New Hampshire Public Health Association: A Year of Accomplishments

2018 Annual Report

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NHPHA Leadership Message:
Celebrating NHPHA

Rebecca Sky, Board President
Joan H. Ascheim, Executive Director

Dear Friends and Colleagues:

2018 was a period of growth for the New Hampshire Public Health Association (NHPHA), just as we had hoped and planned. Take a peek through the pages of this annual report, and you will see the mountain of activity accomplished by our dedicated staff, board of directors, and over 40 active volunteers who participated in committee work. You will see the strength that gives us the opportunity to realize the breadth of our collective commitment to our vision of NHPHA as a leading, trusted voice that empowers our members and engages our partners and decision-makers to achieve a healthier New Hampshire.

The crowning achievement of the year was to be honored at this year’s American Public Health Association Annual Meeting as the 2018 Affiliate of the Year. To be recognized by our peers from across the country as standing out in our dedication and achievements, championing public health policy and practice, enriching the public health workforce, and inspiring leaders to improve the public’s health is humbling.

Other highlights from the year include the acquiring of grants that enabled us to hire Emily Goulet as our Workforce Development Coordinator to expand our professional development offering and student intern opportunities and work with schools and universities enhancing our Rising Stars program. With her leadership, we launched a public health mentor program with 16 mentor/mentee pairs. Another high point was collaborating with Dartmouth-Hitchcock Medical Center and the Vermont Public Health Association to again host a bi-state public health conference focused on advancing health equity: the Team Up, Take Action event with more than 170 people in attendance. Not to be taken lightly, we logged over 1,100 volunteer hours during the last legislative session maintaining a focused advocacy presence at the New Hampshire State House. We collaborated with many, many other organizations and advocates to realize several public health wins for the year: Medicaid Expansion was continued, a hallmark lead poisoning prevention bill was finally passed, and the Alcohol Abuse Prevention and Treatment Fund was fully funded for the next five years.

In the areas of membership and resource development, we exceeded our organizational membership goals and increased member satisfaction. Grant revenue is up, and we have increased programming revenue through new professional development offerings.

Our future success will be defined in part by our ability to contribute to the solution of New Hampshire’s most daunting public health problems, bringing to bear the full intellectual and innovative might of the public health workforce. We are of the mind that success breeds success and therefore anticipate expanding our work during the upcoming year while staying true to our mission, vision, and strategic priorities. We look forward to working together, partnering with all of you as we aspire to higher levels of service in the year ahead. Thank you for your ongoing support of NHPHA.

Rebecca Sky
Board President

Joan H. Ascheim
Executive Director

2018
Rebecca Sky
Joan H. Ascheim

OUR STRATEGIC IMPERATIVES:
• Serve as the collective voice for public health advocacy
• Strengthen the public health workforce
• Build a public health movement

OUR ORGANIZATIONAL IMPERATIVES:
• Establish a sustainable economic model
• Operate as an effective organization
Board of Directors


NHPHA NAMED 2018 AMERICAN PUBLIC HEALTH ASSOCIATION AFFILIATE OF THE YEAR

We were honored to be awarded the American Public Health Association (APHA) Council of Affiliates 2018 Affiliate of the Year. APHA acknowledged NHPHA’s advocacy work aimed at ensuring that all people in New Hampshire have fair and just opportunities to realize their full health potential.

Some of the efforts NHPHA supported in last year’s legislative session were the passage of Medicaid Expansion and additional protections for children from lead poisoning.

NHPHA was also recognized for its Rising Stars program that supports early-career professionals through education, networking, internships, and mentoring, as well as its professional development opportunities addressing health equity, the social determinants of health and advocacy, and lobbying for nonprofits.

Funders

NHPHA and the Oral Health Coalition want to thank our funders for their generosity and support!

- DentaQuest Partnership for Oral Health Advancement
- New England Public Health Training Center
- NH Charitable Foundation
- NH Children’s Health Foundation (formerly HNH Foundation)
- NH Dental Society Foundation
- NH Endowment for Health
- Northeast Delta Dental
NHPHA is one of 54 state and regional public health associations that serve as affiliates to the American Public Health Association (APHA). The NHPHA and its members benefit from this affiliation through a number of activities that take place throughout the year, including continuing education and advocacy-related opportunities.

