

## SMH Plans to Paint the Town Red

February is American Heart Month and Speare Memorial Hospital is hoping to increase awareness of the importance of heart health and offer tips for building a healthier with its month-long campaign *Paint the Town Red*.

The kick off event is Friday, February 2: the American Heart Association's "National Wear Red Day". In addition to encouraging its own employees to wear red that day, SMH has worked with the business community to encourage local businesses to promote National Wear Red Day within their organizations. SMH provided bookmarks with tips on building a healthy heart (see sidebar) and red dress pins that could be passed out to those who wear red.

On February 14, SMH is offering hospital employees the opportunity to honor and recognize their coworkers with a "You've Got Heart" promotion. Employees will be able to purchase a red carnation, attach a note and the volunteer staff will deliver the carnations throughout the day. A special thank you to Family Tree Florist in Plymouth for generously donating the carnations.

The culminating event will be a *Paint the Town Red* community celebration at the hospital on Friday, February 23 beginning at 5:30 p.m. The evening will feature the music of Rik Pfenninger, heart-healthy hors d'oeuvres, a wine tasting, dark chocolate and non-alcoholic pomegranate mimosas. The cost is \$10 per person and proceeds support the purchase of a BioStep® Semi-Recumbent Elliptical machine for SMH's Cardiac Rehabilitation program. For tickets call 238-2211.

## Your Food Guide to a Healthier Heart

By Marie Veselsky, MAOE RD LD CDE

February is American Heart Month, and diseases of the heart and blood vessels remain the number one health problem in the United States. Heart disease can cause heart attacks, strokes and kidney failure.

An elevated cholesterol, especially the "bad" cholesterol or LDL, is a risk factor for heart disease. Both heredity and diet have a significant influence on a person's cholesterol. You can't do much about your genetics but you can make some positive changes regarding your diet.

Saturated fat found in meat and dairy is what most people think of when their doctor tells them they should lower their cholesterol. However, foods high in trans-fatty acids can actually be worse than the saturated fats. Trans-fatty acids are often found in commercially prepared foods such as cookies, donuts, muffins and other sweets.

Cutting down on saturated fat and avoiding trans-fatty acids will help lower your "bad" cholesterol. But not all fats are bad. Fats that contain the Omega 3 Fatty Acids have actually shown to lower the "bad" cholesterol, not increase it.

### So how do you know what are "bad fats" and what are "good fats"?

#### Bad fats:

- Butter or stick margarine
- Shortening
- Commercially fried foods
- Most non-dairy creamers
- Coconut oil, palm kernel oil, cottonseed oil, hydrogenated vegetable oil (trans-fats)
- Meats high in saturated fat
- Bread products containing saturated fats and/or trans-fatty acids

#### Good Fats (Omega 3 Fatty Acids):

- Raw nuts such as walnuts and almonds
- Natural peanut butter
- Fish/fish oil
- Olive Oil
- Soy protein

Most fresh fruits, vegetables, and whole grains don't have saturated fat or trans-fatty acids and are high in fiber. Eating these foods can also lower your cholesterol.

## Health Beat

### Tips for Building a Better Heart

- ♥ **Know Your Numbers.** Maintain a healthy weight and control your blood pressure, cholesterol and blood sugar.
- ♥ **"Butt" Out!** If you smoke, NOW is the time to quit.
- ♥ **Move It!** Get at least 30 minutes of exercise every day to maintain a healthy heart. More physical activity will be needed if you are trying to lose weight.
- ♥ **Eat Smart.** Whole grains, fruits and vegetables provide a solid foundation for a healthy diet.
- ♥ **Chill Out!** Take time to relax, refresh and rejuvenate to better manage stress. Get at least eight hours of sleep a day.
- ♥ **Check Up.** If you haven't had a physical recently, call your primary care physician to schedule one. Request and discuss your cardiac risk assessment.

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## Health Beat

The WELLNESS NEWSLETTER for the Community We Serve

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# Health Beat

Winter 2007



John Hession

## 2007 Gains Momentum Building on Health & Wellness Initiatives

By Michelle McEwen, President/CEO

It seems hard to believe that the new year has just begun, as we at Speare

Memorial Hospital have been busy preparing for our new health and wellness initiatives for the upcoming year.

We wrapped up 2006 by welcoming Dr. Thomas Schwaab, a urology specialist from Concord Hospital Urology Group, to Speare Memorial Hospital. He is accepting appointments and meets with patients in our Visiting Physician's Office. See the story about Dr. Schwaab on page 4 for more details.

Nurses at Speare Memorial Hospital were the cover story for the November 20, 2006 issue of *Advance For Nurses*. *Advance* is a national publication with regional editions, including New England. Our nurses were so proud to be chosen for a cover story, and we were pleased to have them share the quality of patient care and practice advancements that exist by being "Small but Mighty."

