

FOUNDATION  
FOR  
SEACOAST HEALTH

ANNUAL REPORT 2005

# FOUNDATION FOR SEACOAST HEALTH

## VISION

The vision of the Foundation for Seacoast Health is that the total health needs and well-being of the community are met.

## MISSION

Investing its resources to improve the health and well-being of Seacoast residents is the core mission of the Foundation for Seacoast Health.

## DEFINITION OF HEALTH

The Foundation for Seacoast Health's statement of purpose recognizes that health care should not be considered only from a curative point of view, but should also include a broader sense of a positive state of physical and mental well-being.

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## *Dear Seacoast Community Members,*

The Foundation for Seacoast Health 2005 Annual Report celebrates the exceptional work of the ten nonprofit agencies housed at the Community Campus, a model nonprofit center designed and created by the Foundation in 1999. These agencies make an impact on the daily lives of many of the neediest Seacoast residents. The commitment and professionalism of these agencies and their ability to respond to growing needs, often without an increase in resources, is truly inspirational. They manage to stay steadfast in their respective missions, but continue to meet very high service standards in an ever growing and changing environment.

Each year the Foundation revisits its vision, mission, grants programs and obligations to the Seacoast community as set forth in the 1985 sale of Portsmouth Hospital to Hospital Corporation of America. The foundation's two major responsibilities are to first monitor Portsmouth Regional Hospital, primarily through its appointment of the Portsmouth Hospital Board of Trustees, to ensure that Seacoast citizens get the very best medical care in a first-rate facility at competitive prices; and second, for the Foundation to use its financial resources to fund health-related programs to benefit citizens in the Seacoast communities.

The bulk of Foundation support is currently directed to the Community Campus. In addition to direct operating grants to Families First, New Heights, Community Child Care and InfoLink and its Medical Financial Assistance Program, the Foundation supports all ten agencies at the Campus in many ways, but primarily through its food service subsidy, maintenance and housekeeping support and a heavily subsidized rental structure.

The Foundation's ability to fund new initiatives has been severely challenged due to the soft stock market of the past several years, but we continue to support programs encouraging increased physical activity and improved nutrition. This year, the Foundation funded enrollment for six Seacoast teachers in the UNH Healthy Bodies, Healthy Minds course to develop evidenced-based projects for their schools. Upon completion of the proposals, the Foundation matched the local Run, Pedal, Paddle race proceeds to initiate implementation of these new projects. Providing leadership and collaborating with existing local health related organizations and



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initiatives continues to be an effective strategy for meeting Foundation long term goals. Another successful example of this is the Foundation's continued work with the Step It Up Seacoast Coalition, a volunteer collaboration of a broad cross-section of Seacoast health and education organizations and concerned community leaders. In 2005, Coalition members created a Seacoast Walking Passport that highlights eleven beautiful walks primarily in the NH Seacoast area, conducted Saturday public walks throughout the winter months, and developed a website [www.stepitupseacoast.org](http://www.stepitupseacoast.org) for local physical activity announcements and health tips.

The Partnership for Effective Nonprofits, a collaborative of three Seacoast funders including the Foundation for Seacoast Health, continues to make small but important grants twice each year to local nonprofits to help strengthen their leadership, board development and management capacity. PEN also funds a PEN Fellow from UNH to write local press articles highlighting the most pressing nonprofit issues.

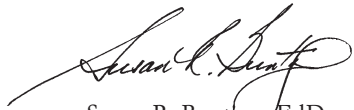
The funding challenge continues for all nonprofits, especially those who address multiple health risks and unmet primary care needs. The Foundation is proud to dedicate this year's Annual Report to the ten agencies housed at the Community Campus. For many, being housed at the Community Campus can be a double-edged sword. It may appear that the programs are well funded because of the beautiful environment, but in fact, the Foundation is not able to provide for the continually expanding community health needs. Many of the nonprofit agencies are serving two to three times the number of clients served when the Campus first opened six years ago despite steadily declining direct Foundation financial support. We are grateful to the community members who generously support the nonprofit agencies of the Community Campus. Your ongoing financial support is crucial to their continued success.

On behalf of the trustees, members and staff of the Foundation for Seacoast Health, we thank you for your interest and generosity.

Sincerely,



Timothy Connors  
Chairman, Board of Trustees



Susan R. Bunting, EdD  
President/CEO



## FOUNDATION FOR SEACOAST HEALTH TRUSTEES

The Board of Trustees of the Foundation for Seacoast Health manages the affairs of the corporation, exercising all power of the corporation except those reserved to the Members by law, the Articles of Agreement, or the by-laws of the corporation.



Timothy Connors, Chair



Daniel Hoefle, Vice Chair



Patricia Barbour, Treasurer



Donavon Albertson, MD, FACEP



Richard Chace, MD



Timothy Driscoll



Wendy Frosh



Catherine Goodwin



J. Gregg Sanborn



Sharon Weston

## FOUNDATION MEMBERS

Foundation Members elect new and continuing Members, Honorary Members and Trustees at the Foundation Members' Annual Meeting each year. Members also approve any amendments to the Foundation by-laws and review the Foundation's progress over the previous year.

