

Health Beat

Fall 2014 | The Newsletter of Speare Memorial Hospital



**School Nurses:
Bringing a Little
TLC to the ABCs**



**New Providers
at Speare
Primary Care**

Page 3

**Sleep Lab
Nationally
Accredited**

Page 7

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Memorial Hospital
A Critical Access Hospital



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excellent care every day.



Understanding Community Health Needs

By: Michelle McEwen, FACHE, President & CEO

Every three years, Speare Memorial Hospital, in cooperation with providers in our Central New Hampshire Health Partnership, conducts a formal assessment of our communities' health and social service needs. This past spring we updated our 2011 assessment with a series of discussion groups including low-income families, senior citizens, mental health community, educators, business leaders, and the faith community.

In some ways the results weren't unexpected as many of the top 10 health issues identified on the list below continue to be ongoing issues. However, there was some shifting of positions on the list with different issues rising to the top and new issues appearing, such as fragile families, obesity, poverty, and transportation.

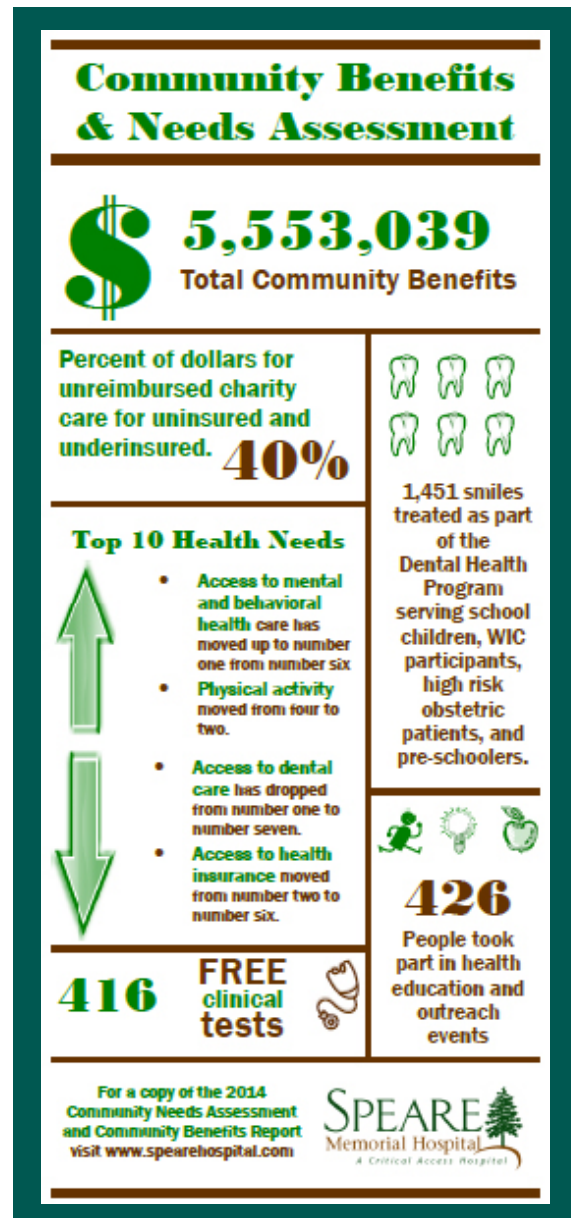
1. Access to mental health, behavioral health care issues
2. Physical activity, recreational opportunities, active living
3. Fragile families, family stress
4. Diet and nutrition, access to health food
5. Education
6. Access to health insurance
7. Access to dental care
8. Poverty
9. Obesity
10. Transportation

Overall, the perception of needs in our communities is in line with state and nationally identified issues we've all heard a lot about in the media. The top 10 list is also reflective of how healthcare is changing to focus on the whole patient, not just the symptoms, and the desire to positively impact population health overall. By understanding the underlying social determinants affecting our communities' health—such as poverty, family stress, and lack of transportation—we can better respond to them.

