



# FOUNDATION FOR SEACOAST HEALTH

Annual Report 2006





## 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.

## DEFINING 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.

## TABLE OF CONTENTS

3	Vision, Mission, Defining Health
4	Table of Contents
5	Letter from the President/CEO
6-7	Letter from the Chairman of the Board
8	Board of Trustees
9	Foundation Members & Honorary Members
10	Conversation with Retiring Trustee Donavon Albertson, MD
11	Conversation with Retiring Trustee J. Gregg Sanborn
12-13	Foundation Committees
14	Grants & Special Projects
15	Scholarship Recipients
16-17	Findings from Promoting Fitness and Nutrition in Seacoast Schools
18	Portsmouth Dondero Elementary School
19	New Castle Maude H. Trefethen School
20	Rye Elementary School
21	Rye Junior High School
22	North Hampton School
23	Newington Elementary School
24	Greenland Central School
25	Maine Schools: Kittery, Eliot & York
26	Financial Report from the Treasurer
27	Consolidated Statements of Financial Position
28	Consolidated Statements of Activities & Changes in Net Assets
29	Summary Totals 2005 & 2006
30	Staff

## LETTER FROM THE PRESIDENT & CEO

Dear Seacoast Community Members,

This year's Annual Report celebrates the tenure of two departing Trustees, **Don Albertson and Gregg Sanborn**, who have served the Foundation in multiple capacities for a combined 41 years! We salute these remarkable leaders, and thank them for their extraordinary service.

This report also celebrates the exceptional work of six New Hampshire elementary schools that are fighting the epidemic of childhood obesity.

In 2006, the Foundation partnered with Portsmouth Regional Hospital to match funds raised by all the elementary schools in the Foundation's nine-town area through the annual *Run, Pedal, Paddle Race* event. Just one year since the school-based program began, we already see positive results in students' physical fitness exams and BMI scores (see pages 16-17).

Each year, we revisit the Foundation's vision, mission, grants programs—and our obligations to the Seacoast community as set forth in the 1985 sale of Portsmouth Hospital to Hospital Corporation of America. And it is always a pleasure to reflect on the good work of the Foundation's trustees and grantees. We thank the many Seacoast nonprofit agencies for continuing to improve the health and well being of so many who otherwise would not have access to preventive services.



Sincerely,

A handwritten signature in cursive script that reads "Susan R. Bunting". The signature is written in dark ink and is positioned above the printed name.

Susan R. Bunting EdD  
President & CEO

## LETTER FROM THE CHAIRMAN OF THE BOARD OF TRUSTEES

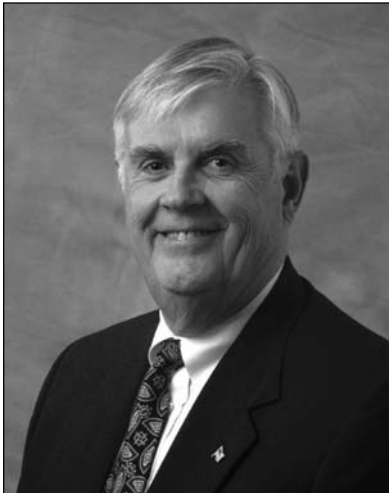
Dear Foundation Members and Members of the Seacoast Community,

As I reflect on my three years as Chairman of the Foundation Board of Trustees, I am struck by all the Foundation has been able to accomplish over the years. We have been privileged to fund many worthy nonprofit ventures that promote the health and well being of the most underserved in our communities. This year we continued to support New Heights, Families First, Community Child Care, and the Foundation's Medical Financial [Prescription] Assistance Program through generous operating grants, and funded a new initiative with local public schools to address the growing epidemic of childhood obesity. In addition, the Community Campus, a model non-profit center, maintains a stable and collaborative environment for ten agencies and organizations that provide vital primary care, dental care, child care, mental health and teen services to otherwise underserved members of our community.