Nancy Beck  
Molly Bolster  
Joan Breen, MD  
William Cahill  
Jonathan Carter  
Deborah Chag  
Stephen Christo, DO  
Patty Cohen  
Christine Collins  
Jeffrey Connor  
Dennis Dean  
Joseph Donnelly  
Kenneth Fellows, MD  
Nancy Flolid, DC  
George Friese  
John Gens, MD

Douglas Gray, DMD  
Mark Graziano, MD  
Scott Holloway  
Richard Kaiser  
Jane Kilcoyne  
James Labrie  
Melanie Ladd  
Rebecca Legro  
Richard Leigh  
Kevin Looser, MD  
Peter Loughlin  
John Lyons  
Douglas Nelson  
David Newman  
Nancy Notis  
Daniel O'Brien

Rev. Angelo Pappas  
Charles Pinkerton, MD  
Mary Rauh  
Renee Riedel  
Bradley Russ  
Sonya Schwaegerle, MD  
Michael Schwartz  
Lex Scourby  
Mitchell Shuldman  
Christyn Sieve  
Wendy Tapley  
Charles Thayer, MD  
Peter Thomas, DMD  
William Tracy  
Sheila White, OD

## HONORARY MEMBERS

Foundation Members may elect Honorary Members who shall be Foundation Members in perpetuity. Honorary Members are individuals who were Honorary Trustees of Portsmouth Hospital when the Foundation for Seacoast Health was created in 1985. More recent Honorary Members are persons who have served three consecutive three-year terms as Foundation Trustees.

Robert Allard  
Ferris Bavicchi  
Peter Bergeron  
Cynthia Blood  
William Bradley, MD  
Kenneth Chute

Peter Czachor, MD  
Elizabeth Delano  
Priscilla Flanigan  
Eileen Foley  
Eric Gustafson  
William Henson

Robert Iafolla  
Thomas Keane  
Bradford Kingman  
Wendy McLaughlin, MD  
Peter Rasmussen, MD  
Warren Wilder

## A CONVERSATION WITH RETIRING TRUSTEE

Catherine R. Goodwin

Years Served 1997 - 2006



1997 - 2006	Foundation Board of Trustees
1999 - 2003	Vice Chair, Board of Trustees
1994 - 2006	Foundation Member
2004 - 2006	Nominating Committee
2003 - 2006	Campus Development Committee
1994 - 2006	Program Planning Committee
2004 - 2006	Succession Planning Committee
1997 - 2002	Discretionary Fund Committee
2002 - 2005	PEN Funders Trustee Representative

It has been my distinct pleasure to share the growth of the Foundation for Seacoast Health with Cathy Goodwin. She has been a constant voice advocating for the unmet health needs in Kittery, Eliot and York, ME. I have never met anyone more passionate about the Foundation's mission. Cathy has been unrelenting in reminding the Board to focus its resources on programs that promise affordable access to health and social services for the most disenfranchised and financially challenged children and families. Please enjoy the following excerpts of our discussion about her eighteen-year involvement with the Foundation and the unique perspective of her nine-year tenure on the Board of Trustees.

Even though I have served three consecutive three-year terms as a member of the Board of Trustees, my relationship with the Foundation for Seacoast Health spans 18 years. In 1987, I had a conversation with Irva Hinds, then the nurse at Eliot Elementary School, lamenting the fact that there were no before and after school programs for children in Eliot, Maine. Too many children were home alone while their parents were at work. Irva told me about a new Foundation created from the sale of Portsmouth Hospital and informed me that she was a member of the Foundation's Infants and Children's Advisory Committee. The Foundation was researching what the greatest unmet needs were in the Seacoast relative to infants and children. At that time, before and after school programming was at the top of the list along with lack of prenatal care for low income women. There were literally no after school programs in the public schools in any of the Foundation's nine town catchment area. It didn't take me long to contact the Foundation.



The process of seeking financial assistance seemed so intimidating. I was given an extremely long “to do” list. I needed to talk with the selectmen and the school administration about using school space, I needed to create a Board, create a nonprofit organization, file for a 501(c)3 and come up with matching funding for what I intended to request from the Foundation. It took me a year, but in January, 1988, KidCare opened its doors at Eliot Elementary School. One of the biggest problems was finding an Executive Director. No one would do it, so I agreed to step into that role for one year. Ten years later I was still Executive Director of KidCare and applying for another grant from the Foundation to expand the now very successful before and after school elementary program into the middle school. The new program was called Zappers. Today, KidCare is a permanent fixture in Eliot but called “Kids PLAY”, an after school and summer adventure based program operated by the Eliot Community Service Department.

