

Supporting Health and Wellness in
the Islands of Micronesia since 1986.



CANVASBACK MISSIONS CASE STATEMENT

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CASE STATEMENT

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Benicia, CA 94510

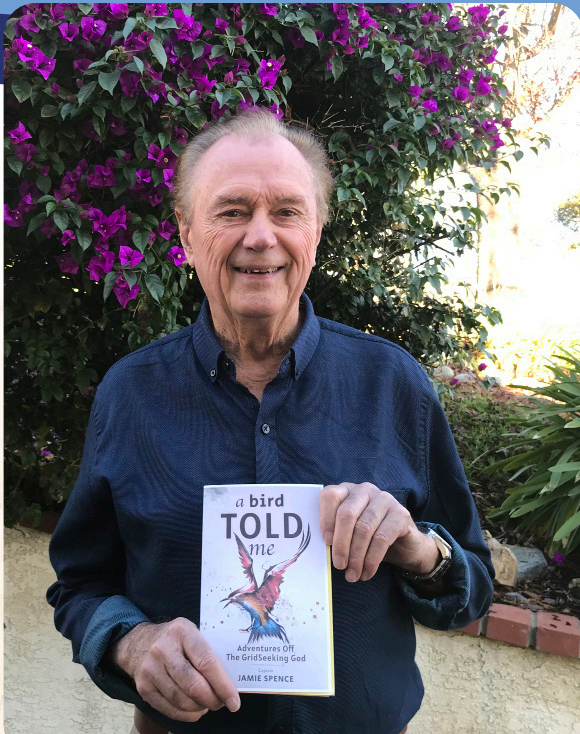
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PRESIDENT'S MESSAGE



Dear Friends,

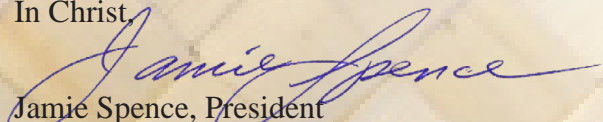
I'm pleased that you are interested in our work in the islands of the Pacific. Since our humble beginning, we have relied upon the participation of people, like you, who value service above self. Back in 1981, we brought together volunteers skilled in many trades to build the world's largest welded aluminum sailing catamaran. The ship was built entirely by volunteers and funded by small donations from individuals, congregations, and companies who shared the vision of better health.

For my wife Jacque and me, it was a faith building experience. It seemed that every time a special skill was needed or a donation was required, the right people and the right resources came at just the right time. It was hard work, but through the dedication of so many friends and the grace of God we began an adventure that has changed thousands of lives. More than 42 years later, we are still growing, and we have learned to turn volunteer hours and donor dollars into efficient and sustainable programs throughout the Pacific islands. As you consider partnering with our organization, I'd like to briefly note some of the ways we are well-equipped to work with you to provide meaningful care:

- Our network of medical personnel includes leaders in their fields who provide services that would otherwise be unavailable in island hospitals.
- We have over 42 years of experience fostering relationships of trust in Micronesia.
- Teams and resources are brought to Micronesia only at the invitation of the current government and health infrastructure.
- We train Micronesian professionals and staff, ensuring sustained, ever-increasing quality of health-care.
- Curricula, menus, and programs are designed through the collaboration of health experts, Micronesian citizens, Micronesian government officials, and Micronesian health professionals to ensure that information and resources are culturally appropriate, relevant, and usable.

We are proud of these characteristics, and we hope this document shows you why they are so important. I look forward to the possibility of working with you in the future.

In Christ,


Jamie Spence, President

CANVASBACK'S MISSION



WE BELIEVE: All people deserve a high quality of life.

OUR MISSION: Through partnership between volunteer professionals and island communities, we support health and wellness in Micronesia through diabetes reversal, specialty healthcare, and health education.

Through 42 years of service, Canvasback has been dedicated to the people of Micronesia. From our first undertaking—bringing doctors to remote outer islands on a 71-ft. aluminum sailing catamaran in 1981—to our current specialty medical teams and full-time Wellness Center, we have worked closely with island governments. This partnership allows us to identify and provide the services most needed by Pacific communities.

Micronesia is made up of many islands filled with rich and diverse cultures. While the songs, stories, and people of Micronesia beget a land of beauty, these islands face economic and geographic difficulties, resulting in the presence of pressing health problems with relatively few medical personnel.