Also in December, we officially rolled out our Mobile Gym for the School Occupational Therapy program I wrote about in our last newsletter. The new Mobile Gym provides a private, appropriately appointed therapy environment for students from five area schools. The retrofit of the 2005 Aurora Class A motor home by Coachman was made possible by a donation from the VonArx family, formerly

of Wentworth. The program took center stage at a media day we held in early December at Thornton Elementary School and received great coverage in both the local and statewide media.

Opening 2007, Speare Memorial Hospital welcomed Tenney Mountain Internal Medicine as an affiliated primary care practice. Jeffrey Reiser, DO, and Physician Assistant Brittanica "Britt" McDonald will remain in their current location at 251 Mayhew Turnpike/Route 3A. The practice focuses on complete health maintenance and accepts patients age 13 and older. Turn to page 4 to

learn more.

February is American Heart Month and Speare Memorial Hospital is hoping to increase awareness of heart health in the local community through our *Paint the Town Red* campaign. See details on page 5. We have been very pleased with the early enthusiasm for the campaign expressed by area businesses.

While winter may have just arrived, it isn't too early to start thinking about spring. Our *Health and Wellness Outreach Series* will continue on March 21 with the program "Steps to a Healthier You" focusing on diet and exercise. Our *Back to Golf Conditioning* program begins February 12 and runs through April 11 to help golfers, and anyone wanting to increase strength and flexibility, get back in the "swing." Finally, be on the lookout for more information about our participation in the WalkNH Relay in May. More details to come.

As always, Speare Memorial strives to be your health provider of choice, and serve as a resource for health and wellness across the spectrum of life. This year is shaping up to be one of our most exciting, and we hope you will make plans to join us at one or more of the events/programs we have planned in our efforts to build a healthier tomorrow.

## Back to Golf Conditioning Program Offered

By Gillian Cavezzali,  
Director of Rehabilitation Services

Rehabilitation Services at Speare Memorial Hospital will be presenting its fifth annual *Back to Golf Conditioning* program beginning Monday, February 12. The eight-week program will be offered from 5 – 6 pm on Monday and Wednesday evenings through April 11 in the Community Room at 20 Highland St., the Mid-State Health building. The cost of the program is \$90 and may be reimbursable by insurance.

*Back to Golf Conditioning* features golf-specific exercises to improve the body's range of motion and strength through patterns of stretching and toning. The program strives to insure each participant has individualized attention and quality instruction, but participants are encouraged to work at their own pace. All participants are asked to bring a gymball and water bottle.

Although the *Back to Golf Conditioning* program has been developed to prepare golfers for the upcoming season, it benefits anyone seeking to improve their level of fitness and flexibility. For more information or to register call Rehabilitation Services at 238-2225.

## Hospital Gift Counter Opens in Response to Community Requests

By Elaine Melquist, Volunteer Coordinator

Speare Memorial Hospital has responded to the numerous requests/inquiries from the community about the availability of a hospital gift shop by opening a gift counter in the main entrance lobby.

Staffed by volunteers, the gift counter carries gifts for that special someone or for a special occasion including: silk flower arrangements, pottery, baby items, and gift cards. Anyone wanting to show their Speare spirit will find caps, shirts, plush animals, pens and mugs with the new SMH logo. For convenience and comfort there is lip balm, lotion, postage stamps, and a variety of activity books for children and adults. One employee dubbed the place the new "treatment center" when he discovered the special chocolate and sugar-free candy.

The gift counter is currently open Monday, Tuesday, Wednesday and Friday from 9 a.m. – 4 p.m. Proceeds from sales will support patient services and student scholarships in healthcare.



## New Mobile Gym Rolled Out

Speare Memorial Hospital officially rolled out its new Mobile Gym in December 2006. The Mobile Gym is an enhancement to SMH's existing School Occupational Therapy Program. It was developed to assist school age children struggling with sensory perception and/or motor skills, and adversely affecting academic performance, as a result of Attention Deficit Disorder, Cerebral Palsy or other developmental delay challenges.

Currently the program assists students from five area schools and enables children living in central New Hampshire to get the help they need, right in their own hometown. The new Mobile Gym provides a private, appropriately appointed therapy environment for individualized therapy sessions. SMH's Occupational Therapist Christopher Dunstan, a certified evaluator for the Sensory Integration

Praxis Test, helps students to improve their balance, posture, ocular/motor reflexes and coordination of the senses through the use of therapy balls, therabands, theraputty and suspended equipment, such as swings and platforms. Prior to the Mobile Gym, sessions were held in more public venues wherever the schools could find space available, such as hallways, the corner of a library or the cafeteria.

