

A Federally Qualified Health Center

ANNUAL MEETING LAKE MOREY INN, FAIRLEE, VT SEPTEMBER 24, 2025 6:00 PM







6:00PM ANNUAL MEETING AGENDA

WELCOME AND CALL TO ORDER
MEG BURMEISTER, CHAIR
LITTLE RIVERS BOARD OF DIRECTORS

APPROVAL OF 2024 MINUTES & BOARD CHAIRPERSON'S REPORT MEG BURMEISTER

FINANCIAL REPORT ANDY BARTER, CEO

MEDICAL STAFF LEADERSHIP REPORTS
SIMONE LESSAC-CHENEN, M.D.,
CHIEF MEDICAL OFFICER
MAUREEN BOARDMAN, FNP, DIRECTOR OF CLINICAL
RESEARCH

INTRODUCTION & ELECTION OF BOARD NOMINEES KELSEY ROOT-WINCHESTER, SECRETARY

ADJOURN ANNUAL MEETING MEG BURMEISTER

GUEST PRESENTATION
JAMIE KANE, MD, LURO HEALTH

RECOGNITION AND AWARDS

ANDY BARTER AND MEG BURMEISTER 2025 REPORT OF THE NOMINATING COMMITTEE

THE FOLLOWING INDIVIDUALS HAVE BEEN NOMINATED FOR ELECTION TO THE LITTLE RIVERS BOARD OF DIRECTORS:

NAME	STATUS	TERM
KELSEY ROOT-WINCHESTER	RE-ELECTION	1 YEAR (2026)
MEG BURMEISTER	RE-ELECTION	1 YEAR (2026)
WILLIAM CAMPBELL	RE-ELECTION	3 YEARS (2028)

NEW NOMINEES NO NEW NOMINEES.

RETIRING DIRECTOR MATTHEW KNISLEY DARREN SHERBURNE CAROLE TAYLOR

THE CURRENT DIRECTORS, WHOSE NAMES DO NOT APPEAR ABOVE, WILL BE COMPLETING THE TERMS OF SERVICE FOR WHICH THEY WERE PREVIOUSLY ELECTED. THEIR NAMES AND TERMINATION DATES ARE AS FOLLOWS:

SUSAN GAELIC (2026)
ELIZABETH DAVIS (2026)
JILL SKOCHDOPOLE (2026)
SUSAN GORDON (2027)
DEBI RUGGLES (2027)
STACEY FENNELLY PRATT (2027)
BERNICE MILLS (2027)

LUR© HEALTH

Luro Health partners with FQHCs and CHCs to combat obesity and decrease its burden on underserved communities. We launch turnkey obesity centers of excellence that enable health span, lifespan and the elimination of suffering for patients and decrease cost burden for health systems.

JAMIE KANE, MD

Jamie Kane, MD is co-founder and Chief Medical Officer of Luro Health. He is also Chief of Obesity Medicine and Director of the Center for Weight Management at Northwell Health. There he oversees multiple clinics, an obesity medicine fellowship and key educational programs for residents. Dr.Kane is a senior contributor to the American Board of Obesity Medicine's, is co-chair of The Obesity Society's Policy and Advocacy Committee and was a founding member of the Tri-State Obesity Society. His research focuses on lifestyle interventions for disadvantaged patients, plant-based dietary approaches and mindfulness in obesity management. He is a nationally recognized speaker on obesity and nutrition.



CO-FOUNDER & CMO

EMPLOYEE APPRECIATION OF SERVICE

25+ YEARS

Fay Homan, MD 32 years Stephen Genereaux, MD 30 years Lisa Harris, CPC, CPB 29 years Marlene Bristol, NP 27 years

20 YEARS

Maureen Boardman, NP

15 YEARS

Rhonda Welch, MA

10 YEARS

Courtney Carter
Tracy Thompson, LICSW, LADC, EMDR

5 YEARS

Ashlee Hadlock, RN
Elizabeth Henson, MA
Alexandra Noble, NP
Denise Lepine-Whitehead
Jazmin Smith, MSW, LICSW
Pam Perry
Michele Fagnant, BSN, RN
Shaina Williams, MA



LITTLE RIVERS HEALTH CARE, INC.

