



INTEGRATE COLUMBUS
Cooperative Community Wellness

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IntegrateColumbus.org

ABOUT US:

We are a Westerville, Ohio based 501(c)(3) health and wellness organization. We operate as an online resource and single-location, values-driven sanctuary dedicated to social infrastructure and accessible, integrative wellbeing.

- Established: 2019
- Number of Locations: 1
- Number of Employees: 0 (100% Volunteer)

WHO WE ARE & WHAT WE DO:

We bridge the gaps relating hospital/group care, clinical isolated practice, and community-supported wellbeing. We are transforming standard commercial corporate footprints into interactive, multi-generational, multi-species social commons featuring a pay-what-you-can self-serve cafe, an apothecary store, a lending library, dedicated nature-viewing corridors, outdoor walking and quiet sitting opportunities. Our model for a new kind of Third Space and a new infrastructure for wellbeing holds the hope to 'Integrate' other communities beyond our beginnings here in central Ohio.

LEADERSHIP & GOVERNANCE

Melinda Bekos, MS, PhD - President & Founder
Krista Sayre - Vice President
Susie Schiering - Secretary
Jay Zollars - Treasurer
Meg Lefeld - Board Member

OUR IMPACT & GOALS:

We dismantle the isolation of difficult-to-navigate health journeys and multidisciplinary chronic illnesses; since 2019, our ever-growing team of volunteers and reputable, nominated-only providers bring our mission, resources, and Six Domains of Integrative Wellbeing to life throughout the greater Columbus Area every day.

In 2026, Eastwind became a bricks-and-mortar anchor to model our vision for cooperative community wellbeing. By exploring and offering mindful, trauma-informed physical spaces, and meaningful community outreach we bring forward a new kind of community Third Space that can hold the complexities of navigating life while planting seeds that grow into a felt sense of being well.

HOW WE HELP:

Advocacy: Free, personal integrative support

Eastwind: A public, serene, mindful safe space

Autonomic Nervous System Restoration:

Felt moments, tangible tools, and take-home opportunities for bringing wellbeing into daily life

- ANS Guidebook/Card Deck as a free PDF.
- Nature: A certified wildlife habitat and Cornell bird counting site, we offer drop-in sanctuary and inspiration/knowledge for anyone to create their own mindful spaces and places.
- Sensory-friendly environments.

Roundtables:

Multigenerational, ongoing, free/donation, social and educational gathering opportunities for the public, professionals, and high-bar clinical collaboration

Lending Libraries:

Books and medical equipment are always available. People take what they need and off-load items they don't while feeling good knowing they'll end up in good hands

Supporting Local:

We coordinate an ongoing nomination process; people in the community nominate values-driven providers and organizations that have impacted their life.

- Our website lists nominees within the framework of the Six Integrative Domains and nominated organizations as suggestions in our 'donate' section.
- Space Sharing: We help coordinate the availability and needs of people who have gathering spaces/office spaces to share with others in the community having a one-off or ongoing need to find spaces around town.
- Eastwind is an ongoing food donation site.

Community Care Volunteers: Our volunteers can mobilize like any good church or neighborhood. Everyone is already 'in community' with Integrate and we try to help directly or with finding resources for anything from lawn care, to transportation, to groceries, to pet sitting and more. It is supposed to take a village, that is community!



OPPORTUNITIES FOR INVOLVEMENT:

We invite individual, corporate, and foundational partners to support our spatial growth and community impact:

Direct Endowments & Pledges: One-time or recurring tax-deductible financial gifts

Legacy Giving & Bequests: Include Integrate Columbus in your estate planning, wills, or living trusts to secure long-term social infrastructure for the next generation

In-Kind Giving & Wishes: Grant specific physical items listed on our operational wish-list, or apply to place products onto our community store shelves.

Cooperative Rentals: Support the physical ecosystem directly by applying to rent spaces at Eastwind for: private personal sanctuary, professional use, clinical practice, or community gathering.



YOUR DONATION HELPS PROVIDE:

Every dollar acts as an anabolic building block to shield our physical architecture from extractive commercial market pressures. 100% of incoming capital is routed directly into outreach and growing our community-supported wellness infrastructure.

\$50/Month (Digital Infrastructure Tier): Fund our central digital backend and resourceful website

\$250/Month (Sponsorship Tier): Carry costs for unallocated community spaces, keeping our rooms affordable and accessible to the public, underfunded students, emerging clinicians, and local businesses.

\$1,000+ (Spatial Cultivation Fund): Help us realize the micro-café and studio gathering spaces and maximize our physical commons and specialized lending library.

\$5,000+ (Capital & Legacy Endowment): Establish the ultimate structural foundation for our ecosystem. Help secure our permanent long-term footprint and major environmental community installations.