Looking back, besides the support for KidCare and other youth programs, I think another of the Foundation’s greatest achievements is the long term commitment to access to affordable health care through its continued support of Families First. Families First is a strong program that transitioned from a small prenatal clinic to the successful, comprehensive community health center it is today. I credit excellent administration and a strong, committed Board for its success.

In hindsight, no one ever expected the bottom to fall out of the stock market. I wish we had had a crystal ball and could have set aside funding to continue youth programming by expanding the New Heights concept into all nine towns. Going forward, even though the population is aging, I hope the Foundation will continue its focus on the needs of youth and families. There are still so many underserved youth and families in the Seacoast!

My advice to new Foundation Trustees is to “Speak up, work for the common good in all nine towns and find ways to return to grantmaking beyond programs at the Community Campus.”



## FOUNDATION FOR SEACOAST HEALTH COMMITTEES - 2005

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***Governance Committee*** The Governance Committee is responsible for the ongoing review and recommendations to enhance the quality and future viability of the Foundation for Seacoast Health Board of Trustees.

Timothy Connors, Chair  
Patricia Barbour, Treasurer

Daniel Hoefle, Vice Chair

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***Finance Committee*** The Finance Committee oversees the financial operations of the Foundation. It reviews the monthly unaudited financial statements, financial reports, performance of the investment manager(s) and annual revenue and expense budget, with recommendations regarding same made to the Board of Trustees as appropriate.

Patricia Barbour, Chair  
Richard Chace, MD  
Timothy Driscoll  
Richard Kaiser

Timothy Connors  
Kenneth Chute  
George Friebe

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***Audit Committee*** The Audit Committee is charged with reviewing the audited financial statements, the 990PF tax return and the continuing compliance requirements of Portsmouth Regional Hospital

J. Gregg Sanborn, Chair  
Richard Chace, MD

Patricia Barbour  
Timothy Driscoll

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***Nominating Committee*** The Nominating Committee is charged with nominating candidates to be Members, Trustees and Officers of the corporation.

Patricia Barbour, Chair  
Richard Kaiser  
John Lyons

Catherine Goodwin  
Jane Kilcoyne

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***Scholarship Committee*** The Scholarship Committee, using a blind selection method, reviews all scholarship applications and recommends those applicants eligible for awards to the Board of Trustees. The Scholarship Committee is comprised of one trustee and seven community members.

(Anonymous)

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***Succession Planning Committee*** The Succession Planning Committee focuses on developing criteria for replacing the key executive staff positions - President/CEO and Administration Executive.

Patricia Barbour, Chair  
Ferris Bavicchi  
Catherine Goodwin

Donavon Albertson, MD  
Wendy Frosh  
J. Gregg Sanborn

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***Campus Development Committee*** The Campus Development Committee is charged with overseeing all aspects of Campus Development - Phase II. The Committee makes recommendations to the Foundation for Seacoast Health Board of Trustees for consideration and approval.

Timothy Connors, Chair  
Kenneth Chute  
Lynn Hinchee  
Robert Iafolla  
Susan Bunting, Ex Officio

Victor Azzi  
Catherine Goodwin  
Daniel Hoefle  
David Mullen

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***Partnership for Effective Nonprofits (PEN)*** The PEN Program (Partnership for Effective Nonprofits) is an initiative of the Foundation for Seacoast Health, the New Hampshire Charitable Fund - Piscataqua Region and the United Way of the Greater Seacoast. It provides grants to nonprofit organizations to improve their management, leadership and governance.

Catherine Goodwin, PEN Representative  
Sharon Weston, PEN Representative

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***Portsmouth Regional Hospital Trustees*** The Portsmouth Regional Hospital Board of Trustees consists of at least nine members and has the general power to visit and oversee Hospital operations. HCA designates one member of the Board - the Secretary/Treasurer; and the Foundation designates the other eight members.

Charles Pinkerton, MD, Chair  
Stephen Christo, DO  
William Jackson  
Stanley Plodzick  
Lex Scourby

William Schuler, Secretary/Treasurer\*  
Scott Holloway  
Kevin Looser, MD  
Sonya Schwaegerle, MD  
Charles Thayer, MD, Emeritus Trustee

\*Appointed by HCA-The Healthcare Company

## FOUNDATION FOR SEACOAST HEALTH GRANTS - YEAR 2005

### GIFTS/CONTRIBUTIONS

Grantmakers in Health - \$2,000  
Maine Philanthropy Center - \$250  
Community Campus Gala - \$10,999  
Cross Roads House - \$170

### GRANTS

Community Child Care Center  
Wage Solutions/Food Service Programs - \$60,000

Families First of the Greater Seacoast  
Comprehensive Health/Family Support Programs - \$400,000

Lamprey Health Care  
Medical Financial Assistance/InfoLink Programs - \$55,000

Seacoast Mental Health Center  
New Heights Program for Teens - \$475,000

### COLLABORATIVE PROJECTS

Action for Healthy Kids: Childhood Obesity Program - \$12,076

MSAD #35: UNH Nutrition Course - \$1,237

SAU #50: UNH Nutrition Course - \$2,250

Portsmouth School Department: UNH Nutrition Course - \$563

### PARTNERSHIP FOR EFFECTIVE NONPROFITS

**(PEN Program)** Partnership for Effective Nonprofits Grant Program provides grants of up to \$5,000 to support the efforts of nonprofit organizations to improve their management, leadership and governance. Grant funds are provided by Foundation for Seacoast Health, NHCF-Piscataqua Region, United Way of the Greater Seacoast and the Fuller Foundation.

