

SMH Bids Farewell to Dr. Scibetta Tenney Mountain Orthopedic Clinic to Remain Open

Earlier this spring Dr. Scibetta announced he would be leaving Speare Memorial Hospital in June as he has accepted a position with a practice in Beckley, West Virginia. We recognize our community values the services Dr. Scibetta has provided over the last 12 years, and it is important for Speare Memorial Hospital to continue to offer an orthopedic option in combination with the quality care our patients have come to expect. Therefore, the office will remain open and is scheduling appointments.

While the search is underway to hire a new orthopedic surgeon, it is a very specialized field and will take time to fill the position. Interim orthopedic surgeons will provide continuing service until the position is filled. Call Tenney Mountain Orthopedics directly if you have questions or need to schedule an appointment at 603-536-5803.

Dr. Scibetta and his family are wished all the best as they begin a new chapter in their lives, both personally and professionally.

Dr. Young Named President of NHCQF

Kevin I. Young, MD at Plymouth Family Practice has been elected president of the Northeast Health Care Quality Foundation (NHCQF) headquartered in Dover, N.H. He has been on the board of directors since 2001 and served as vice president of the organization for the past two years.

NHCQF is a nonprofit educational health care organization that contracts with the United States Centers for Medicare & Medicaid Services to serve as the Medicare Quality Improvement Organization for Maine, New Hampshire and Vermont.

Dr. Young, Board-certified in Family Practice, is a Fellow of the American Academy of Family Practice. He is currently chair of the Department of Medicine at Speare Memorial Hospital. He graduated Summa Cum Laude from Bowdoin College and received his medical degree from the University of Virginia Medical School.

Team Speare Walks for March of Dimes

Speare Memorial Hospital employees participated in the March of Dimes *WalkAmerica* held in Plymouth on April 29. Despite the cool, damp drizzle, spirits were high as participants completed the one and three mile walks.

Collectively the hospital raised over \$3,300 for the March of Dimes and was the first place fundraiser locally. SMH employee Melissa Macyshyn was the hospital's top walker, raising \$752.



An Egg a Day is Okay

By Marie Veselsky,
MAOE, RD, LD, CDE

The American Heart Association has confirmed an egg a day is okay. Eggs are an excellent source of protein and contain all the essential amino acids needed by the human body. They are also high in all the B vitamins, Vitamin A and iron. In addition, eggs are one of the few food sources of Vitamin D.

Nutrition guidelines state that "saturated fat is the principal dietary determinant of LDL cholesterol levels" and that "cholesterol-rich foods that are relatively low in saturated fat content, such as eggs, have smaller effects on LDL cholesterol levels.

Remember, it is the LDL cholesterol that is considered the "bad cholesterol". Elevated levels of LDL cholesterol are associated with an increased risk of coronary artery disease due to the formation of a hard, thick substance called cholesterol plaque on the artery walls. This plaque causes narrowing of the arteries. LDL cholesterol should be below 100mg/dl.

HDL cholesterol is called the "good cholesterol" because HDL is associated with removing cholesterol plaques from the artery walls and disposing of them through the liver. Your HDL should be greater than 45mg/dl (the higher the better). Regular exercise and foods high in Omega-3 fatty acids such as fish, olive oil and raw nuts will help increase your HDL. Call your doctor to request a cholesterol profile.

Additionally, studies cited by the American Heart Association reveal no significant differences in relative risk for stroke when comparing those consuming more than six eggs per week versus those consuming less than one egg per week.

So, enjoy your eggs!

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Health Beat

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Health Beat

Spring 2007



John Hession

Pursuing a Healthy Tomorrow

By Michelle McEwen, FACHE, President/CEO

Happy spring! In our last newsletter we were still waiting for winter to arrive, but after a very late start

Old Man Winter made his presence known. That being said, your hospital has been very "active" over the past couple of months working to engage our communities in a healthy lifestyle.

