



New Hampshire Musculoskeletal Institute

ADVANCING KNOWLEDGE. ADVANCING CARE.



35 Kosciuszko Street | Manchester, NH 03101 | P: (603) 627-9728 | F: (603) 627-0880 | www.nhmi.net | E: laura@nhmi.net

July 30, 2020

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Dear Donor:

You make a difference every day for young athletes in greater Manchester.

- You put athletic trainers on site for over 10,000 hours at 9 high schools to care for young athletes last school year!
- Your support meant Safe Sports Network's Youth Concussion Management expertise was right there for nearly 200 children who suffered concussions last year.
- Because of you, 4,000+ concussion tests were taken by youth, middle and high school athletes.
- Young athletes from all levels of sport have access to professional sports medicine because you care.
- You provide state-of-the-art sports medicine preparation and planning. Last year nearly 100 drop-the-dummy drills were conducted - ensuring that teams are ready if a teammate collapses!

All of this, and much more, is because of you! Please take a few minutes to celebrate yourself. And remember - children are our future. Anything we do to help them helps us all.

On behalf of 6000+ student athletes, thank you!

Sincerely,

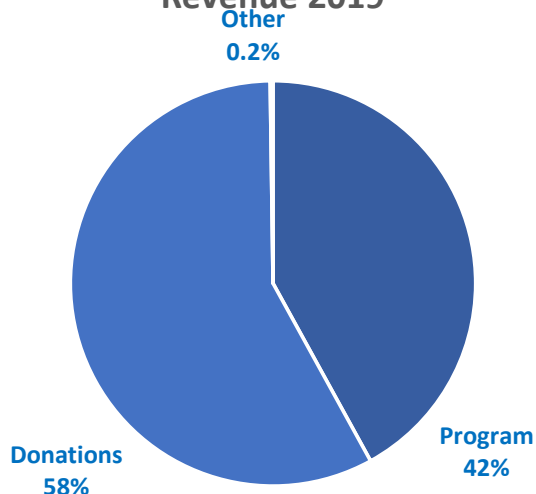
Laura C. Decoster, ATC
Executive Director

PS - Publishing this Annual Report will be one of my last acts as Executive Director. I want to tell you it's been an honor to work with all of you to help keep kids as safe as possible. I look forward to enjoying my retirement knowing our kids are in your able and caring hands. Thank you!

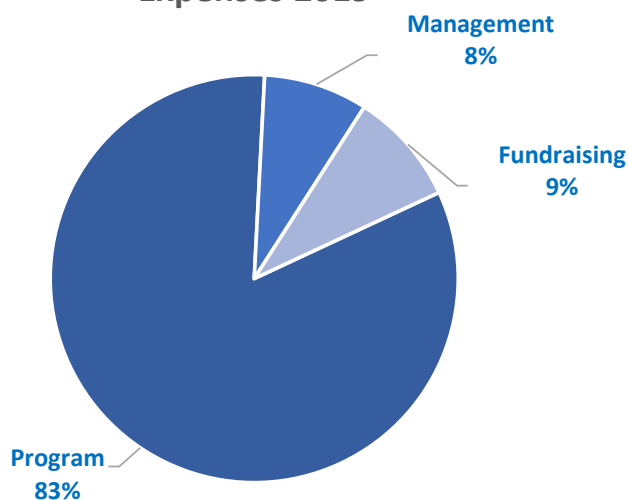
2019 Annual Report

Financial Report

Revenue 2019



Expenses 2019



"We've been so incredibly impressed at the care our daughter has received from the [Safe Sports] athletic trainer after sustaining a concussion. Since she is our first daughter in high school, we had no idea that the school had this unbelievable resource for the athletes." *JP- Parent*

www.safesportsnetwork.org



This is Gillian

Gillian won the Safe Sports Perseverance Award at Memorial High School for the Spring of 2019. You made it possible for this lacrosse goalie to have the care she needed for her concussion.