Cody Youth Foundation: Marketing Plan - \$2,500

Kremple Foundation: Fundraising Program - \$5,000

Cross Roads House: Development Video - \$5,000

Sexual Assault Support Services: Fundraising Consultant - \$2,500

## FOUNDATION FOR SEACOAST HEALTH 2005 SCHOLARSHIP RECIPIENTS

The Foundation for Seacoast Health awarded two \$5,000 scholarships to Seacoast area residents pursuing health-related careers. The awards were based primarily on scholastic aptitude and performance, financial need, personal achievements, leadership and community involvement. Since its founding, the Foundation for Seacoast Health has awarded over 628 scholarships totaling \$2.1 million to 289 individuals.



### **EDWINA FOYE SCHOLARSHIP AWARD**

The Edwina Foye Award was established in 1986 by colleagues, friends and family to honor the memory of Edwina Foye, RN, who dedicated 25 years of service to Portsmouth Hospital (1952-1978). The award is made to a graduate student with the highest academic achievement and personal accomplishments.

Fernando H. Serna, a resident of Portsmouth, is a graduate of Boston University and pursuing dual degrees in public health and medicine. He is completing his final year at Boston University School of Medicine following an intensive one-year MPH program at Harvard School of Public

Health. Fernando plans to focus on orthopedic/reconstructive surgery with a strong public health interest in promoting trauma awareness and prevention. He is published and has presented research on risk drinking across populations at national medical conferences.

### **STEVEN SCOTT CUTTER SCHOLARSHIP AWARD**

The Cutter Award was established by the Foundation for Seacoast Health Board of Trustees in memory of Steven Scott Cutter, son of Nancy Cutter, a long-time Foundation employee. Steve, a resident of Greenland, was a 1989 graduate of St. Thomas Aquinas High School and 1994 graduate of the University of Connecticut College of Pharmacy.



Christina M. Bateman, a resident of Kittery, is a graduate of Traip Academy and pursuing a career as a Physician Assistant at the University of New England. Christina has volunteered at Portsmouth and York Hospitals and Southern Maine Medical Center.

## FAMILIES FIRST HEALTH AND SUPPORT CENTER

Families First Health and Support Center provides a broad range of health and family support services to individuals and families, regardless of ability to pay. Like all community health centers, Families First integrates health care with many supportive services not found at most medical practices. Its location at the Community Campus enables Families First to take this “one-stop-shopping” approach even further by providing medical and family support services along with dental care and health care for the homeless programs. Like the Community Campus, and in part because of the Community Campus, Families First is a statewide prototype for providing comprehensive services in one place.

### *Success Story*

Rita and Paul, a single mother and her preschool son, exemplify the Campus’s benefits for clients. They participated in Families First’s “Babytime” group when Paul was an infant, but soon stopped their participation. They returned following a dental hygienist’s visit to Paul’s Head Start class to provide free dental screenings and cleanings and a subsequent referral to the Families First Dental Center. Both Rita and Paul began to receive medical and dental care from Families First. In addition, Rita began regularly attending parenting classes and support groups, while Paul received free child care and the benefits of positive male role models from the New Heights employees who work in the Children’s Room.

Meanwhile, Head Start staff connected the family with Community Child Care Center, allowing the newly single Rita to go back to work. Paul’s teachers at both Community Child Care Center and Head Start received support from Portsmouth Early Education Program staff who conducted an evaluation process, identified developmental delay issues and provided an individualized education plan for Paul.

It can be overwhelming to be a single mom and to have a series of problems and issues to face. Families First and all the agencies at the Community

Campus are here for families and continue to make a difference in their daily lives.



FOR MORE INFORMATION  
about *Families First*,  
please visit our website at  
[www.familiesfirstseacoast.org](http://www.familiesfirstseacoast.org)  
or contact us at  
(603) 422-8208.

## INFOLINK

InfoLink, a program of Lamprey Health Care, has been providing referrals to community and social service programs for 36 years. InfoLink helps people define their needs and find appropriate services including the following: affordable health care, legal advice, housing options, support groups, childcare solutions, visiting nurse services and more. InfoLink also keeps data on unmet needs and collaborates with other agencies to try to meet those needs.

In 1997, InfoLink began to manage the Foundation for Seacoast Health's Medical Financial Assistance (MFA) program to offer short term prescription assistance to indigent adults. InfoLink also connects eligible people to the pharmaceutical companies' free ongoing prescriptions for chronic conditions.

