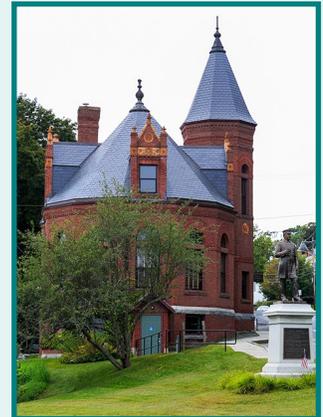




# 2018 ANNUAL REPORT

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**LITTLE RIVERS  
HEALTH CARE**

Year Ending December 31, 2018

# INTRODUCTION

Welcome to our latest edition of the Little Rivers Health Care Annual Report! This is our opportunity to be accountable to our stakeholders and take stock of what we have accomplished in the past year. To that end, included herein are reports on our financial position, our quality performance, and our services and projects.

2018 was a year of significant growth, growth that continues into 2019. The renovation of the Bradford clinic was completed and planning for the renovation of the Wells River clinic was begun. These much-needed alterations have enabled us to expand the services we offer, in response to input from our community partners and feedback from our patients. The services that were added or expanded in 2018 include:

- Behavioral health services staff increased, with more coverage for our area schools.
- The Medication Assisted Treatment program doubled in size from 2017.
- The chronic care management program was begun.
- A dental hygienist was hired.

What follows are more specific descriptions of all of the above, as well as programs and projects initiated in 2019. We hope you will find this report informative. As always, we welcome your thoughts and ideas for how we can continue to adjust to the needs of those who rely on us for healthcare services.



**Mission Statement**  
**Little Rivers Health Care Inc.**

**Our mission is to provide respectful, comprehensive primary care for all residents in our region regardless of their ability to pay for it. We offer quality healthcare services to everyone. In the spirit of community, we reach out to and welcome those who need health services but have insufficient means to access them. We commit ourselves to continually reduce the burden of illness, injury and disability, and to improve the health and functioning of the people in our service area.**

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**PHOTO CREDIT:** Special thanks to John Vose of LRHC and Jericho Hills Photography for providing many of the photos featured in this report.

*Jericho Hills Photography John Vose, the practice manager for Little Rivers Health Care in Bradford, is a self taught photographer. John strives to take photographs that tell a story, or depict a special moment in time.*

# LETTER FROM LEADERSHIP

## Delivering Health Care in Rural Communities: Doing what has to be done

Living in a rural area has many wonderful benefits, but there are some unique challenges that present when it comes to health care. Access to services is more difficult due to geography, limited transportation options, and a limited labor pool of healthcare workers. Healthcare needs of a rural population also differ from an urban population. Understanding these characteristics helps us to better serve our mission.

Rural populations tend to be older due to young people moving away, which in turn results in higher rates of chronic conditions that are more prevalent in older populations. Incomes tend to be lower and employment opportunities fewer, making health care more difficult to afford. Rural living is also more challenging for those with disabilities due to transportation issues and fewer specialized services. And small-town living, all its wonderful aspects aside, provides less anonymity for folks who need treatment for sensitive issues. Finally, the modern day problem of inadequate access to high-speed internet adversely affects attracting and keeping the younger generation.



Photo: John Vose

Given the nature of our rural area, we therefore have to think more creatively in order to deliver the best possible care. Collaboration with other healthcare providers and community partners is key to leveraging resources and ideas. With a limited labor pool, “growing our own” by mentoring students and supporting the growth and development of employees are also important strategies.

As we look to the future, these strategies will become especially important if we are to tackle some of the more critical issues confronting us. Little Rivers is currently focusing on several issues in particular that affect our rural communities in big ways. These are:

- Maintaining access to prenatal and birthing options
- Providing effective chronic care management for all who could benefit from it
- Increasing access to oral health care
- Expanding our services that support mental well-being

The following pages provide more details on these issues, on services that we currently offer, and on strategies to continue meeting the needs of the community in the coming months and years.

We are deeply grateful to all our dedicated employees, loyal patients, willing community partners, and generous supporters. Doing what has to be done is possible because we are doing it together.