Gillian stayed in net to block a lot of shots the day they played against Goffstown. Unfortunately, she blocked a couple of them with her head!

Her mom remembers, "When I received the call that she was suffering from symptoms of a concussion, I assumed I'd be running off to urgent care to have her looked at. I couldn't believe how comprehensive the care she got right from school was."

Gillian got back to lacrosse safely. Mom says, "We are so thankful to all those that make it possible for Memorial High School to have this service available to the athletes!" DONORS - THAT'S YOU!

Thank you, 2019 donors!!

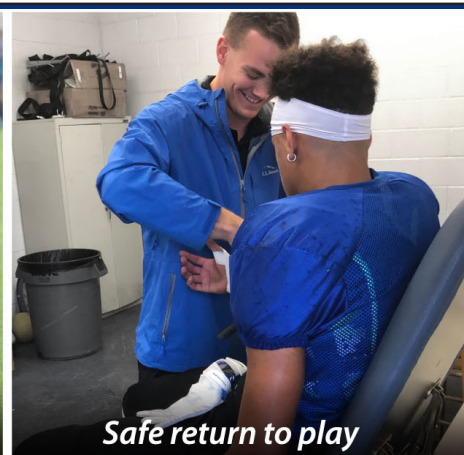
You make it possible for young athletes to have the care they need.



Emergency preparation



On-site care



Safe return to play

Philip Akstin
Ricci & Mike Allard
Karen & John Allard
Debra & Nancy Allen
Andrea Alley
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Sarah Andrews
Kalli Arbour
Erica & Scott Arzilli
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Shelly & Sean Barnett
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Al Cayouette
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Caroline Ciechon
Stephen Cina

Jane Clayton
Stephen & Tammy Coburn
Linda Cole
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Dianne Connolly
Mike Conroy
Brigitte Cook
Christopher Couture
Jonathan Crary
Phil Croasdale
Dylan Cruess
Maribeth Crupi
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Patty Dwyer
Dan Earley
Michele Eaton
Jim Edmonson
Andrea Elliot
Lilly Esparza
Scott Evans



A Nonprofit Dedicated to Youth Sports Safety

You Made a Difference in 2019

Athletes step on a field, rink or court under the watchful eye of Safe Sports athletic trainers about 150,000 times a year.



Even kids who don't get hurt are safer because of your support for Drop-the-Dummy education and drills.
But if they do get hurt, your support means they have the care they need.



Safe Sports network
A Nonprofit Dedicated to Youth Sports Safety

Thank you, 2019 donors!!

Every gift supports efforts to improve knowledge and sports safety.

Jay Fallon
Richard Feldheim
Mark Ferdinando
Christina Ferrari
Chantal Filiau
Todd Fitzgerald
Diane & Mike Fitzpatrick
David Flurey
June Frechette
Monica & Peter Galamaga
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Jack & Nancy Gati
Art Gatzoulis
Maureen Gauthier
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Steven Gelinas
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Scott Greer
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Tina Lesieur
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William Letendre
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Ruth Lewis
Jackie Linker
Laura Lord



2019 Highlights

- Young athletes had over 1,500 new injuries evaluated by Safe Sports staff.
- Athletes received over 20,000 free treatments for those injuries valued at over \$700,000.
- 340 healthcare providers attended NHMI continuing education events.



Thank you, 2019 donors!!

Every gift supports efforts to keep kids safer.

