

## A message from Kellie Martin...



Over the past 13 years, I have been privileged to serve as AARDA's National Spokesperson. During that time, I have represented AARDA at a variety of functions and media events. I have spoken at fund raisers, public forums, and scientific symposia. I have visited congressional representatives and staff members on Capitol Hill. I have been interviewed on national television and have appeared in autoimmune disease PSAs. All of these appearances are a far cry from my parts in such TV shows as "Life Goes On," "Christy," "ER," and "Mystery Woman"; but I have approached each AARDA assignment with a depth of feeling that only personal tragedy can engender.

My wake-up call came with the serious, mysterious illness of my 19-year-old sister Heather. Too late diagnosed with an autoimmune disease, Heather succumbed to a disease that very likely could have been halted if she had received knowledgeable medical care. She was a young, vibrant college student surrounded by loving family—but she lost the battle of her life because "autoimmune" wasn't even considered by those to whom she went for help.

Mourning Heather and determined to do something positive in honor of her, my search for action led to the American Autoimmune Related Diseases Association. What could I do? Usually shying away from the "public eye" status afforded by my profession, I saw that it could open doors on behalf of autoimmune disease research, advocacy, awareness, and education. For Heather and autoimmune patients everywhere—at least 50 million Americans—I am proud to make appearances and lend my voice. Lives are saved through awareness.

Someone you know has an autoimmune disease—maybe you, a business associate, or a dear friend. Are you part of the fight? If "yes," THANK YOU. If "no," why wait? Perhaps you, too, have a role to play. It's a thought!

*Kellie Martin*

Kellie Martin  
AARDA National Spokesperson  
and dedicated AARDA Volunteer

## AARDA FY 2011: View from the Top

### Chairman of the Board Stanley M. Finger, Ph.D. President and Executive Director Virginia T. Ladd

What if...you had aches, pains, elusive symptoms of something and had consulted three different physicians? What if...not one of the three physicians could find anything physically wrong? What if...you were referred to a psychiatrist because "it's all in your head"? But...what if you saw a fourth physician who put the pieces of the puzzle together and recognized the real culprit—an autoimmune disease? This is not a "once upon a time" tale. It's the real-life story of 40 percent of the respondents on an AARDA survey who received the implied suggestion of hypochondria. And it's one of the reasons for AARDA's existence.

In pursuing AARDA's Mission from 1991 to the present, we have seen "autoimmunity" and "autoimmune disease" achieve public and increased professional awareness, truly first steps to diagnosis. Lives are being saved.

However, this is no time for relaxing. Of great significance is the fact that the growing fight for research dollars, given the current economy, is threatening to reduce funds designated for autoimmune research. This, in turn, means that researchers are turning to areas other than autoimmunity where they can obtain grants for their work—and autoimmune research suffers.

Also, advocacy efforts for autoimmune disease, a category which includes more than 100 known diseases, have not reached some major health groups, including a few women's advocacy groups even though 75 percent of autoimmune sufferers are women. Congressional support for autoimmune disease research funding lags behind support for other causes despite the fact that a huge number of constituents—50 million Americans—suffer from autoimmune diseases.



AARDA President/Executive Director (center) poses with four of the five 2011 Johns Hopkins University Summer Diversity Interns sponsored by AARDA: (left to right) Funso Ojo, Tamara Barrett, Yureli Lopez, and Bobby Brooke Herrera



AARDA President and Executive Director Virginia T. Ladd and AARDA Chairman of the Board Stanley M. Finger, Ph.D.

With the financial, in-kind, and volunteer support of autoimmune disease patients and others, and with coordination within the National Coalition of Autoimmune Patient Groups (NCAPG), the AARDA message is gaining strength on local, national, and international levels.

You, a reader of this Annual Report, can have a quick review of AARDA's outreach through the "Major Accomplishments" section. You will see that *advocacy* efforts continue as we sponsor congressional briefings in a drive to increase funding to the National Institutes of Health for autoimmune disease research.

In the area of *research*, you will see that we have surpassed the \$2 million mark in funding for autoimmune disease research in laboratories from Maryland to California—and the push continues. Looking to the future, encouragement of young researchers is being done through our sponsorship of students in the Johns Hopkins University Summer Diversity Internship Programs.