Based on these identified needs, Speare annually develops a Community Benefits Plan and reports results/outcomes of that plan. Examples of some of the programming and services Speare has developed are: the Dental Health Program, free health screenings and information at health fairs, our Community Care program for uninsured and underinsured patients, our StepUp to Health & Wellness video series for healthy eating and active living, the Shamrock Shuffle 5K Health Walk/Run, offering free one-on-one sessions with Health Insurance Marketplace Navigators, and hiring additional primary care providers to

ensure access for all. The infographic provides a snapshot of our 2014 Community Benefits Report and Assessment.

For a complete review of our 2014 Community Benefits Report and Community Needs Assessment, I invite you to visit our website at www.spearehospital.com/our-community/community-benefits/ for both reports. We look forward to reporting on new initiatives we are developing, particularly in conjunction with our school nurses. For more information about how our school nurses are a conduit to help make a difference in the lives of families, please see the article on page five. Like Community Benefits, it is another example of how we provide excellent healthcare to our community every day.



Eat Well, Be Well

By: Brian Scanlan, Director of Food and Nutrition Services

There are some wonderful happenings going on in the Food Service Department here at Speare Memorial Hospital. As we continue to embrace a culture of health and wellness, we have enhanced our cafeteria with the expansion of our salad that includes many more fresh ingredients and the daily choice of dark leafy greens. In the morning, a new fresh fruit and yogurt bar has been added to the menu to provide a healthier start to the day. Also for breakfast we now provide a daily grill special with the healthy option of choosing low cholesterol eggs. Each month in the cafeteria, we highlight a seasonal food item and its health-related benefits.

Moving forward, the cafeteria will undergo a remodel in the next couple of months to refresh the atmosphere and provide better opportunities for us to serve upscale and healthier products while enhancing flavors. The cafeteria is and will continue to be open to the public, so come on in and take a look at what we've done. The hours are: Breakfast 6:30am -10:30am, Lunch 11:30am – 1:30pm (1:00pm on weekends) and Dinner 5:00pm – 6:00pm.

Another exciting and more important change is the implementation of Morrison's Great Living Menu for patient services. This is a menu program that not only is healthy by design, but one that uses fresh, wholesome food ingredients. Better ingredients which include how we source our foods and how food is raised, means better nutrition. Some of the ways that the Great Living Menu promotes better nutrition over most standard hospital patient menus are:

- *An average of 28% fewer calories than most standard menus which is achieved by reducing unrefined starches, minimizing added sugars, and adding more unprocessed whole foods including fruits, vegetables, and grains.*
- *A 50% reduction in sodium which is in line with today's national recommendations to reduce sodium intake across all populations.*
- *Average total and saturated fat reductions of 48-59%.*
- *Average cholesterol reduction of 65%.*
- *An increase in dietary Fiber by over 20%.*



These menu changes will be made while keeping all essential vitamins and minerals virtually untouched.

We are very excited about the changes and anxious to get them all in place. I hope that I will see you take me up on my offer to come and look at what we've done, and please if you have any questions regarding how to go about eating a healthier diet, we have our Registered Dietitians who are more than eager to guide you with their nutritional expertise.

Speare Primary Care Welcomes New Providers



Dr. Catino and Greg Englund, APRN

Dr. Catino earned his undergraduate degree from Princeton University and his doctorate at Cornell Medical College. He completed residencies in Internal Medicine at Boston City College and Dartmouth-Hitchcock Medical Center. He is certified in Geriatric Medicine and earned a certificate in

Having expanded access to primary care with the addition of Vanessa Hahn, APRN, back in January, Speare Primary Care is now pleased to welcome Dr. Donald Catino and Greg Englund, APRN, to the practice care team.

Acupuncture to complement his training and experience in traditional allopathic medicine. For many years Dr. Catino maintained a successful private practice in New London. He retired from that in order to travel, practicing medicine most recently in Tanzania and New Zealand.