William Campbell, Board Chair



Simone Lessac-Chenen, MD, CMO



Gail Auclair, CEO



# BOARD OF DIRECTORS 2018—2019

*Little Rivers Health Care is designated as a Federally Qualified Health Center (FQHC). FQHCs are required to have a community board of directors that represents the community and governs the affairs of the organization. At least 51% of the board members must be patients of the health center. Little Rivers has been extremely fortunate to have always had active, engaged board members who generously volunteer their time and expertise. Without them, Little Rivers would not be here.*



**Carole Freeman, Corinth (2003)** was the assistant superintendent for curriculum at Washington Central Supervisory Union prior to her retirement. She is a founding member of the LRHC board and is its secretary.

**Margaret Burmeister, Topsham (2009)** is the executive director of Northeast Kingdom Council on Aging. She previously was the director of case management for the Central Vermont Council on Aging.

**Scott Labun, Newbury (2012)** is an independent financial advisor. He serves as a guardian ad litem and mediator for family court, is the board vice-chair and serves on the finance committee of the Little Rivers board of directors.

**Dale Gephart, Thetford (2013)** is a retired physician and the Thetford representative to the Vermont Blueprint Community Health Team.

**William Campbell, Haverhill (2014)** is a mental health clinician at West Central Behavior Health and a psychology professor at River Valley Community College in New Hampshire. His past experience includes four years as project manager of a Federally Qualified Health Center in New York State. Bill is the chairperson of the LRHC board.

**Monique Priestley, Bradford (2014)** is the owner and sole proprietor of M&E Priestley: Digital and Graphic Design. She is an avid volunteer and serves on a number of local nonprofit boards.

**Carrie Bogie, Groton (2016)**, is a preschool teacher at Blue Mountain Union School who also has expertise in community affairs, fundraising, grant writing and social services

**Timothy Ross, Newbury (2016)**, is currently employed as Director of Finance and Human Resources at the Aloha Foundation. He serves as treasurer and chair of the Finance Committee, and brings expertise in accounting, finance and health administration.

**Pam Smith, Groton (2017)**, is a longtime patient of Little Rivers who currently works at the Northeast Kingdom Council on Aging. She brings expertise in business, education, human resources, social services and elder care to her work on the board. Previous to coming to Little Rivers, she served on the Blue Mountain Union Board of Directors for 3 years.

**Matt Knisley, Groton (2018)**, is a 16-year veteran police officer with a Master's Degree in Mediation and Applied Conflict Studies. He is a School Resource Officer and Crimes Against Children investigator and has extensive experience working with social services and dealing with the opioid epidemic in Vermont.

**Brynn Cole, Newbury (2018)** has worked for the Veterans Health Administration for over a decade and is currently serving as the Director of Programming for the VHA Innovators Network. She has expertise in human centered design and healthcare innovation.

Little Rivers Health Care receives U.S. Department of Health & Human Services funding and has Federal Public Health Service deemed status with respect to certain health or health-related claims, including medical malpractice claims, for itself and its covered individuals.

# PROVIDERS & SERVICES

## PRIMARY CARE PROVIDERS



SIMONE LESSAC-CHENEN, MD  
Family Medicine w/ Obstetrics, CMO



STEPHEN GENEREAUX, MD  
Family Medicine w/ Obstetrics



FAY HOMAN, MD  
Family Medicine, Pre/Postnatal Care



JESSIE REYNOLDS, MD  
Family Medicine, Pre/Postnatal Care



KEVIN CONNOLLY, MD  
Internal Medicine, Infectious Disease



MAUREEN BOARDMAN, FNP  
Family Medicine, Pre/Postnatal Care



MARLENE BRISTOL, FNP  
Family Medicine



ALISON O'CONNOR, ARNP  
Women's Health



AUDREY JOHNSTON, FNP,  
Family Medicine



AYLA PRIESTLEY, FNP  
Family Medicine



CELINE CROFT, FNP  
Family Medicine

## Primary Health Care

**Family Medicine**—Care for people of all ages.

**Obstetrics (OB)**—Family planning/maternity care before, during, and after birth.

**Internal Medicine and Infectious Disease**—Care for adults.

**Pediatrics** - For birth through age 20.

**Continuum of care**— Hospitalizations and nursing home visits.

**Home visits**—Care for homebound individuals.

**Migrant Farm Worker Outreach**

**Wellness and Disease Prevention**

**Medication Assistance**

**Financial Assistance Program**

**Oral Health & Dental Care**

- Screenings and Cleanings
- Fluoride varnish
- Sealants
- Assessment & Referral



ALEXANDRA PERREAULT, FNP  
Family Medicine



LAUREN HARLOW, RDH  
Public Health Dental Hygienist

## BEHAVIORAL HEALTH PROVIDERS



TRACY THOMPSON, LICSW, LADC  
Clinical Social Work, Director of Behavioral Health