Our *Paint the Town Red* campaign was a tremendous success in promoting heart health during the month of February, coinciding with American Heart Month. On Friday, February 2, a dozen area schools and businesses joined Speare Memorial Hospital in asking their employees to wear red to work for National Wear Red Day. It seemed no matter where you went, everyone was wearing red.

We also provided businesses with red dress pins and "Build a Better Heart" bookmarks to hand out to their employees to further raise awareness about the importance of heart health.

On Friday, February 23, the hospital hosted a *Paint the Town Red* reception showcasing Cardiac Rehabilitation and to raise funds toward the purchase of a new elliptical exercise machine. Over 120 people enjoyed heart-healthy hors d'oeuvres, a red wine tasting, sipped nonalcoholic pomegranate mimosas and savored rich dark chocolate compliments of Lindt Chocolate. Jazz musician Rik Pfenninger

provided a musical backdrop to the fun and festive evening, at which Dr. Louis Fink, a cardiologist from the New England Heart Institute, discussed the continuum of cardiac care provided at Speare Memorial Hospital in collaboration with Catholic Medical Center.

Under the leadership of OB Nurse Beth Simpson, hospital employees and volunteers joined together to participate in the March of Dimes WalkAmerica on April 29 (see photo



on page 5). I am very pleased to report their collective efforts raised over \$3,000 and earned them the area's top fundraising honors.

Walk New Hampshire came through town in mid-May. Speare Memorial Hospital coordinated days 10 and 11 that covered the distance from Woodstock to Campton on May 13, and Plymouth to Holderness on May 14. We had beautiful weather and were joined by an energized group of walkers each day. Please see the story and photos on page 2 to learn more about this statewide initiative to get New Hampshire walking as part of a healthy lifestyle.

Speare Memorial Hospital was disappointed with the news that Dr. Paul Scibetta would be leaving in June to accept a position in West Virginia. We certainly wish him the best as he further pursues his professional goals. While his departure will be a loss for Speare, we have already begun the search process for a new orthopedic surgeon, and have hired interim surgeons to provide continuing care. Please see page 5 for more information.

Looking ahead, we will soon be kicking off our 2007 Annual Appeal. Our focus this year will be to raise over \$400,000 that will enable us to purchase digital mammography equipment. Early detection is the best protection in the fight against breast cancer and digital mammography will take us one step further in helping detect cancer earlier and in younger women. We hope you will consider a gift to support this initiative as you learn more about the benefits of this purchase for the health of our community.

Finally, I want to acknowledge our 350 employees for their work and dedication to Speare Memorial Hospital and our communities. The week of May 6 we celebrated both Hospital Week and Nurses Week. It was a time to reflect upon and honor the service our dedicated staff of professionals provides. A renovated building and state-of-the-art technology are of little use without caring, compassionate and educated professionals who can utilize them in support of your health and wellness.

Michelle McEwen

SMH President/CEO Earns Top Healthcare Management Credential

Michelle McEwen, FACHE, Speare Memorial Hospital's president and chief executive officer, has become a Fellow of the American College of Healthcare Executives (ACHE), the nation's leading professional society for healthcare leaders.

"Because healthcare management ultimately affects the people in our communities, it is critically important to have a standard of excellence promoted by a professional organization," says Thomas C. Dolan, Ph.D., FACHE, CAE, president and chief executive offer of ACHE. "By becoming an ACHE Fellow and simultaneously earning board certification from ACHE, healthcare leaders can show that they are committed to providing high-quality service to their patients and community."

ACHE is an international professional society of more than 30,000 healthcare executives who lead the nation's hospitals, healthcare systems and other healthcare organizations. Fellow status represents achievement of the highest standard of professional development, and only 5,400 healthcare executives hold this distinction. To obtain Fellow status, McEwen had to fulfill multiple requirements, including passing a comprehensive examination, meeting

academic and experiential criteria, earning continuing education credits and demonstrating professional and community involvement. She is also committed to ongoing professional development and will undergo recertification every three years.

