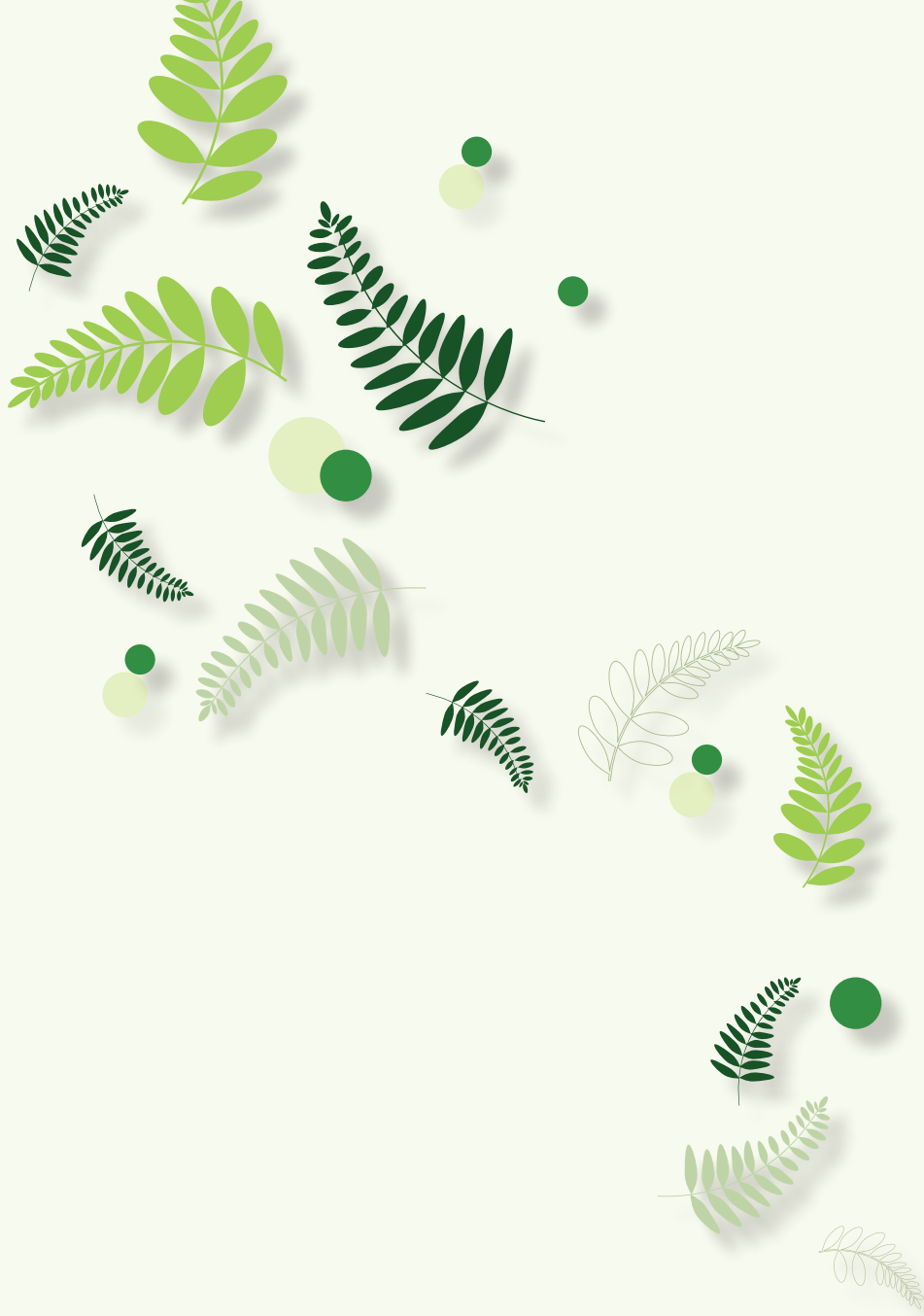


THE OSBORN FOUNDATION
MIRIAM A. OSBORN FOUNDRESS AWARD LUNCHEON



TO SUPPORT THE
RENOVATION AND EXPANSION OF THE ADAMS LIBRARY,
AND THE OSBORN CHARITY CARE PROGRAM



A professional photographer will be taking pictures for publication (in print and social media) during the event. If you do not wish to have your photograph included, please tell the photographer or a member of The Osborn Fund Development staff.