Minutes of the Annual Meeting September 25, 2024

The Space on Main, Bradford, VT (in-person)

And Microsoft Teams (remote)

Attendance –

Directors: Present were Meg Burmeister (Chairperson), William Campbell, Kelsey Root-Winchester (Secretary), Jill Skochdopole, Susan Gaelic, Matthew Knisley, and Victoria (Tori) Dickenson (Treasurer). *Absent were Darren Sherburne*.

Administration: Andy Barter (CEO), Dr. Simone Lessac-Chenen (CMO), Michelle Hollis (CNO), Maureen Boardman, FNP (Director of Clinical Research), Linda Keith, Lisa Harris, John Vose, Keisha Covey, Nancy Bilger-Hassam, Marlene Bristol, Dr. Fay Homan, and Dr. Stephen Genereaux.

<u>Call to Order</u> – The meeting was called to order at 6:01 PM by Chairperson Meg Burmeister who extended warm greetings to all in attendance.

<u>Approval of 2023 Annual Meeting Minutes:</u> Meg Burmeister, as Board Chair, led the approval of the 2023 annual meeting minutes, Kelsey Root-Winchester motioned to approve and Hank (unknown last name) seconded, and the minutes were approved without opposition.

<u>Organizational Adaptability and Staffing Changes:</u> Meg Burmeister discussed the theme of adaptability at Little Rivers over the past year, highlighting staff retirements, new hires, and the organization's ongoing commitment to patient-centered care despite financial and operational challenges.

<u>Financial Recovery and Performance Report:</u> Andy Barter presented the financial report, detailing Little Rivers' significant financial recovery from a precarious position in 2022, including increased patient visits, improved audit results, and a reduction in net loss, while addressing questions about sustainability and past deficits.

<u>Facility Expansion and Renovation Projects:</u> Andy Barter responded to questions about facility development, outlining two major projects in Wells River: the renovation of a former gas station into a dental clinic and the expansion of the Wells River Clinic, both scheduled for completion by the end of next summer.

<u>Clinical Program Innovations and Staffing Updates:</u> Dr. Simone Lessac-Chenen, Chief Medical Officer, described significant provider turnover, the launch of the Healthy at Home program for chronic care management and remote patient monitoring, and the integration of new providers with expanded services in behavioral health and group medical visits.

<u>Quality Improvement Initiatives and Outcomes:</u> Maureen, Director of Clinical Research, presented quality improvement highlights, including significant increases in cervical and colorectal cancer screening rates, a partnership for lung cancer screening, and a pilot hearing screening project.

<u>Board Membership Elections and Recognition:</u> Chelsea, Board Secretary, facilitated the reelection of four board members and the election of six new members, acknowledged outgoing and continuing members, and highlighted strong community interest in board participation. Dr. Stephen Genereaux motioned to approve and Meg Burmeister seconded and the nominees were approved without opposition.

<u>Employee Service Recognition</u>: The meeting concluded with recognition of employees for benchmark years of service, including five, ten, fifteen, twenty, thirty, and over thirty years, with special mention of founders and long-serving staff.

Motion to adjourn by Andrew Barter at 6:45PM; seconded by Keisha Covey and unanimously accepted. A guest presentation by Lori Real on Family Perspective on Patient Care, Dr. David Murman spoke of health policy on behalf of The Green Mountain Care Board, and employee recognition awards were recognized following the annual meeting.

Submitted by,	
- 	_, Kelsey Root-Winchester, Board Secretary



Annual Report



2024

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Little Rivers is now in its 20th year of operation as a Federally Qualified Health Center (FQHC). Our dedicated and thoughtful team has built strong relationships to meet community needs and fulfill our mission. While operating an FQHC is rewarding, it comes with challenges such as navigating complex and evolving funding, rising expenses, and stringent compliance requirements.

Mission Statement

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.

