“...everyone has a right to quality healthcare and health equity.”
Dear Friends of STRIDE Community Health Center:

We are pleased to provide you with this update on the impact we are making in our communities thanks to your support. 2019 was our first year of our strategic plan focused on the domains of Accessible Services, Best Work, Community Voice, and Thriving Lives. There is a lot that we were able to accomplish, and in other areas we have laid the groundwork for even greater impact moving forward. In addition to details later in this report, I want to accentuate achievements within each of those domains (see next page).

We certainly celebrate 2019, and we move forward with a sense of urgency to continue to fulfill our mission guided by our strategic plan.

Be well,

Ben Wiederholt
President & CEO
ACCESSIBLE SERVICES
Our convenient care services expanded to our Hampden & Chambers location in Aurora as well as our Wheat Ridge location. This provides our community a critical and affordable alternative to emergency departments and urgent care centers. We also introduced same day scheduling so that our patients can more easily follow up with their primary care provider. These services and more resulted in a 9% increase in overall visits compared to 2018.

BEST WORK
We are excited to now have consolidated support services that were previously at four locations into one centrally located administrative building. If you haven’t been by yet, please let me know and I would be delighted to give you a tour. We also improved our support systems for human resource management and financial management, so we have better tools to operate efficiently and effectively.

COMMUNITY VOICE
Our community begins with our employees so that they are supported and can in turn serve our patients. We invested in our workforce through expanding our PTO to make it more equitable, and we also provided tools to improve their own savings and financial health including offering a Pathways to Homeownership Program through providing down payment assistance. I am proud that we now also have a group of patients engaged with providing direct feedback on our services through the Patient Engagement and Empowerment Panel.

THRIVING LIVES
Our quality and performance improvement efforts continue to evolve as demonstrated by maintaining or improving on 9 out of 14 key quality measures. Furthermore, we partnered with over 100 patients in their battle with addiction through our Medication Assisted Treatment services. We also welcomed the Colorado Adolescent Maternity Program (CAMP) into our organization.
2019 Encounters & Patients by Service Line

<table>
<thead>
<tr>
<th>Service Line</th>
<th>Encounters</th>
<th>Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical</td>
<td>153,764</td>
<td>48,734</td>
</tr>
<tr>
<td>Dental</td>
<td>25,350</td>
<td>10,093</td>
</tr>
<tr>
<td>Behavioral Health</td>
<td>14,221</td>
<td>10,097</td>
</tr>
<tr>
<td>Case Management &amp; Health Education</td>
<td>11,828</td>
<td>7,032</td>
</tr>
</tbody>
</table>

Encounters
- 75% Medical

Patients
- 64% Medical

TOP 21 ZIPCODES
Where 75% of STRIDE Patients Reside

80002 80003 80004 80010 80011 80012
80013 80014 80015 80017 80033 80214
80215 80219 80226 80231 80232 80239
80247 80249 80401
2019 patients served: 51,364

**2019 PATIENTS BY AGE**

- Under Age 1: 1,367
- Preschool (1-4 y.o.): 3,256
- School Age (5-17 y.o.): 10,038
- Young Adults (18-44 y.o.): 20,367
- Adults (45-64 y.o.): 12,921
- Senior Adults (65+ y.o.): 3,415

**INCOME LEVEL**

Percentage Federal Poverty Level (FPL)

- 100% & below FPL: 35,842
- 101-150% of FPL: 2,905
- 151-200% of FPL: 1,189
- Over 200% of FPL: 619
- Unknown: 10,809

2019 Federal Poverty Level was $25,750 for a family of 4

**INSURANCE TYPE**

- None/Uninsured: 19,510
- Medicaid: 25,107
- Medicare: 2,393
- Private Insurance: 3,461
- CHP+: 893

**RACE**

- Asian: 2,427
- Pacific Islander: 203
- Black/African American: 5,987
- American Indian/Alaskan: 286
- White: 37,865
- More than One Race: 1,010
- Unreported: 3,586

**ETHNICITY**

- 52% Hispanic
# 2019 ANNUAL BUDGET

## REVENUE

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Income</td>
<td>$32,156,177</td>
</tr>
<tr>
<td>Grants</td>
<td>$15,476,950</td>
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<tr>
<td>Donations &amp; Other Income</td>
<td>$3,992,400</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td><strong>$51,625,527</strong></td>
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</tbody>
</table>