### *Success Story*

When Jenny's husband walked out on her, she called InfoLink to ask for help with food. InfoLink immediately connected Jenny with detailed information about food stamps and food pantries. In addition, InfoLink was able to provide connections to fuel assistance programs, job training, affordable day care and divorce support groups. Jenny called back later to report that she was getting back on her feet and was "grateful for the information and guidance" supplied by InfoLink.

The Community Campus is a wonderful and functional location for InfoLink. Access to public transportation is a great help to clients and InfoLink is able to serve the clients as well as the staff of the other nonprofit organizations located on the Community Campus. For example, the clients of Families First can immediately access prescription vouchers following a medical visit and conversely, InfoLink clients with Emergency Room prescriptions can be directed to Families First for a medical home.

FOR MORE INFORMATION  
about *InfoLink*,  
please visit our website at  
[www.infolinknh.org](http://www.infolinknh.org)  
or contact us toll-free at  
(888) 499-2525.





## CHILD ADVOCACY CENTER

The mission of the Child Advocacy Center (CAC) is to protect children. The CAC provides a safe environment for the evaluation of child abuse and exploitation, coordinates services to victims and families and prevents future abuse through community education.

### *Success Story*

In August 2005, Sarah visited the Child Advocacy Center (CAC) for an interview. The report indicated that there was suspected sexual abuse by her mother's boyfriend. When Sarah came in for her interview she was a shy, soft spoken six-year-old who very clearly indicated that she "could not talk about what the bad man did or the monsters would hurt her." After exploring her fears, the interviewer felt it was not appropriate to continue the interview that day.

The Multidisciplinary Team including representatives from law enforcement, Rockingham County Attorney's office, the Department of Children, Youth and Families (DCYF) and local health professionals gathered for a post interview briefing to strategize the next steps in this investigation. Once assured that the suspect would not have further access to Sarah, the prosecutor and law enforcement officer felt it was more appropriate to wait and allow Sarah the time she needed to be more comfortable making the statement. The Team decided to have Sarah work with a therapist and when Sarah was ready to make a statement, the team would reconvene for the interview.

The plan was communicated to the child's father, who had primary custody. The CAC remained the consistent contact with Sarah, her father and the therapist over the six month period that was needed for the child to be able to talk about what happened. When the therapist indicated that Sarah felt ready, the CAC reconvened the Team and conducted the interview. Sarah was able to give a compelling statement about her abuse. Law enforcement was able to bring in the suspect and make an arrest.

An offender was held accountable because of the teamwork that occurred at the CAC and the ability to wait until the child was ready to make a statement. This would not have taken place if the child were pushed into making a statement by someone untrained in the dynamics of interviewing children about sexual abuse. The success of this outcome was directly related to a coordinated approach and to the case tracking done by the CAC, where without that tracking Sarah very easily could have fallen through the cracks of the system.



**FOR MORE INFORMATION**  
about the *Child Advocacy Center*,  
please visit our website at [www.cacnh.org](http://www.cacnh.org)  
or contact us at (603) 422-8240.



## PORTSMOUTH EARLY EDUCATION PROGRAM

The Portsmouth Early Education Program (PEEP) provides early childhood special education services to Portsmouth children 3-5 years of age who are identified as educationally disabled. As part of the school department, PEEP special education staff members are responsible for finding, evaluating and writing individual education plans (IEPs) for children which are then implemented in their classroom environments. Special education professionals work with teachers to make accommodations and modify curriculum so identified children can successfully access and participate in their early childhood environments.

### *Success Story*

A two-parent family with four children moved to Crossroads House in Portsmouth recently and staff there referred them to Families First. During a well-child visit, the oldest child, Tyler, was referred to Head Start and began attending the Head Start program at the Community Campus. Once in Head Start, the teachers became concerned about Tyler's development and referred him to PEEP for an evaluation.

After evaluation, it was determined that Tyler had an educational disability, an IEP was written and he now receives early childhood special education services in his Head Start classroom. Tyler's parents attend Families First parenting events and the family has since secured housing in Portsmouth.

This story is a perfect example of the success of The Early Childhood Integration Project, a collaboration between PEEP, Community Child Care Center (CCCC), Head Start and Families First. Through this collaboration, PEEP students are placed in classrooms operated by CCCC and Head Start or are already in classrooms, but are identified as requiring PEEP services. Community Campus co-location provides the unique opportunity for these professionals to meet, talk and share ideas every day and throughout the day as needed. Teachers and administrators have relationships with each other that foster improved practices and new creative ways to solve problems. Collaborative efforts have resulted in a shared children's library, sharing of space, materials and personnel, as well as shared professional development opportunities and expertise.