*Awareness*, often undervalued, and *education* efforts are bearing fruit as "autoimmunity" becomes a household word. Patients are learning how to be their own best advocates (no more humbly accepting "it's all in your head"). And now, at long last, "autoimmune disease" is included on the list of family diseases when patients complete the medical history form at their doctors' offices.

So...we share with you, our reader, the opportunity for a "View from the Top" through this report. Read our accomplishments, review AARDA's financial standing, and imagine your own name in the "Major Contributors" listing for next fiscal year.

"It takes a village . . ." is a powerful concept that applies not only to children but also to AARDA. We say, "Thank you," to all the members of AARDA's Village—and we invite you to join us. The "50 Million" are depending on us.

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Professor of Pathology and of  
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Director, Center for Autoimmune Disease  
Research, Johns Hopkins University  
Bloomberg School of Public Health  
Baltimore, Maryland



**AMERICAN AUTOIMMUNE  
RELATED DISEASES ASSOCIATION, INC.**  
*Virginia T. Ladd, Executive Director*

*National Office*

22100 Gratiot Avenue • Eastpointe • East Detroit, Michigan 48021-2227  
Phone: (586) 776-3900 • Fax: (586) 776-3903 • Web Site: www.aarda.org

*Washington, D.C., Office*

750 17th Street N.W., Suite 1100 • Washington, D.C. 20006 • Phone: (202) 466-8511

*The American Autoimmune Related Diseases Association, Inc., (AARDA), DBA Autoimmune Diseases Association, is a 501(c)(3) national voluntary health organization founded in 1991. AARDA is a member group and meets all standards of the National Health Council, in Washington DC, and of the Health & Medical Charities of America. As a Better Business Bureau Accredited Charity, AARDA meets the 20 Better Business Bureau Standards for Charity Accountability. AARDA also carries the seal "Best in America," certified by the Independent Charities of America, and has a Four Star Charity rating from Charity Navigator.*



# 2011

## ANNUAL REPORT

### *Mission Statement*

*The American Autoimmune Related Diseases Association, Inc., (AARDA) is dedicated to the eradication of autoimmune diseases and the alleviation of suffering and the socioeconomic impact of autoimmunity through initiating, fostering, and facilitating collaboration in the areas of education, public awareness, research, and patient services in an effective, ethical, and efficient manner.*



AMERICAN AUTOIMMUNE  
RELATED DISEASES ASSOCIATION, INC.



## Major Accomplishments over the Past Year

### Research

- Surpassed the \$2 million mark in funding for autoimmune disease research
- Continued support of O'Leary-Wilson Autoimmune Disease Fellowship (three-year commitment), Johns Hopkins University
- Provided grants for autoimmune research, University of California, Davis; Johns Hopkins University, including ongoing autoimmune liver disease research and crosscutting autoimmune disease research; Massachusetts General Hospital; Virginia Polytech Institute and State University; The Feinstein Institute for Medical Research; University of California, Los Angeles
- Continued support of Johns Hopkins University Center for Autoimmune Disease Research
- Sponsored five interns, Summer Diversity Internship Program, Johns Hopkins University
- Provided summer internship for medical student, Johns Hopkins University
- Provided conference grant to biochemistry/cell biology candidate, University of California

### Education (Patient, Public, and Scientific)

- Provided support for the Caribbean Autoimmune Disease Summit, Trinidad
- Provided support for FOCiS (Federation of Clinical Immunology Societies) Annual Meeting, Washington, DC
- Provided support for the Resource Center for Autoimmune Diseases, Lupus Foundation of Pennsylvania, Scranton, PA
- Sponsored the 13th Annual Autoimmunity Day, Johns Hopkins University Center for Autoimmune Disease Research, Baltimore, MD
- Sponsored AARDA Autoimmune Public Forums, "What Every American Needs to Know About Autoimmune Disease," New York, NY; Birmingham, AL; Cleveland, OH; San Francisco, CA
- Provided support for Foundation for the National Institutes of Health, Inc., for Office of Research on Women's Health 20th Anniversary Scientific Symposium, Bethesda, MD
- Provided support for Scleroderma Foundation of Michigan 2nd annual one-day public forum, Warren, MI
- Assisted more than 400,000 inquirers approaching AARDA via telephone,

e-mail, postal service, Web site, and personal contacts at meetings and conferences, by supplying information and referrals

