



HOLISTIC HEALTH COMMUNITY 2023 ANNUAL REPORT

Holistic Health Community, Inc. | PO Box 725, Stone Ridge, NY 12484
info@holistichealthcommunity.org | 845-867-7008
Holistic Health Community is a 501(c)3 nonprofit, charitable corporation

Our **CORE PROGRAM** in 2023 included both in-person Community Holistic Healthcare Days on the third Tuesday of each month and Virtual Community Holistic Healthcare Weeks on the last week of each month, plus a variety of Self-Care Classes and Special Events.

Our **OUTREACH PROGRAM: Holistic Healthcare to the People!** was launched in 2021 to expand access to holistic health services among underserved populations including low-income households, the BIPOC community, senior citizens, and youth. Through the Outreach Program, HHC collaborates with community-based organizations to carry out a range of classes and events.

Our **SOIL TO SOUL PROGRAM** was launched in 2022 to provide Earth Connection programming throughout the four seasons. This programming promotes a full spectrum of practices in connection with regenerative farming, food preservation and preparation, and experiences that consider the cycles of life.

EVENTS:

In 2023, we held a total of 205 events and serviced 3,881 appointments. The average age of our clientele is 54 years old.

EVENT CATEGORY	# EVENTS	# ATTENDEES	AVERAGE ATTENDEES
HHC Events	16	506	31
Holistic Healthcare Day	12	570	47
Holistic Healthcare Virtual Week	12	412	34
Soil to Soul Events	47	573	12
Outreach Healthcare Day	12	391	32
Outreach Events	106	1429	84
TOTALS	205	3881	40

EVENT LOCATIONS:

- Town of Marbletown, NY offers its Community Center for rent-free space for events and holistic healthcare day, 3564 Main St, Stone Ridge, NY 12484
- Rosendale Theatre Collective, co-sponsors the screening of films related to health and well-being, 408 Main St, Rosendale, NY 12472
- People's Place is a partner in our Outreach Program, 17 St James St, Kingston, NY 12401
- Seasoned Gives is a partner in our Outreach Program, 11 Lohmaier Ln, Lake Katrine, NY 12449
- YWCA of Kingston is a partner in our Outreach Program, 209 Clinton Ave, Kingston, NY
- Clove Valley Farm is a partner in our Regenerative Farming: Soil to Soul Program, 81 Clove Valley Rd, High Falls, NY 12440
- Back Home Farm is a partner in our Regenerative Farming: Soil to Soul Program, 2387 Lucas Turnpike, High Falls, NY 12440
- The Kiva at MaMA 3588 Main St, Stone Ridge, NY
- The Green Cottage, High Falls NY, offers a free flower arrangement for each Healthcare Day.
- The High Falls Food Co-op offers some free organic foods for our Healthcare Days.

PROGRAM & CLIENT STATISTICS

For Holistic Healthcare Day and Virtual Week

VOLUNTEERS:

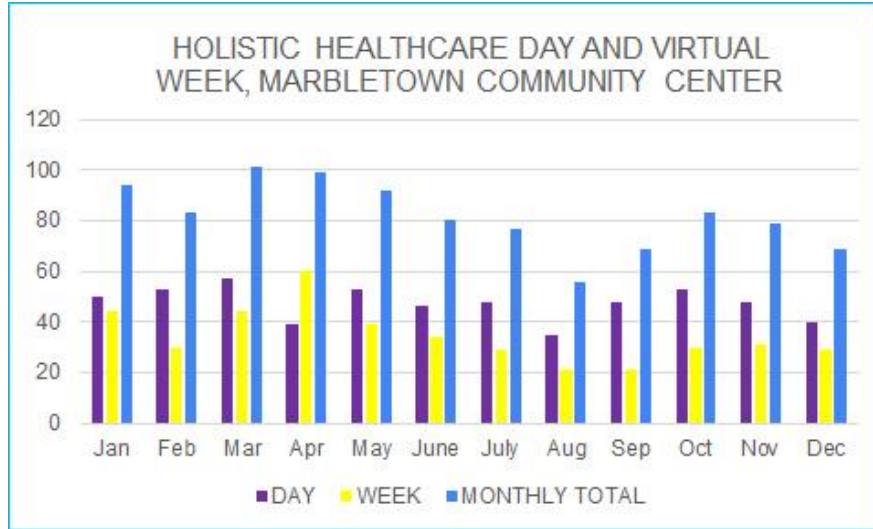
- Holistic Health Community's Healthcare Day and Virtual Week at the Marbletown Community Center consisted of:
 - 58 volunteer practitioners
 - 52 modalities were offered
- An Evening of Holistic Health Community's Healthcare at People's Place, Kingston included:
 - 19 volunteer practitioners