The Foundation is also responsible for the oversight and monitoring of Portsmouth Regional Hospital in order to ensure that Seacoast citizens have access to quality medical care in a first-rate facility and at competitive prices. This has been an important part of the Foundation's mission since the Hospital was sold to HCA in 1983. During the summer of 2006, HCA announced that it was entering into a \$33 billion leveraged buyout by a consortium of private equity investors. The Foundation is concerned that HCA's decision to go "private" may not be in the best interests of the Hospital or the Seacoast community. Fortunately, our predecessors foresaw this possibility, and secured a commitment from HCA to allow the community, through the Foundation, to exercise a "right of first refusal" and reclaim ownership of the Hospital in just this kind of situation.

HCA, however, has refused to honor the right of first refusal, leaving the Foundation no alternative but to seek relief in the courts. Accordingly, in October, 2006, the Foundation filed a lawsuit seeking to enforce the right of first refusal. We have negotiated an interim agreement with HCA to ensure that there will be no substantive changes in management or operations of the hospital during the pendency of the lawsuit, and we continue to keep a close watch on the situation. In addition, we intend to keep an open channel of communication with the medical staff as well as others in the community, with our paramount objective being the protection and preservation of the vital community health resource that is the **Portsmouth Regional Hospital**. We are committed to seeing this litigation through to a conclusion that is in the best interests of the Hospital and the Seacoast community.

It has been my privilege to be Chairman of the Foundation Board of Trustees for the past three years. I believe the expertise of the Board of Trustees and professional staff will continue to serve the Foundation well in facing the challenges ahead. I thank you for your support during my years as Chairman of the Foundation Board, and I encourage your continued interest in the Foundation's activities.



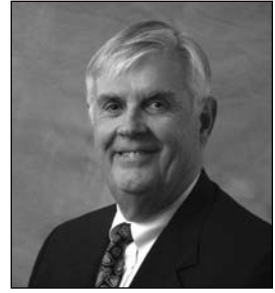
Sincerely,

A handwritten signature in black ink, appearing to read "Timothy Connors". The signature is stylized with long, sweeping lines and a prominent flourish at the end.

Timothy Connors  
Chairman, Board of Trustees

**BOARD OF 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.



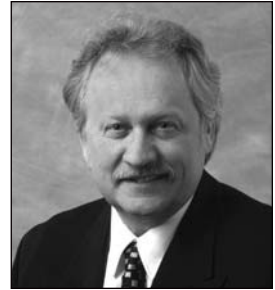
Timothy Connors, Chair



Daniel Hoeffle, Vice Chair



Patricia Barbour, Treasurer



Donavon Albertson, MD, FACEP



Richard Chace, MD



Timothy Driscoll



Wendy Frosh



Peter Loughlin



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 bylaws and review the Foundation's progress over the previous year.

Nancy Beck	John Hebert	Nancy Notis
Thomas Blais	Mark Henschke, DO	Daniel O'Brien
Molly Bolster	Scott Holloway	Rev. Angelo Pappas
Joan Breen, MD	William Hurley	Mary Rauh
Jonathan Carter	Mark Jacobs, MD	Reneé Riedel
Patty Cohen	Richard Kaiser	Bradley Russ
Jeffrey Connor	Jane Kilcoyne	Sonya Schwaegerle, MD
Dennis Dean	James Labrie	Michael Schwartz
Lisa DeStefano	Melanie Ladd	Lex Scourby
Joseph Diamant	Rebecca Legro	Christyn Sieve, PsyD
Joseph Donnelly	Richard Leigh	George Sigalos, MD
Kenneth Fellows, MD	Kevin Looser, MD	Wendy Tapley
Nancy Flolid, DC	John Lyons	Peter Thomas, DMD
George Friese	Archie McGowan, MD	William Tracy
Douglas Gray, DMD	Douglas Nelson	Sheila White, OD
Mark Graziano, MD	David Newman	

## 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	Elizabeth Delano	Robert Iafolla
Ferris Bavicchi	Priscilla Flanigan	Thomas Keane
Peter Bergeron	Eileen Foley	Bradford Kingman
Cynthia Blood	Catherine Goodwin	Wendy McLaughlin, MD
William Bradley, MD	Eric Gustafson	Peter Rasmussen, MD
Kenneth Chute	William Henson	Warren Wilder
Peter Czachor, MD		

## CONVERSATION WITH RETIRING TRUSTEE

Donavon Albertson, MD

Foundation Member	1988-1994
Foundation Trustee	1996-2007
Nominating Committee	2005 & 2007
Audit Committee	2003
Succession Planning Committee	2004-2007



### *Leaps of Faith*

As in the practice of medicine, a lot of what we do at the Foundation involves making decisions with a certain amount of faith, judgment, and clinical confidence. The Board has always believed in a complex web of networks and an educated and practical compromise within the milieu of community relationships of all kinds. I have been intrigued by the balance between the Campus' contribution as a physical structure for its member agencies and the Campus' contribution as a coordinator and networking hub.