Letter From Leadership

Dear Friends and Supporters,

As we reflect on the past year, we are filled with gratitude for the resilience, dedication, and compassion that define Little Rivers Health Care. This has been a year of remarkable growth, innovation, and deepening connections within our community.

We have made significant progress in expanding access to care, with construction on both the Whitney-Rowe Clinic and the Dental and Health Access Center at 55 Main Street in Wells River now nearly complete. Together, these projects represent \$5.5 million in total investment and will enhance our ability to serve the region for decades to come.

Our team welcomed new providers in family medicine and behavioral health, strengthening our ability to deliver high-quality care close to home. We expanded our established school-based services throughout the Orange East Supervisory Union through a new partnership with the Rivendell Interstate School District, to reach even more students and families, meeting them where they are and removing barriers to care. In addition, we began offering medical services open to students, staff, and community members at the Waits River Valley School through our mobile medical services trailer.

We also began offering preventive dental services in Newbury, including cleanings, X-rays, fluoride treatments, and sealants.

This year also marked the launch of our Healthy at Home program, bringing medical, nursing, and behavioral health care directly to homebound patients in our most rural communities. This initiative embodies our mission to meet patients where they are, ensuring that geography or mobility limitations do not stand in the way of essential care.

We advanced innovation in revenue cycle management by implementing automated tools within our electronic health record and clearinghouse systems, creating more efficient, accurate, and resilient billing processes.

Financial stewardship remains a cornerstone of our mission. Site- and department-specific accounting continues to guide strategic decisions and helps us to adapt to a changing healthcare environment.

None of this progress would be possible without the dedication of our staff, the trust of our patients, and the generosity of our community. Together, we are building a healthier future for all.

In Partnership,

Meg Burmeister Chair, Board of Directors Simone Lessac-Chenen, MD
Chief Medical Officer

Andrew Barter
Chief Executive Officer

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Board of Directors

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.

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. Meg is the Chairperson of the LRHC board.

WILLIAM CAMPBELL, Littleton, NH (2014) is a mental health clinician at Center for New Beginnings and iHope Network, as well as 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 vice-chairperson of the LRHC board.

ELIZABETH DAVIS, E. Corinth (2023) is a recent retiree of the World Bank. She has expertise in data and information governance, financial analytics, and information quality, as well as leadership development. She is Board Treasurer for The Ashland Institute in Oregon and has been appointed to the Budget Committee of the Town of Corinth for the last two years. Liz currently serves on the Little Rivers' Finance Committee.

SUSAN GAELIC, **Newbury (2023)** Susan is a longtime resident of Newbury. She is a retired RN who spent 40 years in pediatrics, home health, ICU and 2 years part time at LRHC. Susan currently serves on the Little Rivers' Quality Committee.

SUSAN GORDON, **Groton (2024)** Susan and her husband have been well cared for patients of LRHC in Wells River for over 34 years. She was the former Executive Director of the Vermont Alzheimer's Association for 13 yrs. She has served on a number of boards in a leadership position and is eager to bring her experience to LRHC. She is committed to the Mission and honored to represent LRHC in her local community.

STACY PRATT, Bradford (2024) is a retired RN with management experience in home health care, care management at an academic medical center and at a PACE Program for a Federally Qualified Health Center in Massachusetts. Stacey serves on the Little Rivers Finance Committee.

KELSEY ROOT-WINCHESTER, **Wells River (2020)** - is a health coach and yoga teacher. She owns Rising Spirit Yoga and co-owns the Wells River Wellness Hall. She also sits on the Blue Mountain Union school board and is Chairperson of the Wells River Action Program (WRAP). Kelsey is the secretary of the LRHC board.

DEBI RUGGLLES, E. Corinth (2024) - moved to East Corinth from North Idaho in 2022. Previously worked as a legal assistant for eleven years, then as a civil/criminal deputy clerk in the District Court of Shoshone County for nineteen years. Was a founding member of the Shoshone County Support Corp., a non-profit organization which provided county cancer patients with vouchers for gas and prescriptions, as well as assisting with other resources available to cancer patients.