- Made available for purchase a DVD: Dr. Noel R. Rose, "What Is Autoimmunity?" and Rita Baron-Faust, "Women and Autoimmunity"
- Completed first of two educational modules designed for patients; posted on AARDA's Web site
- Maintained 24-hour toll-free request line

### Awareness

- Achieved designation of March as national Autoimmune Diseases Awareness Month
- Provided display and representatives, American College of Rheumatology Annual Scientific Meeting, Philadelphia, PA
- Provided awareness booth and representative at FOCiS meeting (Federation of Clinical Immunology Societies), Washington, DC
- Made available autoimmune information on the Web (social networking programs as well as its LinkedIn group)
- Implemented (through an AARDA volunteer) an aarda.org marketing and communications plan with emphasis on eMarketing tools
- Continued national awareness program, "We Are 50 Million"
- Provided radio and magazine interviews
- Held Congressional Staff Briefing, with National Coalition of Autoimmune Patient Groups, Washington DC
- Published a white paper, "The Cost Burden of Autoimmune Disease: The Latest Front in the War on Healthcare Spending"



*Michael J. Klag, M.D. M.P.H., Dean of the Bloomberg School of Public Health, Johns Hopkins University, presents the Heritage Award of the Johns Hopkins Alumni Association to AARDA President and Executive Director Virginia T. Ladd.*



*Wendy Price runs again! Wendy's running shoes have many AARDA miles on them as she regularly raises funds for autoimmune research through marathon participation.*

- Accepted the invitation to join the Strategic Planning Committee of the NIH National Institute of Environmental Health Sciences
- Received national recognition through presentation of the Heritage Award of the Johns Hopkins University Alumni Association to AARDA President/ Executive Director Virginia T. Ladd

### Advocacy

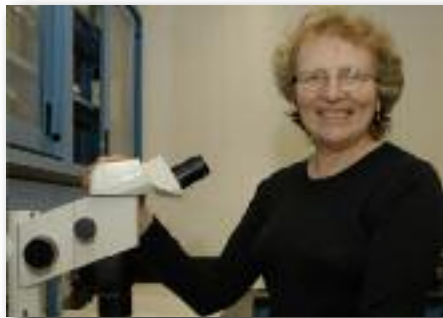
- Worked to increase significantly autoimmune research funding at the National Institutes of Health (NIH)
- Worked collaboratively with other patient groups through the National Coalition of Autoimmune Patient Groups (NCAPG) and the International Alliance of Patients' Organizations on issues of importance to patients

### Administration

- Conducted 11th Annual Victorian Tea fund raiser to realize a profit of \$65,000
- Continued to expand autoimmune education and awareness through publication of *InFocus*, AARDA's quarterly newsletter
- Maintained active involvement with the National Health Council and continued to meet all NHC standards
- Maintained status as a Better Business Bureau Accredited Charity
- Continued "Best in America" certification by Independent Charities of America,
- Maintained a Four Star Charity rating from Charity Navigator
- Contained administrative and fund-raising costs combined at only 7 percent of total expenses (up to 25 percent considered acceptable for nonprofit organizations)
- Received \$1,633,533 in contributions and in-kind services, representing 94 percent of total support and revenue (59 percent, in-kind services)

## A commentary from AARDA Scientific Advisory Board Chair

Betty Diamond, M.D.



AARDA has long supported a three-pronged assault on autoimmune disease: advocacy, education, and research. This past year AARDA has continued to campaign on all fronts. It has continued to champion funding for autoimmune diseases at the National Institutes of Health (NIH). The importance of AARDA's work in this arena cannot be overstated.

As part of its advocacy efforts, AARDA has continued to provide funds for meetings to educate lay and professional audiences about autoimmune diseases. It has sponsored meetings, written an article on the economic burden of autoimmune disease, and provided newspaper and television interviews.

AARDA reached the \$2 million mark in research funding this past year, assisting several investigators, primarily young investigators, at multiple institutions in initiating new research programs in autoimmunity.