### *The Butterfly Effect*

I think it was a good decision to provide long term operating support for a few key programs at the Campus. I liken their collective impact to the metaphor of the butterfly-effect. The Campus is a small community of agencies, a system created through incremental steps that has an impact beyond the Campus. Fifteen years ago, I would ask medically indigent patients coming into the ER, 'What medications are you on?' Most would respond, 'None.' And they were coming in with significant problems. Now, when I ask similar patients those questions, more and more can identify a healthcare provider and a list of medications. They still have life challenges and serious health problems but they have had some healthcare and intervention along the way. I think our greatest success is the combination of all those little butterflies.

### *New Opportunities*

I am just entrepreneurial enough to not mind the transition at all. I think there should be a sundown on all kinds of appointments and new opportunities bring a sense of renewal. When I am no longer on this Board, I have a hunch that there will be some activities, some web of relationships in which I will continue to be engaged.

(To read more of this interview, please visit [www.ffsh.org](http://www.ffsh.org))

## CONVERSATION WITH RETIRING TRUSTEE

### J. Gregg Sanborn

Scholarship Committee	1985-1995
Foundation Trustee	1996-2007
Nominating Committee (Chair 98 & 99)	1997- 1999
Finance Committee	1999-2000
Succession Planning Committee	2003-2007
Audit Committee (Chair)	2004-2007
Community Health Needs Task Force	2006-2007



### TIMES HAVE CHANGED

Two major reflections stand out for me during these eleven years—first, the creation of the Community Campus and secondly, the decline in the Foundation's ability to continue awarding large numbers of scholarships and grants. The combination of the cost of maintaining the Community Campus and the downturn of the economy necessitated some serious changes to the Foundation's grant making programs. Moving forward, I encourage the Board to:

***Become more visible:*** We made a conscious decision when we were building the Community Campus to take a low profile role and not be as visible as the agencies we support. However, going forward, I believe the Foundation needs to be much more visible.

***Build the endowment:*** If we are going to be able to continue to cover the debt service for the Community Campus and fund new initiatives, the Board needs to become involved in building the Foundation's endowment.

***Revitalize the scholarship program:*** I feel the Scholarship Program has undergone the most dramatic change because of the Foundation's financial constraints. We have gone from awarding 50-60 scholarships a year to two—one graduate and one undergraduate. I would like to see all scholarships be merit-based.

***Address the needs of the elderly:*** I can remember when we had a senior citizen committee and were talking about the next Campus development phase. Addressing the health issues of our senior population needs to be a future goal.

***Stay focused on health needs:*** Understandably, today the emphasis is on oversight issues related to Portsmouth Regional Hospital and the Foundation's investment and spending policy to maintain the purchasing power of its assets. However, it still is important for the Board to spend significant time learning about and discussing current health issues.

## FOUNDATION FOR SEACOAST HEALTH COMMITTEES-2006

**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

**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 Friese

**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

**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

**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.

Comprised of one trustee and seven community members (anonymous)

**CAMPUS DEVELOPMENT TASK FORCE** The Community Campus Task Force is charged with assessing Campus land utilization, including the potential for sale, lease, or development.

Peter Loughlin, Chair  
Timothy Driscoll

Richard Chace, MD

**HCA COMPLIANCE OVERSIGHT COMMITTEE** The HCA Compliance Oversight Committee is responsible for the oversight and monitoring of Portsmouth Regional Hospital to insure seacoast citizens have access to medical care in a first class facility at competitive rates.

Daniel Hoeffle, Chair

Susan Bunting, EdD

William Henson

Charles Pinkerton, MD

Patricia Barbour

Timothy Connors

Robert Iafolla

**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 Foundation-Piscataqua Region, and the United Way of the Greater Seacoast. It provides grants to nonprofit organizations to improve their management, leadership, and governance. PEN made its last grants in June, 2006.