DARREN SHERBURNE, Newbury (2021) Born and raised in Newbury, VT, Darren Sherburne has traveled throughout New England working in the Hospitality sector before returning back to his native area to pursue a career in Real Estate. Working for Four Seasons Sotheby's International Realty, Darren is interested in bettering his community and spreading the good word about the Upper Valley and the quality of life it allows.

JILL SKOCHDOPOLE, Ryegate (2021) is a small animal veterinarian who founded Ryegate Small Animal Hospital in 1993. She is married to a farmer in the dairy industry and is the mother of 2 grown kids. She and her husband enjoy producing most of their own food - from their gardens and the animals they raise. Free time is mainly spent outdoors, though reading and cooking are her favorite indoor activities.

Primary Care Staff



Maureen Boardman, FNP



Marlene Bristol



Madison Culver FNP



Stephen Genereaux, MD



Mary Griffin MD



Fay Homan MD



Kate Goyette FNP



Yeonsoo Kim



Barbara Lazar MD



Joel Lazar MD, MPH



Simone Lessac-Chenen, MD, MPH, DipABLM



Rachel Morse FNP



Patricia Pratt MD



Jenny Meyer DNP



Ally Noble FNP, PMHNP



Carey Brodzinski PMHNP, FNP-C MSN, APRN



Grace Kozik PMHNP, MSN APRN

Services

Family Medicine with Pediatrics—Care for people of all ages.

Obstetrics —Family planning/maternity care before, during, and after birth.

Internal Medicine and Infectious Disease—Care for adults.

Wellness Support and Disease Prevention—Dietetics and Food Access

Continuum of Care— Hospitalizations and nursing home visits.

Patient Enabling Services — Healthcare navigation

Home visits—Care for homebound individuals.

Medications for Opioid Use Disorder
Behavioral Health and Psychiatry
Agricultural Worker Outreach
Oral Health

Behavioral Health Clinicians



Stacy Wayland LICSW



Michael Brandli LCMHC



Lila Bradly CMHC



Mia Brown CMHC



Betsy Mattox CMHC



Sarah Metz LICSW



Rebecca Partington, LICSW



Kim Therrien LICSW



Mark Rizzacasa LICSW



Sarah Storjohann MA, LCMHC



Amanda Regis LICSW, LADC



Tracy Thompson LICSW, LADC



Jazmin Smith LICSW



Tiffany White LICSW, LADC

Group Therapy

Acuwellness

Is a specialized form of acupuncture that is applied by placing five thin, sterile, single-use needles in the ears. The needles are generally left in place for 35-45 minutes. Treatment time may need to be altered for clinical or training purposes. State Licensed Acupuncturists, Licensed Auricular Detoxification Technicians (ADTs) and/or other persons training to become Auricular Detoxification Technicians (ADT Trainees) administer the treatments.

Healthy Relationships

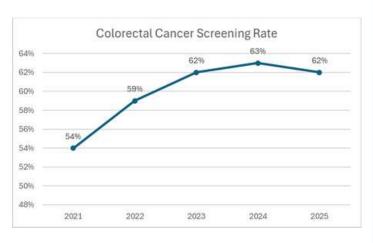
This is a psycho-ed style group, providing information and support for understanding what makes a relationship healthy vs. unhealthy; types of unhealthy relationships (codependent, abusive- physically, psychologically, emotionally, etc.) and the cyclical nature they follow; understanding why we stay in unhealthy relationships/why it is difficult to leave; and how to break the cycle of unhealthy relationships—unhealthy relationships with family and also with one's self

Quality Improvement Highlights

LRHC employs quality improvement projects to identify opportunities for updating or changing processes and protocols, ensuring better, higher-quality care tailored to each patient's needs. These initiatives aim to reduce medical errors, prevent infections, improve chronic conditions, and enhance the overall satisfaction of both patients and medical staff with LRHC services.