TIFFANY WHITE, LICSW, LADC  
Clinical Social Work, MAT Coordinator



MICHAEL BRANDLI, MS, CMHC, AAP  
Assistant Director of Behavioral Health



AMANDA REGIS, LICSW, LADC  
Clinical Social Work



GRACE KOZIK, PMHNP  
Family Psychiatric Mental Health



ALI WARHAFTIG, MS  
Behavioral Health Counselor

## Behavior Health/ Social Services

- On-Site counseling with Licensed Clinical Social Workers.
- Care Coordination: assistance with accessing community resources and services, insurance applications, and paying bills.
- Coordinating patient care with local mental health and substance abuse agencies.

# OUR CLINICAL CARE COORDINATORS ARE HERE TO HELP

Little Rivers is committed to providing an array of healthier living resources. Our Care Coordinators help remove the barriers that are standing in your way to better health.

Here is an example of the help they can provide:

A patient in his mid 60's was seeking assistance with Medicaid enrollment. After an initial assessment of his medical, housing, and food access, it was found that this patient was in serious need of assistance on multiple fronts. His electricity was about to be disconnected, his car was going to be repossessed, and he was behind on his mortgage. The Care Coordinator reviewed his monthly budget and current bills and looked at ways to reduce his costs by using resources such as energy assistance programs (which resulted in his electric bill reduced to zero for the month), and utilization of the free lunch program for his child, food shelves, as well as free vegetable distribution programs which freed up additional money he used to pay his bills. With his military background, she collaborated with the patient and local veteran's coordinators and the outcome was some available funding to help with his mortgage. Since then she has met with the patient at least once a month to help organize his bills and continue looking for resources to support him and his child.



**John Vose**  
Bradford Clinic  
Practice Manager,  
Care Coordination  
Supervisor

Our Care Coordinators are dedicated to supporting and improving the psychosocial needs of our patients to better improve their overall health.

*If you need assistance with identifying community resources, health insurance enrollment, housing support, prescription assistance, applying for our Sliding Fee Schedule, or any other issues, speak with your provider or give your clinic's Care Coordinator a call.*



Bradford Clinic  
**Megan Thayer**  
802-222-4637  
Ext. 224



Wells River Clinic  
**Caitlin Wilson**  
802-222-4637  
Ext. 310



Behavioral Health  
**Sasha Emerson**  
802-222-4637  
Ext. 330



East Corinth Clinic  
**Laurie Maxwell**  
802-222-4637  
Ext. 414

# CHRONIC CARE MANAGEMENT PROGRAM

The Chronic Care Management (CCM) Program at Little Rivers is now in its second year and continues to expand. Nicole Keaty, RN began this work in May of 2018, building a firm foundation for the program that includes nurse visits, phone calls between medical visits, a lending library of home monitoring devices like blood pressure machines, and even home visits as needed to provide additional support in managing chronic conditions. Due to the increasing interest in the program, we will soon be adding a second registered nurse to work with Nicole to accommodate more patients in the program.



Here are some of the many positive results reported due to this program:

*“I really appreciate that you guys call me and check in on me. No one has ever done that before.”*

- from a grateful participant with no one else to turn to, and who has struggled with multiple chronic conditions, among them, diabetes and high blood pressure, both of which were seriously out of control. This patient is now working on weight loss and regular exercise, and with the support of

the CCM RN and a care coordinator, his blood pressure and diabetes labs are now within normal range.

