



Bel Inizio Annual Report 2015

Bel Inizio helps disadvantaged women develop self-esteem and life skills through fitness and nutrition.

In 2015, Bel Inizio continued its mission of helping women in challenging situations build their self-esteem and life skills through fitness and nutrition education. Bel Inizio completed Fall, Spring, and Summer sessions at various transitional housing complexes across the Houston area. 117 women of Santa Maria Hostel, Dress for Success, Brigid's Hope, New Hope Housing, and Star of Hope trained and raced in the ABB 5K in January, the Rise and Shine 5K in March, and the BENeezy 5K in September.

Partners

After seeing great improvement in Bel Inizio participants' behavior and demeanor, Bel Inizio's program was welcomed back into all agencies. In 2016, Bel Inizio hopes to expand our program by engaging with more women and men at our current transitional housing centers. We hope to increase our retention rate by implementing more incentives into our program.

Staff

Since hiring our first employee, Executive Director Theresa Strong, in February of 2014, Bel Inizio received the ExxonMobil Community Service Grant. This grant allowed Bel Inizio to hire our first summer intern, Clare Frankel. From June 2015 through August 2015, Clare attended workouts, helped plan the Giving Thanks 5K/10K, and cultivated donors and fundraisers for the Houston Marathon Run for a Reason campaign. After completing her summer internship, Clare continued her work with Bel Inizio as a part-time employee.

Finances

Bel Inizio received support from generous foundations, businesses, nonprofit organizations, churches and events. Their contributions enabled us to continue to seek new opportunities, grow, and help more women in transitional housing. Bel Inizio had a certified dietitian at each training to provide a nutrition lesson relevant to our clients' lifestyle. Active clients were given cookbooks and participated in nutrition quizzes to develop their nutrition knowledge.

Events

In 2015 Bel Inizio had two significant fundraising events, our Giving Thanks 5K/10K and the Houston Marathon Run for a Reason campaign. Bel Inizio's mission was also featured at the Women's Business Enterprise Alliance, KUHF National Public Radio, and The Hot 95.7 radio station.

Financial Information

2015 Income	
Contributions	\$142,654
In-Kind	\$102,305
Merchandise Sales	\$2,731
Special Events	\$29,349
Total Income	\$277,039
2015 Expenses	
Program	\$196,762
Administrative	\$22,390
Fundraising	\$15,988
Total Expenses	\$235,140
Increase in assets	\$41,899
Net Assets	\$77,350



2016 Board of Directors

Rebecca Spaulding – President

Ms. Spaulding is an experienced running coach having helped countless marathon and multi-distance runners cross the finish line. Her experience in working with the Galloway Group of Houston for over ten years lends great expertise to Bel Inizio. Ms. Spaulding works for the law firm of Caldwell Everson P.L.L.C..

Lisa Carpenter - Treasurer

Ms. Carpenter is an experienced Controller, finance manager, and accountant. Her extensive knowledge of nonprofit bookkeeping and accounting requirements provides Bel Inizio the guidance required for accurate input and analysis. She is working as Controller for SuperBag Corp, in Houston, Texas.

Rachel Huisman - Secretary

Ms. Huisman is a Registered Dietician who developed and implements the basic nutrition curriculum for Bel Inizio's program. Ms. Huisman currently maintains a private practice as well as retaining professional membership in the Academy of Nutrition and Dietetics, including membership in the Dietetic Practice Groups for Community Nutrition; Sports, Cardiovascular and Wellness Nutrition and Pediatric Nutrition. Along with her professional achievements.

Gayla Garrison

Ms. Garrison is foodservice sales professional for The Core Group, which is a premier foodservice sales agency that represents over 40 food manufacturers in the Houston market. Her responsibilities as Team Lead for Sysco Foods of Houston include managing day to day street sales, product training for over 200 marketing associates and all marketing functions through Sysco Houston for manufacturers The Core Group represents.

Terrie Gorney

Ms. Gorney is a Legal Assistant working in the Brophy Law Firm. She is a founding member and current Organizer of Fort Bend Fit managing over 40 coaches and 500 runners. Terrie is an experienced runner and road race organizer/director. She is a native Houstonian and long time volunteer in her community. Terrie's background also includes customer service from her experience as a Vice President with AGLIC, Farmer's National Life Insurance Company and Loyalty National Insurance Company.

Stephanie Magers – Non-voting member. Houston Jr. League

Ms. Magers works for Chevron as a Land Team Lead. She negotiates agreements for oil and gas rights.

Bridget Rienstra McLaurin

Ms. McLaurin is an attorney at Heard & Medack, PC.

Debbie Mercer

Ms. Mercer is President of USA FIT a national marathon/half marathon training program with approx. 50 programs across the U.S. Responsibilities include all operations including budgets, financials, start up programs, marketing strategies, mentoring to new and existing organizers, and collaborating with webmaster/art director/web content writer.



Daryl Lynn Scott

Ms. Scott is an LCDC/Clinical Supervisor. She works for The Gateway Foundation which operates drug and alcohol rehabilitation programs in Illinois, Missouri, New Jersey, Wyoming and Texas, and currently operates treatment facilities within the Texas Department of Criminal Justice. As a clinical supervisor she is responsible for the supervision of five chemical dependency counselors/interns in a dual diagnosis program in the Jester Unit I facility in Richmond, Texas.

Janet Wheeler

Ms. Wheeler is retired from Rice University. She served as a program coordinator for Beyond Traditional Borders, a global health initiative that involves student teams working to design solutions for low resource settings in the developing world. Also, she is currently serving as a sponsorship coordinator for a school in Terrier Rouge, N.E. Haiti.

Staff

Theresa Strong - Executive Director

Theresa Strong has extensive nonprofit management and exercise experience. She has been a board member for Home Aid Houston and Director of Development for Vecino Health Centers (formerly Houston Community Health Centers – Denver Harbor Clinic) and St. Catherine’s Montessori. Theresa has an undergraduate degree, two Masters Degrees, is a certified project manager, and is a graduate with honors from the Rice University Leadership Institute for Nonprofit Executives. In addition, Theresa is an experienced athlete having completed over 75 ultra-marathons, marathons, 5Ks, and triathlons. She has volunteered since childhood focusing on disadvantaged women and the homeless.

Advisor

Nutrition Consultant – Dr. Penny Wilson

Dr. Wilson is a Registered Dietician who works with endurance athletes and their coaches from across the nation to help them reach their goals and personal bests through her private Sports Dietetics practice - Eating for Performance. While working as the Dietitian for the Ironman Sports Medicine Institute at Memorial Hermann, Penny was the Dietitian for the Houston Rockets and the Sugar Land Skeeters. In addition to her work with athletes, Penny taught Sports Nutrition at the University of Houston for six years. Her clients included Rice University students, individuals fighting eating disorders, and teens living homeless shelters.