Even as AARDA completes another successful year, plans are being made for the coming year. AARDA will organize a conference on pregnancy and autoimmunity that will be a satellite meeting at the annual conference of the Federation of Clinical Immunology Societies (FOCIS). This is a topic of profound clinical importance.

Multiple studies have reported an increasing incidence of autoimmune disease; therefore, AARDA's work is far from over. AARDA's lean management style means that all support provided to AARDA (or over 90 percent) goes directly to support AARDA's mission, making a donation to AARDA an exceptional philanthropic bargain.

So it's appropriate to salute AARDA once again for a productive year. And it's time to ask AARDA and all of AARDA's supporters to commit now to another year of redoubled effort. The goal can be nothing less than prevention and cure of the more than 100 known autoimmune diseases.

### AMERICAN AUTOIMMUNE RELATED DISEASES ASSOCIATION, INC. STATEMENT OF ACTIVITIES For The Year Ended September 30, 2011

#### Support and Revenue:

Contributions	\$ 641,383
Less: Donor designations	(\$35,000)
Net Contributions	606,383
Contributed goods and services	1,027,150
Fundraising income	98,913
Interest and dividends	2,658

**Total Support And Revenue** \$1,735,104

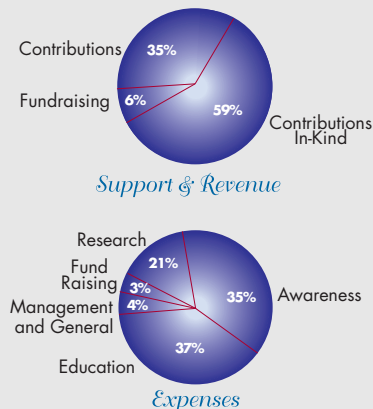
#### Expenses:

Program services:	
Education	638,912
Public awareness	601,951
Research	361,575
Total program services	<u>1,602,438</u>
Supporting services:	
Management and general	60,886
Fund raising	55,852
Total supporting services	<u>116,738</u>

**Total Expenses** 1,719,176

#### Change in Net Assets

Unrestricted Net Assets, Beginning of Year	<u>754,964</u>
Unrestricted Net Assets, End of Year	\$ 770,892



### Major Contributors in Fiscal Year 2011

#### Major In-Kind Contributors

Dr. Stephen B. Abramson  
Marilyn White Assiff  
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Etta Elizabeth Zelenak

#### Payroll Campaigns & Matching Gifts

America's Charities  
American Express Gift Matching  
Program/Employee Giving  
Program  
BNY Mellon Community  
Partnership  
Boeing Company Employees'  
Community Fund  
CA, Inc., Matching Gifts Program  
Chevron Humankind Matching  
Gift Program

**In-Kind**  
Goods and Services \$ 354,42

#### Other Expenses:

Wages	171,74
Professional fees	3,50
Postage and shipping	6,09
Public relations	31,52
Printing and stationery	6,54
Office supplies	1,77
Operating supplies	3,43
Dues and subscriptions	2,34
Filing fees	32
Equipment rental and maintenance	58
Telephone	2,07
Insurance	84
State and national meetings	13,79
Travel	8,56
Depreciation	3,59
Payroll taxes	9,42
Insurance—health	6,45
Fund raising	-
Board expenses	-
Grants	3,25
Repairs and maintenance	68
Utilities	2,19
Retirement plan contributions	5,73
Miscellaneous	-
<b>Total Other Expenses</b>	<u>284,49</u>

**Total Functional Expenses** \$ 638,91

Chubb Federal Insurance  
Company  
Community Shares of Minnesota  
GE Foundation  
Give with Liberty  
GlaxoSmithKline Foundation  
Google Matching Gifts Program  
IBM Employee Services Center  
Maryland Charity Campaign  
Merck Partnership for Giving  
Morgan Stanley  
Oracle Corporation Matching  
Gifts Program  
Pfizer Foundation Matching  
Gifts Program  
Truist  
United Way: AT & T Employee  
Giving Campaign; Columbia-  
Willamette; Northern New  
Jersey, Somerset County;  
Shiawassee; Southeastern  
Pennsylvania; Treasure Valley

#### Individual, Corporate, and Foundation Donors Contributions \$20,000 and over

Anonymous  
Genentech, Inc.  
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The Scoby Family Foundation

