



 STAR Institute

2021 ANNUAL REPORT

Words from Our Executive Director

Dr. Virginia Spielmann

Moving Towards Sensory Health

Looking back on 2021 fills me with a lot of emotion. Like most people, we started the year with every hope that the limitations of the pandemic would be a thing of the past only to realize (over and over again) that the restrictions were not going anywhere.

We started the pandemic in a very unusual position; immediately prior to the COVID-19 emergency, we moved buildings. In 2019, we moved into our forever home, a former corporate headquarters, refurbished with generous community support. The ongoing success of this transformative project hinges on the continued backing of our community. Of course, it is hard to raise money for a building during a pandemic, but amazingly groups like JHL Construction came in and worked on the space, building out our big gym space and helping us provide more gross motor play options for the children traveling to STAR from around the state, the nation, and the world.

Last year we also ran our second annual Trunk or Treat – a beautiful celebration of community and inclusion, with many families returning after the first year because there is nothing else like it in the local area. Children and young people who needed non-food options, sensory inclusive options, wheelchair access, spaces to regulate, and a place to feel safe and not rushed, came together with local businesses to have fun, complete crafts, explore the wonderfully decorated trunks, and compete for prizes. The wacky scientist with his wild experiments proved a fan favorite.

Community events did not stop there either, we hosted our first Gobble 'Til You Wobble – Sensory Friendly Thanksgiving Meal. This free event was sponsored by Developmental Pathways and allowed families to come into STAR and practice with Thanksgiving food prior to the real event.

I was also given the opportunity to deliver a TEDx talk at TEDxMilehigh, one of the top 10 events in the TEDx world. Terrifying as it was it was an incredible honor and the responses have been overwhelming. People all over the USA and the world have written in to say how meaningful the talk was and how it reframed thinking about health. Many exclaimed that they had “never thought



of it that way” but that it now “totally makes sense.” The TEDx event also allowed us to host an interactive booth for the 2,000 attendees to explore what sensation means to them in their day-to-day lives.

These opportunities, our new community partnerships, the odd timing of our building move, and the seismic changes in the world around us have pushed us to examine our own vision and mission in great depth and detail. STAR Institute started 40 years ago, as multiple organizations orbited around the gravitational pull of sensory integration and processing. The centrality of sensory processing for human flourishing, or *joie de vivre*, was always the true north of STAR no matter what era or iteration.

As we move forward in this new season we are focused on health, wellness and flourishing in every way and how the sensory domain supports well-being in all aspects of human function. We have shifted our terminology towards sensory health as we work on increasing awareness that this aspect of human development impacts everyone, everywhere. Attending to sensation is not just the responsibility of the few, the special education needs department, or even the occupational therapist. Undoubtedly the specialists in sensory integration and processing, even OTs, want this information to go mainstream. Everyone experiences sensations differently, and understanding this will improve inclusion, workplace accessibility and productivity, community cohesion, academic flourishing and more.

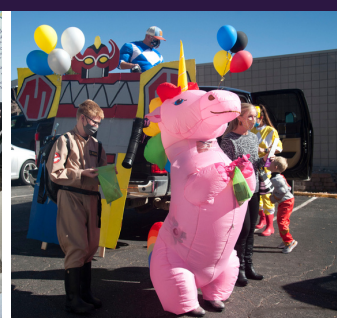
Thanks to: Kahn Construction, Greg Eurich and Katie Miller, Dr. Lucy Miller and Dr. Bill Whalen, Carol Stock Kranowitz, and many more.

“

STAR Institute has always seemed like a guiding light to me, whose mission is animated by the brightest and most intellectually curious minds that our field has to offer. The Institute served as an early model in enacting applied/translational research, with its talented and pioneering practitioners finding success in navigating the challenging dual roles of researchers AND clinicians. I was motivated to join leadership for STAR because I continue to believe in the Institute’s mission to spread access to sensory health and wellness to anyone who needs it. I like playing a role in stretching the boundaries of what we know and in helping to orchestrate how we apply our increasing knowledge to the betterment of sensory health for all. Sensory health and wellness impacts every aspect of who we are and how we function within the world. Increasing awareness of this essential facet of human individuation and functioning across all aspects of our community is the larger aim!

