



LITTLE RIVERS HEALTH CARE

**People You Know,
The Care You Trust**



Campaign Committee Members

*Frank Tilghman, Newbury
Honorary Chair*

Gail Auclair, Derby

Andy Barter, St. Johnsbury

Keisha Covey, East Corinth

Carole Freeman, East Corinth

Dr. Steve Genereaux, Ryegate

Lisa Hervey, Newbury

Jenn Hall, McIndoe Falls, VT

Darren Sherburne, Bradford

J. Cherry Sullivan, Thetford

Building Healthier Communities

Our health. Nothing is more important. Many factors contribute to good health... genetics, the food we eat, how much we exercise, our environment, the type of work we do, and access to quality health and dental care. In rural communities, this access can be hard to come by.

In 2005, three at-risk clinics banded together and, with community support, became Little Rivers Health Care, a Federally Qualified Health Center. At the time, Wells River Clinic was a private practice operated by Dr. Harry Rowe, Bradford Health Services was operated by Cottage Hospital, and Valley Health Center in East Corinth was a community-operated rural health center.

What began as three independent clinics has grown into one regional health center that now includes our fourth site in Newbury. We provide high-quality, comprehensive family health care, including prenatal care with a team of 15 medical providers, four psychiatric nurse practitioners, and 10 mental health professionals.

We also offer integrated services at six schools, a residential treatment center, and diverse community outreach at senior living centers and farms. Soon, we will offer onsite dental care.

Today, Little Rivers is bursting at the seams. We've seen a 78 percent increase in patient visits over the past five years. Facilities built as far back as 1765 are ill-equipped to deliver 21st century health care. Our community's needs are growing. More patients are requiring treatment for chronic conditions. The lack of dental care is serious. Mental health issues are increasing and creating greater burdens on families, schools, and communities.

Our \$6.2 million campaign will address these challenges.

We approach this campaign as we have all other challenges – with confidence in our community's ability and enthusiasm to work together to achieve this vision. We invite you to join us in making good health a reality in our region, with your gift to the Little Rivers expansion campaign!

Our Providers are Part of the Community

Dr. Steve Genereaux

You expect your doctor to know you, but how often do you know your doctor?

At Little Rivers Health Care, patients and their healthcare providers know one another. Little Rivers' doctors, nurses, therapists, and staff are your neighbors, your children's coaches, members of your school boards and town committees and yes, your healthcare providers. This is true of Dr. Steve Genereaux, who has been caring for Little Rivers patients since 1994.

When Dr. Genereaux isn't caring for patients, he can be found coaching kids at Burke Mountain or serving on the Local Energy Committee and the Ryegate Zoning and Development Board.

Dr. Genereaux isn't content just treating the patients at Little River's four clinics; he brings medical care to people where they are – including at local farms where he and a medical team provide wellness care such as flu shots as well as diagnose and treat diseases and/or chronic conditions. He also has been known to step out midday, returning with both his lunch and a patient whom he will treat that very day!

“People behave differently when they believe you have their best interest at heart. This matters because when you know your community, you have the community's trust... meaning you can greet new challenges with nimbleness and flexibility – all of which contributes to a healthier community.”

Dr. Steve Genereaux



Photo by Brandi Young

Caring for more patients than ever

- In 2021, Little Rivers Health Care cared for 5,822 people by providing 35,588 patient visits.
- We have doubled our behavioral health clinicians to meet a 52% increase in demand for services.

Little Rivers Provides Comprehensive Health Care

The Carson Family

In May 2018 Dr. Genereaux and a team of Dartmouth medical students were providing a wellness care visit to farm workers at Harkdale Farm when they noticed that the owner, Steven Carson, wasn't moving at his usual pace. Steven was suffering from a hernia and because Dr. Genereaux knows him well, he understood that Steven wasn't going to take the time to address it. Dr. Genereaux picked up the barn phone and made him a pre-op appointment at Northeastern Vermont Regional Hospital. This mutual understanding is the foundation of care delivered at Little Rivers.