The Governing Council is the representative legislative body of the APHA and is comprised of elected and appointed members. The NHPHA is well-represented in APHA governance and leadership activities. Jeanie Holt, MPH, MS, is a member of the NHPHA Board of Directors and was recently elected to a four-year term on the APHA Executive Board in November 2018. The APHA Executive Board is a 24-member body that works throughout the year to monitor five key functions on behalf of the APHA Governing Council, including policy, management, program, membership, and deployment. Shannon Bresaw, MSW, also a member of the NHPHA Board of Directors, currently serves as the NHPHA Affiliate Representative to the Governing Council. Both Jeanie and Shannon contribute to governance activities, including review and approval of APHA policy statements, approval of membership dues schedule, and review of the financial status of the organization. They also participate in bimonthly meetings with other Region I affiliates, which includes representation from each of the New England states. This provides an opportunity for affiliates to share best practices and align on a variety of policy issues that impact public health in the region.

Please feel free to reach out to Jeanie (jeanie.apha@gmail.com) or Shannon (shannon.bresaw@graniteuw.org) for more information on APHA activities.

### Summary of NHPHA Financials

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Team Up, Take Action

Neil Twitchell, Program Planning Chair

NHPHA, along with the Vermont Public Health Association and Dartmouth-Hitchcock, sponsored the 2018 “Team Up, Take Action – Partnering for Health Equity” conference on October 24 at the Hanover Inn in Hanover. Over 170 public health, health care, and allied professionals heard our keynote speaker, Dr. Kevin Barnett from the Public Health Institute in Oakland, CA, address “Transformation, Transparency, and the Imperative for Alignment.”

Dr. Barnett encouraged hospitals to move toward a role of being "total health anchor institutions" as well as for public health, health care, and other community organizations and sectors to coordinate their efforts across three domains:
1. Building internal capacity
2. Building external engagement
3. Making the business case for coordinated initiatives to address the social determinants of health

Attendees had 14 breakout sessions to choose from, spanning a wide range of policy, environment, and systems-level initiatives underway in the two states, with many NHPHA members presenting.

The day closed with an annual endowed lecture sponsored by the Schumann Fund at Dartmouth, with Dr. Megan Sandel from Boston Medical Center and Boston University describing strategies being integrated to expand options for healthy, safe and affordable housing in Boston. Look for an announcement about the 2019 conference in early fall.

NHPHA 2018 Achievements

- 2018 Affiliate of the Year of the American Public Health Association
- Designated as a Community-Based Training Partner of the Boston University New England Public Health Training Center
- Contributed to the successful passage of Medicaid Expansion and Lead Poisoning Prevention bill and funding of the Alcohol Abuse Prevention and Treatment Fund
- Engaged more than 40 committee and board volunteers and logged 1,100 hours at the NH State House
- Strengthened and expanded collaboration with public health academic partners
- With diverse partners, hosted the Health Equity Team Up, Take Action conference and two lobbying and advocacy trainings, all with a 95% satisfaction rating
- Launched a public health mentor program and internship program
- Increased organizational membership and grant support
**Roger Fossum Lifetime Achievement Award**

**Audrey Knight**

NHPHA is proud to present Audrey Knight, MSN, with this year’s Fossum Lifetime Achievement Award. Until 2018, Audrey had served the New Hampshire community in a public health capacity since 1984. Starting at the Visiting Nurse Association of Franklin, Audrey transitioned to the Maternal and Child Health Section of the NH Division of Public Health Services in 1986 and served as the Child Health Program Manager and Nurse Consultant and Project Coordinator for the NH Sudden Unexpected Infant Death and NH Sudden Unexpected Death in the Young projects. In 2017, Audrey received the New Hampshire Department of Health and Human Services’ Commissioner’s Exemplary Service Recognition Award. Previously, she was the 2013 recipient of the State of New Hampshire Attorney General’s Task Force on Child Abuse and Neglect’s Dr. Roger M. Fossum Award for Outstanding Dedication and Service on Behalf of New Hampshire’s Children and Families. That year she also received the NH Pediatric Society Public Citizen of the Year award. Audrey obtained her BSN, cum laude, from Northeastern University and her MSN from Yale University, School of Nursing.

**Friend of Public Health Award**

**Sally A. Kraft, MD, MPH**

NHPHA is presenting Sally A. Kraft, MD, MPH, with its annual Friend of Public Health Award. Dr. Kraft is vice president of the Community Health department in the Population Health Management Division at Dartmouth-Hitchcock Health System. She holds an appointment at Dartmouth's Geisel School of Medicine as an assistant professor of medicine. Early on in her work at Dartmouth, Dr. Kraft reached out to NHPHA to identify opportunities to partner, resulting in three years of collaborating on the Team Up, Take Action Conference to address health equity. Under her leadership, the Population Health group at Dartmouth-Hitchcock manages two regional public health networks that are streamlining and maximizing services across their two regions with an emphasis on building the skills and expertise among the staff and always engaging additional partners. She also ensures that Dartmouth Hitchcock’s community benefits program supports many agencies in the Upper Valley doing important public health work.

