



ANNUAL REPORT for 2019

Since 2012, HHC has been providing free holistic healthcare and education to the community. Our programs include Community Holistic Healthcare Days, Self-Care classes, special events, workshops, and films. The following describes some of the activities in 2019.

Community Holistic Healthcare Days were held on the third Tuesday of every month from 4:00 – 8:00 at the Marbletown Community Center.

- On each healthcare day, there are an average of 16 holistic practitioners and 12 administrative volunteers, and a holistic medical doctor is available to handle special needs or emergency situations. For a list of the wide variety of energy healing and psychological modalities clients can choose from, visit <https://holistichealthcommunity.org/services>
- HHC currently has available 44 active holistic health practitioners and 27 administrative volunteers. A complete list of HHC practitioners is found on our website: <https://holistichealthcommunity.org/faculty>
- A total of 573 sessions were offered at 11 Healthcare Days in 2019, with an average of 52 clients served on each occasion. A total of 196 clients came one or more times throughout the year.
- Clients are asked to complete an anonymous survey form. The population served consisted of 196 clients (90% adults/10% children) many of whom return each month. Female clients made up 80% of our visitors. Employment status varies with 60% employed, 20% not employed, and 20% retired. 14% of the clients had no health insurance coverage, 23% were on Medicaid, 32% on Medicare, and 19% had health insurance either through an employer or were self-paying. There were visitors from 56 different towns in 15 different counties across New York State and beyond. The majority of clients came from 1-adult (43%) and 2-adult (34%) households.
- Clients are asked if they would like to describe their experience. To see a summary of the results of these surveys, visit <https://holistichealthcommunity.org/Feedback2019>
- While no money or insurance is required to receive services, HHC invites clients to give a donation or *pay it forward* with volunteer community service.
- Since most holistic healthcare modalities are not covered by insurance, both the insured and the uninsured benefit from Healthcare Day.

In 2019 we held 11 free **Holistic Self-Care Classes** on the first Thursday of each month. Topics included: Getting Cognitively and Emotionally Unstuck, Combatting Anxiety and Stress Naturally with EFT, Making our Energetics More Real, Understanding Compassion Fatigue, Homeopathy - Symptoms as Messengers, How to Keep Your Eyes Healthy, and Aroma Freedom.

With a grant from the Wolosoff Foundation, we offered ten free **Talks and Workshops** in 2019. Topics included: Experiments in Spontaneity — An Abstract Painting Workshop, Temple making with Freddy Silva, The Daily Flame: Listening to the Voice of Our Inner Wisdom — a book talk and book signing with author Lissa Rankin MD, Mind Salad with Storyteller and Coach Doug Motel, The Elder Odyssey — Rites of Passage for Mature Adults, Crystal Awareness, Medisounds Meditation — A Kabbalistic Approach, and Connection Café.

We continued our collaboration with the **Rosendale Theatre Collective** and co-sponsored several films that dealt with health and healing, including The Location of Paradise, Fantastic Fungi, The Pollinators, and Becoming Nobody.

In June, we held a **Fundraiser** at the Lifebridge Sanctuary at which participants enjoyed a gong bath/sound-healing experience.

With funding from the Wolosoff Foundation and an anonymous donation from the Community Foundations, we have produced a 22 minute **Documentary Film** describing HHC's health care model. We began showing and distributing the film throughout the country, a gift to those who may want to start a Holistic Health Community where they live. To see the film, visit <https://holistichealthcommunity.org/FILM>

Special events are made possible by grants, while contributions by the public covered all of our administrative expenses. If you would like additional information about HHC, or if you would like a copy of HHC's Financial Resources and Statement of Activities, please contact us at info@holistichealthcommunity.org.

Our Future Vision

In 2019, we received a grant from an anonymous donor through the Community Foundations. We rented an office, and hired an Office Manager, Project Manager, Web Designer, and an Architect. All of this has allowed us to take a first big step toward our achieving our Vision. For details of our Future Vision, visit <https://holistichealthcommunity.org/about-us/our-future-vision>

Looking Ahead to 2020

In 2020, a blue print for the healing sanctuary and campus will be completed, and a Project Committee, with the help of a business consultant, will have developed a strategic plan. The documentary film will be submitted to film festivals and will be more widely shown throughout the country. All of these activities will bring us closer towards achieving our vision.

All of us at Holistic Health Community are grateful to the Sponsors of Community Holistic Healthcare Days:

- **Marbletown Community Center**, which provides our space
- The **Green Cottage**, which donates a beautiful bouquet of flowers
- The **High Falls Food COOP**, which donates healthy food for our clients and volunteers.

We also wish to thank our CO-SPONSORS:

- The **Lifebridge Foundation Inc.** for co-sponsoring our annual sound healing concert in their beautiful Sanctuary
- The **Rosendale Theatre Collective** for co-sponsoring films related to health and healing at the Rosendale Theatre
- **MAMA** (Marbletown Multi-Arts), for co-sponsoring workshops and lectures.

We are grateful to all of the individual contributors and foundations that enable us to offer our programs to the community free of charge.

Most of all, we are grateful to our amazing dedicated volunteers.