

ANNUAL REPORT  
2015 & 2016



OMEGA



*Omega  
Institute*

## DEAR FRIENDS,

I remember the first time I stepped out of my truck to survey the land that would become Omega's campus. Nearly 40 years and one million participants later, I marvel over what has transpired here, from the changes we have made to the physical campus to our remarkable evolution into the Omega Institute we are today: a vibrant and mission-driven nonprofit with the capacity to be a global resource for healing and change.

Perhaps the most astounding evolutions I have seen since that first day are those that have come from within—from within the participants who came to learn and the faculty members who came to teach. Something important happens at Omega—a shift in our understanding, in how we view a question or a relationship, in how we think.

In the pages of this two-year annual report you will read stories of these evolutions: from our work with educators learning to bring the mindfulness to their own students; to our Seeds of Change Conference exploring issues and opportunities in food equity; to the Women's Leadership Collaborative Pilot aimed at supporting women leaders as they learn to live and lead with courage; to our work in our local community to help bolster the regional economy by adopting sustainable practices in farm-to-table food production.

We have also dedicated considerable energy to planning for Omega's future. Over the past two years the Omega Board of Directors, Stewardship Council, faculty, staff, and other key stakeholders worked together to develop a strategic plan to guide Omega through our next five years of growth to consider how Omega can play an even stronger role in advancing positive change in our ever-changing world.

An increasingly essential component of our future is philanthropy. Philanthropy supports our work in building a strong community of people aligned with Omega's values, from those who gather at our beloved Rhinebeck campus, to those who join us through our rapidly expanding virtual community. Philanthropy is what will enable Omega to achieve the ambitious goals we have set for ourselves in our strategic plan; it is what will provide the resources we need to fully become a global resource for the personal, cultural, and social change we aspire to affect.

With your help, we have built a solid foundation. We are deeply grateful to our ever-growing number of donors and program participants whose support protects and preserves Omega's most important role as a place to expand perspectives and approach both the challenges and the possibilities that lie before us.

We hope you will join us in the next steps of our unfolding journey.

Warm regards,



Robert "Skip" Backus  
Chief Executive Officer



# Impact in the Hudson Valley & Beyond

## ROOTING OUR WORK IN COMMUNITY

Omega's learning community is grounded in the practice of compassionate service. Our seasonal staff and seasonal service corps members—ranging from students to professionals to retirees—are an integral part of the innovative educational experiences on campus. The program focuses on personal development and social change. These values inform all of our work on campus and in our region, and have meaningful impact that ripples far out into the world.

Omega's CEO, Robert "Skip" Backus, spoke at the City of Poughkeepsie's Community Wealth-Building Summit in 2016. The summit brought together more than 150 community stakeholders to talk about how Poughkeepsie's anchor institutions could shift their spending to support and grow local businesses. At Omega, purchasing food grown in the Hudson Valley and reducing food waste are two important initiatives.

"We try to only buy things in season. For example, raspberries are available at a local supermarket year-round, but Omega is only serving them when they are growing locally. We've also adjusted our menus to reduce food waste," Backus said at the event. "We are constantly adjusting to what is available and typically can find 60% locally. We have a staff member dedicated to researching vendors and helping us make the best purchase choices."

Another way Omega nurtures positive change is through hosting working retreats for nonprofit organizations that are actively working toward needed changes in the world. In 2015 and 2016, nearly 1,000 individuals from more than 60 nonprofits participated in self-led retreats at Omega. Together with their colleagues, participants recharged, strategized, networked, and gained clarity to bring back with them to their day-to-day efforts. The structure of the retreats also created opportunities to build relationships that could lead

to beneficial collaborations among organizations. Working retreats for Mid-Hudson Valley organizations were made possible with funding support from the Dyson Foundation.

In 2016, Omega also hosted and participated in an important 3-day diversity training led by the Opening Doors Diversity Project. The training drew on real-life examples of oppression, primarily through storytelling by facilitators and participants. Participants from across New York's Hudson Valley explored how they personally and professionally relate to diversity, and learned strategies and tools to bring back to their organizations and communities. Several Omega core staff members also participated in the training.

Omega cofounder Elizabeth Lesser continues to bring the principles at the core of Omega's mission out into the world in numerous ways. In 2016, Lesser's latest book, *Marrow*, was published to critical acclaim. In it Lesser recounts her experience as a bone marrow donor to her sister who suffered from a rare form of cancer, and shares how the process transformed their relationship. A national book tour enabled Lesser to bring her message of love and healing to even larger audiences—including a full interview on Super Soul Sunday with Oprah Winfrey and an inspiring talk at TedWomen 2016.

### Omega Receives 2015 Beacon Peace Award

In May, Omega was honored with a 2015 Beacon Peace Award from the Center for Bringing About Peace. This annual award celebrates organizations that bring about harmony and peace through their work.

“Together we  
can model the  
kind of world we  
want to see.”

— Robert “Skip” Backus,  
Chief Executive Officer

## BRINGING MINDFULNESS TO THE NEXT GENERATION

Reverend Veronica Valles works in the public school system in East Dallas, Texas. She began teaching tools to breathe, focus, and learn about self-efficacy to a first-grade class in 2014.

