

Helping Patients Regain Strength, Mobility and Confidence

Helping patients reach their maximum potential – that’s the mission of New London Hospital’s Sports Medicine and Rehabilitation Center. The Center provides outpatient and in-patient services and innovative programs at New London Hospital and Newport Health Center that address a wide range of conditions from recovery from a stroke or orthopedic surgery, to treating issues such as pelvic pain and language disorders, to helping an athlete return to his/her sport.



The Sports Medicine and Rehabilitation Center is fully equipped with the latest strength and exercise equipment.

Patients of all ages receive customized physical therapy (PT) treatment designed to help them regain mobility through strength and exercise, and occupational therapy (OT) to help them re-learn daily functions, such as preparing meals or managing their bills. The Center has the latest strength and exercise equipment, including a Wii, to help patients reach their goals.

Matt Petrin, Director of Sports Medicine and Therapy Services, oversees a staff of 16 highly skilled therapists who have experience ranging from five to almost 30 years. **“The longevity of our staff is one of our greatest assets.** A former patient came in for treatment and asked for the therapist he worked with years ago. That therapist is still on staff,” said Matt.

Few community hospitals of New London Hospital’s size and service area offer specialized rehabilitation services. The pelvic physical therapy program is particularly cutting-edge, providing treatment for women and men who are recovering from pelvic or prostate surgery or are suffering from pelvic pain, bowel problems or incontinence. Amanda Slack, P.T. creates customized treatment, prevention, and pre-operative care using biofeedback, diet, relaxation, and pelvic floor rehabilitation techniques.

Speech pathology and hand therapy are other specialty services. The Center’s skilled speech pathologist is experienced at diagnosing and treating a variety of disorders, including language, stuttering, and swallowing and feeding problems.

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ABC’s Child Care Center at New London Hospital: 25 Years and Going Strong!

On August 4, the ABC’s Child Care Center at New London Hospital turns 25 years old. When it first opened in 1986 to provide childcare for hospital employees, ABC’s had five children, one teacher, and one director. Today, one director and seven teachers and one aide provide quality child care for approximately 35 children a day. While the majority of these children are those of New London Hospital employees, ABC’s also accepts children from the community on a space available basis.

“It’s a wonderful feeling for a parent to know that their child is safe and happy. My child is loved, cuddled, and receives plenty of quality interaction.”

– A grateful parent

Tina L. Walker, Director of Child Care Services at ABC’s, has been with the program for 21 of its 25 years. “From our inception, New London Hospital has been very supportive of our program. It is a convenient benefit for hospital employees and it also gives them an opportunity to see their children during their lunch and other breaks,” she said.

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Hospital Day Means Family Fun – and a Special Dedication

Mark your calendar for New London Hospital Day on Saturday, August 6, 2011 at the New London Town Green. Gather your family and friends and begin your day with a pancake breakfast provided by the Lions Club. Be sure to stop by the Plant Sale and the Community Crafters Show and Sale for fabulous finds!

Everyone should come to the Family Fun area on the Green! Activities will include soccer and lacrosse, Atomic Zumba for kids, face-painting, a cupcake decorating contest, a fly fishing and casting activity, a community mural painting to add your creative talent and ideas to, and much more!

The Parade begins at 2:00 pm and this year will feature the Wells Fargo Stagecoach, providing spectators with a glimpse of old-time travel by stagecoach. Photo opportunities will be available with the stagecoach on the Green immediately following the Parade!

The afternoon segment of the day includes the first-ever annual "Battle of the Bands." Grab a snack or a meal from several food vendors on the Green, sit back and enjoy the music! Conclude your evening with an outdoor movie. Red River Theatres of Concord brings *Grease* to the big screen in New London!

New London Hospital dedicates the day to George G. Wells. Mr. Wells loved his family and his community. He served on many boards including New London Hospital, and was a long-time Hospital Days Volunteer.

