their beautiful home this summer. It was here that the new ATL video was unveiled. The video tells the story of what the ATL Foundation is all about and was well received.

The minimum contribution is $25 a month. Won’t you consider joining the Flock? Please call Karen Jessey at 303.741.6181 if you are interested or have any questions.

ATL creates a Video
Thanks to the creative genius of a former Board member Ms. Kellie Mitchell and her company Aperture Art Video. We now have a special way of helping people understand how everyone who supports the works of the ALT Foundation are making a difference in the lives of our grant recipients. The video has testimonial clips from some of the woman whom we have helped. Kellie did an outstanding job of helping us convey the mission of the foundation in a way that really reaches the heart. Kellie and her associates donated all the time and supplies needed to film, edit and copy this video. Our sincere thanks go out to Aperture Art and to Kellie for making this long-time goal of the foundation become a reality.

Why do people give to the ATL Foundation?
When we polled donors, here are the most common responses.

1. I know someone on the board and I trust them to be involved in an honest cause.
2. The ATL Foundation uses all of the money to give back to the community here in Colorado. They don’t have any paid staff and they keep the overhead very low.
3. I’m busy with my own life and I don’t have time to figure out who needs help.
4. I’m a lucky person but I know there are some people out there who need help. I just don’t know who they are.
5. Other charitable causes can appeal to the vast majority of the population for donations. Only a small percentage of people are even aware of the needs of lesbians. I want to put my money where it counts.
6. My donations are tax deductible.

ATL now has On-line registration!
Thanks to the hard work and perseverance of our own board member Ms. Nancy Fritsch, you can now register for attendance at our events from our website. The registration process is nice and secure. Nancy worked many an hour with our web-host to make sure everything functioned correctly and no information was omitted. We are thrilled to have this capability, it should allow us more accurate head-counts at upcoming events. Nancy’s many hours of work and dedication to the ATL Foundation is most appreciated, and it saved the foundation a great deal of money by her donating her time and abilities. She manages our ever-growing data base and mailing list, as well as helping make our website more appealing and up-to-date. Thanks again Nancy!

If you received this newsletter via USPS then you are already on our mailing list. However, we are starting to use more e-mail messages as a way to cut costs and keep everyone informed. So, send us your e-mail address at ATL@ATLFoundation.org, and we will add you to our new e-mail mailing list (not to worry -we won’t share your address with anyone). Thank you for your support!
The ATL Foundation 
Gives out 60 grants for assistance in 2007

Each application was carefully considered. In some cases, a home visit by a board member to discuss specific needs with an applicant was made. Most often, we followed HIPAA guidelines in verifying conditions and treatments stated on applications. In all cases, a telephone interview was part of the application process to ascertain the applicants’ situation and actual need. We are very conscious in the use of funds that our donors have entrusted to the foundation.

In 2007 we gave a total of 60 grants to women of our community, totaling $49,225.00 The vast majority were given to women who, because of illness, have been unable to work temporarily. Because of a lack of income, they have been unable to pay rent, pay co-pays for medical services or medication, pay COBRA insurance, or in some cases lacked money for groceries or gas money to get to their medical appointments. We are not able to pay medical bills or provide long term assistance. But, as you can tell, we are able to fill in with small grants to help women through immediate crises in short term situations or until they can access state or federal assistance through Medicaid, Medicare, disability, etc.

In loving memory of Linda D’Orio

resource for medications

Many years ago the pharmaceutical companies struck a deal with the federal government. In brief, it stated that if the government would not regulate their prices, they would make pharmaceuticals available to those who do not have insurance coverage for their medications. Working people, unemployed, seniors, students, families and single people qualify under the following circumstances:

1. Be a U.S. citizen, 2. Have no prescription drug insurance coverage, 3. Not qualifying for Federal or State prescription programs, and 4. Due to income level there is financial hardship paying retail costs for medications.