McEwen says she is privileged to use the FACHE credential, which signifies board certification in healthcare management and her ACHE Fellow status. "FACHE is the gold standard," notes McEwen. "Achieving Fellow status demonstrates my commitment to the profession and professionalism, high ethical standards, developing and mentoring future leaders and staying 'on top of my game.'"

Currently, McEwen is the chair of the board of directors for the Foundation for Healthy Communities, serves on the board of directors for the New Hampshire Hospital Association, the Plymouth Regional Clinic and the New England Healthcare Quality Foundation, and is the immediate past president of the Northern New England Association of Healthcare Executives. She received her bachelor's degree in finance from Plymouth State University, and is pursuing her Master of Science in Management degree at New England College.



SPEARE
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The intent of the **Health Beat** newsletter is to provide useful health-related news in a timely, accurate manner. It is not intended to provide medical advice on personal health matters. Such advice should be obtained directly from a qualified health care provider.

Published by
Speare Memorial Hospital
Office of Community Relations
16 Hospital Road
Plymouth NH 03264
603-238-6468

Area Residents Join Walk NH

Day 10 and 11 of the 16-day trek across New Hampshire from the Canadian border to the Massachusetts border passed through central New Hampshire on May 13 and 14. A project of the Foundation for Healthy Communities, the goal of Walk New Hampshire was to get people of all ages walking and raise awareness about the benefits of walking as part of a healthy lifestyle.

Following Route 3 from north to south, Day 10 of the walk covered the 16.6 mile distance from Woodstock to Campton. Day 11 was a 14.4 mile walk from Plymouth to Holderness. As the coordinator for those two days of the walk, Speare Memorial Hospital thanks



Day 10: Four miles into their walk, walkers take a break at the Jack O Lantern resort in Woodstock.

the following organizations for their support: Plymouth State University, White Mountain Motor Sports, Jack O Lantern Resort, Thornton Police Department, Days Inn Campton, Wilson Tire, Common Man Inn, Glove Hollow Tree Farm, Plymouth

Giving Matters

For generations, our hospital has been committed to remaining responsive to the healthcare needs of this community. We can assure that our patients have access to the best care available anywhere based on the expertise of our medical staff, through collaboration with specialists from Dartmouth-Hitchcock Medical Center, Catholic Medical Center, Concord Hospital and Portsmouth Regional Cancer Center, and by having the most up-to-date medical technology available here at Speare Memorial Hospital.

During the next year, SMH has determined that we will make a significant investment in the purchase of digital mammography equipment. Early detection of breast cancer is the key to survival and the use of mammography has dramatically helped to increase survival rates. Digital mammography has been shown to improve earlier detection,

particularly in younger women who often have denser breast tissue.

The purchase of this remarkable piece of equipment is the theme for the 2007 Annual Appeal. The technology will enable radiologists to alter the orientation, magnification, brightness and contrast of the images for more accurate detection of breast cancer. Another great advantage of the technology is the ability to digitally transmit mammograms, permitting immediate on-line interpretation,

By Susan Durgy, Director of Development
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expert consultation or second opinions, compared to having to hand-carry or mail an actual film.

We ask for your support of the 2007 Annual Appeal and this important capital equipment purchase, or for a program or service that you value. **Your gift matters** and enhances our ability to have medical services available 24 hours a day for you, your family, friends and neighbors, when the need arises.

Thank you for your continued support!

Friends of SMH

It is with great appreciation that Speare Memorial Hospital acknowledges the generous support of friends of the hospital given between January 1, 2007 and May 11, 2007. A total of \$31,559 was given to support medical programs and services throughout our community. Gifts to our Capital Campaign are not listed here, but will be published in a final Campaign report.

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| 3 anonymous gifts
Tom and Ann Blair
Laurie Bolognani
Bridgewater Power Co., LP
Dina K. Brodis
Brown Brothers Harriman & Co.
Marguerite Brown
Artie and Diana Burdette
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Dr. Jeffrey T. Reisert
By A. J. P. Chivers
Mr. and Mrs. Richard Renoe</p> <p>In Honor of
Speare Memorial Hospital
Nurses By Rod and Claudia
Scheffer</p> |
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Day 11: Fourth graders from Holderness Central School pose for a picture before joining Walk NH through Holderness.