This is also why four generations of Carsons get their health care at Little Rivers - from Russell Carson who is in his 80's to Adrian Carson who celebrated his first birthday in 2021 and the two generations in between.

Improving our facilities to better meet 21st century healthcare

Creating spaces to meet the demand

- Add 21 primary care, dental care and behavioral health rooms at the Bradford, Newbury, and Wells River clinics.
- Create group therapy & education rooms at the Bradford and Newbury clinics.

Improving accessibility for all abilities

- Install elevators at the Bradford and Wells River clinics.
- Renovate the bathrooms to be ADA compliant at the Newbury clinic.

Utilizing new technologies to keep patients safe

- Create "negative pressure rooms" at the Bradford & Wells River clinics that will prevent infectious illnesses from spreading between exam rooms.



"On the farm we have an expression that when something is wrong with one of our cows, we 'empty the shelves to fix the problem' and that is what the team at Little Rivers does for my family and our community."

Vicky Carson
Harkdale Farm co-owner

Providing Vital Dental Care to the Community

Brian Emerson

Bringing quality and affordable dental care to a community is a heavy lift, and, Little Rivers is committed to getting it done. We have purchased the former Jiffy Mart in Wells River and will transform this space into a freestanding, six-exam room dental center. We also will repurpose space at the Newbury clinic to create two exam rooms.

The most critical aspect of our dental clinic will be the professionals who staff it. So while we are investing in buildings and equipment, our greatest investment will be in people. Brian Emerson understands the need for this well. Brian is the Director of the River Bend Career and Technical Center and serves as the Chair of the Wells River Board of Trustees.

Having worked in education for more than 20 years and served in local government, Brian states *“We are letting our young people slip through our fingers but if we have more opportunities in place we can capture them and ensure they can gain good paying jobs right here in our community.”*

Given the shortage of dental professionals in our community, a key aspect of Little Rivers’ plan is to partner with educational institutions to establish a training site in Newbury for students. The goal of this partnership is to build a dental professional training pipeline to create economic opportunities in our community and to ensure we have dental care providers to staff our clinics in the future.



Photo by Brandi Young

Delivering Vital Dental Care

- Our new facilities will enable us to provide dental care to more than 6,000 people annually.
- The Wells River dental clinic will include 6 exam rooms where patients can receive preventive & restorative dental care.
- The Newbury clinic will include 2 exam rooms and serve as a training facility for future dental professionals.

Volunteers are Vital to Little Rivers' Success

Hope Hutchinson

Hope served on Little Rivers' board of directors for 15 years. Hope brought to board meetings a focus on patient care and communication. She also brought dessert to most meetings, including her famous blueberry buckle.

After moving to Madison, NH in 2018 Hope continued to make the two-hour trip to participate in monthly meetings to complete her last term on the board, sometimes even spending the night on a couch at the Wells River Church before driving home the next morning. You see, even though Hope no longer lives in Wells River, Little Rivers is still her community.

As both a former board member and patient, Hope knows firsthand the quality of care and level of compassion Little Rivers brings to the community. Hope was first introduced to Little Rivers as a patient of Dr. Rowe's and continued to receive care as a patient of Dr. Genereaux's – and even continued to travel to the Wells River Clinic for medical care until 2020 when she found a new primary care provider closer to her home.

Throughout the years Hope has seen Little Rivers grow from a small family practice to multiple clinic sites, that offer behavioral and addiction services, mental healthcare for schools, and soon dental care.

“Little Rivers is committed to improving the overall health of the community. The staff makes each patient feel like they are the most important person in the world. Both of these statements are equally true – which is what makes Little Rivers so special and impactful.”

Hope Hutchinson



Volunteers give time and resources

- Volunteers donate more than 1,200 hours of service annually.
- Several hundred pounds of fresh produce, eggs & dairy products are donated each week for the food pantry that
- Little Rivers runs for our patients.