Wendy Frosh, PEN Representative

Sharon Weston, PEN Representative

**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

J. Gregg Sanborn

Donavon Albertson, MD

Wendy Frosh

Sharon Weston

**COMMUNITY HEALTH NEEDS TASK FORCE** The Community Health Needs Task Force is charged with developing a hierarchy of Seacoast community health needs for future funding consideration.

Wendy Frosh, Co-Chair

J. Gregg Sanborn

Sharon Weston, Co-Chair

**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.

Scott Holloway, Chair

Thomas Blais

Kevin Looser, MD

Stanley Plodzik

Lex Scourby

William Schuler, Secretary/Treasurer\*

Mark Jacobs, MD

Archie McGowan, MD

Sonya Schwaegerle, MD

Charles Thayer, MD, Emeritus Trustee

\*Appointed by HCA-The Healthcare Company

## FOUNDATION FOR SEACOAST HEALTH GRANTS - YEAR 2006

### GIFTS/CONTRIBUTIONS

Grantmakers in Health - \$2,250  
Maine Philanthropy Center - \$300  
New Hampshire Center for Nonprofits - \$625  
Cross Roads House - \$2,145

### GRANTS

Community Child Care Center - Wage Solutions Program - \$50,000

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

Lamprey Health Care  
Medical Financial Assistance/Info Link Programs - \$50,000

Seacoast Mental Health Center  
New Heights Program for Teens - \$450,000

### COLLABORATIVE PROJECTS

Eliot Elementary School Childhood Obesity Program - \$4,050

Kittery School Department Childhood Obesity Program - \$1,037

York School Department Childhood Obesity Program - \$3,910

### PARTNERSHIP FOR EFFECTIVE NONPROFITS (PEN Program)

Partnership for Effective Nonprofits Grant Program provides grants up to \$5,000 to support the efforts of nonprofit organizations to improve their management, leadership and governance.

Grant funds are provided by the Foundation for Seacoast Health, the New Hampshire Charitable Foundation-Piscataqua Region, the United Way of the Greater Seacoast, and the Fuller Foundation.

AIDS Response/Seacoast Marketing Plan - \$2,500

Compass Care Assessment/Evaluation Program - \$4,240

Rockingham Community Action Staff Recognition Program - \$3,260

## FOUNDATION FOR SEACOAST HEALTH 2006 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 to 289 individuals totaling \$2.1 million in support to individuals pursuing health-related higher education.

### 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.

Jason R. Rafferty, a resident of Greenland, was awarded his BS Degree, magna cum laude, from Bates College in 2005, and is pursuing a degree in medicine. He was a junior high teacher in the local public schools; traveled on his own to work in Samoa with the World Health Organization; volunteered over 1000 hours at Portsmouth Regional Hospital, winning the coveted Frist Award for Commitment; was awarded the Unsung Hero in Maine for his work with youth; and traveled to Gulfport, Mississippi, to help victims of Hurricane Katrina. He received outstanding recommendations regarding his abilities and commitment to medicine and is attending Harvard University School of Medicine.



### 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.

Gracie A. Blum, a resident of York Beach, is enrolled in a premedicine/microbiology program at the University of New Hampshire. Entering her final year at UNH, Gracie has volunteered with local nonprofits and is considered a high achiever, athlete, and good in both oral and written communications. She has a high grade point average and has been on the Deans List for 4 semesters. She hopes to attend the University of New England College of Osteopathic Medicine following her graduation from UNH.



## PROMOTING FITNESS & NUTRITION IN SEACOAST SCHOOLS

The rising rate of obesity among children in America has been the focus of much attention in the media and the medical community. This is clearly not just a national problem. The NH Healthy Schools Coalition reported that 18% of all school-aged girls and 22% of school-aged boys in NH were overweight or obese as defined by the Centers for Disease Control.

In the Spring of 2005, the Foundation for Seacoast Health together with the NH Healthy Schools Coalition (the NH affiliate of Action for Healthy Kids) launched the *Seacoast Physical Best* program to address this vital issue in a positive way—by partnering with the six New Hampshire schools in our service area to improve students’ nutrition and exercise habits. The three Maine school districts in our service area began the program in early 2006.