Ted Lorenzetti	Anne Mikol	Dan O'Neil	Dorra Robitaille
Matt & Kim Low	Kathy & Mike Milligan	Patrick O'Neil	David Roedel
Derek Lynch	Benjamin Mitchell- Lewis	Lindsay Overko	Crystal Rollins
John Lynn	Deno Mokas	Kelly Paganelli	Jeannette Roslie
Ian MacDermott	David Moreton	Danica Page	Lori Rowell
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Steve McMahon	Leah Neal	Nicole Plaseczny	<i>Steven Schubert</i>
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Deb Metzger	Beth O'Brien	Scott Reed	Cathy Sirois
James Metzger	Chris & Kathy Odiorne	Mark & Nicolette Rioux	Mark Skladony
Marc Michaud	Brian O'Leary	Lynn Roberts	Theodore Smith



RANIA BARTON

Manchester Central High School
Winter 2019-2020

PERSEVERANCE ATHLETE

Key: Board Members in *Italics*

Thank you, 2019 donors!!

Every gift supports efforts to keep kids striving for their full potential.



ANNIKA WIDLUND

**Manchester High School West
Winter 2019-2020**

PERSEVERANCE ATHLETE

Brittany & Cassandra Snow

Jon Snow

Kim & Tim Socha

Greg Soghikian

Ellen Soucy

Sydney Spenard

Denise & John Spenard

Mike Spenard

Jayna Stevens

Bill Stone

Erik Swartz

Dennis Sweeney

Concetta Tedesco

Christine Telge

David Therrien

Joshua Thibaudeau

Bob & Sue Thomas

Cathleen Thompson

Tom Thornton

Greg Timbas

Timothy Tourville

Sherry Trapp

Stephen Traynor

Ed True

Jim & Lynda Truncellito

Trish Tryon

George Tzimas

John Vaccarezza

Dave Vachon

Alex & Nancy Vailas

James Vailas

Mary Ann & Nick Vailas

Andy Vailas

Derek van Gulde

Alyssa Van Patten

Milan Varagic

Renee Vargus

Dennis Volpe

Diane Walton

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Bob Werner

Bruce Whitehead

Raymond Wiczorek

Corri Wilson

Rob Wolfe

Bob Worden

Sharon Worsham

Nancy Wright

Kylee Young



A Nonprofit Dedicated to Youth Sports Safety

Key: Board Members in Italics

Thank you, 2019 Corporate Donors!!

Keeping Kids Safer Since 2011

Apple Therapy Services

Bedford Ambulatory Surgical Center

Maribeth Crupi Physical Therapy

NH Orthopaedic Center

OrthoCare Medical

VASH Realty

Keeping Kids Safer Since 2012

Aegis Consulting & Solutions Group

Boston Bruins Foundation

Catholic Medical Center

Cross Insurance

DePuy Orthopaedics

Foothills Physical Therapy

Harris Trophy

Millenium Running

Sports & Rehab

Trivantus

Keeping Kids Safer Since 2013

Anagnost Investments Inc

Anthem Blue Cross Blue Shield

Central Activity Fund

Central Paper Products Co.