**FOR MORE INFORMATION**  
about the *Portsmouth*  
*Early Education Program*,  
please contact us at  
(603) 422-8228.



## NEW HEIGHTS

Founded in 1987, New Heights is an out-of-school program that provides a wide range of risk prevention and confidence-building activities for teens during a crucial juncture in their lives – the transition from childhood to adulthood. A program of the Seacoast Mental Health Center, the mission of New Heights is to assist Seacoast youth to develop the competence, character, confidence and resiliency necessary for a healthy and successful adulthood.

### *Success Story*

Johnny comes from a difficult home life and his family dynamic is laced with divorce, poverty, mental illness and numerous governmental assistance programs including food stamps. He has trouble socially at school; he is not fully accepted by his peers and is generally an outcast from most social cliques.

During a weekly staff meeting to review individual assessments and issues, the team created a development plan for Johnny. The plan incorporated results from an assessment tool created by Dr. Eric Vance. Johnny's development plan goals were to provide one-on-one adult time during Teen Center, to slowly introduce interactions with other adults and his peers, and to work to improve his general self-concept.

Eventually, Johnny was encouraged to try different activities such as the Giant's Ladder. This element shaped like a ladder hangs from the ceiling in the gym with the rungs getting increasingly further apart as you climb. Johnny helped the other participants by keeping the ladder steady and offering words of encouragement. When it was his turn, he roped into the element with slight trepidation. When he reached the first rung he decided that he could not go any higher, but his peers urged him to try harder. By the second rung he was trying different tactics and strategies, and eliminating those that didn't work for him. On the third rung his demeanor changed from self-defeat to determination. On the last rung his tenacity paid off. He had a huge smile and busted out into a small dance move as the staff and his peers applauded his success. Johnny was not only proud of himself, but learned he is capable of seemingly impossible tasks.



Johnny is only one example of youth whose road in life is full of potholes. The protective factors being built, nurtured and maintained at New Heights provide participants with the resiliency necessary for a successful life journey.

#### FOR MORE INFORMATION

about *New Heights*, please visit our website at  
[www.newheightsonline.org](http://www.newheightsonline.org)  
or give us a call at (603) 422-8235.

## SEACOAST OUTRIGHT

Seacoast Outright is a support and advocacy organization that seeks to change the social climate for gay, lesbian, bisexual, transgender, queer and questioning (GLBTQ) youth in the NH Seacoast. Through support and social groups, youth empower one another to stand proud and live into their full potential, while youth-driven cultural competency trainings and a speaker's bureau teach leadership skills to GLBTQ youth, while educating the larger community.

John, an 18 year old from Epping, NH entered his first year of college in the fall of 2005. While this might not seem remarkable for most, this is an amazing accomplishment for John! Less than two years ago, John was getting physically and verbally harassed daily at his high school, flunking out and skipping class, using drugs and alcohol to cope and engaging in other extremely high risk behaviors. At Friday night support group one night, he discussed his plan to leave the one-bedroom trailer that he shared with his mother to try to make his way in New York City. He thought it preferable to become a street hustler in one of the most dangerous cities in the world, rather than continuing to try to live his life in the NH Seacoast. The support he received that night and subsequent nights was life-changing.

The staff of Seacoast Outright helped John establish a Gay-Straight Alliance at his high school, engaged the high school staff and administration in a series of cultural competency trainings around GLBTQ issues and helped him find new ways of coping. Together the youth and facilitators of Seacoast Outright helped to facilitate change in John's life. John is now a first year student at a Boston-area college.

FOR MORE INFORMATION  
about *Seacoast Outright*,  
please visit our website at  
[www.seacoastoutright.org](http://www.seacoastoutright.org)  
or give us a call at  
(603) 431-1013.



## STEPPINGSTONES

SteppingStones is an innovative, post-rehabilitation, community-based day program at the Community Campus that empowers members to engage in a variety of functional activities to increase independence, community reintegration and overall quality of life. SteppingStones is one of two supportive programs created and operated by the Krempels Brain Injury Foundation whose mission is to improve the lives of people living with brain injury from head trauma, tumor or stroke. The second program is Grants & Resources which provides support to family caregivers and members of SteppingStones, as well assistance to NH residents who are in urgent financial need following a severe brain injury. Dr. Ted King, former Seacoast orthopedic hand surgeon and member says, “SteppingStones is the incubator for my rebirth post-stroke!”

### *Success Story*

Shelley, 30 years old, sustained a brain injury in June 2004 due to head trauma from a motor vehicle accident. The driver who struck her car did not stop at a stop sign and hit her broadside at a high rate of speed. Formerly a working, single parent with joint custody of her five-year-old son, Shelley has completed two of the three steps required by the court system to receive joint custody of her son again. She has completed all formalized therapy programs and has obtained her drivers license. Since the spring of 2005, she has actively participated at SteppingStones as a member and as a volunteer Program Assistant by overseeing several membership activities such as WINGSS (We Invite Newcomers to Grow at SteppingStones), Community Meeting Announcers, “Share a Ride” transportation connections and “SteppingStones to Success.” She participated in a liaison relationship with New Hampshire Vocational Rehabilitation and, in the summer of 2005, Shelley volunteered at Community Child Care Center. Today, Shelley works for Families First as an administration medical assistant.