The Mobile Gym was made possible by a gift from Emil Von Arx, Jr., formerly of Wentworth. Speare Memorial Hospital was designated as a \$100,000 beneficiary in Mr. Von Arx's will, with the stipulation the money be used to support community health initiatives. The Mobile Gym is a 2005 Aurora Class A motor home by Coachman that was purchased and retrofitted by NH



Evan Stout, a first grader at Thornton Elementary School, works with SMH's Occupational Therapist Christopher Dunstan using a suspended swing in the new Mobile Gym.

Coach and Camper in Rumney. Ride Away Corporation, in Londonderry, installed the wheel chair lift.



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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.

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Office of Community Relations  
16 Hospital Road  
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603-238-6468

## New Treatment for Painful Circulatory Conditions Introduced

Infrared photo therapy has been added to the therapy programs offered by Speare Memorial Hospital's Rehabilitation Services to treat patients who suffer from painful circulatory conditions. "This innovative new physical therapy program is non-invasive, drug free and safe, involving Anodyne Therapy and traditional physical therapy for balance, gait and strength training," states SMH's Director of Rehabilitation Services Gillian Cavezzali. Anodyne Therapy uses a new form of infrared photo energy that is cleared by the FDA to increase circulation and reduce pain. The treatment was unveiled at SMH's Diabetes Fair on November 20. Cavezzali explains that

circulatory problems, as a result of chronic conditions such as diabetes, or as a side effect from some drugs or chemotherapy treatments, can lead to peripheral neuropathy, or nerve damage in the extremities. Loss of sensation or pain can make it harder to walk and can lead to inactivity, then weakness, poor balance and a fear of falling. Using Anodyne Therapy, the infrared light releases molecules called nitric oxide at the site of application. Stimulating the release of nitric oxide rapidly increases circulation, which can reduce pain and secondarily promote improved mobility. Cavezzali says a typical application would include 30 minutes of Anodyne Therapy, followed by 30 minutes of exercises to improve

function and patients' ability to walk and perform their daily activities.

The success of Anodyne Therapy has been demonstrated in 15 published studies on nearly 5,000 patients nationwide to reduce foot and leg pain and improve gait and balance, reducing the risk of falls. Dr. Dale Carnegie, foot and ankle surgeon at Denver Health Medical Center reports, "I have used the Anodyne Therapy System since 1995 to treat several thousand patients, and have seen improvements in circulation and reductions in pain within 12 - 24 treatments.

For more information about Anodyne Therapy at Speare Memorial Hospital, contact Rehabilitation Services at 603-238-2225.



## Giving Matters

Thank you to all who gave so generously in 2006 to support the programs and services Speare Memorial Hospital provides every day. Each gift we receive matters to our patients and our community because together we are building a healthier tomorrow. Looking ahead in 2007, we hope you continue to keep Speare Memorial Hospital in mind, and thank you in advance.

### Tax Preparation

As you prepare to complete your 2006 tax return, this is a great opportunity to plan for 2007 tax savings. Under the Pension Protection Act of 2006, individuals aged 70 ½ are allowed to make charitable donations of up to \$100,000 from an IRA without having to count the donation as taxable income. The "rollover" gift would have to be given directly from the IRA account to a qualified charity, such as Speare Memorial Hospital. This is particularly useful for people who do not itemize, because the income is not counted in the first place. So if you do not need that income, giving from your IRA is a great idea.

*This information should not be construed as tax advice. Individuals*

*should consult with their tax advisors prior to making an IRA rollover.*

### Planned Giving

You and your family can make a real difference in your community by making a gift to Speare Memorial Hospital to provide healthcare, purchase equipment and maintain our facility. One of the easiest ways to make a gift without impacting your current quality of life is to include the Hospital in your will. You can specify an amount or a percentage of your estate. It is always best to have a will prepared by an attorney to assure that all legal requirements are met.

Some bequests are given to benefit specific programs or services the Hospital provides. Some are not

By Susan Durgy, Director of Development  
(603) 238-2211

specific and are used at the discretion of the Board of Directors for the most urgent need at the time. If you do include Speare Memorial Hospital in your will, it is helpful to let us know in advance so that we can be sure that your wishes will be honored.

### 2007 Golf Classic

We are very pleased to announce that the 2007 Golf Classic to benefit the SMH School Dental Program will be held on Thursday, June 7 at the Owl's Nest Golf Club in Campton. Last year, the tournament raised over \$19,000 to provide dental education and care to area school children. The field of 36 teams sold out last year, so plan to register early to assure your team's place at this great event.