## EXPENSES

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personnel</td>
<td>$35,765,194</td>
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<tr>
<td>Operations Expense</td>
<td>$15,281,140</td>
</tr>
<tr>
<td>Capital Investment</td>
<td>$0</td>
</tr>
<tr>
<td>Depreciation &amp; Amortization</td>
<td>$1,836,278</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$52,882,612.00</strong></td>
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</tbody>
</table>

---

Donations made to STRIDE in 2019 supported:

- Behavioral Health
- Care Management
- Medication Assisted Treatment
- Cancer Screening
- Homeless Services
- Pediatric Care

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...establishing a deep connection with our patients as equal partners.
After being known as Metro Community Provider Network or MCPN for three decades, the organization underwent a name change to better reflect its mission. “We chose the name STRIDE because we believe in establishing a deep connection with our patients as equal partners, and to journey with them toward better health,” said Ben Wiederholt, President and CEO of STRIDE. “We believe that the dignity of every human being means that everyone has a right to quality healthcare and health equity, and that our new name better reflects our organizational mission.”

This past year marked STRIDE’s 30th Anniversary. From a single clinic in Aurora serving 800 patients each year, STRIDE has grown to a location delivering integrated medical, dental, behavioral health, pharmacy, care management and health education to over 51,000 individuals annually. STRIDE celebrated this milestone with a successful and sparkling gala in April, and has so many incredible accomplishments to show after 30 years of service.
STRIDE is constantly evolving to deliver the best possible health outcomes to the community. In 2019, STRIDE displayed its commitment to thriving lives through clinical quality improvement initiatives, chronic disease prevention and management programs, wrap-around care for teen moms, oral health outreach to low income children and families, medication assisted treatment programs for those living with substance use disorders, joining statewide efforts to train geriatric care providers, and so much more. **STRIDE is proud to be a leader among Colorado’s healthcare providers, and eager to keep making those steps toward a healthier world.**

The Health Resources and Services Administration (HRSA) provides annual Quality Improvement Awards to promote the overall quality, efficiency, and value of the health care services provided by Community Health Centers across the U.S., and to celebrate their recent achievements in providing high quality care to nearly 30 million patients. These awards recognize the highest performing health centers and those that have made significant quality improvement gains from the previous year. STRIDE is a proud to be a recipient of this award for: Clinical Quality Improvers, Health Center Quality Leaders, Advancing Health IT, and Patient-Centered Medical Home (PCMH) Recognition.
Since 2004, IGNACIO & MARTHA have been patients of STRIDE Community Health Center. Over the past decade and a half, Martha and Ignacio’s lives have changed over and over again. They experienced tremendous joy—Martha and Ignacio had three children under the care of STRIDE providers. They also experienced heartache—the loss of one of their children, and a construction injury which left Ignacio unable to work.

“One quality that stands out about Martha and Ignacio is their resilience,” noted Cece Carsky, who has been a part of their care team since October 2017.

Although Ignacio has been struggling with diabetes for 23 years, he was committed to working seven days a week running the lonchera truck he and his wife started after his accident. “I don’t have time to take care of my diabetes! I work seven days a week!” he would say to his care team at STRIDE. Exhausted and unable to focus, he met with two STRIDE health and diabetes educators, Gloria Floyd and Cece Carsky, who helped him begin making changes in his diet and medication. They helped Ignacio set realistic expectations and taught him how insulin works so that the correct type and dose matched up with his food intake.

Another STRIDE resource that helped immensely was starting a joint-visit with a Spanish-speaking Health Educator and an English-speaking Certified Diabetes Educator—this allowed barriers to his diabetes care to be better addressed in correct cultural context. Through collaboration, they were able to share those insights with the CDEs so that Ignacio’s care team could tailor his insulin education to specific circumstances in his lifestyle.

STRIDE has been a consistent support system for their family throughout their lives in Colorado. Whether it be providing Martha with prenatal care; taking care of their children as they grew into teenagers; or now, helping to maintain a healthy lifestyle and managed diabetes...

...Martha and Ignacio continue to maximize on the new resources available to them within their neighborhood health home.

“I just appreciate all the help that they [his care team at STRIDE] gave me and my family,” Ignacio said, in Spanish. “I don’t think I can find a word to tell you how much I appreciate you,” he added, this time in English. “Thank you.”

