Facing Respiratory Challenges

2019–2020 Annual Report

Breathe®
NEW HAMPSHIRE
Improving lung health since 1916
Breathe New Hampshire

Our mission:

To eliminate lung disease and improve the quality of life for those living with lung disease in New Hampshire.

Since 1916, we have been New Hampshire’s only state-wide lung health resource, dedicated to ensuring that healthy lungs remain a priority. We are unique in that:

☐ We fill an important gap in our state's public health system, as New Hampshire has a limited public health infrastructure compared to other states.

☐ We are invested in the lung health of Granite Staters, and our financial support stays local to benefit those who live and breathe here.

☐ We are the only public health organization in the state focused on reducing the impact of COPD, asthma and the current threat to youth: vaping and nicotine addiction.

FINANCIALS

PARTIAL OPERATING STATEMENT OF ACTIVITIES

FISCAL YEAR ENDED June 30, 2020 June 30, 2019

Public Support and Revenue:

Contributions, Revenue and Income:

<table>
<thead>
<tr>
<th></th>
<th>June 30, 2020</th>
<th>June 30, 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Special Events and Other</td>
<td>$65,689</td>
<td>$147,541</td>
</tr>
<tr>
<td>Program Fees</td>
<td>25,120</td>
<td>26,053</td>
</tr>
<tr>
<td>Other Contributions</td>
<td>240,292</td>
<td>129,205</td>
</tr>
<tr>
<td>Investment Spending Policy</td>
<td>545,983</td>
<td>530,539</td>
</tr>
<tr>
<td><strong>Total Public Support and Revenue</strong></td>
<td><strong>$877,084</strong></td>
<td><strong>$833,338</strong></td>
</tr>
</tbody>
</table>

Expenses:

<table>
<thead>
<tr>
<th></th>
<th>June 30, 2020</th>
<th>June 30, 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Services and Advocacy</td>
<td>$608,621</td>
<td>$646,351</td>
</tr>
<tr>
<td>Management and General</td>
<td>43,419</td>
<td>46,472</td>
</tr>
<tr>
<td>Fundraising</td>
<td>148,504</td>
<td>150,579</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$800,544</strong></td>
<td><strong>$843,402</strong></td>
</tr>
</tbody>
</table>

Change in Net Assets from Operations

<table>
<thead>
<tr>
<th></th>
<th>June 30, 2020</th>
<th>June 30, 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>$76,540</strong></td>
<td>($10,064)</td>
<td></td>
</tr>
</tbody>
</table>

* In addition to the above expenses, the organization made a distribution from the Mary Fuller Russell Research Fund for medical research totaling $131,229 during Fiscal 2020.

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Dear Friends,

We are pleased to present our Fiscal Year 2019-2020 Annual Report. This report highlights some of our events and our program of work during the fiscal year-ended June 30, 2020.

Since our founding in 1916, Breathe New Hampshire has continued to focus on issues that affect breathing, as reflected in the theme of this report, “Facing Respiratory Challenges.”

Fiscal year 2019-2020 began with significant demand for our “Vaping Unveiled” presentation. This program was developed to address the increasing levels of vaping by New Hampshire’s young people. Our organization was pleased that the CVS Health and The New Hampshire Charitable Foundation understood this public health challenge created by the proliferation of vaping devices, and provided generous support to help Breathe New Hampshire increase its capacity to teach more young people, throughout the state, about the dangers of vaping.

In January 2020, the United States began to learn about the emergence of a coronavirus that had not been previously identified, COVID-19. In early March 2020, Breathe New Hampshire Staff and Board members began discussions as to the preparations that our organization would undertake should the novel virus reach a public health crisis. Within a week of those initial discussions, we made the decision to temporarily close our office, at which time our staff began to work remotely. While we believed at that time that our decision to operate remotely would last just a few weeks, it has continued throughout the remainder of the fiscal year, and is still in effect at this time.

Nevertheless, despite the necessity to suspend a number of our activities, our dedicated Board of Directors and staff have remained focused on the continuation of our work. Throughout this ordeal, we recognize the critical role of the medical and scientific community, as well as the important role that public health organizations, like Breathe New Hampshire, play in keeping everyone informed.

With the emergence of new respiratory threats that impact our health, like vaping and COVID-19, the mission of Breathe New Hampshire remains all the more relevant and necessary.