Valles received a scholarship to attend Omega’s 2015 Mindfulness & Education Conference. “Being at that conference was life changing for me,” she said. “It was amazing to hear shared practices and engage in one-on-one conversations. It was such a catalyst for me because I realized I’m not alone. It helped me decide this is the direction I want to go. I want to take peace tools to schools.”

One tool Valles teaches is blowing dandelions, a practice that helps kids get in touch with their feelings. She invites students to make a fist and imagine their feeling. Then with a deep breath, they blow into their hand as if they’re blowing a dandelion, opening their fingers to release that energy and relax into the moment.



### Creating Change Through Connection

Working toward change often involves interacting with others who don’t agree with our goals or ideas. Omega’s chief external affairs officer Carla Goldstein presented a TEDx Talk on October 15, 2016, in New York City. The theme of the day was #PracticingChange and speakers shared groundbreaking approaches to managing and embracing the cutting edge of change. In her talk, *Creating the Age of Aquarius*, Goldstein recalls her “a-ha moment,” when she first discovered a true sense of connection with all others—whether they agreed with her or not—and realized that interconnection is the key to achieving social change. For the process to work, she explains, we need to get beyond the “enemy reflex” of demonizing others and work both on the “inside job” of healing ourselves as well as the “outside job” of building systems and policies that support the greater goal. “Who we are as people,” she says, “shapes the structures we create. And the structures we create shape who we are as people.”





Yoga Service Council member organization iGrow Chicago teaching community yoga

## Best Practices in Yoga Service

Omega and the Yoga Service Council, cocreators of the annual Yoga Service Conference, have partnered on a series of publications to establish best practices in the field of yoga service. *Yoga Service Best Practices Guide Volume One: Best Practices for Yoga in Schools* and *Volume Two: Best Practices for Yoga With Veterans* include the work of 60 of the nation's leading experts on yoga service.

# Expanding & Enriching Our Learning Community

## GROWING OPPORTUNITIES FOR INVOLVEMENT & IMPACT

Omega has been inspiring individuals toward personal and social change for nearly four decades. In 2015 and 2016, Omega increased online offerings and expanded scholarship opportunities in order to touch an even greater number of lives.

Omega has taken significant steps to improve the user experience on eOmega.org, including simplifying online registration for workshops and updating our user profile and donation forms. Visitors can now create a user profile, making it easier for them to find articles, videos, and other content on the site that's more aligned with their interests. In addition to offering a live stream option for two conferences, Hope for Dementia & Alzheimer's Disease and Living Well With Lyme Disease, both of these events were recorded and made available on demand so that anyone could participate even if they were not able to join live. More than 824,000 people around the world tune into Omega's online

programming each year, and hundreds of thousands more access articles, videos, audio clips, and more on eOmega.org.

In addition to expanding the size of our community, both in person and online, we also created more pathways to participation for those with financial limitations or other barriers to access. This, in turn, enriched the experience of all participants by representing a large range of perspectives, backgrounds, and identities.

In partnership with our donors—individuals, foundations, and organizations that share our commitment to holistic learning—Omega was able to support participants attending programs related to women's leadership, sustainability, veterans, mindfulness, yoga, and more. Omega introduced Holistic Studies Scholarships and more than doubled the number of scholarships that were awarded in 2016.



### OWLC & OCSL Launch Monthly eCommunications

The Omega Women's Leadership Center (OWLC) and the Omega Center for Sustainable Living (OCSL) each launched a monthly electronic newsletter with informative and inspiring articles, interviews, videos, and more. Topics covered by the OCSL included ecological literacy, seed stewardship, and rebuilding the collaborative commons. The OWLC addressed intersectional feminism, interdependent leadership, and practical skill-building. An end-of-year highlight was a peace practice from Zen teacher and author Rev. angel kyodo williams Sensei, originally presented at the 2015 Women & Power Retreat Benefit Dinner.

# Seeding a Regenerative Future for All

## INNOVATIVE IDEAS, SUSTAINABLE SOLUTIONS

A healthy environment depends upon the sum total of all its parts. Through workshops, tours, community building, and more, the Omega Center for Sustainable Living (OCSL) explores how people and nature can work side-by-side to build a better life for all.

The 2015 OCSL conference, *Seeds of Change: Cultivating the Commons*, explored issues relating to seeds, food justice, GMOs, transparency in food labeling, protecting and stewarding water resources, and the political and social context within which we live and work. More than 500 individuals who attended heard keynotes from environmental activists Vandana Shiva, Winona LaDuke, Maude Barlow, Ralph Nader, John Todd, Will Allen, and more.

One highlight of the *Seeds of Change* Conference was *Food Justice From Seed to Market*, a panel discussion that was also available to remote participants via live stream. Featuring Vandana Shiva, Winona LaDuke, Ken Greene, Jalal Sabur, Natasha Bowens, and Will Allen, the conversation focused on the national conversation on GMO labeling and access to quality food for all. Watch for free on demand at [eOmega.org/seeds](http://eOmega.org/seeds).