Greg Englund, APRN, earned a bachelor's in nursing at Southern Vermont College and received his Master of Science in Family Practice from the University of Colorado. Greg has emergency medicine and urgent care experience and will be at Speare Primary Care one day a week. Greg was raised in New Hampshire and lives in Plymouth with his wife and two children.

Speare Primary Care is accepting new patients. Call 536-1881 to schedule an appointment.



Nursing Assistant Program: From High School to Healthcare

A conversation with Mary Raymond, RN, BSN, Program Coordinator



The 2014/14 class of Plymouth Regional High School student nursing assistants.

What is the PRHS Nursing Assistant program?

The Nursing Assistant program is the second year of a two year Health Science Career and Technical Program at Plymouth Regional High School (PRHS).

Who is it open to?

Participation requirements?

Students in the Nursing Assistant program are seniors from PRHS and Newfound Regional High School who have successfully completed the first year of Health Science program, which is an introductory course designed for the student who is contemplating a career in a healthcare profession. At the completion of the first year they have learned many of the basics of any healthcare career: the ethical and legal aspects of health care, an introduction to anatomy and physiology, safety practices, infection prevention, employability and communication skills,

as well as basic assessment skills and CPR. They have also the opportunity to experience job shadows. They have learned medical terminology; many of them earning college credit as part of a program through the Community College system. They are then well prepared for a Nursing Assistant program.

Outcomes of the program?

At the end of the two year program, students who successfully meet all of the requirements and competencies are eligible to apply for a Nursing Assistant license in the State of New Hampshire. For students, this translates into direct entry into the healthcare workforce, a firm foundation as they enter a nursing or other healthcare clinical program, or a great way to build skills and financial resources as they continue their studies at a college level. The skills that they learn in a Nursing Assistant program can easily be transferred to any career in healthcare.

Describe the partnership with Speare?

Speare has been a stakeholder in the Health Science program since its inception over 10 years ago and has continued to be a significant partner in the program. As juniors, students have had the opportunity to complete job shadows at Speare as they explore health careers. After a clinical experience in long term care, students in the Nursing Assistant program are very fortunate to finish their clinical experience at Speare in the acute care setting. In addition to the clinical experiences, Speare has been a supportive partner through in-kind support, and through volunteer activities that raise money for scholarships for students pursuing post-secondary education in healthcare careers.

How does the program benefit the greater Plymouth community?

From the beginning, one of the goals of the Health Science program was to build a workforce with our own resources...the students in our own community. Speare has and continues to employ many former students of the Health Science program in a variety of clinical roles and settings. Former students of the program are also employed in other healthcare settings in the Lakes Region, as well as throughout the state.



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.

On the cover (l-r): Speare's School Nurses - Beth Simpson, RN, director; Kim Johnstone, RN; Denise Petryki, RN; Loraine Cathy, RN; Liz Mills, RN; Brooke Wisner, RN; and Lynnda Parker, RN. Not pictured are Christine Crane, RN, and Carolyn Varin, RN.

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School Nurses: Bringing a Little TLC to the ABCs

By: Michele Hutchins, MBA, Director of Community Relations

Some days, the best medicine may simply be a hug; but on other days, it's helping parents understand the right questions to ask to get their child the right care at the time. From band aids and temperature taking, to setting the foundation for healthy lifestyle choices or helping families navigate the healthcare system, school nurses in SAU 48—the Pemi-Baker Regional School District—play a pivotal role in the lives of the students they care for every day.

Employed by Speare Memorial Hospital, each of the eight schools within SAU 48 has a designated school nurse. They are passionate about their work, their school, and, most importantly, their kids. As Lynnda Parker, school nurse at Plymouth Regional High School, notes what she enjoys most about the job “is the relationship with the students.” Loraine Cathy from Campton Elementary School agrees, saying, “As a school nurse I am a community lifeline for getting kids the care they need and a resource for parents.”

Community is what makes the partnership between Speare and the SAU work so well according to SAU 48 Superintendent Mark Halloran. “People care about each other,” says Halloran, “and when you

have local people caring for each other's children, the passion and care comes through. Our school nurses are advocates on behalf of the kids. They provide that coordination between school, home, primary care, and back again.”