The New London Triathlon will take place on Sunday, August 7, 2011 at 9:00 a.m. at Bucklin Beach. Please visit our website for further information on New London Hospital Day and the Triathlon: www.newlondonhospital.org

See you on the Green!



Bring your camera for a photo with the Well's Fargo Stagecoach during Hospital Day

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And if a patient has a wound, scar, burn, injured tendon or nerve, or fracture in her/his hand, New London Hospital's hand therapists teach exercises and create custom splints to help the hand heal and protect it from further injury. "We also work with patients who suffer from the effects of carpal tunnel syndrome, tennis elbow, and arthritis," said Matt. "We ask our clients what their goals are. For example, one of our patients, Pete, loves playing tennis. After having hand surgery, he was despondent that he couldn't lift a coffee cup. We worked with him not only to be able to do everyday activities, but also to help him get back to playing tennis!"

Says Matt: "Our goal is to get positive results for our patients. We provide the expertise, compassion, and motivation to get them back to an active, comfortable life."

2011 New London Hospital Day and Triathlon



Saturday, August 6:

All activities are located on the New London Town Green unless otherwise noted.

- | | |
|-----------------|--|
| 7:30 – 10:30 AM | Lions Club Pancake Breakfast |
| 9 AM – 1 PM | Bake Sale, Jewelry Box, Knitting Basket — Friends of New London Hospital |
| 9 AM – 1 PM | Plant Sale — New London Garden Club |
| 9 AM – 4 PM | Community Crafters Show and Sale |
| 9 AM – 1 PM | Family Fun Activities on the Green—Soccer, lacrosse, baseball & basketball stations; face painting; cupcake decorating; community mural; Atomic Zumba for Kids and much, much more! |
| 10 AM – 1 PM | Open House at New London Fire Department |
| 11 AM – 2 PM | Food Tent — New London Rotary Club |
| 2 – 3 PM | Parade down Main Street. Parade Theme: Fit for Life. Grand Marshal: Ed Rehor, New London Elementary School Physical Education Teacher. Sponsored in part by Service Credit Union |
| 4 – 8 PM | 1st Annual Battle of the Bands - Prizes for Judges' Pick and Fans' Favorite bands |
| 5 – 9 PM | Food Vendors on the Green |
| 9 – 11 PM | Movie on the Green — bring your favorite chair, blanket, picnic and enjoy <i>Grease</i> on the outdoor movie screen provided by the Red River Theatre, Concord. <i>Made possible by the generous sponsorship of Unleashed & Artisans New London.</i> |

Sunday, August 7:

- | | |
|----------------|---|
| 7:15 – 8:15 AM | Check-in for Triathlon at New London Historical Society |
| 9 AM | 28th Annual Triathlon Race Starts at Bucklin Beach. Prizes, Post Race Party, Refreshments. Triathlon T-shirt for all preregistered entrants and volunteers. <u>No same day registration.</u> |

Hospital Days is made possible in part by our generous sponsors:

Chadwick's Funeral Home & Newton-Bartlett Funeral Home, Clarke's Hardware, Concord Orthopaedics, Lake Sunapee Bank, Mount Sunapee Resort

For information, visit www.newlondonhospital.org, or please call Tracy Haines at (603) 526-5265



6th Annual Grand Gala Celebration Raises Health Programs



Bruce King, President & CEO of New London Hospital, welcomes guests to the Gala.

It was a rainy evening, but the weather didn't dampen the spirits of the 300 guests who attended the 6th Annual Friends of New London Hospital Grand Gala on Saturday, June 11. The theme of this year's event was **Come to the Cabaret**, and the historic Newport Mills building, graciously provided by Gala Host William B. Ruger, Jr., complete with his collection of antique automobiles, provided the perfect setting.