### Friends of SMH

Speare Memorial Hospital gratefully acknowledges the generosity of friends of the Hospital for gifts totaling \$10,053 between October 7 and December 31, 2006. Every gift helps to support medical care and programs provided within our community each and every day. Thank you to all of our loyal supporters.

Mr. and Mrs. James D. Aguair  
Janet M. Amadon  
Mr. and Mrs. Allan E. Ames  
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Clay's Chocolate Shop  
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### TRIBUTE GIFTS

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Susan Morton, Central & Highlands Realty

**John Eppolito, M.D. & John Jehl, M.D. & in memory of Jim Collins**

Winnie Collins

**In Honor of Nancy Grady's 80th birthday**

Christopher & Monique Devine

**John Lloyd, M.D.**

Anne Milender

All gifts made to the Capital Campaign will be recognized at the conclusion of that Campaign.

Acknowledging every donation is very important to Speare Memorial Hospital. If an error has occurred, please accept our sincere apologies, but please let us know so that we can correct any mistakes. Thank you.



Dr. Schwaab

## Urology Specialist Joins Medical Staff

Speare Memorial Hospital is pleased to announce a partnership with Concord Hospital Urology Group to expand local access to a urology specialist, and welcomes Dr. Thomas Schwaab to the medical staff.

"We are very pleased to have formed a partnership with the Concord Hospital Urology Group to provide access to specialists here at Speare Memorial Hospital," says Michelle McEwen, president and CEO of Speare Memorial Hospital. "Our mission is to provide and coordinate quality healthcare services in response to community needs. The feedback we have received from patients has been very positive, and with Dr. Schwaab coming on as the primary physician, it will further enhance the doctor/patient relationship."

Dr. Schwaab visits with patients in the Visiting Physician's office located on the second floor of Speare Memorial Hospital, which is accessible from the Avery St. entrance. Call Concord Hospital Urology Group directly at (603) 224-3388 to schedule an appointment.

A graduate of Hannover Medical School in Hannover, Germany, Dr. Schwaab completed residencies in general surgery at Klinikum Lippe-Detmold in Detmold, Germany and urology at Dartmouth-Hitchcock Medical Center in Hanover, N.H., where he was a chief resident. He also completed an internship in general surgery at Dartmouth-Hitchcock Medical Center. Additionally, Dr. Schwaab holds a doctorate in tumor immunology from Hannover Medical School.

Dr. Schwaab is an adjunct assistant professor in Dartmouth-Hitchcock Medical Center's immunotherapy program in Hanover and his research has been spotlighted in various publications. He is trained to perform laparoscopic radical prostatectomy, a minimally invasive surgical procedure to remove the prostate, and his clinical interests include uro-oncology, laparoscopic urology and cancer immunotherapy.

## Tenney Mt. Internal Medicine Becomes Affiliate Practice

Speare Memorial Hospital is pleased to welcome Jeffrey T. Reisert, DO, and Tenney Mountain Internal Medicine as an affiliated primary care practice. Dr. Reisert will continue to be located at his current location: 251 Mayhew Turnpike/Route 3A.

Dr. Reisert is board certified to practice internal medicine. His practice focuses on complete health maintenance for adults, as well as critical care medicine, non-invasive cardiology and pulmonary medicine, the treatment for high blood pressure and diabetes management.

Dr. Reisert completed his residency at Botsford General Hospital in Farmington Hills, Mich. He holds bachelors degrees in professional nursing and zoology from the University of Vermont and his doctor of osteopathy from the University of Health Science College of Osteopathic Medicine in Kansas City, Mo.

**Physician Assistant Brittanica McDonald Welcomed**  
Speare Memorial Hospital also welcomes Brittanica "Britt" McDonald, a physician assistant, who joined Tenney Mountain Internal Medicine in August 2006. She is accepting new patients and appointments can be made by calling (603) 536-6355.

McDonald received her master's degree from the University of New England in Portland, Maine. As part of her training she completed numerous clinical rotations including: pediatric medicine, emergency medicine, internal medicine, general surgery, orthopedics and family practice.

McDonald is certified in Adult Cardiac Life Support and Pediatric Advanced Life Support. She holds a master's degree in anatomy and a bachelor's degree in wildlife biology, both from Colorado State University in Fort Collins, Colo.



Dr. Reisert and Britt McDonald

## Health & Wellness Outreach Health Series

Wednesday, March 21, 2007

**Steps to a Healthier You**

Wednesday, April 18, 2007

**Eldercare: 10 Most Difficult Conversations to Have with Your Parents**

Wednesday, Wednesday, May 16, 2007

**Triple E, West Nile Virus and Lyme Disease: Understanding the Threats**

The programs are free and open to the public. All sessions take place in the Community Room at the Mid-State Health Building, 20 Highland Street in Plymouth. For more information contact Community Relations at 603-238-6468.