## Getting connected with help and resources

When the CCM RN began working with a young disabled patient with multiple health needs, he expressed hopelessness that his condition would ever improve. One of his biggest challenges was managing his diabetes that was dangerously out of control. For several years he had been trying to obtain an insulin pump and with the help of the CCM RN, he finally received one. As a result, his blood sugars are gradually getting closer to normal. The RN is now working on obtaining a continuous glucose monitor to go with the insulin pump to provide even greater control of his blood sugar.

## Excited about making positive changes

A patient who is on a limited budget and disabled due to a work injury was struggling to lose weight and manage his blood pressure and cholesterol. The CCM RN did a home visit, provided information and education on heart healthy/low sodium diet, and assistance with reading food labels. The RN also provided him with a home blood pressure monitor and a pedometer from the LRHC Lending Library. This patient has lost over 20 lbs. in 6 months and his blood pressure is now in the normal range. He monitors his activity with the pedometer and he reports that he has totally changed his grocery shopping habits and the food he buys.



For more information about the Little Rivers Health Care CCM program, please contact Nicole Keaty at (802)222-4637 ext.324

# ADDRESSING COMMUNITY MENTAL HEALTH NEEDS

## LRHC Behavioral Health Program

In the last year, the LRHC behavioral health team has grown substantially, expanding our staff and increasing the programs offered. Grace Kozik, PMHNP, joined our clinical team as Psychiatric Mental Health Nurse Practitioner. To meet the needs of our community and create an environment where generations to come can flourish, we offer individual and group therapy in collaboration with clients' medical providers. Complementary alternative interventions are also available, including Yoga, Acu-wellness (auricular acupuncture), Reiki, and Tai Chi/Qi Gong. Prescription mail back bags are available at all clinics and throughout the community to help reduce the amount of unused narcotics in the community. Our team also participates in other community efforts to prevent and treat addiction, including the local Prevention Coalition, 302 Cares. Narcan is now available, free of charge and confidentially for anyone who would like to carry it to help in an opioid overdose situation.

## LRHC Behavioral Health In Schools

There has been an expansion of services into schools of the Orange East Supervisory Union. LRHC has added 2 clinicians, Ali Warhaftig and Amanda Regis, who provide treatment in schools and in the clinics, and a behavioral health specific care coordinator, Sasha Emerson. School based services have expanded to Newbury Elementary, Bradford Elementary, Oxbow High School, and continue at Blue Mountain Union School. In addition to counseling for students and families, extensive training is also offered for faculty and staff at Oxbow High School with content regarding trauma, resiliency, classroom behaviors, and informed approaches.



Photo: John Vose



Photo: John Vose

## LRHC Behavioral Health In The Community

LRHC has given voice to the 10 year vision that the VT department of Mental Health is developing for implementation in 2020. LRHC organized and sponsored a community event with the goal of educating community members about Adverse Childhood Experiences (ACEs) and their impact on physical and mental health. This included a multidisciplinary panel of community partners explaining their roles in addressing ACEs. There have been trainings at the public libraries with the hope to educate community members about ACEs, Trauma, and Resiliency as well as trainings for librarians that included Narcan training. Our team met with volunteer fire departments and their families to talk about the mental health risks and ways to access help when needed.

## Medication Assisted Treatment Program (MAT)

Since it was established in 2016, LRHC's MAT program has developed into a comprehensive treatment program for those with opioid use disorder. Our program offers an effective option that takes a whole-person approach, using individual counseling and group therapy as well as medication. As a "spoke" provider, LRHC's MAT team partners with regional hubs to ensure seamless care and access to services in a primary care setting. With technical assistance and support from the Vermont Opioid Care Alliance's Hub and Spoke project, and funding from the Blueprint for Health, our program has grown to approximately 60 patients, with plans to grow as we continue outreach.