Halloran explains partnering with Speare for school nurses began about eight years ago. Just as medicine has changed over the years, so too have family dynamics and the role of school nurses. As a result, schools have been asked to do more to help address and coordinate complex health and social needs, both nationally and by local providers.

“Not only do we have kids with medically fragile conditions,” Halloran says, “but care for many students extends to both before and after school. Additionally, schools have integrated lifestyle education from nutrition, vision, dental, and exercise into the curriculum, putting school nurses at the epicenter for public health. Since our nurses also work at the hospital, they have relationships with local providers promoting better care coordination for students, and improved services for families.”

Denise Petryki, Kim Johnstone, Liz Mills and Brooke Wisner, the school nurses for Waterville Valley, Holderness Central, Thornton, and Russell Elementary, respectively, agree. “We have the bigger picture perspective, and both providers and parents rely on us to help make sure kids get the right care.”

According to Michelle McEwen, president and CEO of Speare Memorial Hospital, the integrated approach to care coordination is in line with the direction of healthcare overall. “Healthcare is shifting to engage patients in being more proactive in managing their own health, focusing on prevention and disease management which



will positively impact overall community health in the long term,” she says. “Our school nurses have become an effective conduit between schools, families and providers, and a trusted resource for helping laying a foundation for healthy habits.”

McEwen references the partnership with SAU 48 to help reduce childhood obesity, as an example. For the 2014/15 academic year school nurses are using elements of the Foundation for Healthy Communities statewide education campaign—5-2-1-0 Healthy NH—to instill in students and their families the importance of:

- *Eating at least 5 fruits and vegetables a day.*
- *Limiting screen time to 2 hours or less.*
- *Getting at least 1 hour of exercise every day.*
- *Restricting soda and sugar-sweetened sports drinks.*

The 5-2-1-0 program not only ties into the hospital's strategic goal of reducing childhood obesity, and vision to have the community achieve optimal health, “It demonstrates the value of having a community hospital,” says Halloran. “Other superintendents are envious of the relationship between our schools and the hospital. Speare adds to our quality of life, and we are better for having it here.”



Giving Matters

By: Julie DeGalan, Director of Development

A recent article in *The Chronicle of Philanthropy*, “How America Gives,” included information about the rate of charitable giving by state, and the most generous county in each state. You probably will not be surprised to learn that Grafton County is the most generous county in New Hampshire, and that Speare Memorial Hospital is one of the beneficiaries of that generosity. From July 1, 2014 through September 30, 2014, over 100 donors gave gifts and grants totaling almost \$25,000. Both the number of donors and amount given is up significantly over last year during this same time period.

There is an extremely committed group of donors worthy of highlighting – Speare’s employees. Each year they are asked to participate in an annual fund campaign and the response is always,

from a fundraiser’s perspective, very gratifying. These employees are willing to “put their money where their mouth is.” They want to show the community by their actions beyond their day-to-day work here at Speare that the institution is worthy of their philanthropic support. Their gifts, along with the many other gifts that Speare receives, help us achieve our mission – to provide excellent healthcare for our community every day. The members of the Board of Directors and the senior leadership team thank all the generous donors listed below for their support.

If you would like to talk about the various assets you can contribute as a year-end gift to Speare, for example, a gift of stock that may offer several tax advantages, please feel free to call me at 603-238-2211.

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Speare's Sleep Lab Earns National Accreditation

Three years after offering central New Hampshire residents hope for a better night's sleep, the Sleep Lab at Speare Memorial Hospital has earned national accreditation from the American Academy of Sleep Medicine (AASM). The AASM's mission is optimal health through better sleep, and is dedicated to setting standards of care and promoting excellence in sleep medicine health care, education, and research.

"We congratulate Speare Memorial Hospital's Sleep Lab on meeting the high standards required for receiving accreditation as a sleep disorders center," says Dr. Timothy Morgenthaler, AASM president. "The Sleep Lab is an important resource to the local medical community and will provide academic and scientific value, in addition to the highest quality care for patients suffering from sleep disorders."

