HOW do you keep alive the memory of someone who passes away, yet was loved by so many and did so much good for so many people? You start a scholarship in his name. That’s the conclusion Florence “Bea” Hosack came to last year when she approached the John Randolph Foundation about starting the Gregg E. Hosack Scholarship Program in memory of her husband.

The scholarship was established in December 2003 in accordance with Mrs. Hosack’s wishes. “Derb, as he was known by most of his friends, was such a kind, giving person, that I thought he would like the idea of my starting this scholarship in his name,” said Mrs. Hosack. “This way, in theory, he could keep on giving to the community even after he was gone.”

A Memorial That Gives Back

Gregg E. Hosack was born and raised in Grove City, PA, 50 miles west of Pittsburgh. He attended Grove City College and transferred to the National Business College in Roanoke on a basketball scholarship. Upon graduation he pursued a career in government service, beginning with the outbreak of WWII and serving in England at the U.S. Embassy. After the war he worked for the Veteran’s Administration at various VA hospitals as a supply officer.

In the early 1960s Mr. Hosack joined the United States Information Agency, a job that sent him all around the world.

Mr. Hosack retired in 1971 at the age of 53 and settled in his wife’s hometown of Hopewell. In retirement, he embraced his new community and became an...
New Initiatives
Caring Congregations, Inc.

Already a full time registered nurse, Kim Vealey was looking for yet another way to help others in her church and community when she learned about a new organization called Caring Congregations, Inc. Caring Congregations trains registered nurses to promote health and wellness within their individual churches and greater community. “A perfect fit,” Vealey thought. She took the semester-long course Caring Congregations offered at the John Randolph Nursing Home in Hopewell and has now recruited four other nurses in her church to work with her. They provide programs like monthly blood pressure screenings, CPR classes, blood drives, weight management programs and more.

According to Rev. Donna Coffman R.N., Executive Director of Caring Congregations, “forty-three percent of people in this country attend a worship service each week. If we can reach people with useful, practical health information in their church environment, we have the ability to make an enormous impact on the well-being of Americans.”

Caring Congregations has been educating and supporting registered nurses in the metro Richmond area to facilitate the link between faith and health since 1997. Coffman heard that there was an interest and a need in the Tri-Cities area for a parish nurse program, but didn’t have the resources to extend the program into a new area. With the help of a $10,000 grant from the John Randolph Foundation in the fall of 2002, that all changed. The Foundation’s support allowed the parish nurse course to be offered in Hopewell.

“Caring Congregations has enabled me to use the power of health and faith to strengthen the mind, body and spirit of my church family,” said Vealey. “The people I help are truly grateful for the resources my fellow nurses and I can now provide for them on an on-going basis.”

Spotlight / Brenda Pelham

Hopewell native, Brenda Pelham has dedicated her life to serving her community. After graduating from Hopewell High School and attending Virginia State University, she entered the military, where she spent 12 years. After serving in the Medical Service Corps as a personnel and logistics officer, she returned to her hometown of Hopewell. Since then, she has volunteered and served a wide range of non-profit and youth organizations, including almost eight years on the Board of the John Randolph Foundation. This year, Pelham was appointed President of the Board, a responsibility she says she is honored to have.

“I am proud to be able to support the Foundation in this new capacity and am particularly grateful to be in a position to help support so many wonderful organizations in the greater Hopewell community,” said Pelham.

Pelham is currently employed by the Hopewell Public Schools where she is Coordinator of the Individual Student Alternative Education Program. She was recently elected to City Council for Ward 6. She also dedicates her time as President of the Boys and Girls Club Advisory Board, as a member of the Hopewell Emergency Crew Advisory Board, and a mentor for a fifth grade student at DuPont Elementary School. She has two grown children, Jacqueline, married to Elvin H. Edmonds, III and James, married to Starnell Puaauli, as well as five grandchildren, Imani, Elvin IV, Antonio, Alena and James.