**NH Community Health Service Award**

**The Union Leader**

NHPHA is proud to present The Union Leader, New Hampshire’s largest daily paper, with its 2019 NH Community Service Award for their commitment to solutions journalism, which serves to engage readers toward greater awareness and deeper understanding of challenges to our health and well-being and potential solutions. Reporter Shawne K. Wickham’s “Silver Linings” focus on the aging population and “Beyond the Stigma”’s emphasis on mental health and addiction demonstrated a style of journalism to provide civic value fostering public understanding and discourse around these complex social issues.

**Rising Star Award**

**Kelley Gaspa**

NHPHA is proud to present its 2019 Rising Star Award to Kelley Gaspa. Kelley is the assistant director of the Partnership for Public Health (PPH) and director of the Behavioral Health Initiative. She is a certified prevention specialist focused on preventing substance misuse and suicide. Kelley is a hands-on learner and teacher who collaborates constantly with others across the state, including law enforcement, teachers and students, regional partners, and others to address suicide prevention and substance misuse strategies in NH. She is extremely knowledgeable in her field and is often called upon as a subject-matter expert. She finds joy and meaning in knowing her work is impacting real lives of those in our communities, thus making positive, healthy change within our region.
President's Award
Rebecca Sky, Board President

Please help me in showing gratitude to this year’s President’s Award recipients, Katie Robert and Neil Twitchell. NHPHA remains a volunteer-driven organization. We could not achieve all that we do without volunteers taking initiative. Thankfully NHPHA has a more than a few volunteers who go above and beyond to help us reach our lofty goals. This year we honor Katie and Neil, both of whom are incredibly giving with their time and energy. They go forth without waiting to be asked, working collaboratively with ease to help NHPHA be the valued organization that it is.

Katie stepped away from the presidency of the organization in fall 2017 but did not step away from the organization. Even with her growing family, Katie found time and head space to have an eye on the yearly cycle of tasks, the little details of what makes things run smooth, and make them happen. Her steel-trap brain that retains so much institutional knowledge and her level-headed advice during my term as President were invaluable.

Neil is a constant, understated force. Neil chairs the NHPHA programming committee, providing steadfast leadership to realize NHPHA’s fall conference and spring annual meeting. When he is in charge, there is no question that the event will be a well-run, high-quality event. Over the past two years, he has worked year-round collaborating with Dartmouth and the Vermont Public Health Association to produce our Team Up, Take Action conference—a herculean effort! Neil is also the board member who reads the board packet in advance of every meeting, coming prepared with questions, notes, and ideas to raise the standard of our work.

The level of commitment and quality of leadership offered by both Neil Twitchell and Katie Robert are worthy of high regard and appreciation.

Joan Ascheim Earns Appointment as Permanent Executive Director

In recognition of her strong, steady performance as Interim Executive Director, the Board of Directors appointed Joan Ascheim as permanent Executive Director for NHPHA effective January 2019.

During Joan’s tenure as Interim Executive Director, the NHPHA experienced significant performance improvements in numerous areas. Foremost among these was the securing of additional funding that is vital to sustaining NHPHA’s increased staffing levels and achieving organizational growth goals.

Other noteworthy achievements include evaluation and improvements of internal operating systems, increased memberships and sponsorships, expanded Workforce Development activities, increased awareness among members of NHPHA’s advocacy work, and strengthened relationships with organizational partners. In addition, members and nonmembers alike have benefited from increased access to public health continuing education opportunities. Examples include training on lobbying and advocacy and the social determinants of health.

The Board’s and Joan’s combined leadership efforts contributed to NHPHA’s recognition by the American Public Health Association as Affiliate of the Year in 2018.

Through her distinguished executive leadership, Joan has gained the respect of the NHPHA Board and staff as well as the confidence that she will continue to effectively steward NHPHA’s efforts to be the leading, trusted public health voice that empowers our members and engages our partners and decision-makers to achieve a healthier NH.
In 2018, in order to promote our strength and vision, the Coalition participated in a strategic planning process to review, revise, and affirm our mission, vision, values, and strategic intentions. Led by Gerri King, PhD, from Human Dynamics Associates, we collaboratively and vigorously examined our collective path for the next step in building and supporting the advancement of oral health statewide and across the life span.

To complete this work, we asked how we can become better leaders and partners; how we can ensure the vision and understanding of the impact of poor oral health; and how we can build programs and infrastructure that can advance the quality of both life and opportunity for the people of New Hampshire.