Since its introduction in 2013, the OCSL's 4-week Ecological Literacy Immersion Program (ELIP) has worked with participants to develop a deep understanding of natural systems and how to live, work, and design for regeneration within them. Students gain an internationally recognized Permaculture Design Certificate and tools to design for the health and well-being of people and our planet. Over the course of four years, the program has grown to more fully integrate guiding principles and rich experiences

from a number of fields and teachings—from permaculture, regenerative agriculture, and ecological engineering, to nature connection, social justice, relationships across differences, and more.

The OCSL also plays an important role in hosting regional events and retreats to foster connection and collaboration among organizations. The Mid-Hudson Regional Sustainability Coalition—a group of organizations, educators, local officials, and others from across the region—met at Omega for their first annual spring retreat in 2016, with about 40 coalition members. The strategic retreat allowed for cross-pollination of ideas across groups working in energy, water, materials management, land use, transportation, education, agriculture, and more. It also helped to strengthen relationships as participants worked toward creating plans for the region's economic development.

## Leadership in Sustainable Education Award Given to Poughkeepsie Farm Project

The Omega Center for Sustainable Living (OCSL) offers recognition to nonprofit organizations that share Omega's commitment to building a more just and sustainable world. The 2015 Leadership in Sustainable Education Award was given to Poughkeepsie Farm Project, an organization working to provide hands-on education about where food comes from and why it matters.





**OCSL** The Omega Center  
for Sustainable Living

## 4,500 Visitors Tour the OCSL

Each year, approximately 4,500 visitors participate in public weekly tours or private group tours of the OCSL's Eco Machine™, a water treatment system that mimics the systems of the natural world. Guests include teachers, students, contractors, architects, engineers, and others wanting to learn more about water reclamation, sustainable living, and green building.

“Let us recognize that in the seed and the soil we can find answers to every one of the crises we are facing.”

—Vandana Shiva, PhD, Presenter at Seeds of Change conference

“I went from feeling helpless about the degraded state of many of our natural systems to feeling inspired, empowered, and equipped with the tools to nurture the regeneration of the Earth.”

—Participant in Ecological Literacy  
Immersion Program (ELIP)

“I gained more confidence in myself and made a strong network of women in permaculture. I now have so many teaching tools and feel supported moving forward.”

—Participant in Permaculture  
Teacher Training for Women

“Socially, culturally, artistically and more—all these arenas were deftly represented. I appreciate that Omega recognizes and honors the Hudson Valley's own burgeoning eco-economy movement and its emerging players.”

—Participant in Seeds of Change Conference

# Women's Leadership for a Just & Sustainable World

## DO POWER DIFFERENTLY®

Cofounded in 2012 by Elizabeth Lesser, Carla Goldstein, and Sarah Peter, the Omega Women's Leadership Center (OWLC) supports a growing community of leaders and helps to shift the existing paradigms of leadership and power.

The OWLC's dynamic, interdisciplinary curriculum covers a breadth of topics, from conflict resolution and financial literacy to public speaking and personal storytelling, all geared to support women on their individual leadership journeys. The OWLC also offers self-guided residencies to women making a difference in the lives of women and girls.

The OWLC launched the Women & Power Video Archive, featuring 12 years of insights and inspiration from the acclaimed Women & Power series available online for the first time. Tune in and watch keynote speeches by Jane Fonda, Ani DiFranco, Mellody Hobson, Isabel Allende, Ai-jen Poo, and more. Explore the archive of over 200 videos at [wplibrary.eOmega.org](http://wplibrary.eOmega.org).

The 2015 Women & Power Retreat focused on "Being Bold" and changing the definition of what it means to be daring. The event offered deep insight and inspiration for 450 women ready to break new ground and heed the call for personal and collective boldness.

In 2016, Goldstein participated in the first summit on The United State of Women, a gathering in Washington, D.C. of thousands of people working

for change in the world. Summit speakers included President Barack Obama, First Lady Michelle Obama, Vice President Joe Biden, and many more. Closer to home, Goldstein moderated a conversation with author and keynote speaker Nancy Jo Sales at the esteemed Woodstock Writer's Festival. The topic they discussed was *American Girls: Social Media and the Secret Lives of Teenagers*.

## Leadership for the Future: Women's Leadership Collaborative Pilot

As we move forward in changing the power paradigm and advancing women's equality and social justice, it's important to ask hard questions and develop new strategies. It was with this in mind that we launched the Women's Leadership Collaborative Pilot in 2015. The OWLC created the Collaborative Pilot as a resource for nonprofit women leaders who are actively taking the next steps in bringing about change.

The Collaborative Pilot started with a cohort of nine women who attended the Omega Women's Leadership Intensive in October 2015 and expanded in 2016 to a cohort of 10. Providing a community of support for women leaders as well as a platform for development, the Collaborative Pilot continues to raise important questions and learn what it means to lead courageously for the times we live in.

“My experience being around amazing, talented, and strong women leaders helped me to understand the true definition of what it means to be bold. As an aspiring international human rights attorney, I realized doing power differently means I must step out, be bold, and become an important contributor who balances the power structure within American society and the world.”

—Participant in Women & Power  
Retreat: Being Bold

“In leading from a place of cocreating, the faculty modeled ‘doing power differently’ leadership.”

—Participant in The Omega Women’s  
Leadership Intensive

“I came here with one question, and had thousands of other questions answered that I didn’t even know were brewing inside me.”