We welcomed 10 new practitioners in 2023

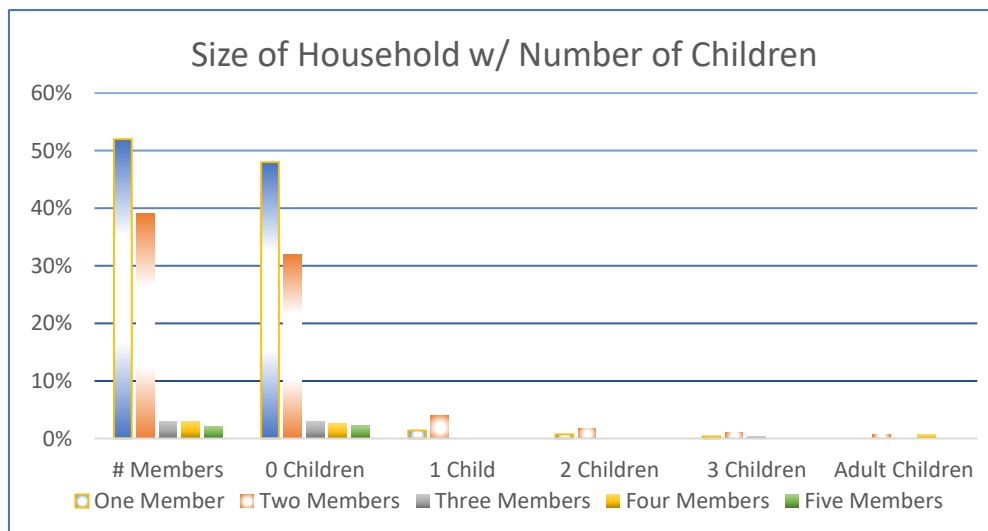
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|--|---|
| 1. Alé Moss, Akashic Records | 8. Rea Leonard, Frequency Guided Coaching |
| 2. Bahia Miller, Internal Family Systems | 9. Tayesha Mely, Doula Services: Birthing Education |
| 3. Bradley Berg, Counseling for Your Soul | 10. Yuko Nakagawa, Jyorei |
| 4. Danielle Harfush, Health and Longevity Coaching | |
| 5. Maritday Rodriguez, IET: Integrated Energy Therapy & Whole Woman Care | |
| 6. Mark Houghtaling, Massage | |
| 7. Melissa Schenker, Work/Life Coaching | |

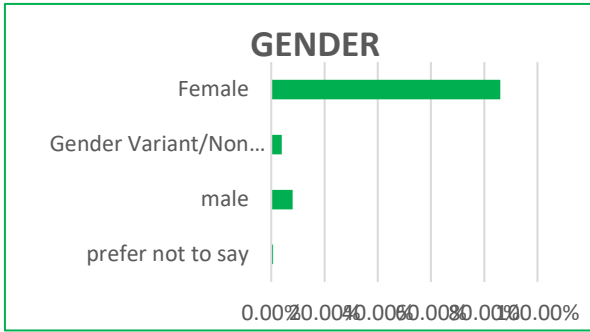
For a listing of all our current practitioners and administrative volunteers, please visit:

<https://holistichealthcommunity.org/faculty>



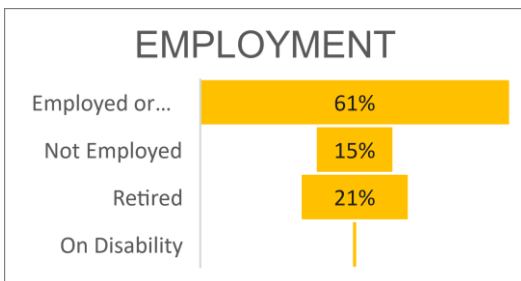
HOLISTIC HEALTHCARE DAY/WEEK			
ATTENDANCE	DAY	WEEK	MONTHLY TOTAL
Jan	50	44	94
Feb	53	18	71
Mar	69	44	113
Apr	39	60	99
May	53	39	92
June	46	34	80
July	48	29	77
Aug	35	21	56
Sep	48	21	69
Oct	53	30	83
Nov	48	31	79
Dec	40	29	69
TOTALS	582	400	982