Moving forward, our work is based on using an equity lens to fully implement our values of:

- Helping to remove the barriers that exist between people and oral health services
- Promoting the use of the best available scientific evidence to improve oral health
- Utilizing public and private partnerships to improve oral health, especially for the underserved and those at greater risk of disease
- Changing perceptions about oral health and disease
- Promoting an effective health infrastructure that integrates oral health into overall health
- Advocating for oral health in all health-related policy

To support implementation of these values, we are the go-to resource on oral health in New Hampshire. We serve as the voice for oral health through collaboration, facilitation, and data dissemination, and we value inclusion by joining in the work of others and bringing them into our network.

At the Coalition, our strength is in our people, our passion, and our partnerships. Through our strategic planning, we have developed a strong, comprehensive visionary path to carry us forward in working with all of you for the better health of the people of New Hampshire.


We thank the Endowment for Health and the NH Dental Society for their directed funding to support this strategic planning work.

Contact: Gail T. Brown, Esq., gbrown@nhoralhealth.org
NHPHA Workforce Development in 2018 included many new and exciting events and initiatives. With a grant from the NH Charitable Foundation, NHPHA hired a **Workforce Development Coordinator, Emily Goulet**. Emily has successfully expanded the Rising Stars program, continuing education, and the student internship program and established the public health mentoring program. At the 2018 Annual Meeting, there were 15 student poster presentations, and 30 students attended. NHPHA awarded two student research awards, for a graduate and undergraduate project. A student session at the meeting educated students on the ins and outs of interviewing and salary negotiations.

The Rising Stars program was solidified with the establishment of an Advisory Committee in January 2018. NHPHA has increased communication and collaboration with its eight academic partners. This includes site visits and presentations to public health undergraduate and graduate students at schools around the state as well as student internship placements and mentoring.

NHPHA was privileged to be designated as a Community-Based Training Partner of the **New England Public Health Training Center (NEPHTC) at Boston University**. This designation has provided funding for five internship stipend positions and exciting projects at organizations throughout the state focusing on aging, public health communication, a learning collaborative feasibility study, harm reduction among injection drug users, and mental health first aid. NHPHA also hosted a gun violence prevention intern.

NHPHA collaborated with **UNH Institute for Health Policy and Practice** and the **NH Division of Public Health Services** to host its first webinar in May, entitled “Exploring Social Determinants of Health: from Data to Action to Advance Equity (National & NH Approaches).” Presenters included: Kitty Jerome from County Health Rankings and Roadmaps, Emily Benson from Carroll County Coalition for Public Health, and Rudy Fedrizzi from Cheshire Medical Center/Healthy Monadnock. We also hosted two Lobbying and Advocacy trainings at UNH Law in February and November, partnering with New Futures, James Monahan, and Kerri McGowan Lowrey from the Network for Public Health Law-Eastern Region.

NHPHA launched a pilot Public Health Mentoring Program in October 2018, with a kick-off event presented with Leadership Greater Hartford. The program pairs current public health undergraduate students, public health graduate students, and early-career professionals (one to three years in the field) with seasoned health professionals. It aims to make a positive impact on the career and professional development of students and early-career professionals. These mentees have the opportunity to network and explore a variety of public health careers in order to learn more about the field. The program is slated to finish in early May 2019 and will be evaluated for future implementation.
Get Your Rear in Gear

Katie Robert, Past President

On September 8, NHPHA co-hosted the 5th Annual NH Get Your Rear in Gear Trail 5K and Memory Walk to raise money and awareness for colon cancer screening and detection. Colon cancer is the number two cause of cancer death in the United States, but one of the most treatable when caught early.

Co-hosted by Gould Hill Farm, the event had almost 200 walkers and runners, supported by a volunteer team of over 25 people. Thanks to our single biggest donation ever from the O’Halloran Family Foundation in honor of Wayne Charette – who lost his life to colon cancer in March 2018 – the event raised more than $30,000.

Since 2014, NHPHA and other race supporters have helped the event raise almost $150,000, granting back funds to local community health centers such as HealthFirst Family Care Center, Families First Portsmouth, Manchester Community Health Center, and Harbor Health Care & Wellness Center in Nashua. Grant funds have purchased colonoscopies, screening kits and processing costs, other test prep and transportation costs, and staff time to follow up on tests and support patients navigating necessary follow-up care. During Colon Cancer Awareness month in March, grant funds supported an awareness campaign running on local live and streaming television channels.