Serious health issues requiring specialty care often go untreated for years due to the scarcity of resources, equipment, and qualified specialists. Canvasback's unique programs can treat many of these problems, often in a matter of minutes, changing the lives of not only individuals but of their caregivers, families, and friends as well.

CANVASBACK HELPS COMMUNITIES FORGE HEALTHY FUTURES

Canvasback teams also provide invaluable training for local medical professionals who continue caring for their communities long after our volunteers have left.

Canvasback's Wellness Center on the island of Majuro, Marshall Islands, is combating an epidemic of diabetes and other non-communicable diseases (NCDs) by providing the knowledge and resources for people to forge their own healthy futures. In 2014, the International Diabetes Federation identified the Republic of the Marshall Islands as having the world's highest prevalence of type 2 diabetes, followed closely by its neighboring Micronesian countries. The high prevalence

of diabetes is largely the result of the past, sudden introduction of Western foods high in sugar, fat, and salt. Our lifestyle programs aim at reversing this epidemic by teaching people to change their diet, start exercising, and grow food.

In all of our work, we bring together dedicated volunteers, skilled medical personnel, generous individuals, businesses, and NGOs to provide an incredible return on each donated dollar for healthy change in Micronesia.



OUR GOALS

- Reverse the Micronesian epidemic of diabetes by halting the rate of onset
- Provide cost-effective treatments that immediately address health needs
- Provide resources and training to supplement current healthcare structures already in place
- Design and implement programs with local input that create lasting sustainable improvements for the community's health
- Provide assistance when requested



HOW WE MEET THEM

- Send 3 specialty teams per year, reaching over 2,100 people in any given year
- Reach 3,500 children, 160 mothers, and 190 teachers per year through educational programs
- Teach over 6 intervention programs per year, providing over 120 people with resources and information to prevent and reverse the effects of diabetes, improving overall health for participants as well as their families
- Provide various resources to the Majuro community through the Wellness Center's gardens and demonstrations kitchens, reaching over 2,500 people in any given year
- Teach fitness classes in 14 schools, 1 community center, and the Wellness Center on Majuro, reaching over 4,000 people in any given year





SPECIALTY TEAMS

CREATING NEW POSSIBILITIES

PARTNERING WITH LOCAL HOSPITALS TO PROVIDE QUALITY CARE

Specialty care is difficult to provide in the context of the Pacific islands. However, Canvasback works hard to ensure our patients receive the care they need to live healthy, productive, and happy lives. Since our beginning, we have been organizing teams of doctors to assist local hospitals and clinics in providing otherwise unavailable services. In recent years, this has meant sending teams of orthopedic surgeons, dentists, gastroenterologists, urologists, gynecologists, and other specialists. Our teams provide their own equipment and supplies and volunteer their time. This means our work provides exponential returns on the funds required to send these medical personnel.

Canvasback maintains a regular presence in Micronesia, allowing us to constantly improve our practices, increase efficiency, and navigate the difficulties of international work. Our relationships with local hospitals allow us to take part in training and building the capacity of local medical staff.

Our teams are sent at the request of the local governments and are made possible through a combination of government subsidies, volunteers, and the generous donations of companies and individuals. We are proud to be part of such incredibly effective teams.





WELLNESS CENTER





A HEALTHY IDEA

LIVING DIABETES-FREE THROUGH EDUCATION, NUTRITION, AND EXERCISE

The Wellness Center on Majuro is a health and lifestyle center welcomed by its community. Run by Canvasback Missions, Inc. and Canvasback Wellness RMI, the Wellness Center is well-known for its healthy and affordable kitchen and far-reaching community health programs.

The Wellness Center's mission is to reduce the burden of non-communicable disease in the Marshall Islands. We do this by teaching lifestyle change that includes eating healthy foods and exercising frequently.

The Wellness Center focuses its efforts grass roots level programs. This includes community gardens, cooking classes and health education programs on prediabetes, diabetes, and high blood pressure..

The Wellness Center receives funding from multiple grants as well as from individual donors. Recently, these funds have helped take the Wellness Program to the outer islands of Jaluit, Ebon, and Wotje. Plans for the future include adding more outer islands and strengthening the program on Majuro to include a stronger linkage between community and clinic.

We believe that together we can overcome this epidemic. The Wellness Center consistently shows a high return on investment, as well as a profound impact on community health.