Women *who make a* Difference

SILENT AUCTION

LUNCHEON

AWARDS PRESENTATION

**PRESIDENT AND CHIEF EXECUTIVE OFFICER,
MATTHEW G. ANDERSON**

HONOREES

Hilary Forman

Senior Vice President, HealthPRO®-Heritage

Catherine P. Isaac, MD

Mind-Body Medicine, Scarsdale Medical Group

Angel Morris

*Past President of the Rye Garden Club, the Rye Nature Center,
and The Osborn Board of Managers*

GUEST SPEAKER

Florence Williams, Author

*The Nature Fix: Why Nature Makes Us Happier,
Healthier and More Creative*



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LETTER FROM OUR PRESIDENT AND CHIEF EXECUTIVE OFFICER



Welcome to The Osborn and the birthplace of Osborn Home Care! We are delighted to have you join us for this special occasion, the “Women Who Make a Difference” luncheon.

True to the vision of our foundress, Miriam A. Osborn, a century ago, The Osborn impacts the lives of so many people – residents, family members, neighbors, and friends. We are committed to being the community of choice for seniors, a resource for healthy and stimulating programs for residents and visitors from Rye and neighboring towns, a leader in providing homecare, and a key part of this community.

We have presented The Miriam A. Osborn Foundress Award on four previous occasions. Today it is given to recognize the work of three exceptional women: Hilary Forman, Senior Vice President of Clinical Strategy for HealthPRO® Heritage; Dr. Catherine Isaac, of the Mind-Body Medicine Practice at Scarsdale Medical Group; and Angel Morris, past president of the Rye Garden Club, the Rye Nature Center, and The Osborn Board of Managers.

I encourage you to read about their many accomplishments in this program and be as inspired as I am by what is possible with vision, hard work, and dedication to serving others. These women demonstrate a personal and professional commitment to wellness, an ideal that is central to our WellSpring program and our belief that remaining curious, staying active, and spending time in nature are essential to living a healthy, balanced life.

On behalf of the residents, Trustees, and staff, thank you for being a part of this important celebration. Your support of The Osborn Foundation enables us to continue the tradition of offering the finest in residential and health care to seniors in our community.

With deepest gratitude,

A handwritten signature in dark ink, appearing to read 'Matthew G. Anderson'. The signature is fluid and cursive, written over a white background.

Matthew G. Anderson



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TO ALL OF OUR SPONSORS!

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THE MIRIAM A. OSBORN FOUNDRESS AWARD

is given to those whose work demonstrates
the values embodied by Miriam Osborn:
compassion, generosity, philanthropic spirit, and
dedication to the wellbeing of seniors.





PROCEEDS FROM TODAY'S EVENT WILL SUPPORT

THE ADAMS LIBRARY EXPANSION

The Adams Library is a vibrant place where residents gather regularly to nourish their intellectual lives while keeping up to date on the latest news and events.

They appreciate its literature, periodicals, technology, and other resources. A branch of the Westchester County Library System, residents and staff have access to an extensive list of books and the personal guidance of our professional librarian. The planned expansion will include conversion of the South Porch into a light-filled, Four-Seasons Reading Room with views of the expansive South Lawn.

THE OSBORN CHARITY CARE PROGRAM

Central to the vision of our Foundress, The Osborn Charity Care Program provides care and residency on The Osborn campus for those who outlive their resources or cannot afford to pay from the outset. It also supports Osborn Home Care services for residents of The Osborn and seniors at home, in both Westchester and Fairfield Counties, who cannot afford to pay for care.

THE OSBORN FOUNDATION

The Osborn Foundation was formed to support stewardship of all that makes The Osborn community unique. In addition to The Osborn Charity Care Program,

The Osborn Foundation supports programs that enhance the quality of life for our residents, our continued commitment to excellence in healthcare, the ongoing training of our employees, and the extraordinary beauty of our campus.

The Osborn Foundation is a 501(c)(3) non-profit organization; all donations are tax-deductible to the extent allowed by law.

THE OSBORN IS A PRIVATE, NON-PROFIT CONTINUUM OF CARE COMMUNITY

Located on 56 acres in Rye, New York. Founded in 1908, today it serves over 1000 seniors in Independent, Assisted Living and Memory Care residences, along with short-term and outpatient rehabilitation and long-term Skilled Nursing care, and through Osborn Home Care in Westchester and Fairfield Counties.



HONOREE

HILARY G. FORMAN, PT, RAC-CT



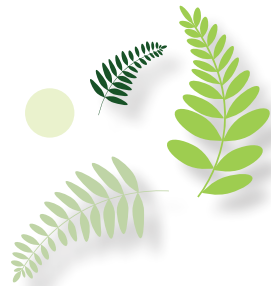
Hilary Forman is the Senior Vice President of Clinical Strategy for HealthPRO® Heritage, an independent, diversified therapy and related services provider that creates environments to support growth and encourage fulfillment.

Known as an innovator and thought-leader among her peers, Hilary is a dedicated consultant and clinician focused on staying one step ahead of the ever-changing healthcare industry. She works with healthcare clients on both clinical and financial strategy so they can better align services for success.