—Participant in Financial Literacy & Beyond

“I am so full of inspiration and excitement about the future. My experience in the workshop and sharing space with so many phenomenal women who are living their truth and contributing to the world has strengthened my own commitment to do the same.”

—Participant in Leading With Emotional Courage



# Exceptional Programs, Leading Teachers

The Radiant Power of Women—Omega’s largest yoga program—returned for its 5th year in 2015.



Nine top qigong and tai chi teachers led the Super Qi Summit: The Master Key to Health, Creativity & Empowerment.



Best-selling author Arielle Ford returned to campus to share the “soulmate secret” in an experiential—and fun—workshop for men and women of all ages who are looking for lasting love.



Singer/songwriter Dar Williams joined us for the first time to teach Writing a Song That Matters during Arts Week.



**MORE THAN 23,000 PEOPLE** join us for workshops, conferences, retreats, and more on our



Omega is the exclusive location for Past-Life Therapy Training with Brian Weiss, MD, and Carole K. Weiss, MSW, CHT.



Animal lovers, practitioners, and those looking for peace and transformation in their lives joined James French and Shelley Slingo for The Trust Technique™, a method of healing for both humans and animals.



The Great Shamanic Initiation offered a rare opportunity to receive teachings directly from Q'ero shamans who traveled to Omega from the high Andes of Peru.



Lynda Barry’s writing workshops have been wildly popular since she began offering them at Omega more than 15 years ago. Describing the process she teaches, Barry said, “It’s a way of writing that’s freaky, vivid, and a lot of fun.”

In her workshop Radical Remission: 9 Healing Factors to Change Your Life, Kelly Turner, PhD, explored nine healing factors shared by patients who had radical remission from cancer.



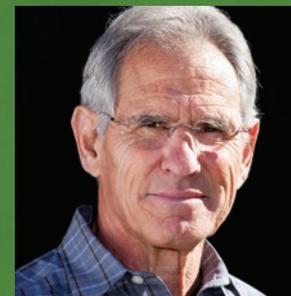
The OWLC hosted The Omega Women's Leadership Intensive, exploring how to "become the kind of leader the world needs now," with teachers Sharon Salzberg, Leslie Salmon Jones, Mallika Dutt, Carla Goldstein, and more.



Programs addressing the needs of veterans included Healing From Military Trauma with Lori S. Katz; Practices for Comfort and Ease with Annie Okerlin and Nicholas Caris; and Stronger Together with Laurie Leitch and others.



Omega's New York City offerings included the Mindfulness & Education Conference; Veterans, Trauma & Resilience Conference; and programs with Jack Kornfield, Jon Kabat-Zinn, and Barbara Tannenbaum.



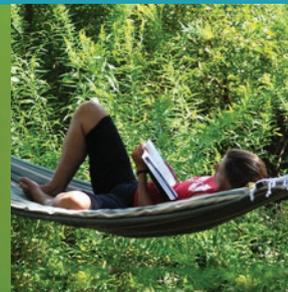
Rhinebeck, NY, campus each year. Participants also joined us for programs held in New York City and Costa Rica.



Codirectors of the Conscious Relationships Institute Joel Feldman and Kate Feldman taught Love, Passion & Presence, a retreat for couples looking to bring more pleasure and aliveness to their partnership.



Ecologist and forest farmer Steve Gabriel taught Farming the Woods, an Omega Center for Sustainable Living (OCSL) program that introduced participants to sustainable methods for growing and foraging food and medicine in wooded areas.



Omega R&R Getaway Retreats offered special classes and evening events just for R&R guests, along with opportunities to unwind, renew, and enjoy the beauty of campus.



Blue Spirit, Omega's winter home in Costa Rica, welcomed Joan Halifax Roshi, Eben Alexander, Robert Peng, and many other world-class teachers.



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# We Gratefully Acknowledge Your Support

With deep appreciation, we thank all those who share Omega's commitment to awaken the best in the human spirit and cultivate the extraordinary potential that exists within us all. This list recognizes generous contributors who supported Omega's programs and initiatives, including the Omega Center for Sustainable Living and the Omega Women's Leadership Center, between January 1, 2015, and December 31, 2016.

# We Appreciate Your Support of Omega's Mission

As a nonprofit organization, Omega is able to achieve its mission in part through the generous support of more than 1,700 individuals, foundations, and corporations. In 2015 and 2016, donors gave \$5,141,055 to support Omega initiatives, programs, scholarships, and infrastructure. Each and every gift strengthens our ability to awaken the best in the human spirit.

## WE THANK THE FOLLOWING ORGANIZATIONS FOR SIGNIFICANT SUPPORT OF THE OMEGA INSTITUTE:



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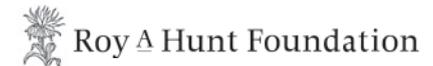


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## Making a Difference for Women & Girls

Renowned author and human rights advocate **Isabel Allende** said, "I cannot remember a time when I have not been a feminist. And I'm very proud of it." Growing up in Chile, in a socially conservative and patriarchal society, she felt angry at the inequality women experienced and wanted to address it.