Partnering with our Schools

Emilie Knisley

We ask a lot of our schools. First and foremost, we expect our schools to educate our children. But we increasingly rely on our schools to identify and address children’s physical and mental health needs too.

Thankfully, our community schools aren’t tackling this need alone. Dr. Rowe, who was a long-time school board member, as well as our founding physician, recognized the need to bring Little Rivers’ mental health and behavioral support services into schools. Little Rivers’ staff have partnered with our school district’s staff to develop a model of service and care that ensures our community’s children receive the care they need. This is vital because when services are provided in our schools, it means that students and their families can receive the care they need without having to manage transportation and scheduling challenges.

No one understands this better than Emilie Knisley, Superintendent of Orange East Supervisory Union, who has trumpeted this program.

“Because of our partnership with Little Rivers we are able to offer social and emotional supports to our students. This care is extraordinarily impactful and means that our students have a strong foundation on which to build their education.”

Emilie Knisley



Little Rivers in Our Schools

- Last year 500 students had 5,000 visits with a Little Rivers’ social worker.
- During the Covid-19 pandemic, schools served as primary testing and vaccination sites. Between March 2021 and March 2022, more than 10,000 Covid-19 tests and more than 10,000 vaccinations were provided at schools, clinics, businesses, and other community locations.

Photo by Brandi Young

Our Plan

Wells River Expansion: \$2,970,000 & Bradford Expansion: \$1,300,000

We are experiencing a growing need at the Wells River and Bradford Clinics, both for additional space and for more modern facilities. Significant investments to the antiquated clinic in Wells River are necessary to create space for modern equipment and each location needs expansion and redesign to serve our increasing numbers and needs of patients.

Dental Clinic Sites in Wells River & Newbury: \$1,340,000

Dental care is one of the most serious gaps in our region’s wellness services and it is critically important for overall health. Little Rivers will build our first dental clinic in the former Jiffy Mart building next to the Wells River Clinic and add two dental exam rooms at our Newbury Clinic. We also will establish a training site for future dental professionals.

Newbury Clinic Improvements: \$150,000

This is our newest clinic, purchased in 2021. Already the clinic requires additional investments in improved accessibility, and the provision of planned medical and behavioral services.

Additional Needs:

- **Administrative Offices: \$200,000**
- **Planning & Administrative Oversight: \$250,000**



Photo by Herb Swanson

Ways to Give

Little Rivers Health Care is a nonprofit organization. Our success depends on the time, energy, and support of our community. Each and every gift makes it possible for us to care for more people.

There are many ways to make a gift to Litte Rivers. We can discuss your best options, including tax-wise ways of giving. Please contact Andy Barter at abarter@littlerivers.org or 802-222-3023.

Cash

Gifts can be made through personal checks, online credit card transactions, or from your Donor Advised Fund. You may pledge over a period of up to five years.

Qualified Charitable Donations

If you are 72 years or older, you may make a charitable contribution from your IRA, up to \$100,000 per year. This can satisfy your required minimum distribution (RMD) and be excluded from your taxable income.

Appreciated Securities, Stocks & Bonds

These gifts can offer potentially significant tax advantages and often are a way to make a more generous gift.

Insurance Policies

Making a gift of a paid insurance policy that you no longer need is a great way to make a generous gift.

Employee Matching Gifts

Many employers offer matching contributions, which are an easy way to double your gift.

Bequests

Leaving a gift in your will is a meaningful way to leave a legacy and will benefit the long-term success of Little Rivers.

Gifts in Honor or Memory of a Loved One

A gift in honor or in memory is a wonderful way to pay tribute to a loved one. It is also possible to make a gift to name part of Little Rivers for you, your family, or a friend. Please contact us to discuss this!



Photo by Herb Swanson

Little Rivers Health Care is a Federally Qualified Health Center that provides quality health care to all residents regardless of their ability to pay.

146 Mill Street, PO Box 338

Bradford, VT 05033

802-222-3000

www.littlerivers.org