“I also want to thank you for all of the help and all of the support through our whole life and history—since I had my kids until now,” said Martha, in Spanish. “I want to thank MCPN [now STRIDE] for all of that.”
thank you donors &

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Denver Broncos Football Club
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Denver Museum of Nature & Science
Denver Outlaws
Denver Zoo
Dos Rios Golf Club
Eldorado Springs
Fast Winds Balloon Flights
FastSigns
Fiesty Spirits
First Bank
Fitzcom INC
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Fort Fun
Frame De Art
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Fujiyama Sushi & Hibachi
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Henry Schein Dental
Henry’s Salon
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Holly Golf
Hudson Gardens & Event Center
iHeart Media
In Tea
Invintions-A Creative Winery
Iron Mountain Hot Springs
Jim N’ Nick’s BBQ
Kaiser Permanente
KVDR FOX 31
Kim Bimestefer Charity Fund
Kroenke Sports & Entertainment
Legacy Ridge Golf Course
Leopold Bros Distilling
Lewan Technology
Lewis Bess Williams & Weese PC
Lodge Casino
Maggiano’s Little Italy
Marble Distilling Co.
Marriott Denver West
Massage Envy
Max Clothing Outlet
Meridian Golf Club
Miners Alley Playhouse
MOA Architecture
Molly Brown House
MPW Strategies
Next Strategic Technologies
Nordstrom
North Italia
Nebula Voice LLC
Old Town Guesthouse
Oogies Snacks
Outdoor Promotions of Colorado LLC
Paycom
Pernod Ricard USA
Pilates Plus Cherry Hills
Pinkard Construction
Pirates Cove
Pradera
Pro Rodeo Hall of Fame
Quality Italian Cherry Creek
Quest Diagnostics
Racines Restaurant
Ramos Law
Rifle Creek Golf Course
ROCK’n & JAM’n
Santa’s Workshop
Sea Shell Cellars
Shanahan’s Steakhouse
Smashburger
South Restaurant
Southwest Airlines
Spirit Hound Distillers
Stoney Creek Golf Course
Swallow Hill Music School
Synergy Health Partners
Take Root Brain & Body Development
Target
Tattered Cover Bookstore
The Bridges
The Brown Palace
The Cheesecake Factory
The Lodge at Breckenridge
The Melting Pot
The Ridge at Castle Pines North
The Wish Clinic
Therahand Wellness Center
Tolin Mechanical

NATIONAL FUNDERS
National Association of Community Health Centers
U.S. Department of Health & Human Services

STATE & LOCAL GOVERNMENT
Arapahoe County Board of County Commissioners
City of Aurora
Colorado Department of Human Services
Colorado Department of Health Care Policy and Financing
Colorado Department of Public Health and Environment
Colorado Office of Behavioral Health
Denver HIV Resources

FOUNDATIONS
Anschutz Family Foundation
American Cancer Society
Centura Health- St. Anthony Hospital
Community First Foundation
Delta Dental of Colorado Foundation
Denver Health & Hospital Foundation
Kaiser Permanente
Philip S. Miller Foundation
SCL Health- Lutheran Medical Center Foundation
The Colorado Health Foundation

8 | STRIDE 2019
COMMUNITY ORGANIZATIONS

Aurora Chamber of Commerce
Aurora Mental Health Center
Colorado Access
Colorado Community Health Alliance
Colorado Community Health Network
CORHIO
Community Resource Center
ECDC African Community Center
Jeffco Public Schools
Jefferson Center
Mile High Behavioral Healthcare
University of Colorado Health

INDIVIDUALS

Alyssa Aberle
Nathan Ackerman
Chris Adams
Eric Alpert
Polly Anderson
Linda & Stephen Bibb
Jeremy Bixler
Scott Blau
Mark Bokhoven
Colleen Bowles
William Bradford
Lisa Brown
Susan Brown
Candie Brown
Kasia Bulkowski
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Nathan Trizenberg
Brenda Trujillo
Katie VanderPutten
Natalie Vaughan
Emily Vinz
Cynthia Vitale
Joshua Walker

We apologize if we missed anyone.

THANK YOU!

VOLUNTEERS

Erika Bautista
Susan Brown
Melanie Byrne
Kevin Finder
Nicole Garcia
Zanda Gatewood
Freda Gillette
Rose Hall
Mary Kay Herman
Tim Hermann
Nik Larson
Colette McKiernan
Robert McNiel
Cody Miller
Jorge Olivas-Romero
Ariane Opp
Kris Saponano
Hannah Segebart
Kiah Shea
Belinda Smallwood
Thu Tach
Christine Torres
Carol Tumayle
Jeff Weide
Nicoletta Weide
Al Zioba

We apologize if we missed anyone.

THANK YOU!
STRIDE is a non-profit organization that has provided medical, dental and community based services to the underserved since 1989.

STRIDE is a Federally Qualified Health Center, a proud member of NACHC and a Federal Tort Claims Act Deemed Facility (FTCA).

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