In homage to her late daughter Paula's work with young women and girls, she founded the Isabel Allende Foundation, which supports organizations that deal with issues of reproductive rights, health care, education, and antiviolenence. The Omega Women's Leadership Center (OWLC) is grateful to be a beneficiary of ongoing support from the Foundation, including funding for scholarships to ensure greater access to the OWLC's work.

"I have been in philanthropy for 20 years. What I have noticed is that women work in circles and across lines. That creates a feeling that everything is interconnected," she said. "The world is not going to be changed by those who hold power now, but by women—women working with women. And it will take a new form of leadership that is not hierarchical but inclusive, diverse, compassionate, and takes into consideration the fact that everything is interconnected."

2015

## Thank You

### Visionary \$1,000,000+

Sarah Peter

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The Omega Center for Sustainable Living [OCSL] was the first building in the U.S. to achieve both LEED® Platinum and Living Building Challenge™ certification.

## The Gift of Giving

**Elizabeth Kearns** is a devoted friend of Omega and founder of Orchid Bee Vanilla, a permaculture program that supports indigenous farmers and women’s groups in Belize.

A participant in Omega programs for more than 15 years, Elizabeth credits Family Week for providing a support system for her and her daughter as well as tools to help navigate and nurture their relationship.

She is particularly passionate about the Omega Center for Sustainable Living (OCSL), and says it was there that she learned to nurture within herself the courage and commitment she needed to start the permaculture program.

“Seeing the OCSL building and the Eco Machine made me consider, for the first time in my life, what my relationship to nature was and all that it could be,” she said. “It changed the trajectory of my life’s work.”

Elizabeth supports Omega in many ways. As a donor to both the OCSL and the Omega Women’s Leadership Center (OWLC), she says the greatest gift is to help create opportunities for others to experience Omega for themselves.

Mike Kubzansky & Annie Binder  
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## Stories of Hope & Healing

"We all have stories to tell," said **Gary Krauthamer**, a former chair of Omega's board of directors who has been involved with Omega since its earliest days. He believes learning people's individual stories is the key to forging tolerance and eliminating prejudice, and is deeply committed to putting this understanding into practice.

Over the years he has heard countless people tell powerful stories about the profound healing they experienced at Omega. "Whether it's grief, abuse, trauma, addiction, issues from childhood, issues with your children—the list goes on and on—there are so many people that have been affected by Omega in a positive way, people who have been helped through difficult times and helped in their everyday lives."

In 2015, Krauthamer and his wife Kirsten were moved to make a gift that will help Omega spread such stories, and in turn enable more and more healing to occur. "I hope that this sharing will inspire new people to visit Omega for their own healing or to support Omega in its work in the world," he said.



Lee Riddell  
Eileen Rose & Michael Garger  
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Charles Frangos & Gala Gorman  
Ronald J. Frank & Abbey J. Semel  
Lauryn Franzoni

## Maximize Impact With Matching Gifts

**Michael Murphy** attended his first Omega workshop—a yoga retreat with Beryl Bender Birch—in the early 1980s. About a decade later, he and his wife began thinking about moving from their home in New York City. "I immediately thought of getting land near Omega," he said. "Luckily, we found a 5-acre plot right down the road!"

Michael has worked for more than 20 years as the director of analytics for American Express. He is also a yoga teacher and a student of contemplative practice. "Omega's deep and rich programs and community have been tremendous resources in my life. Having the energy and the vitality of the campus right next door serves as a vital well-spring of value," he said.

Michael feels philanthropy is an important way to support organizations in line with his values, he says, "because I know they depend on donations to sustain their operations and add resources for future development." He said he is "fortunate and proud" to work for a company that matches employee charitable gifts. "By literally doubling my donation, it makes my gift have twice the impact."

To find out if your employer matches donations, just check with your human resources department or call us at 845.266.4444, ext. 405.

Omega is grateful to the following companies for matching gifts in 2015 and 2016:



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Lone Pine Capital LLC  
Cynthia R. Magoon, In memory of Thomas Magoon  
George Marino  
Jennifer T. Naylor  
Lloyd Olson  
Chieko Palenberg  
Red Barn Produce  
Sara Robinson Chambless  
Catherine H. Skove  
Jeri R. Slater  
Angela Sprutsko & Rajesh Ankalkoti  
Marianne & Randall S. Sutin  
Timely Signs Of Kingston, Inc.  
Michele C. Toole  
Deborah Waroff  
Hartley & Benson Webster  
Jamia A. Wilson, In honor of Michele Bertran  
Leslie Woodham  
Anonymous (8)



## Gift Planning in Support of Veterans

**Sarah Howard**'s career in higher education has spanned roles such as dean of students and vice chancellor of student affairs information technology. In each of those roles, she valued helping others to grow as one of her highest priorities.

Recently retired, Sarah is studying to become a certified spiritual coach so she can continue to make a difference in the lives of others. Planning for her retirement provided Sarah with another opportunity for helping. When an adviser suggested she could make philanthropy part of her financial planning, Sarah reached out to Omega to discuss how her gift could have significant impact.

"I wanted to do something to help our veterans who are struggling with serious issues," said Sarah, who has long respected the sacrifices of military women and men. As a counselor herself, Sarah sees the tremendous value of the holistic approach of Omega's Veterans, Trauma, and Resilience programs.