Carrie Alvarado, PhD, OTR
COO-Autism Community Network

”



About STAR Institute

LEADERS IN SENSORY PROCESSING

STAR Institute is the international leader for research, treatment, and education related to sensory integration and processing. As a 501(c)3 nonprofit organization, we are dedicated to improving mainstream awareness of sensory health and to providing life-changing support and resources for individuals and families across the lifespan. STAR Institute supports all areas of sensory health including mental health, school success, child development, parenting, relationships, and vocational success. For some, disordered sensory processing profoundly impacts daily functioning. However, many differences in sensory processing do not need to be disabling. With more research, education, and awareness across the globe and throughout communities, schools, and workplaces we can make sensory health universally accessible.

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Virginia Spielmann

MISSION



To impact quality of life by developing and promoting best practices for sensory health and wellness through treatment, education, and research.

VISION



Sensory Health and Wellness for the State, the Nation, and the World.

CORE VALUES



- *Promoting occupation, participation, engagement, function, and psychological well-being*
- *Elevating awareness and knowledge about the transformative power of the sensory domain*
- *Building and strengthening relationships*
- *Empowering families*
- *Removing barriers to participation*
- *Embracing and celebrating diversity*
- *Advocacy for true inclusion*
- *Occupational justice for all*

ASSOCIATIONS



2021 Highlights



TEDx Participation

Through stories, Executive Director, Dr. Virginia Spielmann shared the power of the sensory domain for health and wellness at the 2021 TEDxMileHigh event in Denver, CO.



Sensory Stories

Continuing our commitment to sensory awareness, we collaborated with artist Jacinta Read to expand our popular sensory stories. In this endeavor, we introduced four additional stories along with translations.



\$320,406

In charitable contributions from over 200 individuals, organizations and foundations.



Trunk-or-Treat Community Event

2nd Annual community Halloween event held at STAR. This social-distanced, outdoor trunk-or-treat included staff, volunteer and sponsored trunks with 150+ participating children/families.



Gobble 'til you Wobble

Successfully hosted our first Thanksgiving event, specifically designed for families to enjoy a delightful and social environment, fostering positive food experiences.



2590+

Individuals participated in our education programs and courses.



270

Individuals/families supported via in-person and telehealth services locally, nationally and internationally.



11

Research papers and chapters were published in 2021.



534,913 Visitors

Our website attracted over 500,000 professionals, individuals, and parents seeking free, evidence-based information and resources on disordered sensory processing and sensory health.



61,350+ Followers

Our social media channels have garnered a dedicated following of over 60,000 professionals, individuals, and parents, providing continuous support, communication, and a wealth of sensory health information and resources.

Treatment Highlights



STAR Institute stands as a renowned leader in sensory integration and processing. Throughout 2021, we persevered in delivering evidence-based, client-centered care despite the challenges posed by the global pandemic. Our unwavering commitment propelled us to overcome COVID-19 barriers, ensuring essential services for individuals of all ages, from diagnosis to successful intervention. Our dedicated, multi-disciplinary team diligently adapted treatment plans and introduced new online programs to prioritize the safety of clients, families, and staff. Through telehealth and in-person services, we maintained connections with those facing sensory processing challenges locally, nationally, and internationally.

At our treatment center, we offer a comprehensive range of services, including occupational therapies, speech and language therapies, mental health services, pediatrician-led multidisciplinary evaluations, specialized feeding therapy, School Readiness therapeutic classroom, groups, and adult & adolescent-specific services. The STAR treatment team addresses various aspects such as regulation, relationships, community engagement, mental health, feeding and eating, academic/vocational success, communication, and language development throughout the lifespan.

Recognizing the pivotal role of sensory processing differences, we specialize in addressing conditions like autism, ADHD, neurodevelopmental differences, trauma, learning differences, and various mental health conditions.