*Our MAT program operates out of our Wells River clinic. The expert MAT team members include:*

*Jessica McKean (Patient Services Representative), Dr. Stephen Genereaux, Dr. Simone Lessac-Chenen, Marlene Bristol (FNP), Michelle Hollis (RN, MAT Nurse), Michael Brandli (MS, CMHC, AAP), Sasha Emerson (Clinical Care Coordinator), Tracy Thompson (LICSW, LADC), Tiffany White (LICSW, LADC), Ali Warhaftig (MS), Amanda Regis (LICSW, LADC) and Grace Kozik (PMHNP).*

## Prenatal Care and Obstetrics

Families who choose Little Rivers Health Care for their obstetrics and prenatal care experience the highest level of personal attention throughout the women's pregnancy. Our family-focused environment provides a range of medical and emotional support for women during this exciting, life-changing time in their lives during pregnancy, delivery, and infancy. We also offer, through our partnership with Northeastern Vermont Regional Hospital (NVRH):

- New birth center with birthing tub in a home-like setting at NVRH.
- High quality care at one of only two Vermont hospitals designated as Baby Friendly by the World Health Organization.
- Team-based care model so that families will have the comfort of knowing the physician who delivers their baby.



*Simone Lessac-Chenen, MD • Stephen Genereaux, MD • Fay Homan, MD  
Maureen Boardman, FNP • Jessie Reynolds, MD*

# PARTNERING TO BUILD A HEALTHY COMMUNITY

**The Upper Valley Unified Community Collaborative (UCC)** is a group of local organizations who work together to identify what is impacting social determinants of health in our community. The UCC's mission is to improve the quality of life of the people in the communities we serve. The UCC is always open to new members and currently includes participation from: Orange East Supervisory Union, libraries, schools, VT Department of Health, 2-1-1, Visiting Nurses association, Orange County Parent Child Services, Bi-State, Growing Peace Project, Clara Martin Center, Upper Valley Services, Blueprint, Stagecoach, Upper Valley Nutrition services, and Hannaford.

## The Green Peaks Alliance:



LRHC is partnering with Mt. Ascutney Hospital and Health Center to for substance abuse and drug addition prevention through programs such as Parent Up, Do Your Part , L.E.A.D., and Getting to Y.



LRHC and Gifford Medical Center work together to offer *Healthier Living Workshops*:

- *Diabetes Prevention*
- *Diabetes Self-management*
- *Chronic Pain Self-Management*
- *Chronic disease Self-Management*
- *Smoking Cessation.*

## Upper Valley Nutrition Services



Melanie Loschiavo, RD, LD, CD is a member of our community health team. She counsels LRHC patients on developing a healthy eating mindset with nutritional guidance.



Through a grant from the Vermont Department of Health, Little Rivers has created a quality team solely focused on hypertension best practice to improve care for our patients with hypertension and cardiovascular disease. The hypertension team works closely with the CCM and Healthier Living Workshops to offer a variety of resources for patients.

## Our Community Partners:

Ammonoosuc Community Health Services, Barton Street Dental, Bi-State Primary Care Association, Blue Mountain Union School District, Bradford Workforce Development Committee, Cohase Chamber of Commerce, Clara Martin Center, Cottage Hospital, Fletcher Allen Health Care Geisel School of Medicine at Dartmouth, Gifford Medical Center, Hannaford, Kinney Drugs, Margaret Pratt, Northeastern Vermont Area Health Education Center, Northern Counties Health Care, Oxbow High School, River Bend Career and Technical Center, Ronald McDonald House Charities of Burlington, Stagecoach Transportation Services, Support and Services at Home Program, The Health Center of Plainfield, The Space on Main, Thetford Elder Network

# QUALITY ASSURANCE/PERFORMANCE IMPROVEMENT

## QUALITY TEAM ACCOMPLISHMENTS

The LRHC Quality Assurance/Performance Improvement Committee (aka “Quality Team”) has had another very productive year. Led by **Maureen Boardman, FNP, Clinical Quality Director**, the team has participated in many projects that result in real improvements in care and enhancement of services. Many thanks, Maureen, for leading Little Rivers to accomplish so much!

Special thanks also goes out to **Simone Lessac-Chenen, MD, Chief Medical Officer**, for helping to translate our ambitious plans into action. Along with **Courtney Carter, Informatics and Quality Projects Coordinator**, Simone and Maureen have been the ones who are responsible for Little Rivers’ consistent solid performance on our annual quality measures, and for maintaining recognition as a Patient Centered Medical Home since 2013.