Upon discussing her intention with Omega's development staff, Sarah named Omega as a beneficiary of her estate. "Omega's approach to helping veterans heal is something I believe in. It's rewarding to me to know I am supporting this important work," she said.

If you would like information on how to make your own planned gift to Omega, please contact development director Veronica Fitzgerald at [veronicaf@eOmega.org](mailto:veronicaf@eOmega.org) or call 845.266.4444, ext. 402. If you have already named Omega in your bequest plans, please contact us so we can celebrate and recognize you for making such a heartfelt gift.



## The Simplicity of Giving

**Nancy Dotlo** likes to keep things simple. It's one of the things she learned through her participation in Omega workshops over the years.

An active retiree, Nancy made the conscious decision to unburden herself from what is not necessary—from possessions to processes. Nancy finds great freedom in this philosophy. "Living a simple life can be freeing," she notes, "and it allows you the space to step into the future with what you truly value."

Nancy made her first gift in 1996 to the Sanctuary, and she has been giving annually ever since. She now makes her donations through a Qualified Charitable Distribution. This method of giving helps fulfill the yearly IRA required minimum distribution while allowing her to support Omega's mission the way she likes—simply.

Donors age 70½ or older can reliably plan charitable IRA rollover gifts to tax-exempt nonprofit organizations such as ours, year after year with gifts ranging from \$100 to \$100,000. The gift is not treated as federally-taxable income and therefore, reduces adjustable gross income. The transfer is quick and direct from your IRA to Omega.

We can help you find the right charitable gift for you, in confidence and without obligation. For more information, contact [development@eOmega.org](mailto:development@eOmega.org).

2016

## Thank You

### Visionary \$1,000,000+

Sarah Peter

### Innovator \$100,000-\$999,999

NoVo Foundation  
Tides Foundation  
David & Candy Orlinsky

### Explorer \$50,000-\$99,999

Henry Kimelman Family Foundation / Suzi Edwards  
Anonymous (1)

### Leader \$25,000-\$49,999

Dyson Foundation  
The Estate of Judith A. Finkelstein

### Benefactor \$10,000-\$24,999

Jacalyn E. S. Bennett  
Dietel Partners, In honor of William M. & Linda R. Dietel's lifelong commitment to advancing women's leadership  
Daniel W. Dietrich II Foundation  
Eileen Fisher Community Foundation  
Patty Goodwin  
Honeybee Capital, LLC / Katherine A. Collins  
Philip D. Jackson  
Jade Yoga  
Dal LaMagna  
Mayfield Consulting LTD / Jacquelyn Mayfield  
New York Women's Foundation  
Numi Organic Tea

David Sember Construction  
The Keynote Coach / Saskia Shakin  
Ann Stenson  
Brian & Carole Weiss  
Anonymous (1)

### Steward \$5,000-\$9,999

Robert "Skip" Backus  
Carrie Rebora Barratt  
Cathy A. Cramer & Kenneth D. Gibbs  
Cranial Solutions  
David B. Elsbree Jr.  
Frederick & Greta Smiley Charitable Foundation / Hank & Phyllis Beinstein  
Rita J. Freedman  
gentlepower / Bob & Paula Hardison  
The Isabel Allende Foundation  
J.M. McDonald Foundation  
Elizabeth W. Kearns  
Gary L. Krauthamer & Kirsten Lawrence  
Sheryl R. Lamb  
Elizabeth Lesser  
Markowitz Consulting / Jill Markowitz  
Ray Oberly  
Beverly Parsons  
Roy A. Hunt Foundation  
Kathryn B. Williams, PhD  
Anonymous (3)

### Guide \$2,500-\$4,999

Interlake RV Park  
Marshall & Sterling Inc.  
Mike Kubzansky & Annie Binder  
Nancy H. Reisig  
Kelly A. Tomblin

## Help Shape the Future With Membership in the Stewardship Council

A major transition to confront her fear head on drove **Paula Hardison** to Claude Stein's 2010 Natural Singer workshop at Omega. Legs trembling, she belted out her song. Claude presciently remarked, "More quietly. You can have gentle power."

This phrase—gentle power—sparked and defined the next phase of Paula's journey. She federally trademarked the moniker, formed gentlepower LLC, and in 2016 began a PhD program at the California Institute of Integrative Studies in Integral and Transpersonal Psychology.

Paula has been a donor and friend to Omega for many years and recently joined the Stewardship Council, a dedicated circle of leaders that help shape Omega's future directions. "As a seeker and scholar, I am proud to help guide Omega forward. Omega's holistic approach recognizes an individual's wholeness as integral to healing humanity and the world. In today's complex times, Omega is a critical resource," she said.