Treatment Achievements

- In 2021, we persevered in upholding our commitment to providing care during the COVID-19 pandemic. We served 270 individuals/families through a blend of in-person services (in accordance with evolving CDC and Colorado Restrictions and Regulations, implementing safety measures) and leveraging telehealth capabilities.
- Globally recognized treatment, with 68.5% of clients in 2021 hailing from Colorado, 23.7% from out-of-state, and 7.8% from international locations.
- We hosted 14 therapeutic group programs and camps. These aimed to boost confidence, self-esteem, self-awareness, regulation, and communication through playful lessons and sensory-based activities, emphasizing perspective taking and theory of mind.

“

[Bradley] was always happy to arrive for the day. He had opportunities to climb, swing, slide, run, jump, play with others, and create his own ideas while experts assessed and helped meet his sensory needs. Although food therapy was difficult for him in the beginning, he was sitting at the table willingly throughout the entire session by the time we left. He was exposed to several new foods through play. Most of all, he was able to share in all these experiences with his parents and sister who were all periodically involved in the sessions. Within the first week we were able to keep him eating at the table and drinking out of a cup instead of bottle. However, something else changed that I didn't expect. By slightly altering the way I responded to Bradley when he was upset based on things STAR therapists had taught me, it was like we were on the same wavelength all of a sudden.

STAR Parent - Jenny

”

Education Highlights

The Education Department of STAR is committed to raising global awareness about the significance and role of sensory health and well-being. Our primary focus is on providing the latest information on research and treatment to professionals, families, and individuals affected by disordered sensory processing.

Throughout 2021, our Education Department continued its efforts to make programs on disordered sensory processing accessible virtually, recognizing the challenges faced by individuals during the ongoing pandemic. We persistently work towards enhancing the availability of information by utilizing online platforms for courses, webinars, expanding conferences, and training sessions.

We take pride in expanding our conference lineup, including the introduction of our Virtual Summit: Sensory Processing in ADHD. This summit brought together speakers of various skill sets and ages, delving into the profound influence of sensory processing differences on development and function. It empowered over 175 participants to look beyond mere "behaviors" and identify underlying mechanisms. Additionally, we hosted our second annual Virtual Summit: Sensory Processing and Autism, which featured speakers from the academic, clinical, and advocacy realms, bringing together 450 attendees to explore the widespread impact of disordered sensory processing on the Autistic experience.

In the same vein, this year marked the debut of our inaugural season of the "Making Sense" podcast series. This series is dedicated to integrating occupational therapy best practices into daily routines. Each episode, hosted by our STAR faculty member, Carrie Schmitt, OTD, OTR/L, features compelling conversations with our Faculty, skillfully translating the latest research into actionable insights for occupational therapy practitioners.

Education Successes

- Educated over 2590 individuals across all our educational courses and trainings.
- International workshops for Sensory Integration Education (UK), Association of Occupational Therapy-Ireland (IRE), Shanghai ZhiLiao Hospital Management (CHN), Navegar rede Autismos (BRZ) and ICPF China (CHN).
- First-ever international organized clinical trainings in Chile and the Phillipines.
- Developed and presented online content for specialized audiences including the Autism Community Network, All Health Network, Douglas County Developmental Achievement Center (DAC), Colorado Academy, continued.com, and Autism Society of Colorado.
- Provided School-based Intensive course to Region 7 Education Service Center (TX) and Aurora Public Schools (CO).
- Held our 2021 Annual Symposium online for the second time with over 250 attendees participating.
- Partnered with Mindspark to create an educator course that acknowledged the influence of sensory processing, regulation, and relationships on educational and behavioral outcomes in classrooms.