We are grateful for all of our stakeholders and partners that include individuals living with lung disease, their caregivers, healthcare professionals, legislators, and community partners. We are appreciative of the guidance of our Board of Directors, the hard work of our knowledgeable and dedicated staff, and for the many individuals, volunteers, constituents, foundations, and other organizations who support and invest in our work.

We hope that you and your families remain safe during these challenging times. As we have for many years, Breathe New Hampshire remains committed to doing all that it can to help everyone in our Granite State to breathe better and live longer.

Thank you.

Sincerely,

Daniel Fortin
President & CEO

Joel Rozen
Chair, Board of Directors
Thoughts on the disease – COVID-19

By Albee Budnitz, MD

Severe acute respiratory syndrome – coronavirus 2 (SARS-CoV-2) – is the virus that causes the disease, COVID-19. This particular virus is a “novel” virus, however it is one of a long line of “coronaviruses.”

By far, the most difficult challenge we all face during this pandemic is UNCERTAINTY. As a practitioner, especially in my internal and pulmonary medicine specialty, uncertainty is common. Science changes constantly as more data appears from evidence that has been collected and analyzed. The data changes very fast because of technology advancements, like “big data” and “artificial intelligence.” In short, yesterday’s truths, wisdom, and medical recommendations change daily.

Where are we going with COVID-19? The virus will not go away. However, we will reach a point where we will ultimately defeat the pandemic through controls and prevention with appropriate vaccines and vaccination schedules. Until a vaccine is available, and we are able to return to a more normal, open society, we must use the most effective, tried and true, robustly vetted, evidence-based infectious disease public health measures. Each and every one of us, regardless of sex, age or other issues must follow these simple steps:

1. Hygiene: hand washing, hand washing, hand washing, and not touching one’s face.
2. Face coverings: masks, masks, masks and, when possible, face shields.
3. Physical distancing: if possible, stay six at least feet from others.
4. Testing, testing, testing: this needs to be combined with timely enough results to allow contact tracing and then appropriate isolation/quarantine.

The good news is that almost all the world’s global scientific community has come together to collaborate in making vaccines with already dozens of new, better, and quicker approaches to vaccine development, which will be effective not only for COVID-19, but emerging infectious disease to come. Vaccines, in my opinion, were the #1 medical breakthrough of the 20th century and perhaps because of COVID-19, may well be the same for the 21st! At the time of this writing, already 2 candidate vaccines have started Phase 3, human testing for final safety and efficacy before release to the public.

Other “good” that has come from this pandemic is bringing into new focus the inadequacy and inequities/disparities of our health care system. In John Lewis’ words, this “good trouble” will make for good change.

Finally, as a lung health organization, those that Breathe NH primarily serve, folks with poor lung health, such as COPD, smokers, vapors, and those with SHS (secondhand smoke) and SHA (secondhand aerosol) exposure, are all unfortunately at an increased risk for contracting severe COVID-19. Because of this we are indeed major partners in conquering this scourge. So, wash your hands, mask up, keep physical distance. And, when the time comes, protect yourself and get vaccinated!
ADVOCATING for lung health

This year’s Legislative Session took a unique turn in mid-March. Friday March 20, 2020 the New Hampshire General Court suspended all legislative activities due to COVID-19. Prior to this announcement, Breathe New Hampshire had made the decision to cancel our annual Legislative Breakfast scheduled for March 19th. Later in the spring, the General Court began conducting some legislative activities remotely.

Of the 981 Legislative Service Requests (LSRs) on file this session, a modified list of bills was addressed to fit the abbreviated timeline. From the 2020 Session, our state Legislature passed 61 bills.

Breathe NH was tracking legislation on a variety of topics including: prescription drug pricing, an increase in the NH tobacco tax, prohibiting flavors and certain chemicals in vaping products, emission reduction, a NH tobacco sales age and smoking in cars with youth under 16.

Tobacco 21 legislation was initially submitted as SB 248: Increasing the age for sales and possession of tobacco products. Breathe NH supported bill as originally written.

This legislation became part of an omnibus bill, HB 1245: adopting omnibus legislation concerning state agencies. Signed by Governor Sununu on July 29, 2020. NH Tobacco sales age of 21 years old became effective immediately.

HB 590: establishing a committee to develop science-based emissions reduction goals for the state of New Hampshire. Breathe NH supported bill. Senate; placed on the Consent List and Laid on Table.