SEE “PELHAM” ON PAGE 6
Charitable Gifts: Many Ways to Give

Planned Gifts – charitable gifts structured in a way to benefit the financial and tax needs of the donor—are quickly becoming the most popular form of charitable giving among donors in the United States. The reason is simple – these gifts provide a way for you to support your favorite charity without significantly affecting your income. In fact, in some instances your income may actually increase as a result of a well-structured planned gift.

Life Income Gifts

The most popular types of planned gifts are called “life income” gifts. Typically, the donor of a life income gift gives cash, stock or appreciated real property to a charity while retaining annual (or more frequent) payments of income. These income payments may be stretched over the donor’s life and/or the life of another beneficiary, such as a spouse.

Donors of life income gifts typically receive an immediate income tax deduction, avoid or defer capital gains tax and receive income payments that are partially tax-free. Two popular life income vehicles offered by John Randolph Foundation are:

Charitable Remainder Trust

When you create a charitable remainder trust, it pays income to you and/or your beneficiary for life or a term of years. The annual income payments are usually between 5-8% of the value of the trust’s assets as it fluctuates from year to year. When the trust ends, the remaining assets are used by the Foundation for the purpose you designate.

Charitable Gift Annuities

A charitable gift annuity is a simple contract between you and the Foundation whereby, in exchange for your gift, the Foundation agrees to pay you fixed, guaranteed payments for your lifetime—the amount of which depends on your age at the time of the gift. When the annuity ends, the remaining assets are used by the Foundation to support a project or fund of your choosing, such as a scholarship in your honor or in memory of a loved one.

By referring to your age on the chart below, you can determine the amount of your annual payments and approximate income tax deduction for a $10,000 gift to the Foundation:

<table>
<thead>
<tr>
<th>Your Age</th>
<th>Income for Your Life at this Rate</th>
<th>Income Tax Deduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>$570.00 (5.7%)</td>
<td>$3,105</td>
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<tr>
<td>65</td>
<td>$600.00 (6.0%)</td>
<td>$3,553</td>
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<tr>
<td>70</td>
<td>$650.00 (6.5%)</td>
<td>$3,952</td>
</tr>
<tr>
<td>75</td>
<td>$710.00 (7.1%)</td>
<td>$4,432</td>
</tr>
<tr>
<td>80</td>
<td>$800.00 (8.0%)</td>
<td>$4,905</td>
</tr>
</tbody>
</table>

*The table demonstrates rates and deductions for a gift made in August, 2004. These calculations change monthly. You may wish to speak with your tax advisor to determine if a charitable gift annuity is right for you.

For additional information about planned giving, please contact Diane Lowder, Assistant Director of Programs at John Randolph Foundation, at (804) 458-2239 or e-mail dlowder@covad.net. All conversations will be confidential.
Spring 2004 Grants

The John Randolph Foundation reviews regular grant requests twice a year, once in the spring and once in the fall. The review process begins in February for the spring, in August for the fall. Each cycle begins with submission of a three-page concept paper explaining the project for which funding is requested. Concept papers are reviewed, and organizations are either denied or invited to submit a formal proposal. During the spring 2004 cycle, 52 concept papers were submitted, of which 30 were invited to submit a formal proposal, and 22 received funding. Following is a list of the grants awarded in June 2004. Please note, while each grant is listed under one category, some may fit multiple categories. A list of fall 2004 grants will be published in JRF’s fall/winter newsletter.

Access to Care
It is imperative that all citizens in the John Randolph Foundation’s service area are able to access affordable medical treatment, prescription medications and emergency and preventive care. As such, funds are made available for programs that provide high quality, appropriate care for those who cannot afford and/or access services.

Central Virginia Health Services
To be used in the Hopewell/Prince George Health Care Center to purchase dental equipment, provide salaries for a dentist, dental assistant and two Medication Assistance Program Coordinators, and to pay for mammograms for persons unable to afford the cost.

Hopewell Emergency Crew
To purchase a new ambulance.

Jefferson Park Volunteer Fire Department
To refurbish and extend the department’s current four-man engine to six-man and to expand its EMS compartment.