Chronic conditions such as bipolar, multiple sclerosis, hepatitis and many others that require pharmaceutical management often go untreated because an individual just cannot afford the meds. The difference in managing our lives, staying healthy, and maintaining employment can be our access to medications. The success of our parents, friends and other acquaintances may also hinge on access to appropriate medications.

This program has existed for years. However, there is only a 3% success rate for individuals trying to fill out the necessary paperwork. MedWise is a national program set up to assist interested persons in filling all paperwork and getting the right prescriptions. 95% of all drugs are listed on this program. If approved, drugs are sent directly to the individual’s doctor or a voucher is sent for the pharmacy.

For complete details, call 1-800-272-9195 or e-mail dcombs@MedWiseProgram.com. Please note, the ATL Foundation is not associated with this program in any way, but we wish to provide you with information to share with you and your loved ones.
What Are the Odds?

What are your odds of suffering a serious health condition this year?

In Colorado, it is statistically less than many other states according to the Health Insurance Resource Center. But of the 4,753,377 people in this state, 17% or 808,074 people have no insurance. (Insurance rates increased 40-60% in 2006 and 85,000 people lost small group coverage that year alone.) Of those with insurance, many are under insured. 70,000 Coloradans with serious mental health problems receive no mental health care, for example. It is easy to deduce from these facts that many people, among them members of our community, will be in dire straight.

The odds may be relatively low that you in particular will have medical needs beyond your resources, but we know several women who have not been so fortunate. “Jane’s” 50 year old partner suffered a major stroke while working. Her insurance allowed her three weeks in a medical facility, and then she was released. The day she returned home, she suffered another stroke. But she had used up all her rehabilitation days and could not be admitted for care again! “Jane” had to quit her job to stay home and care for her partner of 18 years. Their options are quite limited. They are in the process of losing their home. They need help buying a wheelchair and paying for their phone service. ATL is helping.

“Sandy” had been gainfully employed for five years at the same company. She had no insurance benefits, but she was a dependable, hard working employee in a shipping and receiving department. The day she was told she had uterine cancer, she told her employer she would need some time off work during her surgery. She lost her job that day to “downsizing.” She needed rent money from ATL in order to avoid eviction while recovering from surgery and searching for another job.

“Anne” had begun a new job and was within 30 days of getting full insurance benefits. She was still covered by COBRA during the interim. A persistent cough lead her to seek medical advice. A large mass was found in her lung, and she was soon scheduled for surgery. When she went to her employer to inform them she would need some time off, her hours were cut to part-time status, thereby making her ineligible for insurance benefits. Not only is she making less money and trying to recover from her illness, but she must figure out how to maintain insurance coverage on her own!

I see more clearly than ever that the work of the ATL Foundation is linked to broader activism. The need and impetus for your financial gifts to ATL are as much a response to the political climate and social systems as it is a response to our own friends and community. We need equity in insurance coverage for everyone. Make your voice heard in the next election cycle. And please pass this newsletter on to someone who may not yet know that we need their financial support, or who may need our help.

Thank You !!!! Thank You !!!!

The ATL Foundation has been blessed with the support of many people over this last year. All too often, in the hectic pace of everyday life, we forget to thank the people who not only give with financial support but go “above and beyond” to help this organization. Let us take this opportunity to thank each and every one who has donated not only their dollars but also their time. If we overlook someone, please accept our humble apology, in advance. Our intent is to thank you all, each and every one. Without you, our mission would not be possible.

Special thanks to:
b. Frank and Ronnie McCaffrey for hosting the Friends of the Flock event.
Kathy Kuscan of Integrity Arts at www.Integrityarts.com for her grant writing services for ATL.
Kathryn and Pam, co-owners of Capabilities, a store with services and supplies for all types of disabilities, for their help with women in our community at 6805 W. 88th Ave. Westminster CO 720-214-0339
Kellie Mitchell and her company, Aperture Art, for creating the ATL Foundation DVD.
Karen and Cami for the generous donation of their Provincetown time-share in July, we auctioned this off to the highest bidder.
Shelvis, Wilma, and Venus NV for entertainment at the KSL Memorial Run.
Ceres Foundation for its generous donation to the ATL Foundation.
We can’t thank you enough !!!
Why do you give?