WHO WE ARE

STAFF

Canvasback has staff both in the United States and on the island of Majuro. Our team is dedicated to the people of Micronesia and strives to create community health in a sustainable and ethical manner.

Capt. Jamie Spence — Founder, President
Capt. Jacque Spence — Founder, Executive Vice-President
Jim Ayer — Vice President of Advancement
John Bechtel — Executive Assistant
Jean Kellner — Direct Mail Manager
Kelly Kostick — IT Assistant
Linda Sue Martin, MBA — Director of Technology
Elizabeth Miller — Director of Volunteer Efforts (DOVE)
Tanner Smith, RN — Wellness Center Co-Director
Kristin Smith, RN — Wellness Center Co-Director
Sterling Spence, MA — On-Board Editor
Garland Crawford — Warehouse Supervisor



BOARD OF DIRECTORS

Composed of leaders from the medical, research, and business communities, Canvasback's Board of Directors exercises overall responsibility for the policies, programs, and direction of the mission. It holds the final authority on a broad range of policy and operational matters.

William MacLean, PA — Chairman
James Bainer, MD
Janet Burki
Wakein Deunert
Leonard Grado
Alexander Hirata, CP APMP
Jacque Spence
Jamie Spence
Sterling Spence, MA

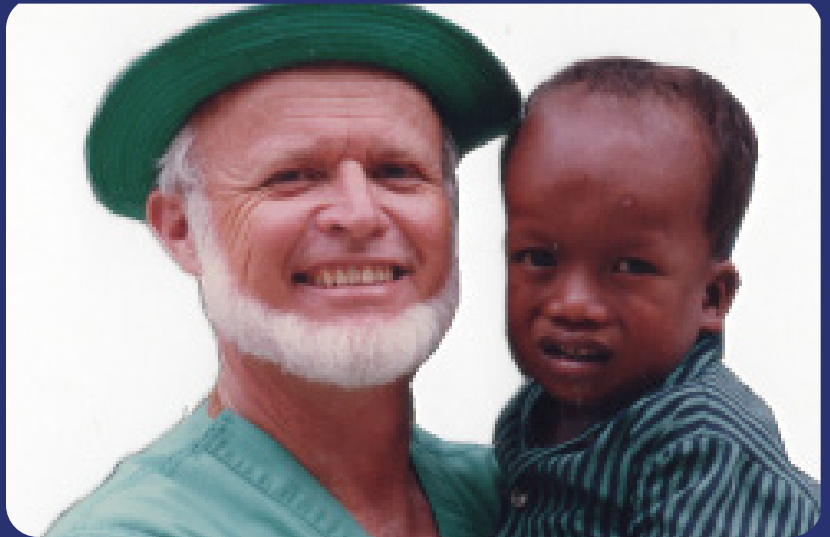
Committee Chairperson

Carl Tinlin, MD — Medical Committee
Harry Chambers, DDS — Dental Committee
Brenda Davis, RD — Health Education Committee
Chris Howell — Youth Committee

VOUNTEERS

Canvasback's work could not be accomplished without the tireless efforts of its dedicated, talented volunteers. Whether medical professionals, agricultural experts, photographers, videographers, educators, business people, construction experts, or anything else, volunteers are invaluable to our Canvasback family.

In addition to the roughly \$6 million in services we provide in partnership with our 80 plus volunteers, individuals in the United States add a value of over \$100,000 by providing their assistance and expertise through our stateside office. We are proud of the passion and generosity that each of our volunteers brings to the people of Micronesia.



LEARN MORE

INTERESTED IN GETTING INVOLVED WITH CANVASBACK?

Here are some ways you can help:

- **BECOME A MONTHLY SUPPORTER** — Monthly support helps us to continue our work in a sustainable, effective way and makes our life-changing programs possible.
- **VOLUNTEER** — We need willing and capable professionals to carry out our programs. If you have expertise in fields of medicine, education, business, agriculture, culinary arts, engineering, construction, photography, videography, graphic design, public health, anthropology, and much more, we'd love to have you on board.
- **RECRUIT OTHERS TO SUPPORT OR DONATE** — We'd love for people of all professions, ages, genders, religions, and cultures to be a part of our team.
- **ADVOCATE** — Much of our efforts are directed towards fundraising, but we realize that we don't have to do this alone. If you have seen us in action in any way, you can help to advocate for our cause. Contact us for resource packages.

FOR MORE INFORMATION, VISIT US ONLINE:
WWW.CANVASBACK.ORG