Colorectal Cancer Screening

LRHC is advancing preventive care by improving access to colorectal cancer (CRC) screenings, particularly for patients in rural areas. In partnership with the Vermont Department of Health, LRHC mailed FIT (Fecal Immunochemical Test) kits to low-risk patients aged 45 and older who were due or overdue for screeningresulting in a 9% increase in screening rates and surpassing our 60% participation goal. With CRC rates rising across all age groups, especially among younger people, LRHC has expanded screening eligibility, improved accessibility through mailable kits, and strengthened patient follow-up. We continue to explore convenient, efficient solutions to meet our patients' needs and are actively seeking funding to support staff time, FIT kit supplies, and mailing costs to sustain and grow this life-saving initiative.





Rural Maternity and Obstetrics Management Strategies (RMOMS)

LRHC partnered with Dartmouth Health to develop a shared care model for obstetric care. LRHC developed a plan for pregnant patients to complete their 36 weeks of prenatal care before transferring their care to Dartmouth Heath for delivery and then returning them to LRHC for their postpartum and continued care.











Quality Improvement Highlights

Little Rivers Health Care provides holistic, patient-centered care that goes beyond traditional medical services by recognizing and supporting the full range of factors that influence health. Our approach considers each patient's access to healthful food, opportunities to engage with the outdoors, personal health goals and preferences, and reliable transportation—all of which are essential to achieving overall well-being in our rural communities.

The Food Farmacy



Food is medicine

Located in the largest food desert in Vermont, LRHC is committed to addressing the dual challenges of chronic disease and food insecurity—conditions that affect 75% and 8% of our patients, respectively.

Launched in 2020, the LRHC Food Farmacy is already making a meaningful impact by serving 110 patients with access to nutritious, medically supportive food. Research continues to affirm the role of food as medicine in preventing and managing diet-responsive conditions such as diabetes, hypertension, and heart disease. In collaboration with Dartmouth's Center for Advancing Rural Health Equity and the Bi-State Primary Care Association, LRHC is building a sustainable, scalable model to serve more patients in need.

With fresh, locally gleaned produce from Willing Hands and shelf-stable nutritious options from the Vermont Food Bank, the Food Farmacy is more than a program—it's a pathway forward. As we grow, we remain deeply rooted in our mission to support whole-person health and health equity in rural Vermont.









Whitney Rowe and Dental Clinic

LRHC has made significant progress on the design schematics and funding for both the Whitney Rowe Clinic (formerly Wells River) Expansion project (approximately \$2.4 million) and the Wells River Dental Clinic (approximately \$1.4 million). Despite rising costs and some delays to ensure environmental safety, the two sites are well underway and expected to be fully functional in early 2026. We have deep gratitude for our generous community for supporting these projects through our capital campaign. LRHC continues to raise money to complete these projects and to expand the excellent care our patients experience here.





Little Rivers Health Care proudly names our Wells River location the Whitney Rowe Clinic—honoring Dr. Harry and Mary Rowe for their decades-long legacy of care. A generous family gift supports this tribute and our mission to strengthen community health.



Whitney Rowe Clinic – Expanding Care for Our Community
Minor renovations of the historic clinic
Adding over 2,500 sq. ft. of new space
New features include:
9 modern treatment rooms
Expanded facilities for care delivery
Impact:





Improved access to medical and mental health care Greater capacity to meet growing community need