SB 685-FN: establishing a wholesale prescription drug importation program and establishing the New Hampshire prescription drug competitive marketplace. 6/16/20 Vacated from Committee and Laid on Table.

HB 1166: relative to unemployment compensation, certain sanitary protections for COVID-19, extending the federal Family and Medical Leave Act for certain COVID-19 protections, and waiving cost sharing for testing and treatment for COVID-19. Vetoed by Governor Sununu on July 17, 2020

HB 1401: prohibiting smoking and e-cigarettes in motor vehicles when a passenger is under 16 years of age. Breathe NH supported bill. House, Ought to Pass with Amendment. Senate, Laid on Table.

HB 1410: prohibiting the use of flavors and certain chemicals in vaping products. Breathe NH supported bill as originally written. After amendments were added making exemptions for certain types of vape products, we opposed this bill. House; Ought to Pass with Amendment. Senate; Laid on Table.

HB 1662-FN: relative to the purchase, use, and possession of tobacco products and e-cigarettes. Breathe NH supported bill as originally written. Refer to Interim Study.

HB 1699-FN: relative to a tax on electronic cigarettes. Breathe NH supported bill. House; Ought to Pass. Senate; Laid on the Table.

Breathe NH Advocacy Highlights
Preventing Youth Nicotine Addiction through our Vaping Unveiled™ Program

Vaping Unveiled, originally introduced in March of 2018, continues to reach thousands of parents, students, and various members of the New Hampshire community every year. Protecting youth and teens from the effects of nicotine addiction and potential lung disease remains at the forefront of the Vaping Unveiled initiative. The program is updated periodically to reflect new health information and changes in federal and state policy.

Despite COVID-19, we were pleased to offer our Vaping Unveiled program virtually for the first time this spring and will continue to offer live and remote options into the upcoming school year. This condensed virtual program is inclusive of the latest information surrounding teen vaping in New Hampshire, in addition to how e-cigarette use can affect susceptibility to respiratory viruses such as COVID-19.

There continues to be a need to share information with audiences of all ages on the potential for nicotine addiction from the use of vaping products and products containing nicotine. The most recent New Hampshire Youth Risk Behavior Survey (2019) data indicates that New Hampshire high school youth use of vaping products increased from 23.8% to 33.8% since 2017. This year, Breathe New Hampshire was able to reach over 7,500 individuals, 6,000 of which were youth and teens.

We are grateful to CVS Health and the New Hampshire Charitable Foundation for local community grants received in support of Vaping Unveiled.

COPD Peer Support

The COPD Support Group in Manchester and Lung Health Support Group in Portsmouth are two other programs sponsored by Breathe New Hampshire, held monthly to help those with COPD breathe better and feel better with peer support and information presented by various guest speakers.

Eager Breather’s Fresh Air Cruise™

September 5, 2019 – WEIRS BEACH – Our 24th annual cruise aboard the M/S Mount Washington was enjoyed by hundreds of people living with COPD and other chronic lung conditions, family members, caregivers, healthcare professionals and volunteers. It was a spectacular day cruising around Lake Winnipesaukee that included lunch, health fair and entertainment.

Thank you to our T-shirt sponsor Lincare, and our other event supporters: Keene Medical Products, Mylan and Wheelchair Support: Martel’s Self-Care Products, Inc.

Wellness Workshop Helps Educate People Living with COPD

For World COPD Day on November 20, 2019, Breathe New Hampshire hosted a free wellness workshop at our Manchester office. The program featured an overview of COPD by retired physician and Breathe NH Board Member, Dr. Albee Budnitz. Following that was a session on Breathe Easy Winter Meals by Hannaford dietitian, Marilyn Mills, MS, RD, LD, CDE that included fun samples and recipes, and the final session on Tips to Living Well with COPD by Lorna Marshall, RRT, Supervisor of Pulmonary Fitness Program at Catholic Medical Center. Attendees included people living with COPD, family members and a nurse. The group enjoyed learning new information and networking over a delicious and healthy lunch.
Fairways for Airways Golf Classic™

September 23, 2019, NEW DURHAM—The 24th annual Fairways for Airways Golf Classic was held at award-winning Lake Winnipesaukee Golf Club. We are grateful for the support of our top sponsors: Northern Trust Company, Wieczorek Insurance, SNHU, D.L. Carlson Investment Group, Bigelow & Co., and our host Lew Simmons.