While tasty hors d'oeuvres were being passed, guests were given an opportunity to have their photos taken with a baby blue Rolls Royce from Mr. Ruger's spectacular and extensive antique collection. The staff of Rockwell's at the Inn prepared and served a delicious meal, while Carol Dunne, artistic director of the New London Barn Playhouse, and actor Tom Ford, welcomed the guests with song. Carol and Tom then led a lively table auction to support three key health programs: **Mammography Program**, so that all women will have the benefit of this lifesaving screening; **Diabetes Education Program**, to help families manage this disease and prevent long-term health complications; and the **Tiger Treatment Center**, a teen health clinic located at Newport Middle High School. Thanks to the generosity of our guests, the auction raised \$33,600.

The Friends of New London Hospital newsletter is published six times a year.

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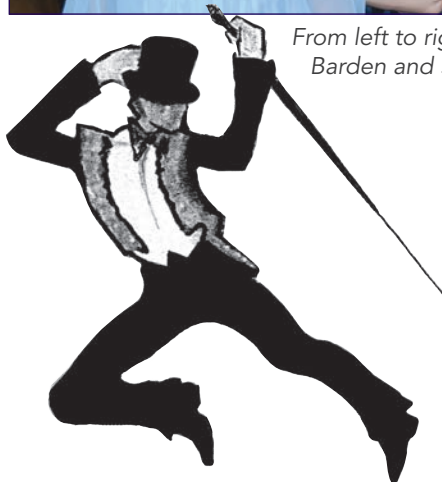
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Direct all questions and comments to **603-526-5067** or susan.bryant@newlondonhospital.org

Please write to the Community Relations and Development Office, New London Hospital, 273 County Road, New London, NH 03257 if you wish to have your name removed from the list of people who receive marketing and/or fundraising requests from the hospital. In the event that you write to us with this request, all reasonable efforts will be taken to ensure that you will not receive any marketing and fundraising communications from us, excluding postal patron mailings.



From left to right: Fay and Dave Barden and Shelby Blunt.



Richard Clough and [Name] with a lively tango.

Susan Bryant, Sr. Director, Marketing & Community Relations

The Grand Gala was a success, along with the support of MJ Harrington and Sugar Riv...

The Grand Gala was a success, along with the support of Rastallis—and the support of the Center would be all of the eve...

Funds for Needed



Norma and Alan Chase, LNA in the New London Physician Practices, and her husband Alan enjoyed the evening as winners of Gala tickets from the Nurses' Week raffle.

The Gala was made possible by Mr. Ruger's graciousness and the event's underwriters, Dartmouth Coach, Roymal, and Co., Lake Sunapee Bank, Wells Fargo Advisors, and Ever Savings Bank.

Gala Co-Chairs—Anne Holmes, David Lantz and Jane and the Committee members, and the employees and staff of New London Hospital and Newport Health Center would like to thank the area businesses, individuals and the evening's guests for making the event a success.



Cindy Baron, professional dancers, start the evening off

Your Philanthropy at Work

On May 26, a new handicap accessible van arrived at the William P. Clough Extended Care Center, just in time for all the summer activities the residents love.

Thanks to the generosity of community donors and employees, we reached our fundraising goal of \$50,000. The purchase of the new van is the result of an extraordinary outpouring of gifts, including one anonymous \$10,000 gift and one \$2,000 matching gift. The Thursday's Child Dinner on May 26 was the final piece of the fundraising campaign and guests were given the chance to see the van parked in front of the New London Inn.

Several months ago, Norma and Bill Faccone made a very generous commitment to New London Hospital and issued a challenge to the community to match, dollar for dollar, all donations of \$1,000 or more up to \$100,000 in support of the 2011 Annual Fund. We're pleased to announce that the Faccone Challenge is complete, adding \$200,000 to the NLH Annual Fund.

The Annual Fund is a very important part of the hospital's overall financial strength as it helps cover the cost of the charity care we provide for our community. Please consider an annual fund gift to New London Hospital this summer. You may use the envelope in this newsletter or contact casey.mcmorrow@newlondonhospital.org.



The new Clough Center van arrives!