All SteppingStones members benefit from the co-location with other agencies at the Community Campus through affordable, direct access to needed services for their wellness. Perhaps more importantly, SteppingStones and the Community Campus foster a culture of “belonging” in a welcoming community of people both with and without disabilities.



FOR MORE INFORMATION  
about *SteppingStones*,  
please visit our website at  
[www.krempelsfoundation.org](http://www.krempelsfoundation.org)  
or contact us at  
(603) 430-7668.

## COMMUNITY CHILD CARE CENTER

Community Child Care Center (CCCC) is a nonprofit organization that provides a nurturing and stimulating learning environment for children ages eight weeks to 12 years. CCCC's mission is to provide high quality child care, give priority to children from families that are in need and take a leadership role in advocating for children.

### *Success Story*

Sue is a single mother who works full-time and goes to school in the evening. She has two children. Alison attends Community Child Care Center's preschool program and Joshua attends the before and after school Program for Early Age Kids (PEAK) administered by CCCC. Sue had experienced a number of child care centers before finding CCCC and believes that this experience is helping her children to learn and grow in powerful ways. She is impressed with the art and music programs, book selection and state-of-the-art child care facility at the Community Campus. Alison's preschool teachers recently incorporated an international flavor into their curriculum with a series of trips "around the world." Alison reported to her family, "I visited Japan today and we made sushi!"

Joshua is able to take advantage of programs, field trips and excursions that Sue would not be able to provide to her son given her finances and work and school schedule. Sue cites the professional development of the staff, the nutrition program and tuition assistance as other key reasons for her satisfaction and delight in Community Child Care Center.

FOR MORE INFORMATION  
about *Community  
Child Care Center*,  
please contact us at  
(603) 422-8223.



## HEAD START

Rockingham Community Action (RCA) Portsmouth Head Start is a comprehensive child development program that serves income eligible pre-school age children through activities that help them grow mentally, socially, emotionally and physically. Head Start works closely with many of the nonprofit agencies at the Community Campus to provide easy access to multiple services for Head Start families.

### *Success Story*

Mary is a young woman who moved to the Portsmouth area last spring, settling at Cross Roads House with her three-year-old son, John. She was referred to Head Start as a possible program for her son. Mary's transportation was unreliable at first, but the COAST trolley allowed her to get her son to school on a regular basis. Community Child Care provided care after school and on days Head Start was closed, which allowed Mary to enter a Licensed Nurse Assistant (LNA) program. Since Mary had concerns about her son's speech and language, she was referred to the Portsmouth Early Education Program (PEEP) where John could benefit from direct contact with PEEP staff, and his teachers and classmates could benefit from the collaboration among staff.

Mary connected with Families First for both medical and dental needs for her family. Head Start's family worker introduced her to the Family Support Center programs, and she has taken part in several of their parenting classes including the Nutrition Education program, Operation Frontline, sponsored by Head Start, Families First and the General Equivalency Diploma (GED) program.

Mary completed her LNA program, found housing and began to work in her new field all within a relatively short period of time. Many of the services she needs for her family are located at the Community Campus, making it easier to continue getting the help she needs.



FOR MORE INFORMATION  
about *Head Start*,  
please contact us at  
(603) 422-8231.

## BONNIE CLAC

Bonnie CLAC is a nonprofit organization dedicated to making car ownership accessible and economical for people of all financial backgrounds.

### *Success Story*

When Zenaida contacted Bonnie CLAC in July 2005, she was in the midst of rebuilding her credit after going through a difficult divorce. Although most of the debt was incurred with her ex-husband, Zenaida worked alone to correct her past financial mistakes, all while raising her young son on her own. Her vehicle, a 1997 van with over 100,000 miles on it, broke down monthly and severely hindered her ability to get to and from her job over 30 miles from her home.

After working diligently with Bonnie CLAC for six months to clean up her credit and restore her financial stability, Zenaida took ownership of a brand new 2006 Toyota Corolla CE. Zenaida graduated from the Financial Fitness program with “flying colors” and “tackled the chore of credit clean-up faster than any other client I have worked with,” according to her Bonnie CLAC client consultant. Zenaida now commutes comfortably to and from work and no longer worries about high cost repair bills. Instead, she is able to spend more time with her son and is able to devote more time to pursuing her lifelong dream of obtaining a Master’s degree. She plans to attend graduate school later this year.

FOR MORE INFORMATION  
about *Bonnie CLAC*,  
please visit our website at  
[www.fannieclac.org](http://www.fannieclac.org)  
or give us a call at  
(866) 455-2522.





## FINANCIAL REPORT

The financial audit was completed by Vitale, Caturano & Company who issued an unqualified opinion for the year. The Statements of Financial Position and Activities/ Changes in Net Assets are presented in this report. As noted, the complete financial audit can be accessed at the Foundation's website [www.ffsh.org](http://www.ffsh.org).