Funding for *Seacoast Physical Best* came from the *N.H. Seacoast Run, Pedal, Paddle Race* with matching funds from the Foundation for Seacoast Health. Each school has created and implemented programming based on approved Action Plans, and each has participated in an evaluation process. The post-test results show that the fitness abilities of students at funded schools :

- ✦ are significantly better than those at unfunded control schools
- ✦ are significantly better in schools implementing multivariate action plans
- ✦ are significantly better than the baseline measures taken in their individual schools

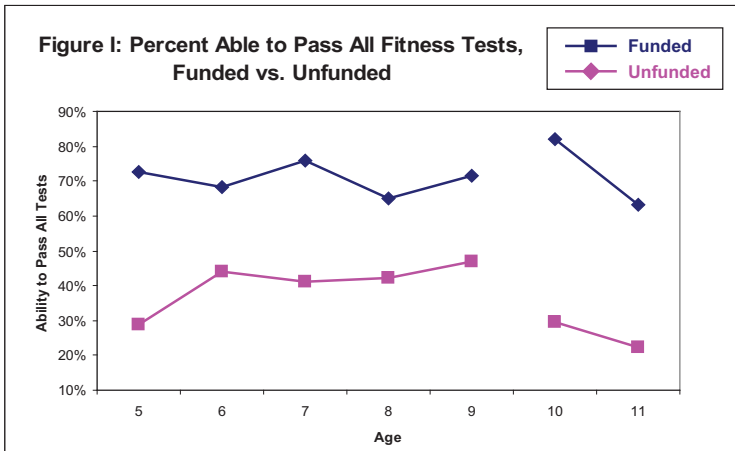
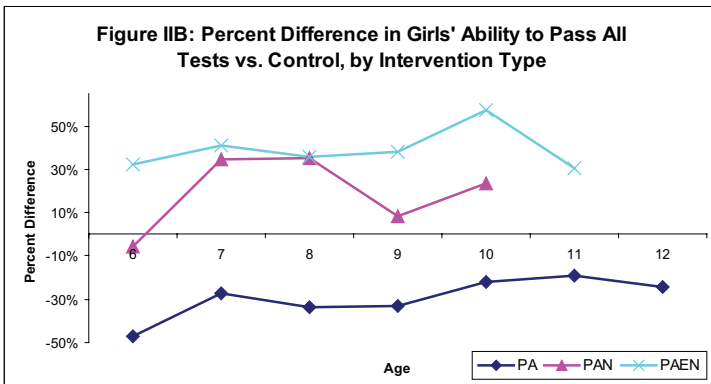
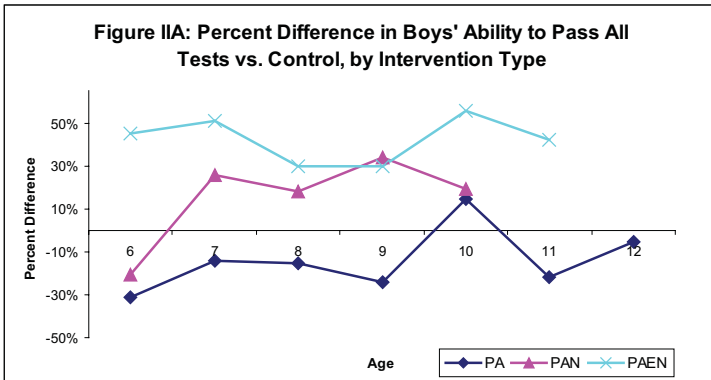


Figure I demonstrates a significant difference in the ability of all students to pass all fitness tests at the end of Year 1 implementation as compared to their matching unfunded control schools.





Figures IIA and IIB demonstrate the greater effectiveness of multivariate approaches to improving the health status of elementary school-aged children at all age levels. The following strategies were tested; physical activity only (PA), physical activity with nutrition education (PAN), and physical activity with food environment and nutrition education (PAEN).