Thank you to Jeff McDaniel, former senior director of development, for his commitment to the New London Hospital fundraising efforts. Under Jeff's leadership, the hospital raised over \$11 million in five years. This included a capital campaign for the expansion and renovation of the hospital that exceeded its \$7.2 million goal. The 2011 Annual Fund is also strong and is projected to be ahead of its original goal. Jeff accepted a position at the University of Queensland in Brisbane, Australia. We wish him and his family all the best!

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ABC's Child Care Center at New London Hospital: 25 Years and Going Strong!

ABC's follows a play-oriented curriculum that is designed to enhance children's abstract thinking skills, improve their motor control, and learn to work with others. Every day, weather permitting, the children spend time outside playing in the Center's two large outdoor play areas. "If children have the foundation of play they then can build from that to learn many other skills needed for success in school in later in life," said Tina. "Many of the area kindergarten teachers have told me that they can always pick out the children who go through our program, because they are ready to learn."

The Center has three programs:

- **Infant Room (6 weeks to 1 year old)**, run by Aura Hearne (who has been with the program for 13 years) and Gina Grace
- **Transition Room (for toddlers age 1 to 3 years old)**, run by Beth Guzak, Sam Oliver, and Nichole Gallagher
- **Pre-school Room (for children 3 to 5 years old)**, run by Pam Murgatroy (who has been with the program for 20 years) and Rob Snider (who has been with the program for 13 years) and afternoon aide Diana Eaton.

ABC's is licensed by the state of NH, all staff members meet or exceed state requirements and are CPR/first aid certified. Most of the teachers have been with the program for at least nine years. "Our staff is like a second family to the children," said Tina. "We really get to know the parents and see ourselves as part of the parent's team to help raise their children. We maintain open communication with parents and work with them to accommodate their concerns and needs, while always focusing on what is best for each child."

ABC's is located in the same building as the hospital's Clough Extended Care Center, so the children often interact with the Clough residents, who enjoy the children's laughter and energy. That was the case for Helga, a former teacher who was born in Germany. Helga was feeling down, so the staff arranged for weekly visits from Annika, one of ABC's pre-schoolers, and Annika's mother who speaks German. Helga really enjoys speaking in her native tongue and spending time with Annika and her mother. "This kind of interaction helps children build self confidence and gain a greater sense of the world around them," says Tina.

ABC's is proud of its past 25 years of caring, sharing and loving children and is looking forward to the next 25 years!



Clough Center resident Helga (left) with Kristina Regan, Annika's mom



Students Give \$700 Gift to New London Hospital

The first grade classes at Bradford Elementary School (Bradford, NH) donated \$700 to New London Hospital. Every year, Bradford Elementary raises money through a bake sale that is used to contribute to the local communities. This year, the students chose New London Hospital's pediatric program and their gift will purchase a new pole monitor for pediatric care at Newport Health Center, a program of New London Hospital. Pole monitors are diagnostic machines that allow doctors and nurses to check blood pressure and oxygen levels in children more efficiently.

The students came to New London Hospital and were shown how the pole monitor works and how it will benefit children. "This is a terrific gift," said Bruce King, CEO of New London Hospital. "NLH is very honored that the students chose us and wanted to make this gift help other children."

Art Exhibition Now on Display



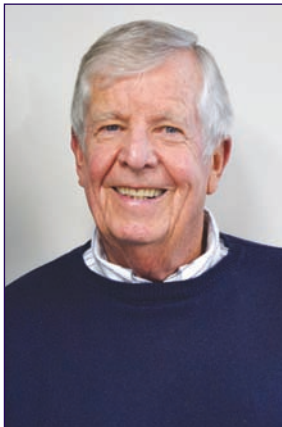
Participating artists, from l-r, Eric Schultz, Linda Nelson, Samantha Brown, Mimi Wiggin, Bruce King, President and CEO of NLH, and Tom Barber.