Highlights of the committee’s 2018 projects include:

- ✓ **Diabetes Learning Collaborative**, which resulted in a reduction of the percentage of uncontrolled diabetes by 26% among our patients diagnosed with the diabetes.
- ✓ **Hunger as a Vital Sign**, screening families with children for food insecurity, resulting in many receiving assistance that they would otherwise not receive.
- ✓ **Adolescent Depression and Substance Use Screening**, a grant project which resulted in the discovery that adolescents are much more forthcoming about social and emotional concerns when answering questions using iPads rather than on paper or asking them face-to-face.
- ✓ **“Getting to Y”** teen empowerment program to address the Youth Risk Behavior Survey results.
- ✓ **Hypertension Management Project**, which is providing grant funding for five years to support patients in self-management of their blood pressure.
- ✓ **Right for Me Project**, which provided funding for increasing information and access to long-acting contraceptives.
- ✓ **Antibiotic Stewardship Project**, which provided tools for providers to educate patients on the wise use of antibiotics.

## OUR PERFORMANCE

Every year, Little Rivers must report on over a dozen clinical quality measures to the federal government as a requirement of our grant funding. In 2018, we were on par with or better than state and/or national averages for all measures except for having all required childhood immunizations for all our pediatric patients by age two. This particular measure has been an on-going challenge due to the strict timeframe and the concerns some parents have about immunizing their children.



Maureen Boardman, FNP  
Director of Clinical Quality

### QA/PI COMMITTEE MEMBERS:

*Maureen Boardman, FNP, Chair; Simone Lessac-Chenen, MD; Jamie Riley, LPN; Tracy Thompson, LICSW; Courtney Carter; Nicole Keaty, RN; Bonnie Tuttle; Justine Huntington; Jessica McKean; Dale Gephart, MD; Ashleen Buchanan; Andrew Barter; Greg Dana; Gail Auclair; Brynn Cole; Jerry Martell; John Vose; Lauren Harlow, RDH; Michael Brandli, MS, CMHC, AAP*

# QUALITY STARTS WITH DATA...

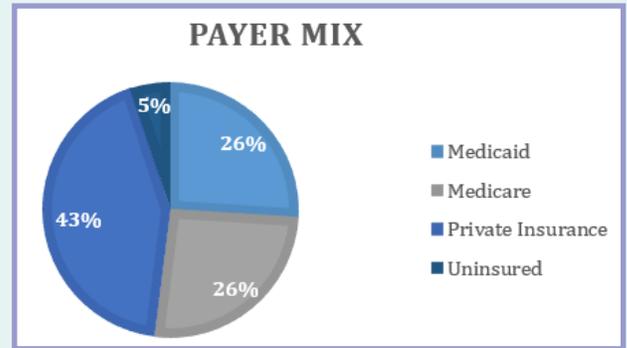
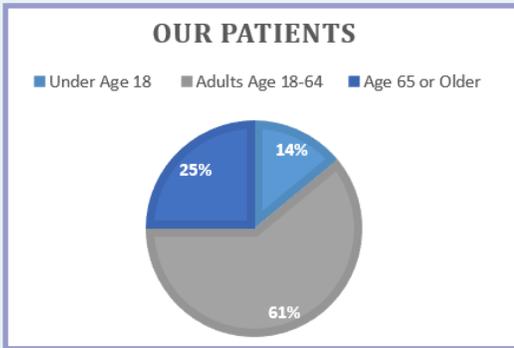
...and understanding our population's needs is important.