FACULTY & INSTRUCTORS

Virginia Spielmann, PhD, OTR/L (CO)
Mim Ochsenbein, MSW, OTR/L (CO)
Sarah Schoen, PhD, OTR/L (CO)
Renee Allen, MS, OTR/L (CO)
Lisa Porter, PhD, OTD, OTR/L (OR)
Colleen Whiting, MS, OTR/L (MA)
Robyn Chu, MOT, OTR/L (CA)
Michele Parkins, MS, OTR (NJ)
Carolyn Schmitt, OTR/L (CO)
Cintia Cortez, MS,OT (MEX)
Amanda Newchok, MS, OTR/L (NJ)

Research Highlights

The research team at STAR Institute conducts and collaborates in rigorous research into the identification, characterization, and treatment of sensory integration/processing strengths and needs. Research allows for the refinement of our interventions and impacts the content of our educational programs. The overarching goal is to enhance sensory health, wellness, and quality of life for children, adults, and their families.

New Studies Initiated in 2021:

- There is an increasing number of adults and adolescents with sensory processing differences impacting daily life. As a leader in the field, STAR Institute is one of the few clinics where adults/adolescents can receive services. Our goal is to characterize individuals seeking support and to provide evidence of the effectiveness of our intervention.
- Feeding research is needed to provide evidence of the effectiveness of programs that support children who are problem eaters. STAR's program is unique in that it integrates the SOS Approach with the STAR Frame of Reference.
- As many as 50-60% of kindergarteners do not have the academic and behavioral skills necessary for participation in school. STAR's research intends to demonstrate the effectiveness of a school readiness program designed to support regulation, social interaction, communication and prosocial behaviors necessary for success in school.

“

We were asked by our clinic owner to participate in [STAR's Research Mentorship] program because she recognized the importance of research to support therapy...We were challenged by most aspects of the research process! Since we are both clinicians, research was outside of our comfort level and area of expertise...This process stretched us to become better clinicians by honing our clinical reasoning skills. We enjoyed collaborating with Dr. Schoen. We knew she was an experienced and renowned researcher, but we were amazed at how she facilitated the process and supported and collaborated with us. Her expertise was invaluable to us as she steadily encouraged us!

Hilary B. & Danielle C.

”

Research Accomplishments

Submitted 2 book chapters, 5 publications, and 4 additional manuscripts in process.

Publications:

- Parent Survey of Children with Sensory Over-Responsivity
- A Pilot Study of Methodology for the Study of Vestibular Over-Responsivity in Toddlers
- The Effectiveness of Bike Camp
- FUSE Program

Research Collaborations



Publications

- **Schoen, SA**, Gee, B.M. & **Ochsenbein, M.** (2021). Preparing advanced clinicians and practitioners: A model for mentorship in occupational therapy practice. *Occupational Therapy International*

This study supports the effectiveness of the Mentorship Level 1 training as a small group model for training occupational therapy clinicians.
- **Schoen, SA**, Miller, LJ & Mulligan, S. (2021). SP3D Occupational Performance Scale. *American Journal of Occupational Therapy*.