Copper Door/Great NH Restaurants

Friends of Central HS Hockey

Harvard Pilgrim Health Care

Hoyle Tanner

Kairos Surgical

NH Fisher Cats

NH Sportsplex

Roy & Bentas, CPAs

SNHU Arena

The Lodge at Spruce Peak

TF Moran

Victory Sports Medicine

Workplace Benefits Solutions

Keeping Kids Safer Since 2014

Blue Ribbon Landscaping

Bonneville & Son

Common Man - Common Effort

NE Patriots Charitable Foundation

NH Treats, DBA Ben & Jerry's

Northeast Delta Dental

Pats Peak

Saint Anselm College Athletics

Stebbins Commercial Properties

TD Bank

The Derryfield Restaurant

The Derryfield School

The Roedel Companies

Union Leader Corp

Vertical Dreams

Werner Auto

Keeping Kids Safer Since 2015

Acapella Technologies

Amazon Smile Foundation

Boston Red Sox

Brady Sullivan Properties

Candia Woods

Corflex, Inc

E&R Cleaners

Kiwanis Club of Manchester

Lindt Chocolate

Londonderry Physical Therapy

McLane Middleton

MFAC, LLC - Perform Better

Queen City Rotary

Runner's Alley

Simbex

Keeping Kids Safer Since 2016

DCU for Kids

Envy Sports Club & Cafe

Lens Doctors

Manchester Bears Sr Football Club

NH CIBOR CARES

Pappy's Pizza

Retrieve Technologies

Sterling Plastic Surgery

Keeping Kids Safer Since 2017

Bertucci's

Chunky's

Cranmore Mountain

Goldenrod Restaurant

Granite State Poker Alliance

Henniker Brewing

Manchester Country Club

Mount Washinton Railway Co

Palace Theatre

Pinnacle Rehab

Primary Bank

Prime Cares/Prime Motor Group

RX Monitoring Services, Inc

Sap House Meadery

The Majestic Theatre

The Rotary Club of Manchester, NH

You're Fired

Keeping Kids Safer Since 2018

Bedford Bulldogs Booster Club

Bedford Lions Club

BERNSTEIN SHUR

Budweiser Brewery Experience

Chicago Bears Care

Chuckster's

Craig & Gatzoulis, PLLC

Dick's Sporting Goods

Gatorade Partner Services

Granite State Escape

Granite United Way

GTi Spindle

Island Creek Oyster Bar

KW Charity

Little Green Gridiron Club

Manchester Historic Association

Manchester Memorial Booster Club

McIntyre Ski Area

MichelleLambert.com

N2 Publishing

New England Duplicator

NH Liquor Commission

Pyramid Hotel Group

Red River Theatres

Sol Beso Day Spa

Swan Boats of Boston

Water Country

Keeping Kids Safer Since 2019

92.5 The River

Barrel Brewing

Billy's Sports Bar & Grill

Bishop Brady High School

Bishop Guertin High School

Boston Duck Boats

Bridge Cafe

Cafe la Reine

Chiropractic Associates of Bedford

Dahar Law Firm

Eversource NH

Hotworx

Johnny's Pizza of Hooksett

Ken Jones Ski Mart

King Bowling Lanes

La Carreta Restaurante Mexicano

Manchester Chiro & Sports Injuries

NH iPhone Repair

Peak Recovery & Health Center

Plymouth State University

Primary Bank Employee Donors

Primerica

Rockingham Brewing Company

Royal Palace Dance Studio

S&W Sports

So. New Hampshire University

The Grind Rail Trail Cafe

The Oaks

UMass Lowell

Waukegan Golf Club



Ambassador Inaugural Year

Thank you, 19-20 Sponsors!



Cogswell Benevolent Trust

DCU for Kids

Goffstown Rotary

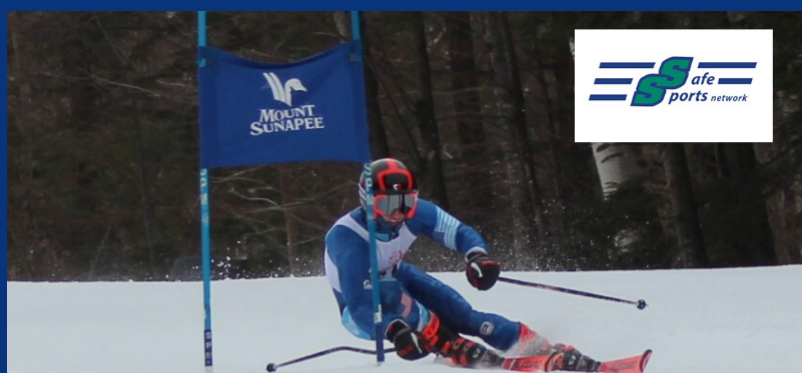
**Basil Hadgi Johnson & Alice Vaughan
Johnson Charitable Fund**

Kiwanis Club of Manchester

NH Charitable Foundation: JW Hart

Queen City Rotary

Rotary Club of Manchester



MICHAEL AKSTIN

Bedford High School
Winter 2019-2020

PERSEVERANCE ATHLETE

Thank you, 2019 Foundation Donors!!