## Our Patients

- 14% are under age 18
- 61% are adults 18-64
- 25% are 65 or older

## Payer Mix

- 26% Medicaid
- 26% Medicare
- 43% Private Insurance
- 5% Uninsured



## 2018 Medical Services Provided

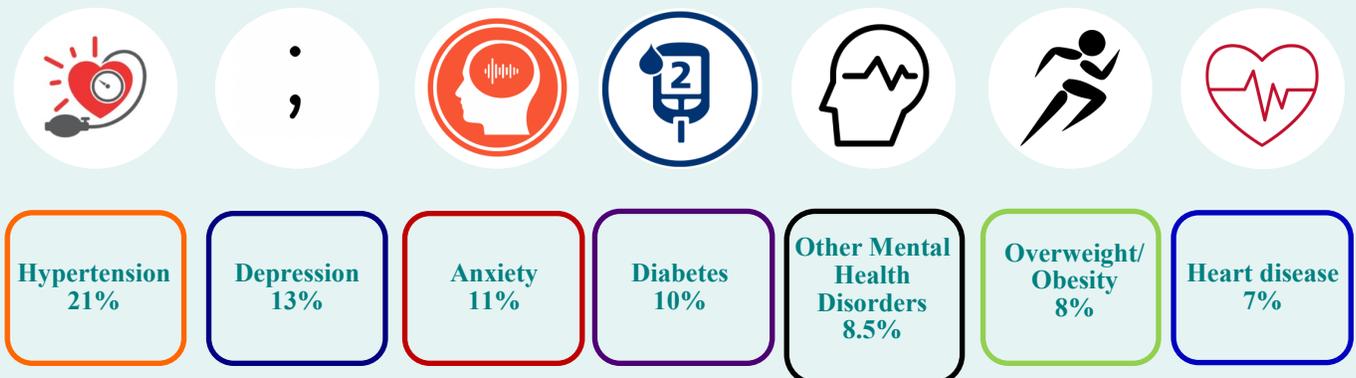
- 5407 patients received medical services, for a total of 17,877 visits
- 51 patients came to Little Rivers for pre-natal services
- 24 deliveries were performed by Little Rivers physicians
- 65 patients were enrolled in the Chronic Care Management program
- 54 patients received contracted nutrition counseling from Melanie Loschiavo



## 2018 Behavioral Health Services

- 471 patients received behavioral health services, for a total of 3331 visits
- 238 patients received substance use services (includes MAT treatment), for a total of 2657 visits

## LRHC's Top 7 Most Prevalent Diagnoses in Patients Seen Last Year



# FINANCIAL AUDIT

## Balance Sheet December 31, 2018 and 2017

### ASSETS

	2018	2017
Current assets		
Cash and cash equivalents	\$ 805,584	\$ 989,918
Patient accounts receivable, less allowance for uncollectible accounts of \$37,602 in 2018 and \$49,136 in 2017	325,605	278,833
Grants and other receivables	142,656	347,009
Due from third-party payers	57,301	43,442
Prepaid expenses	<u>56,284</u>	<u>82,682</u>
Total current assets	1,387,430	1,741,884
Property and equipment, net	<u>2,457,849</u>	<u>2,098,214</u>
Total assets	<u>\$ 3,845,279</u>	<u>\$ 3,840,098</u>

### LIABILITIES AND NET ASSETS

Current liabilities		
Accounts payable and accrued expenses	\$ 81,144	\$ 287,389
Accrued payroll and related expenses	341,180	274,426
Current maturities of long-term debt	<u>41,019</u>	<u>290,928</u>
Total current liabilities	463,343	852,743
Long-term debt, less current maturities	<u>538,369</u>	<u>332,858</u>
Total liabilities	<u>1,001,712</u>	<u>1,185,601</u>
Net assets		
Without donor restrictions	2,843,567	2,118,319
With donor restrictions	<u>-</u>	<u>536,178</u>
Total net assets	<u>2,843,567</u>	<u>2,654,497</u>
Total liabilities and net assets	<u>\$ 3,845,279</u>	<u>\$ 3,840,098</u>

### Opinion

In our opinion, the financial statements referred to above present fairly, in all material respects, the financial position of Little Rivers Health Care, Inc. as of December 31, 2018 and 2017, and the results of its operations, changes in its net assets and its cash flows for the years then ended, in accordance with U.S. generally accepted accounting principles.