Prevention/Wellness
Programs that prevent disease and encourage healthy lifestyles, as well as those that improve the health and safety of various segments of the population, are seen as vitally important to the overall well-being of community residents.

Central Virginia Legal Aid Society
To continue participation in the Central Virginia Domestic Violence Civil Legal Assistant Project.

Hopewell’s Office of Comprehensive Services
To support a parent education program focused on building stronger families through communication. Many of the topics will focus on prevention of substance abuse.

The James House, Intervention & Prevention Services
To provide operational support of their program that assists victims of sexual assault.

Southside Area Court Appointed Special Advocates (CASA)
To train volunteers to advocate for abused and neglected children.

Education
Studies have proven that there is a direct link between the educational level of a community and its overall health status. Therefore, the John Randolph Foundation provides a variety of educational projects.

Appomattox Regional Library System
To purchase equipment to increase computer network access speed in the county libraries.

Chesterfield Technical Center
To purchase a dental chair to provide additional hands-on learning experiences to students enrolled in Dental Assistant courses.

Hopewell Public Schools
To purchase technology equipment to train and teach teachers, students and parents.

Legal Aid Justice Center, Inc.
To provide representation of disabled children in attaining the educational services they are entitled to under the law.

New Initiatives
Each year, innovative new health-related programs and services that address unmet needs in the community are supported with start-up funding. These innovative programs are vital to the health of the community. Through many of these, new health issues are identified and addressed, new ways of caring are developed and more people are served.

The Shepherd’s Center of Chesterfield
To provide operating funds to support and expand services to older adults including free transportation for medical related issues and to grocery stores, minor home repair and for education programs.

Quality of Life
“Healthy Communities” is often used to describe an approach to grant-making that focuses on improving public health and quality of life in a community. John Randolph Foundation supports a broad range of organizations that affect the health and well-being of individuals through creative programs while at the same time promoting the quality of life and overall wellness of the community.

Big Brothers Big Sisters, Inc.
To support a program director and full-time match specialist to enable the Hopewell program to double the number of matches it can manage.
per year and enhance collaborative projects in the community.

**Boys & Girls Clubs of Hopewell**
To provide operating funds for day to day management of the club which provides a safe and nurturing environment to hundreds of Hopewell children.

**City Point Adult Day Care**
To provide day care services to needy clients and to assist in purchasing commercial-style, high-back recliners for its clients.

**Crater Community Hospice**
To assist with day-to-day operations.

**Foster Grandparent Program**
To expand the number of foster grandparents serving Hopewell/Prince George.

**Hopewell Recreation & Parks Respite Care Program**
To be used to assist with costs associated with day-to-day operations of the respite program to include activities, meals, transportation and excursions.

**Miles B. Carpenter Folk Art Museum**
To hold summer enrichment classes for children.

**Southside YMCA**
To provide funding for before and after school programs children in Petersburg’s elementary schools.

**United Way Services of Hopewell**
To help cover operating expenses for the 2004 budget.

**Mental Health/Retardation, Substance Abuse**
Often overlooked in our society as legitimate health concerns, mental health, mental retardation and substance abuse issues are directly linked to the overall health of the community. John Randolph Foundation provides grants to organizations that provide a variety of services that address these three areas.

**Southside Sheltered Workshop, Inc.**
To provide operational support to continue their program of training and employing mentally and physically challenged men and women.

**Community Contribution Grants**
Community Contribution Grants are designed to assist organizations that typically have smaller funding requests for annual events or projects. These Grant applications may be submitted at any time during the year and typically do not require the in-depth information that our regular grant requests do. The maximum amount of a Community Contribution Grant is $1,000.00. Following are organizations that have received Community Contribution Grants from January–June 2004.

**Appomattox Regional Library System**
To sponsor the 2004 Summer Reading Program

**Arthritis Foundation, Virginia Chapter**
To provide funding for Arthritis Research and to provide needed services and wellness programs for people with arthritis in the Tri-Cities area.