Bag the Butts™

Because up to 10 billion cigarettes are discarded in the environment each day (World Health Organization), contaminating water and endangering wildlife, Breathe New Hampshire created Bag the Butts toolkits with everything you need to pick up discarded cigarettes. Spring clean-ups were postponed due to COVID-19; however, we were pleased to receive two bags from a small neighborhood clean-up in Concord last April. Breathe New Hampshire then shipped the collected cigarette butts to TerraCycle, a company that recycled them.

Supporting future leaders in medicine

Mary C. Manning, known as Mrs. Charles B. Manning in Manchester, was a past vice president and director of Breathe New Hampshire, who gave her time, talent, and financial support for more than 40 years. The scholarship was established to continue her legacy and help support public health students.

The 2019 recipient of the $500 Mary C. Manning scholarship is Mariah Chamberlain of Jaffrey, New Hampshire. Chamberlain is studying Nursing at Endicott College and hopes to one day to be a pediatric nurse.

“I am very grateful for the Mary C. Manning scholarship as it is helping me to further my education to become a nurse. By becoming a nurse, I will be able to help those with lung disease and educate those who are not as knowledgeable.”

For more information visit breathenh.org/resources/scholarship
A sincere Thank You to all our donors!

Thank you for supporting our mission to eliminate lung disease and improve the quality of life for those living with lung disease in the Granite State. Every gift matters! We’ve made every effort to ensure this information is accurate. If you believe there has been an error or omission, please contact our Director of Philanthropy and Volunteers, Cindy Rybczyk.

FULLER GIVING SOCIETY ($2,500+)  
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Mr. John Doherty  
Dr. & Mrs. Arthur & Elaine Robins  
Mr. Lewis B. Simmons

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Mr. Steven Saunders

DONATIONS IN MEMORIAM  
We remember those we have lost this past year, as well as those for whom we have received memorial gifts.  
Alfred R. Aubuchon  
Laurette Binette  
Paul Bourgeois  
Wylie E. Brewster  
Roger D’Amours  
Marjorie Moore Ennis  
Pamela Garrity  
Otto Krosch  
Beverly Lambert  
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The Dr. Robert B. Kerr Legacy Society
This legacy society is named after our founder, Dr. Robert B. Kerr, who dedicated his life to lung health through 50 years of service. Just like Dr. Kerr, Legacy Society members are helping to improve and save lives by including Breathe New Hampshire in their estate plans. We thank them for their generous commitment to our critical mission!
A sincere **Thank You** to all our donors!

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- The Kitchen on River Road
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A Profile in Gift Planning
Committed to the Future of Breathe NH

“The future of the organization is important to me,” Lynn Friedel said, “because the mission is so important. I lost my mother to COPD 20 years ago, and my father—a doctor of internal medicine—died at 45 of a heart attack. The education component as well as the support provided by Breathe New Hampshire is not only worthy of my time but also my financial support.”

After three decades as a Chief Financial Officer, Lynn transferred her skills to Breathe New Hampshire as a member of the finance committee, then Treasurer, and having recently served as Board Chair.

But volunteering is only part of her commitment. Lynn has designated Breathe NH as a beneficiary of her 401K plan to provide for the future. “It was very easy to do,” she said. She is now a member of the Dr. Robert B. Kerr Legacy Society. Thank you, Lynn!

Dr. Robert B. Kerr Legacy Society members have graciously chosen to include Breathe New Hampshire in their wills. To make a gift and leave a legacy that costs nothing in your lifetime, contact Cindy Rybczyk, Director of Philanthropy and Volunteers.

The coupon book with the Best Values in New England!

For almost 25 years, the Fun Pass coupon book has been our biggest fundraiser, supporting our critical mission of preventing lung disease and improving the quality of life for those with lung disease.

We are looking forward to 2021 as we begin to venture out more and many of our favorite family attractions have successfully adapted the new guidelines to safely reopen. We are excited to announce that our new Fun Pass book will have coupons to some of our most popular destinations like Story Land, Mount Washington Cog Railway, Davis Farmland, Whale’s Tale, LEGOLAND, York’s Wild Kingdom and more!

The 2021 Fun Pass will be available for purchase online in January. Fun Pass Gift Certificates will be for sale for the holiday gift giving season starting November 1st. Just order online at BreatheNH.org/Fun-Pass.
Thank you to everyone who is doing their part to keep our most vulnerable population safe. We are truly stronger together.