**Figure III: BMI Level Percentages of Students, Baseline vs. End Year 1**

	BOYS		GIRLS		
BMI Level	Baseline	End Y1	BMI Level	Baseline	End Y1
Underweight	1%	0%	Underweight	1%	1%
Normal	56%	60%	Normal	62%	65%
At Risk	22%	20%	At Risk	24%	21%
Overweight	22%	20%	Overweight	14%	14%

Figure III demonstrates the BMI levels of the children in the funded schools showed improvement at the end of the 2005-2006 school year.

For a copy of the full report please contact the Foundation for Seacoast Health.

## PORTSMOUTH

### Dondero Elementary School

*Most impressive is the distance students have walked - tallied on individual sneaker cutouts posted on the gymnasium wall.*



Heidi Sat, physical education teacher at Dondero, is using *Run Pedal Paddle Race* funds matched by the Foundation for Seacoast Health to:

- increase student physical activity levels through an after-school walking program combined with another after-school program that offers physical endurance, strength building, and flexibility activities
- incorporate nutrition education into the regular curricula
- have students create motivational posters with healthy eating reminders
- work with the school's Wellness Committee to offer more nutritious cafeteria choices

Students say they enjoy the extra physical education time and like practicing for the physical Best and PACER fitness tests. Principal Jill LeMay says that parents have been very supportive of the changes in the school menus and the increased emphasis on physical fitness—and many kids are now walking with their parents on weekends.

## NEW CASTLE

### Maude H. Trefethen Elementary School

At the Maude H. Trefethen School, physical education and third grade teacher Pam Stearns has used *Run Pedal Paddle Race* monies matched by the Foundation for Seacoast Health to purchase snowshoes, new dance programs, jump ropes and tools to practice “circus skills” for improved hand/eye coordination.

2006 *Run Pedal Paddle* monies matched by Portsmouth Regional Hospital will be used to purchase a “kid friendly” salad bar with colorful displays of the New Food Pyramid and nutrition education interactive bulletin boards for the cafeteria. Reinforcing this new acquisition, the school will:

- invite local chefs to conduct nutritional cooking classes with the students and staff.
- promote a series of PTO workshops around portion control and making healthier meals
- encourage indoor aerobic activities and the use of pedometers during the school day



*Each elementary school has taken a refreshingly different approach to the student fitness challenge.*

## RYE

### Rye Elementary School

Physical education teacher Holly Warden used *Run Pedal Paddle Race* monies matched by the Foundation for Seacoast Health to:

- create an after-school walking club where students earn sneaker charms and bracelets for walking measured distances
- purchase equipment to promote aerobic activities
- promote parent involvement in walking & fitness testing
- conduct pre and post fitness tests for all students in the fall and spring of the year
- purchase the *Menu Magic Program* and nutrition educational materials to promote healthier eating to accompany a previously purchased steam unit and salad bar.

The change to healthier foods has not escalated the cost for students; in fact, Rye Elementary School's meal costs are actually lower when compared to other schools in the area.

*Just one year has produced marked improvement in student fitness scores, and an increase from 48% to 90% participation in the school lunch program.*



## RYE

### Rye Junior High School



*“Dance, Dance Revolution was supposed to be a one week program. I had to stretch it to three weeks it was so popular”*

*- Piper Cronin, PE Teacher*

To appeal to teenage boys *and* girls, Rye Junior High School hit the jackpot with an inexpensive dance program called *Dance Dance Revolution*. The program gets kids dancing on mats hooked up to a PlayStation 2. Students see themselves dancing on an oversized screen in the gym, and can choose the complexity of the program based upon their individual ability level.

Other *Run Pedal Paddle Race* funds matched by Portsmouth Regional Hospital were used to purchase a body image program for the Health and Life Skills teacher that includes movies about good nutrition and eating disorders.

At the middle school level, the goal is to positively influence students' body image. While being overweight is certainly an issue for many, some middle school students are seriously underweight.

## NORTH HAMPTON

### North Hampton School

For over a decade, Pat Yeaton talked with parents about developing a walking track at the North Hampton School. With proceeds from the 2005 *Run Pedal Paddle Race* matched by the Foundation for Seacoast Health, the track finally was completed. Today students, teachers and community members use the track year round, and it's a magnet to other children who used to just stand around and talk during recess.