**Big Brothers Big Sisters, Inc.**
To support a pilot program to offer parent education in Hopewell in

JRF Presents Its First Annual “Spirit of Community” Awards

The John Randolph Foundation recognizes that volunteering is a powerful experience—it builds self-esteem, allows individuals to give back to their community and provides opportunities for people to connect across community boundaries.

In an effort to encourage young people to get involved, the Foundation established the “Spirit of Community Awards.” This year the awards recognized students at Carter G. Woodson Middle School who displayed a commitment to helping others through volunteer and community service activities. The winner and runner-up from each grade received a $100 and $50 U.S. Savings Bond, respectfully, and the recipients were:

6th Grade: LaTonay Hughes and Javon Quarles
7th Grade: John Morelock and Katie Sanford
8th Grade: Shaunta Cromartie and Jessica Megariotis

(From left to right) Shaunta Cromartie, 8th grade, Jessica Megariotis, 8th grade, and JRF President, Brenda Pelham

The Foundation intends to expand this program to include other local schools. By honoring these students at a young age, the Foundation hopes that they will understand the importance of volunteering and continue to give back and make a difference in our community.
partnership with the Regional Drug Free Alliance and the Hopewell Interagency Management Team.

**Carter Woodson Middle School’s Literary Magazine Club**
To assist with printing the Club’s 2003-2004 Literary Magazine.

**Chester Middle School**
To support a program that is designed to teach mildly mentally disabled students academic, social and life skills through day to day operation of a “student bookstore.”

**Colonial Heights High School Commonwealth Alliance for Drug Rehabilitation and Education (CADRE)**
To assist with bringing in a speaker to talk with the Colonial Heights High School student body regarding alcohol and drug abuse.

**Colonial Heights High School After Prom Committee**
To defray the costs of its annual after-prom celebration to promote drug and alcohol free activities for high school students.

**Hopewell Public Schools Parent Resource Center**
To assist with expenses associated with the Annual Family Resource Gala held at Hopewell High School.

**Hopewell High School After Prom Committee**
To defray the costs of its annual after-prom celebration to promote drug and alcohol free activities for high school students.

**Prince George High School Parent Teacher Association**
To defray the costs of its annual after-prom celebration to promote drug and alcohol free activities for high school students.

**Prince George County Social Services Emergency Shelter and Operations**
To purchase “cots and quickbeds” for use by Emergency Personnel during disaster relief efforts.

**Thomas Dale High School**
To support student attendance at the Congressional Youth Leadership Program.

**Thomas Dale High School Parent-Teacher-Student Association**
To defray the costs of its annual after-prom celebration to promote drug and alcohol free activities for high school students.

**Vernon Johns Middle School**
To support student attendance at the Junior National Young Leaders Conference.

When asked what motivates her to give so much of her time to so many worthy causes, she said that it comes from her basic desire to help others, particularly children. “My mother inspired me to help others throughout our community. I didn’t understand why she gave so much of her time during my early years, but it laid the foundation for me giving back to my community now!”

She said she endeavors to live by the philosophy of the NAACP, which states, “Each One, Reach One, Teach One.” “I’ve always felt that if you don’t have young children of your own to raise, then it is your civic responsibility to reach out to youngsters in your community who need mentoring, guidance and encouragement to help them become happy, productive citizens.” She added that it is this early, positive involvement in children’s lives that is the foundation for a successful future for the children and eventually the life of that community, as well.

During her tenure on the Board, Pelham has been an instrumental part of helping the Foundation’s mission and services grow. In her role as president, she plans to continue this growth and help lead the Foundation down new paths to further its mission of working to improve the health and quality of life for residents of Hopewell and the surrounding areas.

**Pelham**  CONTINUED FROM PAGE 2

**Hosack**  CONTINUED FROM FRONT PAGE

active volunteer. He served various organizations, including First Colonial Bank, the Zoning Commission, SCORE (Service Corps of Retired Executives) and the Hopewell Hospital Authority Board. In March of 1991, at the age of 72, he passed away.