By Mary Fischer

Being the new girl on the board, I drew the short straw. My task; to make calls to find out why people donate to ATL.

Cindy Joos sees a great need in our community. Many of our sisters are struggling with health issues. Cindy feels bringing in a friend could help ATL grow. She recruited me.

Cindy believes strongly in ATL, giving her time to the golf event. To my surprise, this is not her only favorite event. Cindy went on about the dedication of Margaret and Becky in ATL. They exemplify our goals and help those in need. It is the personal touch that is associated with ATL. They do a great job. They got me hooked. I had to juggle my schedule, involve my family and now, I guess, I’m hooked too. I’m proud to say I’m involved with an organization that is sisterhood and dedicated. Just a little effort makes such a huge difference.

Being a small group we count on everyone’s contribution. Money or time. Give what you can, sister.

THANK YOU FOR YOUR SUPPORT!!

Help ATL Grow

You have probably been thinking, “What more can I do to help ATL in 2008? I go to events and I send money. I’m even a Friend of the Flock? What else could I do?”

We want to introduce ATL and our Friends of the Flock sustained giving program to a few hundred people this year. You can help us by having an ATL House Party. It’s simple. Invite as many friends as you want over for a party, dinner, brunch, deck party, game night or some other fun event. An ATL Board member will attend, show our excellent new video, and do a short talk.

That’s it. You have a party and more people know about the work of ATL. Now, that is something for you to feel good about and a great way to “give a lift to women in need.”

Contact Margaret Burd at Margaret@magpieti.com or 720.201.8500 to schedule your ATL House Party or for more information.
**STROKE: Things You Need To Know Now**

**FACTS:** ("2003 Stroke in Colorado Report" mandated by CO legislature)

Every hour, someone in Colorado has a stroke.

Eight people die in Colorado every day from stroke.

Stroke is the leading cause of disability in this country.

Stroke is the No.1 reason for nursing home admissions.

Stroke kills twice as many women as breast cancer in the US.

Women have double the risk of men of having a mid-life stroke.

Minority populations have twice the incidence and impact of stroke.

**AND YET.........(from the National Stroke Association)**

More women than men die of stroke each year.

20% of women report they do not know any risk factors for stroke.

30% of women cannot recognize a stroke symptom to be able to act FAST to help women in their lives survive stroke.

Stroke survivors are 5x more likely to have a second stroke and 2x more likely to have a heart attack.

59-75% of caregivers for stroke victims are women who are 46+ years old, earning about $36,000.00 per year.

Up to 80% of strokes are preventable!

Strokes are happening to younger and younger people.

Stroke is the third most common cause of death in this country.

**What exactly is a stroke?** A stroke is the loss of blood flow, and thus oxygen, to a portion of the brain. It can be caused by a clot in a blood vessel, or by a ruptured blood vessel. Without oxygen rich blood, brain cells die within a short time. The portion of the brain that has been without blood flow causes the loss of function controlled by that part of the brain. Thus, symptoms can vary from person to person, such as inability to walk, talk, see, think, remember or even breathe.

**Who is at risk?** Smokers are in the top risk group. Smoking combined with taking birth control pills is even a higher risk. High blood pressure (which 29 million American women have) is the primary cause of stroke. Diabetes and high cholesterol increases the risk of stroke. An unhealthy diet, physical inactivity, and weight problems (significant contributing factors to high blood pressure and diabetes) also increase the risk of stroke. If a woman has a waist size larger than 35.2 inches and has triglyceride levels higher than 128 mg/liter, she has a 5x increased risk for stroke! Migraine sufferers have a 3-6x increased risk of stroke.

**What are the Symptoms?** Any symptom that indicates a loss of adequate blood flow/oxygen to the brain is suspect. But what are those symptoms?

- Sudden numbness or weakness of face, arm or leg, especially on one side of body
- Sudden confusion or trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, or loss of balance or coordination
- Sudden severe headache with no known cause

Even if these symptoms last only a few moments, they may be signs of a serious problem that needs medical evaluation and/or treatment. Go to a medical facility immediately.