2006 *Run Pedal Paddle Race* funds matched by Portsmouth Regional Hospital are being used to:

- ♦ incorporate FitCore equipment around the track for strength building exercises
- ♦ replace soda machines with milk and water
- ♦ offer fresh fruits and vegetables daily
- ♦ provide incentives for children as they work toward their personal healthy fitness goals

*“It is really difficult to reach children who are overweight and at risk of being obese. It’s a sensitive subject.”*

*- Pat Yeaton, PE Teacher*



## NEWINGTON

### Newington Elementary School



*The children love the salad bar because they can serve themselves and come back for as many servings as they like.”*

*– Susan Smith, Food Service Director*

The Newington Elementary School has used *Run Pedal Paddle Race* monies matched by the Foundation for Seacoast Health to purchase salad bar equipment for their cafeteria. Fresh fruits and vegetables are bought locally and all the school's meals are made from unprocessed foods.

The school is also working to make student fitness a school-wide priority by:

- incorporating nutrition education into the core curricula
- developing a healthy food criteria policy for the school
- developing a fitness class at each grade level
- taking students to the YMCA for regular swimming classes

According to one older student, the food and physical activity environment in the school has really changed since he was in kindergarten. “We’re all paying attention to what we eat and how much we exercise.”

## GREENLAND Greenland Central School

*“Every parent wants their child to be a healthy weight.”*

*- Judy Norton, Physical Education teacher*



Creating an after school walking club with rewards for long distance achievement was the Greenland Central School’s initial use for *Run Pedal Paddle Race* monies matched by the Foundation for Seacoast Health. Many parents join their children on the walks.

The newly created Greenland Central School Wellness Committee surveyed parents to assess what changes need to be made in the physical education curriculum and the school’s food environment. Based on that feedback, food will no longer be used as a reward nor will a child lose recess as a penalty.

2006 *Run, Pedal Paddle Race* monies matched by Portsmouth Regional Hospital are being used to:

- begin healthy cooking classes and
- purchase equipment for after-school volleyball.

Judy reports that “all children are showing improvement in their fitness levels.”



## MAINE

### Kittery, Eliot & York

Using 2006 *Run, Pedal Paddle Race* funds matched by the Foundation for Seacoast Health, each school district is pursuing strategies for increasing nutrition education, expanding student physical activity, or providing healthier food choices. The following are a few highlights from their multi-faceted plans:

**Kittery** is promoting healthy outdoor recreation, environmental education and environmental service learning through the KODA program, a regional partnership between Kittery Schools and Kittery Trading Post.

**Eliot Elementary School** used its funding primarily to establish a week long wellness fair and family night to kick-off the integration of nutrition and wellness activities in the daily curriculum. A Wellness Committee also has been established to investigate opportunities for promoting physical education such as installing a rock climbing wall.

**York School District** expects district-wide improvements in student fitness. They've created a series of Saturday morning programs through KODA and additional daily physical education opportunities such as snowshoeing.



*Three Maine school districts have begun implementation of new “Improving Student Health” action plans.*

## FINANCIAL REPORT

The audit of the financial statements 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. The complete financial audit can be accessed at the Foundation's website: [www.ffsh.org](http://www.ffsh.org).

During 2006, total revenues and gains were up approximately \$3.5 million from 2005 due primarily to gains realized on sales of investments. Total expenses of \$4.4 million were incurred with \$2.4 million in operating costs for the Community Campus; \$1 million in program expenditures; and \$1 million in general administrative costs - and overall increase from 2005 of approximately \$426,000.

The Foundation's investment grew 13.1% in 2006 and has gained 11.5% annualized over the last three years. 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, 2006 and 2005

	2006	2005
<b>ASSETS</b>		
Cash and cash equivalents	\$ 223,060	\$ 837,888
Accrued interest and dividends receivable	47,591	83,381
Other receivables	1,347	9,602
Prepaid expenses	46,201	30,727
Investments, at fair value	61,107,679	56,509,325
Property and equipment, net of accumulated depreciation	12,592,750	12,884,650
Other assets, net	186,869	198,814
	<b>\$74,205,497</b>	<b>\$70,554,387</b>
<b>LIABILITIES AND NET ASSETS</b>		
Liabilities:		
Accounts payable and accrued liabilities	\$ 636,217	\$278,655
Grants payable	472,000	500,587
Interest rate swap	82,320	206,155
Series A and B variable rate bonds	14,795,000	14,795,000
Total liabilities	15,985,537	15,780,397
Net assets:		
Unrestricted	57,880,468	54,463,634
Temporarily restricted	339,492	310,356
Total net assets	58,219,960	54,773,990
	<b>\$74,205,497</b>	<b>\$70,554,387</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, 2006