OMEGA  
STEWARDSHIP COUNCIL

## Patron \$1,000-\$2,499

Barbara Aaron  
ABC Foundation / Keely & JT Compton  
Stacia D. Abel, In memory of Molly & Shotzie Merchant  
The Altman Stiller Foundation  
Michael Barratt Construction  
Lisa Baskin  
George A. Bay  
Henry & Margaret Mika Charitable Foundation / Catherine Browning  
Susanne Durst  
Veronica Fitzgerald & Gordon Kaedy  
Carla M. Goldstein  
Greater Kansas City Community Foundation / Wahe Guru Fund  
Vicki L. Haak  
Margaret Innerhofer  
James Jacobs  
Peter Kaufman  
Schuyler & Deanna Kaye  
Joel & Melanie Levitan  
Evan M. Mallah  
Meyers Foundation  
George Philip & Monique Schobert  
Michael C. Plewa  
Promindful, Inc. / Alexander G. Nason  
Shauna M. Ries  
Gina & Gwyn Riffel  
Rick & Cathy Rogich  
Scenic Hudson  
Bruce Schearer & Pamela Stone  
Empowerment Institute / Gail H. Straub  
Williams Lumber & Home Center  
Stephen Zollinger  
Anonymous (3)

## Sustainer \$500-\$999

Ahmad Alafaliq  
Linda Archinaco  
Beverly M. Brock  
Jennifer M. Cohen Harper  
Paulette Cole  
Belinda Davis  
Mary Frances Deangelis  
Christina Dubay Elgart  
Melissa L. Elstein  
Nan & Mike Frydland  
Tess Glasscock  
Helen Hamada  
Arthur Hurwitz, In memory of Judith Hurwitz  
Joseph & Jenny Killian  
Mira & Andrzej Lechowicz  
Ed & Barbara Martoglio  
Janet O'Brien  
Kathleen & Tom Quigley  
Renee Reiner & Michael DeSanto  
Amy M. Revere  
Anne-Marie Serre  
STAT Construction  
Kathleen Sullivan  
Tom & Grace Tate  
Nancy & David Vernooy  
Westchester Hudson Linen Supply Co. Inc.  
Daphne T. Whitman  
Anonymous (4)

## Fellow \$250-\$499

Adirondack Trailways  
American Express Foundation  
Lorenzo Benedick & Suzana Apelbaum  
The Benevity Community Impact Fund  
Shirley D. Brandman, In honor of Molly Peter

Shelby Broughton & Nada Conway  
Lisel Burns  
The Chazen Companies  
Sylvia J. Cima-Erlbaum  
Diana & Jonathan Cohen  
David Cooper & Amy Scott  
Lee & Nan Corbin, In honor of Bhante Wimala  
Matthew & Kate Cruz  
Susan F. Dellert  
Bob Dinga & Diana Rose  
Nancy L. Dotlo  
Teresa A. Duffy & Patrick O'Donnell  
Rachel E. Foster  
Deborah S. Freedman  
Garden Club Of Orange & Dutchess Counties Inc.  
Eliza Goodell  
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Debbie A. Knight  
Nancy W. Koppelman  
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Loren D. Lillis  
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George Marino  
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Michael & Lori Murphy  
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Genevieve Plamondon  
Kelley Reynolds  
Manuela Roosevelt  
Gilda L. Sall  
Carlin W. Scherer  
Nicole Schimpf  
Catherine H. Skove  
Randall & Marianne Sutin

Oana Tomescu  
Ann-Marie Trotta & Stuart Marcus  
Truly M.A.D. Labs Inc. # 220  
Beth Urech  
Benson & Hartley Webster  
Karen V. Williams  
Jamia A. Wilson, In memory of Georgia M. Campbell  
Anonymous (1)



## Supporting Well-Being With Corporate Sponsorship

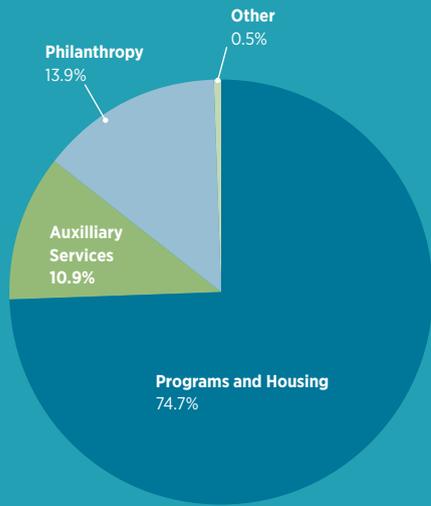
Healthy food choices in the Omega Dining Hall are a hallmark of the participant experience, including a generous selection of **Numi Organic Teas**. For six years, Omega has gratefully welcomed the donation of fine organic teas by Numi.

Closely aligned missions, visions, and values form the basis of this longstanding partnership. "At Numi, we envision a world where all basic human needs are met and people have the resources to fulfill their greatest potential. Partnering with Omega is part of our commitment to supporting nonprofits and individuals that are doing incredible work in their communities, enriching, and empowering them to create positive change in the world," noted Numi cofounder and chief executive officer Ahmed Rahim.

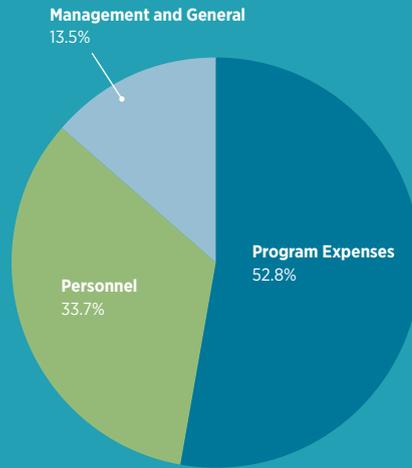
Omega is pleased to recognize corporate partners through an increasing variety of on-campus, online, and in-print opportunities. If you would like to discuss a sponsorship, please contact development director Veronica Fitzgerald at [veronicaf@eOmega.org](mailto:veronicaf@eOmega.org).