According to her organization, among her greatest strengths is her ability to unify cross-functional teams as she masterfully fosters productive communication with a relentless focus on solutions and deliverables.

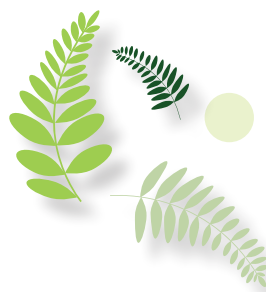
Prior to her current role, she was a Regional Vice President of Operations for HealthPRO® Heritage in the New York metro area. When healthcare reform was only just taking shape in the form of ACOs and bundled payment programs, Hilary's insight and vision led to her forging innovative partnership paradigms for her clients.

She has served as an Adjunct Professor at Rutgers/UNDMJ DPT program since 2001, and speaks nationally about healthcare reform, reimbursement strategies and compliance programming for the healthcare continuum.



HONOREE

CATHERINE G. ISAAC, MD



Catherine P. Isaac, MD first came to The Osborn this past spring as part of our WellSpring speaker series.

She spoke to a large gathering of residents, family, staff, and neighbors, sharing scientific data about the positive impact of a mind-body medicine on chronic health issues.

Dr. Isaac received her undergraduate education at New York University and her medical degree from Weill Cornell Medical College. She completed her internship and residency in internal medicine and primary care at Beth Israel Deaconess Hospital, a Harvard-affiliated teaching program. Upon graduation, she worked under the direction of Dr. Herbert Benson, founder of the Benson Henry Institute for Mind Body Medicine at Massachusetts General Hospital, where she oversaw the cardiac rehabilitation program and mind-body consultations.

She is board-certified in internal medicine, and has a keen interest in mind-body medicine and its role in prevention of chronic disease. She loves teaching and lecturing, and has spoken nationally on the health benefits of mind-body medicine. She and her husband live in Port Chester with their young son, Theo.

HONOREE

ANGEL MORRIS



Angel Morris's biography reads like a 'Who's Who' in American gardening. Angel has been the Vice President of the Garden Club of America, and served in roles associated with scholarship, horticulture and conservation. As a long-time resident of Rye, she is well known about town for her enthusiastic leadership and tireless volunteer work with the Rye Garden Club. She served the Club for over 25 years, and her green thumb is behind much of the natural beauty that is the hallmark of our community.

Truly a force of nature, as president of Rye Nature Center, not only did Angel help raise funds to build the native butterfly house, she also helped design it and plant the garden herself! The project received the Westchester County Beautification Award.

In 1994, she helped build a watershed model for the Zone III meeting in Rye and was later the Zone III Horticulture Chair. She was the Chair of Trees for Rye Committee and was part of a group of Indian Village volunteers who helped with the clean-up after Hurricane Sandy.

Angel's connection with The Osborn stems from her tenure as President of the Board of Managers, where she applied her energy and considerable talents to bring the beauty of flowers and the joy of relationships to residents across the continuum.

Angel is also an avid sportswoman who channeled her energy for three years as Committee Chair for the Westchester Classic Golf Tournament that raised funds for the United Hospital Center in Port Chester. She is currently co-chair of the Steering Committee for The Native Plant Center at Westchester Community College. When not in Rye, Angel can be found in her garden on Martha's Vineyard.



GUEST SPEAKER

FLORENCE WILLIAMS—AWARD-WINNING AUTHOR



Florence Williams is a freelance writer for the *New York Times Magazine*, *National Geographic*, *The New York Review of Books*, *O-Oprah*, *W.*, and *Bicycling*, among others. A fellow at the Center for Humans and Nature and a visiting scholar at George Washington University, her work focuses on the environment, health, and science.

She has received many awards, including six magazine awards from the American Society of Journalists and Authors and the John Hersey Prize at Yale. Her first book, *BREASTS: A Natural and Unnatural History* (W.W. Norton 2012), received the Los Angeles Times

Book Prize in science and technology and the 2013 Audie in general nonfiction. It was also named a notable book of 2012 by *The New York Times*.

The Nature Fix: Why Nature Makes Us Happier, Healthier and More Creative

For centuries, poets and philosophers have extolled the benefits of a walk in the woods: Beethoven drew inspiration from rocks and trees; Wordsworth composed while tromping over the heath; Nikola Tesla conceived the electric motor while visiting a park. Intrigued by our storied renewal in the natural world, Florence Williams sets out to uncover the science behind nature's positive effects on the brain.

Delving into completely new research, she uncovered ways that other cultures use the powers of the natural world to improve health, promote reflection and innovation, and ultimately strengthen our relationships. As our modern lives shift dramatically indoors, these ideas – and the answers they yield – are more urgent than ever.

Copies of The Nature Fix will be available for purchase. Ms. Williams will be available after the luncheon to answer questions and sign copies of her book.

