



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

Since 2012, the Holistic Health Community has been providing free holistic healthcare and education to our community. Currently, we have 63 holistic practitioners and 22 administrative volunteers who love to give service and come together to create an expanded paradigm of well-being.

Our **CORE PROGRAM** in 2022 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. During Healthcare Days, our practitioners offered a total of 300 free sessions. During Healthcare Weeks, our practitioners offered a total of 445 free sessions. For a list of the wide variety of energy healing and psychological modalities clients can choose from, visit <https://holistichealthcommunity.org/services>. HHC also offered a variety of Self-Care Classes and Special Events, some in-person and some online. For a list of the classes offered, visit <https://holistichealthcommunity.org/events/calendar-of-events/?eventyear=2022>

## OUTREACH PROGRAM

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

- The **Holistic Healthcare to the People!** initiative offers free monthly nutritional consultations and stress reduction classes at People's Place in Kingston, which provides food and clothing to those in need. HHC also partners with the YWCA of Ulster County to present the Spring Well and Winter Well Festivals, at which community members can receive free holistic healthcare at the YWCA's location in Kingston. In addition to Kingston, HHC's Outreach Program extends to New Paltz, Ellenville, and High Falls, and its partners include Go Beyond Greatness, Good Work Institute, Institute for Family Health, Town of New Paltz Office for Community Wellness, Place Corps, and Seasoned Gives. During 2022, approximately 350 clients were offered free holistic healthcare sessions, and approximately 25 classes were offered.
- The new **Soil To Soul** initiative provides earth connection programming throughout the four seasons. This programming promotes a full spectrum of practices in connection to food, land and community, as well as experiences and perspectives that consider the cycles of life; all aiming to support a healthy mind-body-spirit and Earth. Programming includes bird watching, flower arranging, farming, fermenting veggies, making herbal

remedies, cooking nutrient-dense meals; sprouting microgreens, propagating houseplants, planting seeds and composting. These are all learning opportunities through Soil to Soul which promote holistic health in its participants through hands-on activities that exercise the mind-body-spirit and celebrate the vital relationships to one's environment and the food that we eat. Regenerative farming practices highlight the life force energy that heals, supports and sustains wellbeing available in the natural environment and vibrant in nutrient-dense foods that people can grow themselves, harvest wild or source within their community. We give back to the Earth through the little choices we make each day as well as the practices of composting and growing plants that capture carbon, nourish soil and make the environment beautiful. From these practices we lead happier lives and from a healthy mind-body-spirit imagination soars! These programs reached approximately 800 participants in 2022.

## **VOLUNTEERS:**

We welcomed 9 new practitioners and 2 new Administrative Volunteers in 2022:

### **PRACTITIONERS**

1. Sarah Carlson - Chumpi Illumination/CHILL
2. Virginia Doran - Acupuncture
3. Diana Gongora - Psychotherapy/Art Therapy
4. Phoebe Lain - Flower Essence Therapy
5. Geena Rose - Reiki with Crystal Healing
6. Katie Todd - The Flow of Grace
7. Charlotte Von Hemert - Gentle Yoga for the Nervous System
8. Theresa Widmann - Reiki and Tuning Forks
9. Mary Zak – Reiki

### **ADMINISTRATIVE VOLUNTEERS**

1. Tessa Chandler
2. Elizabeth Murichi

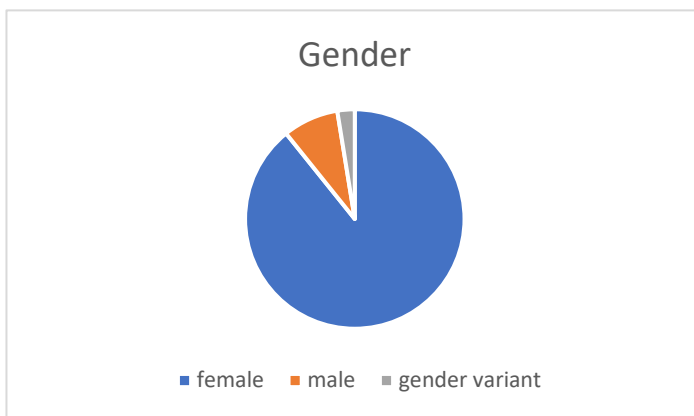
## **Financial Support:**

- We received an Operational Grant in 2019, 2020 and 2021 (\$100,000 annually) from the NoVo Foundation. The grant was increased to \$200,000 in 2022.
- We received a grant of \$35,000 from the Morty and Gloria Wolosoff Foundation to support our new Outreach Program, bringing holistic healthcare and education to underserved communities in our area.
- We received a \$2000 grant from the Ulster Savings Charitable Foundation in support of our Outreach Program.
- We hired The Peter Heller Group to help us prepare to launch a capital fundraising campaign, and we hired Choice Words Inc. to do grant writing for us.
- All of us at Holistic Health Community are grateful to the Town of Marbletown for providing us with the free use of the Marbletown Community Center, and to The Green Cottage, for donating a beautiful bouquet of flowers each month. 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.

## 2022 SUMMARY of STATISTICS:

- Over 1000 sessions offered: In-person, Virtual and Outreach
- 445 Virtual sessions were offered
- 300 In-person sessions were offered
- 13 States + Canada, Mexico, France
- 80 Towns/Cities
- 45 Practitioners volunteered their services
- 48 Modalities
- 440 or 59% took the survey
- 55 years old is the average age (11 youngest/84 oldest)



### Gender

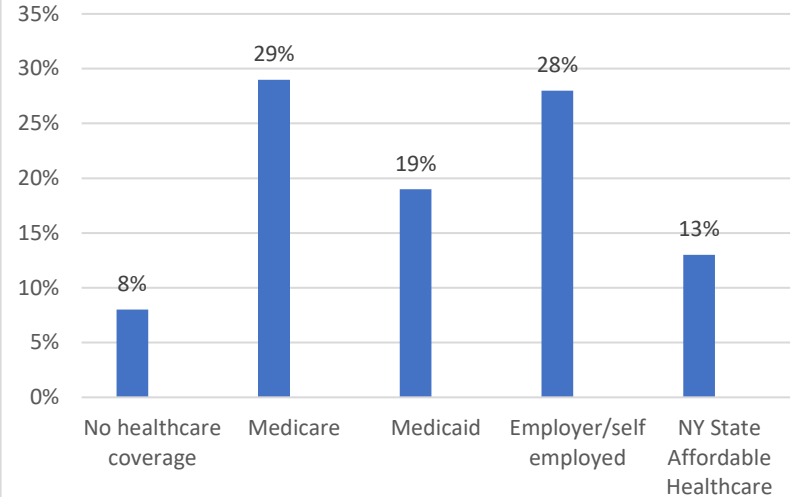
- 87% Female
- 8% Male
- 2.5% Gender Variant/Non Conforming

### Marketing

- 43% Word of Mouth
- 10% Website
- 11% Staff
- 15% Newsletter
- 4% Brochure



### Health Insurance



### Health Insurance

- 8% of our clients had no healthcare coverage
- 29% Medicare
- 19% Medicaid
- 28% Employer/self employed
- 13% NY State Affordable Healthcare

### Employment

- 58% Employed
- 18% Not Employed
- 20% Retired
- .08% Self Employed