Audit of Financial Statement

Balance Sheet December 31, 2024 and 2024 ASSETS

	2024		2023
Operating revenue			
Net patient service revenue	\$ 9,898,493	\$	8,168,327
Grants and contributions	2,041,948		2,493,583
Other operating revenue	39,128		23,342
Net assets released from restriction for operations	 61,116		41,602
Total operating revenue	 12,040,685	_	10,726,854
Operating expenses			
Salaries and wages	7,079,220		6,253,102
Employee benefits	1,686,716		1,535,730
Contract services	1,017,806		1,049,156
Program supplies	888,397		734,761
Occupancy	192,221		238,304
Computer Expense	536,806		479,287
Other operating expenses	642,488		461,933
Depreciation	312,092		309,965
Interest expense	 122,920		105,626
Total operating expenses	 12,478,666		11,167,864
Deficiency of revenue over expenses	(437,981)		(441,010)
Net assets released from restriction for capital acquisition,			
placed in service	 <u> </u>		63,767
Decrease in net assets without donor restrictions	(437,981)	_	(377,243)
Net assets with donor restrictions			
Contributions	163,053		103,103
Grants received for capital acquisition, purchased but			
not in service	69,214		179,400
Net assets released from restrictions for operations	(61,116)		(41,602)
Net assets released from restrictions for capital acquisition,			
placed in service		_	(63,767)
Increase in net assets with donor restrictions	171,151		177,134
Change in net assets	(266,830)		(200,109)
Net assets, beginning of year	2,460,132	_	2,660,241
Net assets, end of year	\$ 2,193,302	\$	2,460,132

Audit of Financial Statement

Statements of Functional Expenses Years Ended December 31, 2024 and 2023

		2024		2023	
Current assets					
Cash and cash equivalents	\$	140,674	\$	318,082	
Patient accounts receivable		665,782		516,610	
Current portion of pledges receivable		47,870		59,367	
Prepaid expenses		64,926	4	38,596	
Total current assets		919,252		932,655	
Assets limited as to use		93,450		90,220	
Pledges receivable, less current portion		33,211		50,515	
Property and equipment, net		4,611,135	72	4,524,379	
Total assets	\$	5,657,048	\$	5,597,769	
LIABILITIES AND NET AS	SETS				

Current liabilities			
Line of credit	\$ 495,594	\$	499,955
Accounts payable and accrued expenses	506,053		186,386
Accrued payroll and related expenses	834,622		686,252
Refundable advances	75,873		92,286
Current portion of long-term debt	 173,797		119,596
Total current liabilities	2,085,939		1,584,475
Long term debt, less current portion	 1,377,807	4	1,553,162
Total liabilities	 3,463,746		3,137,637
Net assets			
Without donor restrictions	1,568,558		2,006,541
With donor restrictions	 624,744		453,591
Total net assets	 2,193,302	s. (.	2,460,132
Total liabilities and net assets	\$ 5,657,048	\$	5,597,769
HILLIAM CONTRACTOR OF THE STATE			

2024 Donors

LRHC is a not-for-profit organization that relies partially on federal and state grant funding, which covers only a small portion of the cost of providing care for individuals and families in need. We are deeply grateful for the additional support from our generous donors.

- James and Bethany Ames
- Michael Audet
- Andrew Barter
- Arthur L. and Frances P. Hyde
- Wayne Berry
- Steve Boyce
- Dan and Richard Butler
- Sarah Calley
- Eleanor Cassady
- Rick and Marian Cawley
- Lenice Cicchini and Robert Chapla
- Patricia and Stephen Clark
- Community Bank Foundation of **New England**
- Community Bank N.A.
- Copeland Furniture
- Susan and Kevin Rowe Dalton

- Joyce Day Homan
- W.G. and Cheryl Deuel
- Donald Eaton
- Carole C Freeman
- Cadence Genereaux
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- Claude Phipps and Connie Philleo
- **Christopher Preston**
- Jane Rowe
- John Rowe
- Peter Sinclair
- Brent Smith
- Matthew Smith
- St. Martins Episcopal Church
- Altoon Sultan
- Town of Fairlee
- Town of Ryegate
- Laura Waterman
- **Betsy Rowe Waters**
- Wells Rivers Savings Bank
- Woodsville Guaranty Savings Bank

DONATE

• The Whitney Rowe Fund

To donation or for more information, please contact us:

Little Rivers Health Care, Inc.

P.O. Box 8, Newbury, Vermont 05051

Ashleen Buchanan, Manager of Public Relations and Grants.

802-222-3003 | abuchanan@littlerivers.org | www.littlerivers.org

Outright Gifts • Financial Benefit Gifts • Estate Gifts

www.LittleRivers.org/capital-campaign

ADMINISTRATION

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65 Main Street North 802-757-2325

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