During 2005, total revenues and gains decreased approximately \$3 million from 2004 due primarily to a decrease in unrealized gains on investments. Total expenses of \$4 million were incurred with \$2.4 million in operating costs for the Community Campus; \$1 million in grants and scholarships; and \$.5 million in general administrative costs. This represents an overall increase from 2004 of approximately \$61,000.

The Foundation's investments grew 7.5% in 2005, outperforming the S&P 500 index at 4.9%. The Finance Committee seeks to maximize investment return while controlling investment risk.



Patricia Barbour, Treasurer



# FOUNDATION FOR SEACOAST HEALTH AND SUBSIDIARY

## Consolidated Statements of Financial Position December 31, 2005 and 2004

	<b>2005</b>	<b>2004</b>
<b>ASSETS</b>		
Cash and cash equivalents	\$ 837,888	\$ 429,030
Accrued interest and dividends receivable	83,381	46,681
Other receivables	9,602	12,692
Prepaid expenses	30,727	48,716
Investments, at fair value	56,509,325	55,835,062
Property and equipment, net of accumulated depreciation	12,884,650	13,288,268
Other assets, net	198,814	210,759
	<b>\$70,554,387</b>	<b>\$69,871,208</b>
<b>LIABILITIES AND NET ASSETS</b>		
Liabilities:		
Grants payable	\$ 500,587	\$ 508,212
Accounts payable and accrued liabilities	278,655	198,642
Interest rate swap	206,155	593,505
Series A and B variable rate bonds	14,795,000	14,795,000
Total liabilities	15,780,397	16,095,359
Net assets:		
Unrestricted	54,463,634	53,481,887
Temporarily restricted	310,356	293,962
Total net assets	54,773,990	53,775,849
	<b>\$70,554,387</b>	<b>\$69,871,208</b>

The complete audited financial statements can be found on the Foundation's website [www.ffsh.org](http://www.ffsh.org).

# FOUNDATION FOR SEACOAST HEALTH AND SUBSIDIARY

Consolidated Statements of Activities and Changes in Net Assets For the Year Ended December 31, 2005  
 With Summarized Comparative Totals for the Year Ended December 31, 2004

	2005		2004	
	UNRESTRICTED	TEMPORARILY RESTRICTED	TOTAL	TOTAL
<b>OPERATING ACTIVITIES</b>				
Revenues, gains (losses) and other support				
Interest	\$ 15,974	\$ 2,100	\$ 18,074	\$ 6,605
Dividends	874,243	4,742	878,985	833,292
Net capital gain distributions	1,979,104	451	1,979,555	1,317,879
Net realized gains (losses) on sale of investments	(8,847)	1,699	(7,148)	403,523
Net unrealized gains (losses) on investments	1,250,235	10,902	1,261,137	4,611,181
Rental income	280,170	-	280,170	279,685
Other income	257,697	-	257,697	237,556
Net assets released from restrictions	3,500	(3,500)	-	-
Total revenues, gains (losses) and other support	4,652,076	16,394	4,668,470	7,689,721
<b>PROGRAM EXPENDITURES</b>				
Grants	1,034,545	-	1,034,545	1,029,602
Scholarships	10,000	-	10,000	48,000
Other	6,242	-	6,242	1,973
Total program expenditures	1,050,787	-	1,050,787	1,079,575

**2005****2004****COMMUNITY CAMPUS EXPENSES**

Interest expense and financing costs	-	771,841	673,914
Depreciation	-	465,347	472,289
Other operating expenses	-	1,175,939	1,183,69
Total community campus expenses	-	2,413,127	2,329,901

**GENERAL AND ADMINISTRATIVE EXPENSES**

Salaries and employee benefits	-	334,816	324,731
Trust management and investment fees	-	121,642	122,959
Depreciation	-	5,788	7,145
Other expenses	-	77,138	77,975
Total general and administrative expenses	-	539,384	532,810

**EXCESS OF REVENUES, GAINS (LOSSES) AND OTHER SUPPORT OVER EXPENSES FROM OPERATIONS**

	16,394	665,172	3,747,435
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**NON-OPERATING ACTIVITIES****CHANGE IN FAIR VALUE OF INTEREST RATE SWAP**

	-	387,350	262,562
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**EXCESS OF REVENUES GAINS (LOSSES) AND OTHER SUPPORT OVER EXPENSES**

	16,394	1,052,522	4,009,997
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**PROVISION FOR FEDERAL EXCISE TAXES**

	-	54,381	48,217
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**CHANGE IN NET ASSETS**

	16,394	998,141	3,961,780
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**NET ASSETS, BEGINNING OF YEAR**

	293,962	53,775,849	49,814,069
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**NET ASSETS, END OF YEAR**

\$	54,463,634	\$	54,773,990	\$	53,775,849
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# FOUNDATION FOR SEACOAST HEALTH

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