With Summarized Comparative Totals for the Year Ended December 31, 2005

	2006		2005	
	UNRESTRICTED	TEMPORARILY RESTRICTED	TOTAL	TOTAL
<b>OPERATING ACTIVITIES</b>				
Revenues, gains (losses) and other support:				
Interest	\$ 30,625	\$ 2,243	\$ 32,868	\$ 18,074
Dividends	1,029,641	5,980	1,035,621	878,985
Net capital gain distributions	1,735,401	990	1,736,391	1,979,555
Net realized gains (losses) on sale of investments	3,135,942	1,169	3,137,111	(7,148)
Net unrealized gains on investments	1,330,135	18,671	1,348,806	1,261,137
Rental income	292,714	-	292,714	280,170
Other income	283,720	83	283,803	257,697
	7,838,178	29,136	7,867,314	4,668,470
Total revenues, gains (losses) and other support				
<b>PROGRAM EXPENDITURES</b>				
Grants	965,320	-	965,320	1,034,545
Scholarships	10,000	-	10,000	10,000
Other	11,385	-	11,385	6,242
Total program expenditures	986,705	-	986,705	1,050,787

2006

2005

**COMMUNITY CAMPUS EXPENSES**

Interest expense and financing costs	824,417	-	824,417	771,841
Depreciation	447,015	-	447,015	465,347
Other operating expenses	1,158,613	-	1,158,613	1,175,939
Total community campus expenses	2,430,045	-	2,430,045	2,413,127

**GENERAL AND ADMINISTRATIVE EXPENSES**

Salaries and employee benefits	334,438	-	334,438	334,816
Trust management and investment fees	118,963	-	118,963	121,642
Depreciation	3,134	-	3,134	5,788
Other expenses	556,016	-	556,016	77,138
Total general and administrative expenses	1,012,551	-	1,012,551	539,384

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

	3,408,877	29,136	3,438,013	665,172
	123,836	-	123,836	387,350

**NON-OPERATING ACTIVITIES CHANGE IN FAIR VALUE OF INTEREST RATE SWAP****EXCESS OF REVENUES, GAINS (LOSSES) AND OTHER SUPPORT OVER EXPENSES**

	3,532,713	29,136	3,561,849	1,052,522
	115,879	-	115,879	54,381

**PROVISION FOR FEDERAL EXCISE TAXES**

	3,416,834	29,136	3,445,970	998,141
--	-----------	--------	-----------	---------

**NET ASSETS, BEGINNING OF YEAR**

	54,463,634	310,356	54,773,990	53,775,849
--	------------	---------	------------	------------

**NET ASSETS, END OF YEAR**

	\$ 57,880,468	\$ 339,492	\$ 58,219,960	\$ 54,773,990
--	---------------	------------	---------------	---------------

## **FOUNDATION FOR SEACOAST HEALTH STAFF DIRECTORY**

**Susan R. Bunting, EdD**

President/CEO

[sbunting@communitycampus.org](mailto:sbunting@communitycampus.org)

**Nancy L. Cutter**

Administration Executive/Financial Manager

[ncutter@communitycampus.org](mailto:ncutter@communitycampus.org)

**Noreen M. Hodgdon**

Campus Administrative Coordinator

[nhodgdon@communitycampus.org](mailto:nhodgdon@communitycampus.org)

**David H. Sonnen**

Facility/Grounds Manager

[dsonnen@communitycampus.org](mailto:dsonnen@communitycampus.org)

**Eligio Santana**

Facility Maintenance Worker

**Charles L. Thayer, Jr.**

Facility Maintenance Worker





Foundation For Seacoast Health  
100 Campus Drive, Suite 1  
Portsmouth, NH 03801

603.422.8200  
[ffsh@communitycampus.org](mailto:ffsh@communitycampus.org)  
[www.ffsh.org](http://www.ffsh.org)