**AMERICAN AUTOIMMUNE  
RELATED DISEASES ASSOCIATION, INC.**  
**STATEMENT OF FUNCTIONAL EXPENSES**  
**For The Year Ended September 30, 2011**

	<u>Program Services</u>		<u>Total Program Services</u>	<u>Supporting Services</u>		<u>Total</u>
	<u>Public Awareness</u>	<u>Research</u>		<u>Manage- ment and General</u>	<u>Fund Raising</u>	
1	\$ 403,210	\$ 213,002	\$ 970,633	\$ 32,702	\$ 23,815	\$1,027,150
7	100,793	-	272,540	7,840	9,190	289,570
0	-	-	3,500	10,083	-	13,583
7	4,648	-	10,745	184	237	11,166
3	45,580	-	77,103	73	5,894	83,070
3	6,407	-	12,950	51	196	13,197
4	1,721	-	3,495	204	62	3,761
5	270	-	3,705	17	17	3,739
8	1,593	700	4,641	75	-	4,716
8	605	-	933	328	1,028	2,289
1	408	-	989	10	134	1,133
1	2,071	-	4,142	176	88	4,406
0	840	-	1,680	840	840	3,360
9	8,052	1,349	23,200	3,345	732	27,277
0	3,604	1,028	13,192	657	188	14,037
6	2,478	2,263	8,337	347	253	8,937
6	6,496	5,933	21,855	911	663	23,429
9	5,631	-	12,090	727	454	13,271
	-	-	-	-	11,512	11,512
	-	-	-	1,384	-	1,384
0	-	137,300	140,550	-	-	140,550
5	436	-	1,121	62	62	1,245
4	2,194	-	4,388	187	93	4,668
5	4,914	-	10,649	683	394	11,726
	-	-	-	-	-	-
1	<u>198,741</u>	<u>148,573</u>	<u>631,805</u>	<u>28,184</u>	<u>32,037</u>	<u>692,026</u>
2	<u>\$ 601,951</u>	<u>\$ 361,575</u>	<u>\$1,602,438</u>	<u>60,886</u>	<u>\$ 55,852</u>	<u>\$1,719,176</u>

GODFREY HAMMEL, DANNEELS & COMPANY, P.C.  
Certified Public Accountants & Business Consultants

INDEPENDENT AUDITOR'S REPORT

To The Board Of Trustees

American Autoimmune Related Diseases Association, Inc.

We have audited the accompanying statement of financial position of American Autoimmune Related Diseases Association, Inc. (a Michigan not-for-profit corporation) as of September 30, 2011, and the related statements of activities, functional expenses, and cash flows for the year then ended. These financial statements are the responsibility of the management of American Autoimmune Related Diseases Association, Inc. Our responsibility is to express an opinion on these financial statements based on our audit.

We conducted our audit in accordance with auditing standards generally accepted in the United States of America. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audit provides a reasonable basis for our opinion.

In our opinion, the financial statements referred to above present fairly, in all material respects, the financial position of American Autoimmune Related Diseases Association, Inc. as of September 30, 2011, and the changes in its net assets and its cash flows for the year then ended in conformity with accounting principles generally accepted in the United States of America.

Godfrey Hammel, Danneels & Company, P.C.  
St. Clair Shores, Michigan  
January 20, 2012

*Godfrey Hammel, Danneels & Company, P.C.*

21420 GREATER MACK AVENUE • ST. CLAIR SHORES, MICHIGAN 48080

**Contributions from \$5,000 to \$19,999**

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Brave Dave Foundation  
Figure Foundation  
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Acustech Supply, Inc.  
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Jocelyn Vortmann  
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Arthritis Foundation  
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Co., Inc.  
Debbie Block  
Priscilla Boelter  
Diana Brody & Justin Kaplan