To receive accreditation, a sleep center must meet or exceed all standards for professional health care as designated by the AASM, including: sleep technologists certified and registered with the Board of Registered Polysonographic Technologists; quality assurance measures through patient satisfaction and turnaround time on reports; and meeting all facility specifications.

"We've been working toward certification since the beginning," says the Sleep Lab's care coordinator, Registered Therapist Darcy Farina, "as there is a great deal of data gathering and documentation required. We have always been confident in quality of care, but accreditation demonstrates we meet and exceed national standards of care in sleep medicine." Accreditation also means more patients can get their care at Speare's Sleep Lab, having now become a preferred provider for other insurances including Harvard Pilgrim.

Director of Cardiopulmonary and Radiology Services Linda Nestor notes, "Accreditation of the Sleep Lab reinforces the confidence patients and referring providers have in our program. It underscores that the best care is available right here at Speare."

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The Sleep Lab team (l-r) Kevin Fernandez, registered sleep technologist; Linda Nestor, director; Dr. Michele Gaier, medical director; Gail McDonough, registered sleep technologist; and Darcy Farina, registered respiratory therapist.

Giving the Gift of Sleep

Since opening, the Sleep Lab has conducted 476 sleep studies in-house, and in April of this year, began offering out-of-center sleep studies. This is in response to changing standards of care and insurance requirements. Either way, "When you treat people and they sleep well, it is life changing," notes Dr. Michele Gaier, medical director of the Sleep Lab. "When you give someone back the gift of sleep, it is a wonderful thing."

For more information about the Sleep Lab and referral requirements from your physician, call (603) 238-2232.

Art of Healing

Family, friends,
neighbors, coworkers
—we all know someone
who has been diagnosed

with cancer. That shared experience is what brought 20 community members together for an evening of reflection, sharing and expressing a message of hope on canvas.

Hosted by the Oncology Clinic at Speare, and a regional affiliate of the Norris Cotton Cancer Center, attendees gathered together for a painting party at Kil'n Time Art Studio on Main Street, Plymouth. They were given step-by-step instruction to go from blank canvas to finished masterpiece, and each person's Hope Tree reflected their own style and story. Paintings and stories were on display at Speare, Speare Memorial at Boulder Point, and businesses throughout our central New Hampshire communities through the end of October.



A Lifestyle Makeover

By: Ken Fenn, RehabFIT Member

My journey to a healthy lifestyle began when I decided that I was going to start jogging with my teenage daughter. I was fairly confident that I was going to be able to keep up, but after the first quarter mile I knew that she had me beat. This led me to realize how out of shape I was and that I needed to make some real changes. I slowly began to get out and jog, working up to two miles, two to three times a week. After a few months I started to see the weight come off, five to 10 pounds a month. When I went in for my regular doctor visit he was somewhat surprised by my significant weight loss. Given I had not changed my eating habits, the doctor was concerned by the dramatic drop in my weight. Lab tests revealed I had diabetes, and my fasting blood sugar was in the 400s. I was instructed to stay away from sweets and to increase my exercise program.

My father has had complications from diabetes and heart disease. I was determined that I was not going down that path. I joined RehabFIT in the fall of 2012, and began working out in a way that I hadn't done since high school. Exercising three to four times a week my blood sugar numbers began to fall and my cholesterol and blood pressure decreased. All my numbers are now in the normal range and I have lost approximately 80 pounds, 20 of

those pounds was from going to Rehab Fit.

For now, I have been taken off the medication for diabetes. I continue go to the gym on a regular basis and jog five miles every other week. I always need to remember that, as a diabetic, I have a sleeping giant in my body. No matter what condition I am in, I can never go back to the eating habits and the inactive lifestyle that I once had.

I thank Kathy and the staff at RehabFIT for the hands-on training which has given me the tools to become healthy and fit, as well as my family for their caring support.