*Berry Dunn McNeil & Parker, LLC*

VT Registration No. 92-0000278

## FINANCIAL AUDIT

### Statement of Operations and Changes in Net Assets Year Ended December 31, 2018 and 2017

	2018	2017
Operating revenue		
Patient service revenue	\$3,953,293	\$ 3,627,221
Provision for bad debts	<u>(71,203)</u>	(64,404)
Net patient service revenue	3,882,090	3,562,817
Grant and contribution revenue	1,886,962	1,754,283
Other operating revenue	<u>148,931</u>	<u>257,984</u>
Total operating revenue	<u>5,917,983</u>	<u>5,575,084</u>
Operating expenses		
Salaries and benefits	4,756,821	4,289,871
Other operating expenses	1,274,246	1,142,480
Depreciation	146,087	102,407
Interest expense	<u>30,209</u>	<u>26,691</u>
Total operating expenses	<u>6,207,363</u>	<u>5,561,449</u>
(Deficiency) excess of revenue over expenses	(289,380)	13,635
Grants for capital acquisition	478,450	30,083
Net assets released from restriction for capital acquisition	<u>536,178</u>	<u>-</u>
Increase in net assets without donor restrictions	<u>725,248</u>	<u>43,718</u>
Net assets with donor restrictions		
Grants for capital acquisition	-	536,178
Net assets released from restriction for capital acquisition	<u>(536,178)</u>	<u>-</u>
(Decrease) increase in net assets with donor restrictions	<u>(536,178)</u>	<u>536,178</u>
Change in net assets	189,070	579,896
Net assets, beginning of year	<u>2,654,497</u>	<u>2,074,601</u>
Net assets, end of year	<u>\$ 2,843,567</u>	<u>\$ 2,654,497</u>

# LITTLE RIVERS RESOURCES FOR OUR COMMUNITY



In the Spring of 2019 Little Rivers held an open screening of *Faces of ACEs; A film about the impact of stress and what we can do about it*, created by Kimberly Peirce, an NP at The Plainfield Health Center of Vermont. Kimberly, along with a panel of health professionals from organizations in our health service area and the community participated in a discussion about ACEs and how our community can address the deep impact that they have on families and individuals. This discussion supported the efforts our behavior health team are making as they provide therapy for youth and their families.

An interactive and educational series for developing mental awareness of the present moment, while calmly acknowledging and accepting feelings, thoughts, and bodily sensations.

- The Art of Living Well- with Shastri Donna Williams
- Mindful nutrition with Melanie Loschiavo RD, LD, CD
- Acu-detox with Tracy Thompson LICSW, LADC and Mike Brandli MS, CMHC, AAP
- Trauma and mindfulness with Ali Warhaftig MS
- Tai Chi; awareness through movement with Mike Brandli MS, CMHC, AAP



For the 3rd year in a row Little Rivers has participated in the national program *Park Rx*, sponsored by The Vermont Governor's Council on Physical Fitness and Sports. Each year we receive a free park pass in the form of a prescription pad.

Little Rivers Health Care offers complimentary alternative healing in addition to excellent medical health care. Our providers personally offer a plethora of complimentary healing practices in-house including; yoga, Tai Chi, Reiki, Acudetox, and Meditation. Referrals can be made for many other healing options; massage therapy, acupuncture, physical therapy, Ayurveda, etc.



## AWARDS

### Vermont Family Physician of the Year Awarded by The American Academy of Family Physicians



Steve Genereaux, MD

Dr. Genereaux and Dr. Homan have been recognized for their excellence in Family Medicine. They have dedicated over 20 years of service to LRHC and rural health and spearheaded programs such as MAT and Migrant Health, while continuing to lead and teach the next generation of healthcare professionals. We are so proud and grateful for their work.



Fay Homan, MD

### Bi-State 2019 Outstanding Clinician

Simone Lessac-Chenen, MD, MPH



Dr. Lessac-Chenen joined LRHC in September 2014 and is Chief Medical Officer and Director of Clinical Operations and Informatics. She is a family physician who offers care for all ages, including obstetrics. She led the development of our Medication Assisted Treatment (MAT) program and the expansion of our behavioral health program.

### Vermont Healthy People 2020 Immunization Rate Award



LRHC Bradford Clinic

### Bi-State 2019 Vermont Community Service Award

Dr. Carole Cook Freeman



Dr. Carole Freeman has provided 15+ years of service to the community in support of education, quality of life for seniors, and health care. To save a small primary care clinic in East Corinth, she became a principal driver behind what is now Little Rivers Health Care. Dr. Freeman's quiet leadership and focus on ensuring the availability of community primary care has been one of the most important reasons for Little River's success today.

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*LRHC is a not-for-profit organization, and we exist partially through federal and state grant funding. That funding covers only a small portion of the cost of caring for individuals and families in need. So we are deeply grateful for the added support of our generous donors.*

*For donation or more information, please contact us:*

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