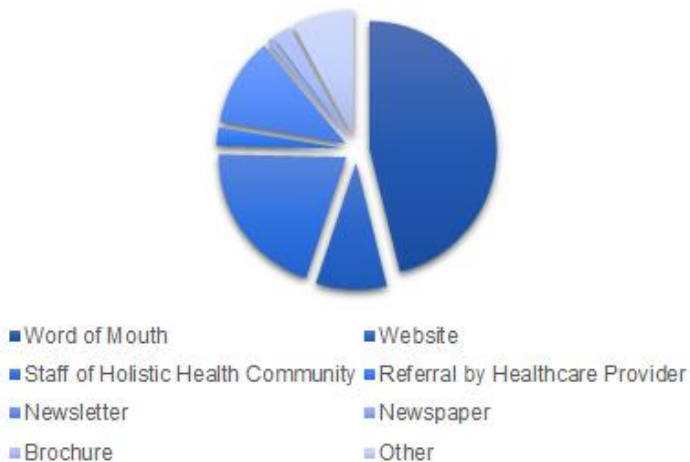
Gender	Percentage
Prefer not to say	0.70%
Male	8%
Gender Variant/Non-Conforming	4%
Female	86%

INSURANCE	Percentage
Affordable Health Care	12%
Employer/Self Paid	25%
Medicaid	20%
Medicare	33%
No Coverage	8%

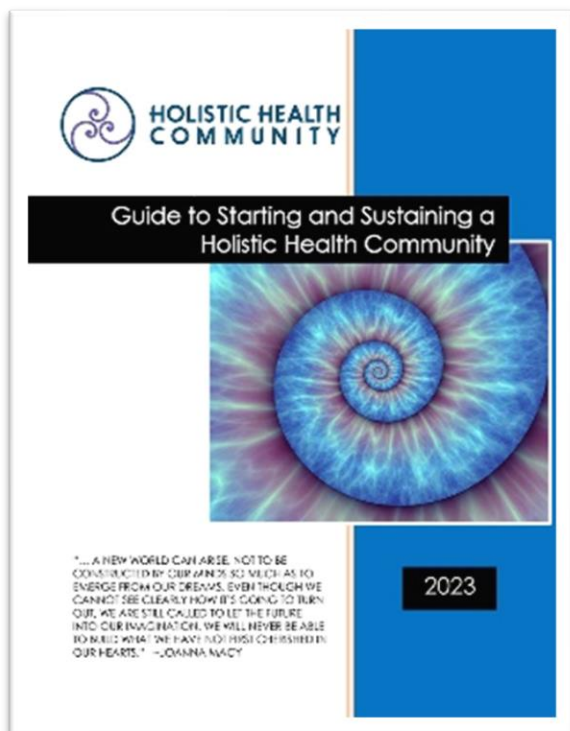
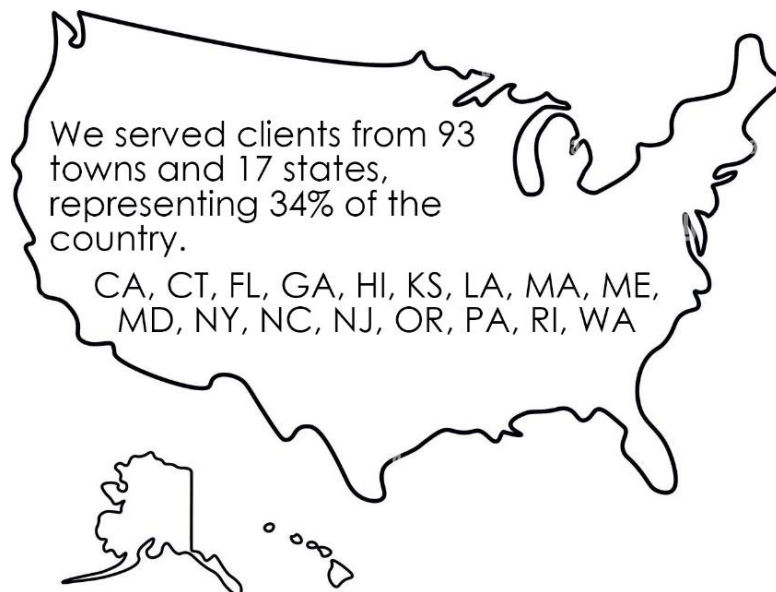


EMPLOYMENT	Percentage
Employed or Self-Employed	61%
Not Employed	15%
Retired	21%
On Disability	0.70%

HOW DID YOU HEAR ABOUT US?



HOW DID YOU HEAR ABOUT US?	Percentage
Word of Mouth	41%
Website	8%
Staff of Holistic Health Community	18%
Referral by Healthcare Provider	2.10%
Newsletter	10%
Newspaper	0.70%
Brochure	2.10%
Other	7%



In 2023 – There were 38 Individuals who downloaded our free booklet, "Guide: Starting and Sustaining a Holistic Health Community"