Police Department, Common Man/Ashland, Ashland Police Department, Squam Lakes Chamber of Commerce, Holderness Police Department, Squam Lakes Association and the Masonic Hall in Holderness.

SMH Welcomes New Director of Surgical Services



Speare Memorial Hospital is pleased to welcome Shari Laurion, RN, MS, CNOR, as its new director of surgical services. Laurion brings over 20 years of operating room experience, from both the clinical and management perspectives, to her new position at Speare.

"I've had an increasing amount of leadership experience in my career, and this was the next step," states Laurion. "I was attracted to the position at Speare as the smaller, community hospital environment appealed to me, and I was impressed with what I saw. Speare is working on all the same quality initiatives as the larger hospitals, and I'm excited about some of my initial projects."

"We were very impressed with Shari's broad scope of skills and knowledge, as well as her years of experience," says SMH's Chief Nursing Officer Beverley Rankin.

Since 1985, Laurion's career has focused on patient care relative to day surgery. "I like seeing patients through the continuum of care from pre-to-post op," she says, noting that the trend toward outpatient surgery has grown over her career, as has the complexity of procedures due to advances in surgical techniques and technology.

Prior to coming to Speare Memorial Hospital, Laurion had spent her entire career at Concord Hospital, beginning in 1983 when she received her diploma from the Concord Hospital School of Nursing. She worked her way up the ranks from an operating room nurse, to nurse clinician/clinical nurse specialist in Day Surgery Center to a clinical leader of a pre-surgical admission unit and Post Anesthesia Care Unit (recovery room).

It is that experience Rankin wants Laurion to build on at Speare, stating, "We want Shari to make sure we are doing the best we can for our patients."

Laurion holds a bachelor's of nursing from Saint Joseph's College, a Master of Science in Clinical Nursing Leadership, with a focus in management, from the University of New Hampshire and an Ambulatory Surgery Administrator Certificate from the Association of Operating Room Nurses.

Individualized Aquatic Physical Therapy Offered

By Gillian Cavezzali,
Director of Rehabilitation Services



Speare Memorial Hospital's Rehabilitation Services department is reintroducing its aquatic physical therapy program.

For centuries, the medical profession has proclaimed the benefits of therapeutic pools. "The unique properties of the water and the fun atmosphere are among the many advantages of using the pool for rehabilitation," says SMH Physical Therapist Christine McLaughlin. "Aquatic physical therapy uses the properties of water to enhance exercise and create a safe environment for progressive rehabilitation."

McLaughlin continues, "The buoyancy of the water provides an unloading of the weight bearing joints of the spine, knee, and hips, which is helpful for those who can not tolerate exercising on land due to joint pain. Water also provides assistance and resistance while exercising so that one can 'loosen' stiff joints and progress through various levels of activity while increasing strength. The temperature of water prompts muscle relaxation, facilitates stretching and generally reduces the sensation of pain.

Many orthopedic, neurologic, chronic pain and arthritic conditions can be treated effectively using the special properties of water due to the low-impact setting. Exercising in the water provides several benefits that exercise on land can not for people who have difficulty with weight bearing activities due to arthritis, recent fracture, sprains, or their weight. Water nearly eliminates the effects of gravity. As an added benefit, aquatic therapy also can help promote healing to the site of injury.

To begin aquatic therapy one of Speare Memorial Hospital's physical therapists completes an evaluation, and with McLaughlin, designs a program of movement and exercise to meet the patient's individual needs. Treatment sessions improve circulation, strength and endurance, balance and coordination; increase range of motion; decrease tissue swelling; protect joints during exercise, and reduce stress. As appropriate, the patient's program can be advanced to a land-based program to assure complete recovery.

Most insurance companies will cover aquatic physical therapy, but a physician referral is required. For more information about Aquatic Therapy at Speare Memorial Hospital, contact Rehabilitation Services at 603-238-2225.