# FINANCIAL STATEMENTS 2015

Audited financial statements are available upon request.

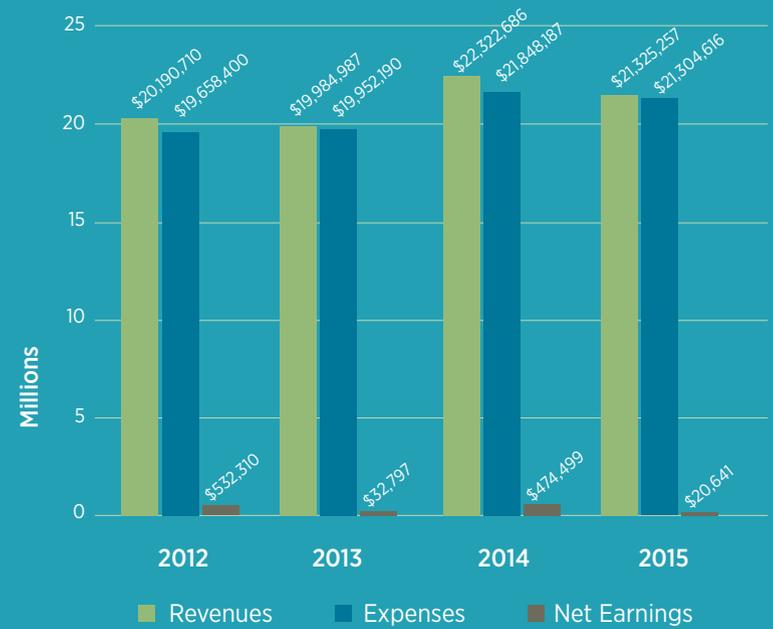


REVENUE CATEGORIES



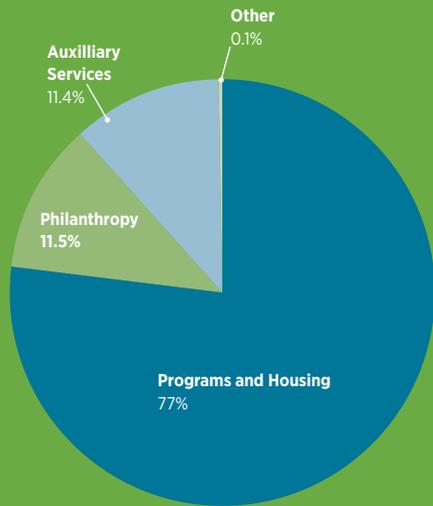
EXPENSE CATEGORIES

## Comparative Revenues, Expenses, and Net Earnings

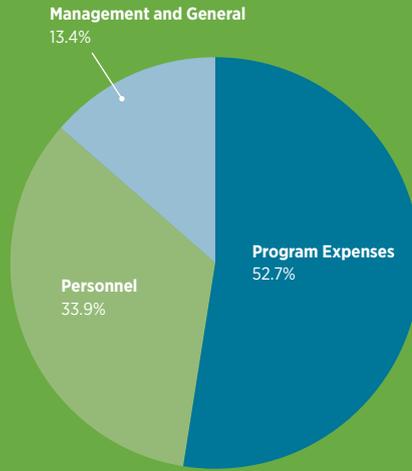


# FINANCIAL STATEMENTS 2016

Audited financial statements are available upon request.



REVENUE CATEGORIES



EXPENSE CATEGORIES

## Comparative Revenues, Expenses, and Net Earnings





Omega is a nonprofit, mission-driven, and donor-supported educational organization. For more than 40 years we've been a pioneer in holistic studies—helping people and organizations integrate personal growth and social change, moving beyond 'the way it is' toward 'the way it can be.'

## Omega Board of Directors

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*Chair*

Private Investor

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Founder and CEO of Honeybee Capital

### **Patty Goodwin**

Writer/Producer

### **Sheryl Lamb**

Organic and Sustainability Advocate

### **Manuela Roosevelt**

Publisher

### **Bruce Schearer**

Civic Leader/Nonprofit Executive

### **Jamia Wilson**

Executive Director and Publisher of  
The Feminist Press at CUNY

### **Elizabeth Lesser**

Cofounder/Senior Advisor/Ex Officio

## Omega Recognized at GuideStar Exchange Gold Participation Level

Omega is pleased to announce that we have received a Gold Level rating from the GuideStar Exchange—the premiere organization that provides impartial information about American nonprofits—in recognition of our commitment to transparency and accountability.



Please share this report with others.

For more information about major initiatives, sponsorship opportunities, and additional involvement, please contact the development office at 845.266.4444, ext. 409 or [development@eOmega.org](mailto:development@eOmega.org).

Omega Institute is a 501(c)(3) nonprofit organization.

# OMEGA

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