One component of the Sensory Processing 3 Dimensions Measure is the Occupational Performance Scale. This study validates the scale and supports family priorities for change on relationships within the family as well as with peers.
- May-Benson, TA., **Schoen, SA**., Teasdale, A. & Koomar, J. (2021). Inter-Rater Reliability of Goal Attainment Scaling with Children with Sensory Processing Disorder. *The Open Journal of Occupational Therapy*.
- Andelin, L. **Schoen, SA**, Reynolds, S. (2021). A multiple baseline design study investigating the effectiveness of occupational therapy using a sensory integration approach. *American Journal of Occupational Therapy*
- Whiting, C., **Ochsenbein, M.**, **Schoen, S.**, & **Spielmann, V.** (2021). A Multi-Tiered and Multi-Dimensional Approach to Intervention in Schools: Recommendations for Children with Sensory Integration and Processing Challenges, *Journal of Occupational Therapy, Schools, & Early Intervention*, DOI: 10.1080/19411243.2021.195948
- **Spielmann, V.**, **Schoen, S.**, Parkins, M., (2021). Sensory Integration and DIR/Floortime – The STAR Frame of Reference. In E.I. Blanche, C. Giuffrida, M. Hallway, B. Edwards and L. Test (Eds.), *Blending sensory integration intervention with other approaches in pediatric practice: A data-based approach to practice*. New York: Taylor & Francis/Routledge
- Clairry, K., **Ochsenbein, M.**, Lynch, A., & **Spielmann, V.** (2021). Intersection of Trauma in Neurodivergent Populations. In A. K. Lynch, R. Ashcraft, & L. Tekell (Eds.), *Trauma Informed Care in Occupational Therapy*. Bethesda, Maryland: AOTA Press.
- Davis, A. (co), Johns, A. (co), & **Spielmann V.**, (2021). *Critical Core – A Therapeutic Role-Playing Game*. Seattle: Game to Grow.
- **Spielmann, V. A.** (2021). *Duality not Dichotomy: Defining and Establishing the Role of Professional Reflection in an Interdisciplinary Team of Allied Health Professionals*. [Doctoral Dissertation, Fielding Graduate University].
- **Schoen, S. A.**, **Spielmann, V.** & Holland, C. (in press) Sensory Integration and Processing. In *Pediatric Neuropsychology within the Multidisciplinary Context*. (Editors: R. Booth, T. Murphy & K Zebracki) . Mac Keith Press: London, UK
- Suarez, M., **Schoen, SA**, Kaye, M. (2021). Using Single Subject Research Design to Document Changes in Pediatric Occupational Performance, *American Occupational Therapy Child and Youth Special Interest Group Newsletter*

Awareness Outreach

- Virginia Spielmann, Executive Director, and Vincentia Ferrari, Group Program Coordinator, were featured on "Life in Colorado" on Salem Media with host Mark Howington. During their episode, they explored the impacts of sensory health and wellness, putting a spotlight on our School Readiness Program.
- Our Education Director, Mim Ochsenbein, recently participated in a discussion with Peter Shankman on his #1 ADHD podcast, Faster Than Normal. The conversation centered around the interconnected topics of sensory processing, ADHD, and the Brain-Body Connection.
- Successfully hosted our second socially distanced community Trunk-or-Treat event, bringing together over 150 children and families for a spooktacular celebration!
- Hosted our first-ever Gobble 'til you Wobble Thanksgiving event, supporting families with holiday meals.
- We actively participated in the Arapahoe County Early Childhood Council's annual 'Play in the Park' event, where we shared valuable tips on achieving classroom success. Our engagement aimed to contribute to the early childhood community's knowledge and support the fostering of positive learning environments for young minds.
- Expand our sensory stories by adding the creation of 4 more stories for Sensory Awareness highlighting the impacts of sensory health. We provided language translations (Spanish, Chinese, German/Deutsch, Italian/Lingua Italiana, Arabic) for each story, expanding our reach across communities.
- Participated in external events and programs with school districts and organizations including Sensory Integration Education, Therapeutic and Applied Geek Gaming Summit, Salem State University, ZhiLiao Healthcare, Continued.com, The 11th Annual Biennial Convention in Phillippines, Schell Professional Reasoning Colloquium, TEDxMileHigh: Rethink, Autism Community Network



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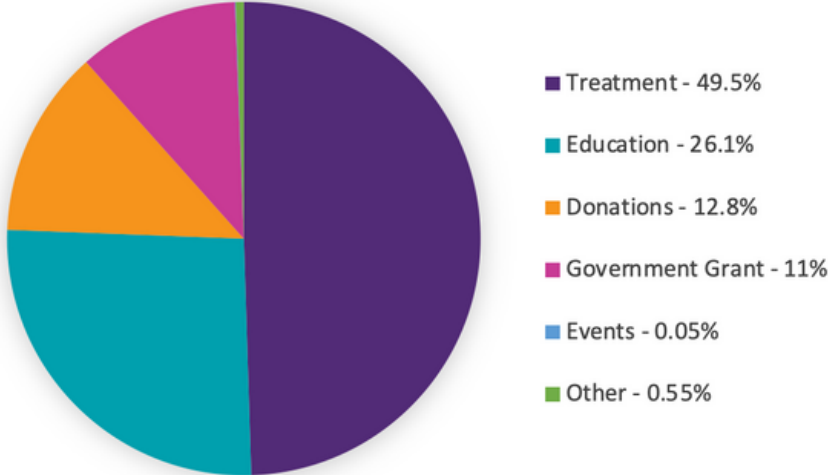


Financial Information

STAR Institute commits its resources to treatment, education, and research opportunities in order to help millions of people whose lives are impacted by sensory processing challenges every day.