2018 Organizational Members

American Lung Association of the Northeast
Ammonoosuc Community Health Services
Breathe New Hampshire
Charlestown Health Center
Cheshire Medical Center
Colby-Sawyer College
Community Health Institute/JSI
Dartmouth-Hitchcock
Endowment for Health
Foundation for Healthy Communities
Franklin Pierce University
Granite United Way
Harvard Pilgrim Health Care Foundation
Keene State College
Makin’ It Happen
New Futures
NH Businesses for Social Responsibility
NH Children’s Trust, Inc.
NH Division of Public Health Services
NH Pediatric Society
North Country Health Consortium
Northeast Delta Dental
Rivier University
Safe Kids New Hampshire
Southern New Hampshire University
Strafford County Public Health Network
TLC Family Resource Center
UNH Health Management & Policy
UNH Institute for Health Policy & Practice
UNH Institute on Disability
In 2018, Rachel Maxwell from Granite United Way came on board to chair the NHPHA Public Policy Committee. Rachel’s leadership role began just prior to the 2018 New Hampshire State legislative session. During this time, the committee sought to fine-tune our prioritization process for identifying which bills we would actively track and focus our efforts. It is not uncommon for more than 1,000 bills to be proposed at the beginning of a session—an abundance of which have impacted the public’s health. The discussions resulted in, among other things, defining a new way for NHPHA to communicate about our policy work. For the 2018 legislative session, the group identified the following three priority advocacy areas:

- **Equity and Health Outcomes**: to remedy obstacles to health such as poverty, discrimination, and their consequences
- **Healthy Environments—Natural, Built, and Social**: to address the environments in which we live, learn, work, and play to ensure a healthy population
- **Substance Misuse—Improving Prevention, Treatment, and Recovery**: to act upon the high rate of substance use disorder, a chronic remitting and relapsing medical disease that is preventable and treatable and was the number one public health crisis facing NH in 2018

Full descriptions of these policy directions are at nhpha.org.

With our direction decided, the committee prioritized bills and our volunteer advocates went to work—more than 1,100 volunteer hours were logged during the legislative session. We collaborated with partner organizations and other advocates to realize several big public health wins for the year: Medicaid Expansion was continued; SB 247, a hallmark lead poisoning prevention bill, was finally passed; and the Alcohol Abuse Prevention and Treatment Fund was fully funded for the next five years.

Other wins include the passage of HB 1807, which established a process for older adults to seek protective orders due to abuse, exploitation, and neglect. A bill that would allow for syringe service programs in safe school zones as approved by local school boards was signed into law. And we were successful in defeating attempts to add a work requirement to the food stamp program. Other efforts that were not as successful included seeking to establish a system of paid family and medical leave insurance, opposing work requirements in the New Hampshire Health Protection Program, opposing limitations on public health-related nonacademic school surveys, increasing the age for sales and possession of tobacco products, limiting sugary beverages served by restaurants in children’s meals, and requiring passenger restraints by motor vehicle drivers.

NHPHA signed on to support or oppose many other pieces of legislation important to our partners and related to our priority topic areas.

Throughout the legislative session we partnered with many organizations: New Futures, Breathe New Hampshire, and New Hampshire Legal Assistance, to name a few, pursuing our shared interests. NHPHA actively engaged alongside clean energy partners around multiple bills highlighting the importance of both combating the health effects of climate change and directly reducing the harms of air pollution from curtailing the burning of fossil fuels. Our annual legislative breakfast provided another opportunity for NHPHA to support our partners by inviting them to join us during the breakfast to discuss the potential health impact of bills being voted upon in the coming weeks.

In addition to the legislative advocacy work happening at the State House, the NHPHA Public Policy Committee focused significant time and energy on updating policy statements to guide our advocacy work throughout the year and for use by legislators, researchers, and public health practitioners. These statements can be found on www.nhpha.org. The topics of the updated statements include public health infrastructure, occupational health, sexual and reproductive health, and substance use disorders and substance misuse. Volunteer subject-matter experts were called upon to help make these objective, informative, and relevant to New Hampshire, reflecting cutting-edge research on effective public policy.

After a year of service, Rachel Maxwell has moved back home to New York State. While the committee misses her, we are grateful for Annika Stanley-Smith, another Granite United Way employee who has taken over the chair role. J.J. Smith continues to put in many, many hours as the volunteer NHPHA Advocacy Lead and is supported by a small cast and crew, including Marie Mulroy, who works tirelessly to maintain access to Medicaid as well as keep our lungs filled with clean air, our homes healthy, and our communities age-friendly. Newcomers are always welcome to the collective effort, where learning how to navigate the public policy arena is ongoing. NHPHA continues to thrive thanks to the work and expertise of our volunteers. We look forward to growing the relationships built this year and continuing momentum into the 2019 legislative session.