**So what does all this mean to you, Lolita Lesbian?** It means that even if you do not currently know someone who has had a stroke, you will. It means that you may be involved in the care of a loved one who has had a stroke. Remember, stroke is no longer an old grandma’s condition, it is happening to younger and younger women because of lifestyle: poor diet, stress, and lack of physical activity.

It means that if you know more about your cat or dog or car or 401(k) than you do about your own blood pressure and LDL’s and triglycerides, you might want to shift your attention and get your blood work done. It means you need to take responsibility while you can, to find a primary care doctor that you can relate to and get some guidance from. You take blood pressure lowering medications if necessary. It means you stop smoking- get involved with a program that can help, if necessary. It means you find time to move your body through space physically, outside of your car and out from behind your computer or TV – exercise! It means you get involved politically to work for a change in government and our health care system so that you and your friends and family can get reasonable, accessible health care check-ups and care.

It means you know and pay attention to the signs and symptoms so that you can help a friend get immediate care if you suspect a stroke. Think FAST: **F**= Face (drooping mouth or eye muscles or look of confusion or alarm), **A**=Arms (inability to raise both arms over head), **S**=Speech (inability to speak intelligibly or find words), and **T**=Time (the drug that can dissolve clots must be administered within three hours of the first sign of stroke to be effective). Most patients arrive 12-24 hours after signs of stroke begin and it is too late to use the drug. With the drug, patients are 55% more likely to have little or no disability after three months.

It also means that there will still be incidence of stroke in our community. In this past year, we have had two cases occurring to women between 40 and 50. The personal care and support given to a stroke victim is immeasurable to the survivor’s overall outcome. But it costs a lot to have a stay at home care-giver. And the regular household costs mount! The costs associated with special equipment are significant. It means the ATL Foundation needs your financial support to be able to help women who have had a stroke.

A current French movie, “The Diving Bell and the Butterfly” would be well worth seeing if you want to better understand the challenges of stroke. You can get wonderful support information and materials from the Rocky Mountain Stroke Association at 303-730-880. They have a great packet of materials called the Stroke Recovery Kit that includes info on physical therapy, support groups, transportation, etc.
Aloha! Mahalo to all our wonderful supporters that attended the first ever, but probably not the last, ATL Luau in August. It was quite a festive affair with everyone appropriately dressed for the Hawaiian occasion. (The coconut bras and grass skirts were particularly appreciated by the ATL board members.)

Guests arrived and were promptly lei’ed at the door before entering the enchantingly decorated back yard and pool at the home of ATL board member Karen Jessey and her lovely partner Jules Armstrong.

Guests dined on Luau fare catered by the Purple Avocado, drank frozen umbrella drinks from the Tiki Tiki bar, enjoyed the Hawaiian music and skillfully interpreted impromptu hula dance, and competed for great prizes.

Thanks Karen and Jules for the great time. We hope we will see you all at next year’s event.

Thank you Friends and advocates who have helped women in need find us and fill out the necessary forms for assistance. And to EVERYONE who contributes to, or participates in our fundraising efforts, we do sincerely thank you!
“Giving a Lift To Women in Need”

A Colorado 501(c)3 Non-profit corporation

In 2007 The ATL Foundation helped more women than ever before, giving out 60 grants and almost $50,000! And you made it all happen, with your generous support! Help us help even more women in our community in 2008 - Attend an event, have a house party, become a “friend of the flock” and give a lift to a woman in need. Thank you!

Join us for our first “Ride up the hill” on March 8th, 2008.

We have chartered a bus to take us up (and back) to Fortune Valley Hotel/Casino for an evening of gambling and fun.

A buffet Dinner will be provided, $5 coin coupon, Free wine, well and draft while gaming.

So have some fun and raise money for this worthy cause.

Full details and registration are available on our web site: www.ATLFoundation.org

You must pre-register so register early as space is limited!