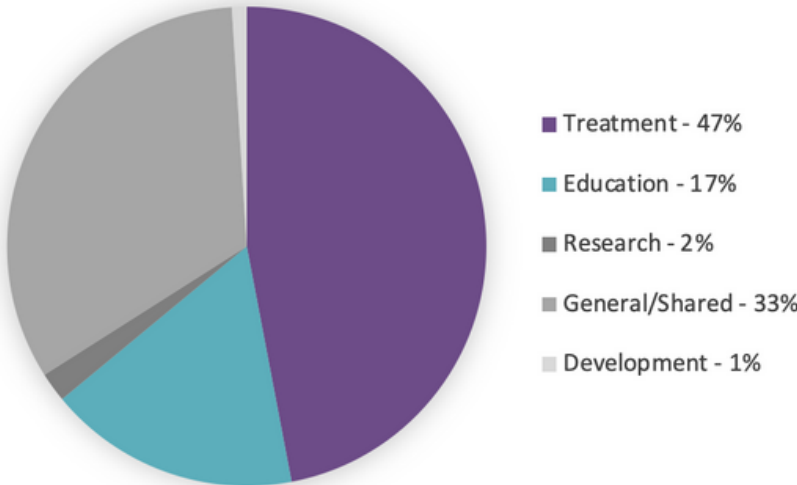
Revenue

Revenues in 2021 totaled \$2,494,599 and were generated primarily from treatment, education, events, and donations. PPP 2.0 Funds received \$275,788.



Expenses

Expenses in 2021 totaled \$2,124,942



Grants & Scholarships



Five GoPros were acquired through generous donations from individuals, GoPro for a Cause, and an anonymous donor. These cameras play a crucial role in recording therapy sessions, providing therapists with valuable footage for review. Additionally, parents benefit from educational and coaching sessions by watching these recorded sessions. The funds were also utilized to enhance a secure and engaging space for children during Parent Ed Sessions.



Thanks to generous donations and funding, we successfully acquired new computers and upgraded our systems to new software for scheduling, billing, and Electronic Health Records (EHR). This enhancement in technology allowed us to streamline operations and provide better services to our clients.



Donations from the Trunk or Treat initiative supported four individual sessions with early childhood centers. These sessions focused on equipping educators with tools and tips to create a sensory-informed classroom environment.



Facebook donations, predominantly from Birthday fundraisers, exceeded \$8,000. These funds contribute to the ongoing support of STAR Institute's mission.



Individual memorial pages have collectively raised over \$9,000, providing vital resources for the institute's initiatives and programs.



Funds from PASCO were allocated to create educational materials for community events, including TEDxMileHigh.



Bethany Lutheran Church generously donated \$3,000 specifically for School Readiness Scholarships, reinforcing their commitment to education and community support.



Calm Stripes' generous contribution of 1000 custom strips has greatly enhanced the resources available to individuals facing sensory processing challenges, made achievable through diverse channels of assistance.

Thank You Donors

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2 **Mail donation to:**
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Centennial, CO 80112

3 **Facebook Fundraiser**
Create and share your own fundraiser on Facebook by visiting the following link: www.facebook.com/fund/TheSTARInst

4 **Instagram Fundraiser**
Create and share your own fundraiser on Instagram by visiting the following link: www.facebook.com/fund/TheSTARInst

5 **Planned Giving / Make a Tribute Gift**
Contact STAR Institute for more information at 303-221-7827 or development@sensoryhealth.org.

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