Jessica Brown  
Justine Burselson  
Kathleen Cheevers  
Marilyn Clague  
Inga Crim  
Lisa Demer  
Steve DeVetter  
Jonathan Dobberstein  
Carrie Englinton-Manner  
Feerick Incorporated Funeral  
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Dr. & Mrs. Stanley M. Finger  
Peter Fredo  
Joan Gates & Byron  
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Harriet Gelles  
Sandra Hall  
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Melinda & Roy Kelley  
Elisa Kim & Adam Koch  
Sandra Kingsley  
Jill Kiviati  
Lourdes Kotsobeis  
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Marilyn & Alan Morris  
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Foundation  
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Dr. Karl Neumann  
Karen Neville  
Ellen Noonan  
Nancy Noonan  
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Wendy Price  
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Frank & Carol Robl  
Nicholas Rowen  
Elaine Saul  
Charles Shemely  
Sjögren's Syndrome  
Foundation, Inc.  
Lorri Steffen  
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Kristin Tavrides  
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The British Women's Club  
The Gardner Family  
Foundation  
The Myositis Association  
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Mary Ann Van Elslander  
Frederic & Sheila  
Vanbastelaer  
Alex & Iris Wagman  
Jeremy Wintersteen  
Charles Wofford  
Payton Yates  
Penelope Yeoman

**Other Contributors and Friends**  
Space does not allow us to include the names of all the persons and organizations who gave their financial support to AARDA, but we want to say "Thank you" again as we give this recognition in honor of their generosity.

**Memorials and Tributes**  
Since it is our policy not to release amounts given for these donations, we take this opportunity to express our appreciation again to those kind donors. Every contribution has been acknowledged to the donors, to those persons honored, and to the families of those held in memoriam.

**AMERICAN AUTOIMMUNE  
RELATED DISEASES ASSOCIATION, INC.  
STATEMENT OF FUNCTIONAL EXPENSES  
For The Year Ended September 30, 2011**

	<u>Program Services</u>			<u>Total Program Services</u>	<u>Supporting Services</u>		<u>Total</u>
	<u>Education</u>	<u>Public Awareness</u>	<u>Research</u>		<u>Manage- ment and General</u>	<u>Fund Raising</u>	
<b>In-Kind</b>							
Goods and Services	\$ 354,421	\$ 403,210	\$ 213,002	\$ 970,633	\$ 32,702	\$ 23,815	\$1,027,150
<b>Other Expenses:</b>							
Wages	171,747	100,793	-	272,540	7,840	9,190	289,570
Professional fees	3,500	-	-	3,500	10,083	-	13,583
Postage and shipping	6,097	4,648	-	10,745	184	237	11,166
Public relations	31,523	45,580	-	77,103	73	5,894	83,070
Printing and stationery	6,543	6,407	-	12,950	51	196	13,197
Office supplies	1,774	1,721	-	3,495	204	62	3,761
Operating supplies	3,435	270	-	3,705	17	17	3,739
Dues and subscriptions	2,348	1,593	700	4,641	75	-	4,716
Filing fees	328	605	-	933	328	1,028	2,289
Equipment rental and maintenance	581	408	-	989	10	134	1,133
Telephone	2,071	2,071	-	4,142	176	88	4,406
Insurance	840	840	-	1,680	840	840	3,360
State and national meetings	13,799	8,052	1,349	23,200	3,345	732	27,277
Travel	8,560	3,604	1,028	13,192	657	188	14,037
Depreciation	3,596	2,478	2,263	8,337	347	253	8,937
Payroll taxes	9,426	6,496	5,933	21,855	911	663	23,429
Insurance-health	6,459	5,631	-	12,090	727	454	13,271
Fund raising	-	-	-	-	-	11,512	11,512
Board expenses	-	-	-	-	1,384	-	1,384
Grants	3,250	-	137,300	140,550	-	-	140,550
Repairs and maintenance	685	436	-	1,121	62	62	1,245
Utilities	2,194	2,194	-	4,388	187	93	4,668
Retirement plan contributions	5,735	4,914	-	10,649	683	394	11,726
Miscellaneous	-	-	-	-	-	-	-
<b>Total Other Expenses</b>	<u>284,491</u>	<u>198,741</u>	<u>148,573</u>	<u>631,805</u>	<u>28,184</u>	<u>32,037</u>	<u>692,026</u>
<b>Total Functional Expenses</b>	<u>\$ 638,912</u>	<u>\$ 601,951</u>	<u>\$ 361,575</u>	<u>\$1,602,438</u>	<u>60,886</u>	<u>\$ 55,852</u>	<u>\$1,719,176</u>