Because of Mr. Hosack’s volunteer work and his commitment to the health and well being of the people of Hopewell and the surrounding area, Mrs. Hosack created this scholarship as a lasting memorial to her husband. Its purpose is to promote continuing education by awarding scholarships for attendance at institutions of higher education to individuals who demonstrate financial need and desire. The scholarship program is available to residents of Hopewell, Prince George County and the Enon section of Chesterfield County. The scholarship amount is $1,000 and will be awarded each spring.

Mrs. Florence "Bea" Hosack with Hopewell senior scholarship recipient, Brittany Horak.
Shepherd’s Center of Chesterfield receiving a grant during Spring 2004 cycle. Left to right: Lisa Sharpe, John Randolph Foundation Director of Development and Programs; Joan Longo, Executive Director of Shepherd’s Center and Elton Beverly, Shepherd’s Center Finance Committee Chair.

Left to right: Dr. Jerry Skaggs with the Joan Glascoc Skaggs Nursing Scholarship recipient, Wendy Moseley.

Left to right: Thomas Blount, John Randolph Foundation Trustee, with Blair Nelsen, Donor of the Nelsen Funeral Home Scholarship at John Randolph Foundation.

Left to right: Mike Mahaney presents the Ted P. Blanks Scholarship to Anthony Elopre, a senior at Prince George High School.
The Gift of Giving

Each year John Randolph Foundation’s Board of Trustees encourages gifts from our community to assist us in carrying out our mission to improve the health and quality of life for people in Hopewell and the surrounding area through various grant and scholarship programs and activities.

While some donors restrict their gifts for a certain purpose, many others specify that their gifts are unrestricted, to be used by the Foundation Board according to greatest need.

In this edition of the John Randolph Foundation newsletter, the Board of Trustees recognizes all contributors from January 1, 2003 through December 31, 2003. Their gifts not only supported John Randolph Foundation’s various grant and scholarship programs, but also helped support other aspects of our mission.

On behalf of the Board of Trustees and all those lives that your donations helped to improve, please accept our heartfelt thanks.

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Left to right: Mattie Robertson, Director of Foster Grandparent Program receiving a John Randolph Foundation 2004 grant from Vanessa Justice, Mayor of the City of Hopewell and Jerry Skalsky, Chairman of Prince George County Board of Supervisors.

Mrs. Ursula Gibbs with the Louis C. Gibbs Scholarship recipients. Left to right: McKenzie Myers, Erik Dunbar and Brandi Mann, all seniors at Hopewell High School.
Foundation Assets

Originally funded with the proceeds from the sale of John Randolph Medical Center in 1995, the Foundation’s net assets have grown (after grants, scholarships and expenses) from $25.4 million to $34.8 million. The key factors responsible for this growth include prudent investment practices, active development of public support (which totaled $1.2 million from 1995-2003), and conservative management of operational expenses.

Investment Process and Performance

Since inception, the Foundation has sought to earn a competitive rate of return on the portfolio, while minimizing risk. A diversified asset allocation model, along with a tested spending formula based on average net assets, is designed to assure that the investment return is sufficient to meet short-term needs while maintaining the endowment into perpetuity. As a result, the portfolio has experienced an annualized return of 8.5% since inception, consistently exceeding investment targets.

Grants and Scholarships

Since 1996, the Foundation has distributed $6.2 million in grants to over 150 local not-for-profit organizations in support of its mission. In addition, $218,000 has been distributed in scholarship awards to 52 local students. All contributions received by the Foundation are used for grant and scholarship awards.
Operations
The cost of operations directly relates to the ability of an organization to fulfill its charitable purpose. The Foundation’s ratio of operating expenses to its net assets is only 1.75% (average 1996-2003), which is consistent with a majority of its peers. In addition, the Foundation’s staffing level of 5 full-time employees is at or below the average level of like organizations.

The number of people that contribute to John Randolph Foundation has grown dramatically over the years...from 56 in 1998 to 243 in 2003. According to Onza Hyatt, Chairman of the Foundation’s Development Committee, “This is a very healthy sign in terms of John Randolph Foundation’s future growth and its ability to serve the community.”