Beautiful images and colors abound in the hallways of New London Hospital! Local area artists, including Tom Barber, an oil painter from Andover; Samantha Brown, a muralist from Elkins; Linda Nelson, an oil painter and watercolorist from New London; Eric Schultz, a photographer from New London; and Mimi Wiggin, an oil painter from Warner, have hung their work for display and the enjoyment of patients and visitors.

Many community members attended a reception on May 24 to celebrate the artists and their work. A special thank you goes to Bob Williams and his staff from Bubba's Bar & Grill for generously donating and serving wonderful hors d'oeuvres. The show will be on display through the beginning of September. Thank you to all who make this program possible!

For more information about New London Hospital's Art Program, please contact Casey McMorro at **526-5373** or casey.mcmorrow@newlondonhospital.org.

In Their Own Words



Having lived in New London since 1993, **Tom Doran** has had many opportunities to use New London Hospital's various services, but two recent medical emergencies left him feeling very happy that wonderful care is so close to home.

"On the morning of my 80th birthday, I woke with extreme abdominal pain, and was taken to Emergency Room at New

London Hospital. I was very thankful for the quick and skilled responses of the nurses and EMTs. Diagnostic tests indicated that I had acute appendicitis, and would need laparoscopic surgery that afternoon. One of the nurses went out and got me a birthday balloon, which she hung from the ceiling of my room. I didn't have long to enjoy it, though, because I was back home by early Monday afternoon. Even with the appendicitis and an operation, it was a birthday I'll never forget, because of the great care I received from admissions to discharge."

Tom recounted another New London Hospital emergency room visit:

"During one evening last January, while I was reading a book, I kept thinking that my glasses were dirty or blurry. I was having a great deal of trouble focusing on the words on the page but decided that I was just tired

and went to bed. When I woke the next morning, I had a headache, felt dizzy, and found that my right eyelid had closed and that my right eye pointed downward at a 45 degree angle. When I raised the eyelid, I was dizzy and had double vision. A visit to the ER was critical.

Again, I was impressed by the quick attention I received from the staff: the triage nurse, EMTs, and the on-call doctor in the ER. I had several tests and scans done and the initial evaluation was that I'd had a stroke of some kind and would need to be sent to Dartmouth-Hitchcock Medical Center (DHMC) for specialized testing. While at DHMC, I underwent CAT scans, an MRI, ultrasounds, a cardiac evaluation, and blood work before a diagnosis was reached. I had suffered an ischemic stroke, which occurs when blood flow to the brain is cut off for a period of time, which causes mononeuropathy of the eye.

Medical opinion seemed to be that if the function of my eye did return, it would take a matter of months, maybe even as long as a year. I was very determined to make a full recovery, and in April, after just four months of gradual improvement, I regained the full use of my eye.

I am very grateful for the immediate and excellent care I received during both of these episodes. I'm now fully recovered, and am back on the golf course, and still "trying" to play. **We who live in this area are both lucky and blessed to have our New London Hospital!**"

Friends of New London Hospital
273 County Road
New London, NH 03257

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Healing Garden Blooms!

Over a year ago, the dedicated volunteers of the Friends' Gift Shop made a gift to the hospital to create a Healing Garden outside the windows of the Oncology & Infusion Unit. Working with Noah Thompson of the hospital's facilities team, the volunteers made possible the purchase of bulbs, flowers, a sprinkling system and lights. This gift has made the garden possible for years to come!

Thanks also to those volunteers who are missing from the photo on the right:

Bobbi Travis, Jo Fowler, Mary Reed, Mary McGee, Nancy Clark, Beryl Beltramini, Julie Smith, Ingrid Wain, Joanne Schuyler, Natalie Surprenant, Marian Biron, Clare Bennett, Judy Evans, Danella Pearson, Suzy Hough, Claudia Lewis, Marion Steel, and Nancy Walters



From left to right: Gift Shop Volunteers: Fay Barden, Rita James, Jackie Canton, Mariella Hennigar, Phyllis Lowell, and Beverly Goring