

SUMMER 2021

 New London Hospital
Dartmouth-Hitchcock

Friends newsletter

Here for You.

Coming soon:

New London Hospital Express Care

We treat life's unexpected sprains,
sore throats, cuts and more –
this is *expert care at your speed.*

CASTING FOR RECOVERY:

Delivering Therapy
Through Unity

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Tom Manion, NLH president and CEO

Tom Manion

a message from the CEO

Many of us faced some difficult decisions this past year. Frankly, balancing our lives against the weight of a pandemic has been exhausting.

For some, the challenges have been all too painful as a direct result of COVID-19. For others, the relentless daily questions of, “Mask on or off? Dine in or out? Remote or office? Get together or not?” never seemed to end. As the summer started, we appeared to be trending in the right direction, but with

the recent national rise in COVID-19 cases due to the Delta variant, we must cautiously move forward with hope.


At New London Hospital (NLH) we are in the process of asking ourselves some challenging questions as we continue providing care

to the community. We closed our fiscal year 2021 with a loss almost \$2 million dollars greater than our already projected budgeted loss. If we could credit this completely to the COVID-19 pandemic, it might be easier to digest—but this isn’t the case. The pandemic is responsible for a large portion, but in reality we need to do better to serve you.

These challenges do not overshadow the fantastic work our providers and staff do each and every day. It’s their

commitment to our community that will bring us through this difficult stretch. We are in the process of assessing our mission and values, re-evaluating our service lines and working with our partners at Dartmouth-Hitchcock Health (D-HH) to better align our brand as a system. Our teams at NLH and Newport Health Center are working hard to examine the foundation of our current situation and how we must move forward. As we head into the fall months, we plan to share our discovery and action steps with you. Our main goal is always to ensure we are providing safe, high quality care in a manner deserving of your trust in us.

In this issue you will learn more about NLH Express Care, which we are excited to open soon, and a recap of this summer’s Casting for Recovery retreat. We also welcome a recent addition to our team, Nadee Siriwardana, APRN, who is already assisting our primary care providers with the behavioral health needs of their patients.

I hope you are enjoying the beautiful days of summer, and I thank you for your continued support. 

TO RECEIVE THE LATEST NLH updates please visit our website homepage and click on “Subscribe to eNews.”



EXPRESS CARE Opening 2021



New London Hospital (NLH) Express Care is coming soon. Opening in the fall, it will provide convenient and faster access to medical care for patients who face non-life-threatening conditions.

Express Care is a service clinic (no appointments required) designed to treat non-emergent conditions such as sprains, skin rashes, cuts and lacerations, colds and certain infections [for more information about what can be addressed in express care versus the emergency department, please review the inset].

“We are excited to launch Express Care to provide a high quality, walk-in clinic to our community,” says Tom Manion, president and CEO, NLH. “This will be such a valuable service for our patients. For those assessed as having serious medical conditions that cannot be treated in an urgent care setting, our skilled, on-site Emergency Department team is prepared to meet their needs.”

Filling a void in the NLH service region, Express Care provides an alternative for those seeking urgent care, as patients will have access to the benefits of NLH and the entire Dartmouth-Hitchcock Health (D-HH) System. Express Care is an extension

of the services provided to those who already utilize NLH for their primary care needs, while it can serve as an introduction to new patients with a fast, convenient way to access our high quality of care.

“Our Express Care differs from stand-alone urgent care centers, having a collaborative working relationship with our emergency room, access to experienced care providers and our on-site lab and radiology services,” says Tom Beauregard, PA, NLH. “Sharing the same electronic record with existing patients in the D-HH system will allow for more streamlined care as well.”

Located on the first floor of the hospital, Express Care will have its own designated entrance, parking and registration. It will be open seven days a week: weekdays from 9 am to 7 pm; Saturdays from 9 am to 5 pm; and Sundays from 9 am to 3 pm. Most insurance plans will be accepted, including Medicare and Medicaid. 

EMERGENCY DEPARTMENT *or* EXPRESS CARE?

**CALL 9-1-1 OR VISIT OUR
EMERGENCY DEPARTMENT
IMMEDIATELY IF YOU ARE
EXPERIENCING:**

**Excessive bleeding;
Seizure or loss of consciousness;
Chest pains;
Shortness of breath;
Suspected overdose;
Sudden slurred speech;
Persistent vomiting.**

**EXPRESS CARE:
Medical treatment for
illness and injury;
Sprains and fractures;
Sore throats and earaches;
Muscle aches and pains;
Cuts, scrapes and wounds;
Tick bites;
Eye injuries,
Infections or irritations.**

***Express Care serves
patients age 2 and older***

FEED Kearsarge

Delivers Fresh Food and Community Collaboration



In May of 2020, as the COVID-19 pandemic continued to spread and alter our daily lives, New London Hospital (NLH), in collaboration with Spring Ledge Farm, Colby-Sawyer College, Kearsarge Food Hub and Kearsarge Neighborhood Partners, formed FEED (Food Expansion, Education, Distribution) Kearsarge.

The group is dedicated to making sure community members experiencing food insecurity have fresh fruits and vegetables. During the spring and summer of 2020, FEED Kearsarge built, planted and maintained three community Victory Gardens. In addition, 250 seedling trays were delivered to local families and food pantries as part of the *Tray it Forward* program.



This year, FEED Kearsarge's *Tray it Forward* program has already distributed more than 360 free trays of seedlings to families experiencing food insecurity and community gardens in the Kearsarge Region.

"The success of these efforts, including FEED Kearsarge, have been about connecting people in our community who want to make a difference and help those in need," says Steve Allenby, president of the Kearsarge Neighborhood Partners Board of Directors. "The most common response I hear from

those who get involved is about the reality surrounding the large numbers of those who do need assistance in our region."

At NLH, the cornerstone of the community health work is health equity: the fair and just opportunity for everyone to be as healthy as possible.

"All human beings have the right to

adequate food and the right to be free from hunger, as stated in the 1966 International Covenant on Economic, Social and Cultural Rights," explains

Lindsey Boisvert, community health worker, NLH Medical Group. "FEED Kearsarge has been instrumental in acknowledging

and working to address food insecurity in our community. This collaboration of partners has seen the need and implemented strategies that empower neighbors to access

and share knowledge, food and resources. These initiatives prioritize dignity and self-efficacy, not just access to food."

FEED Kearsarge has helped NLH advance its efforts to address food insecurity in its surrounding communities, while deepening regional partnerships that effect change. NLH also sponsors the Fruit & Vegetable Rx Program and the Mobile Farm Stand, and continues to seek opportunities that address social determinants of health.

"My hope for programs like FEED Kearsarge relates to getting a very clear sense of what needs we are trying to address and cultivating

an experimental mindset around creating innovative, feedback-driven solutions," says Hanna Flanders, co-founder, Kearsarge Food Hub. "How can

we collaborate to strengthen all the indicators of wellness across sectors—food, housing, education, connection—that make our community more resilient?"



To learn more about FEED Kearsarge, visit www.kearsargefoodhub.org/feed-kearsarge

Casting for Recovery

Delivering Therapy Through Unity



In June, New London Hospital (NLH) was proud to sponsor the New Hampshire Casting for Recovery (CfR) retreat. CfR is a national, non-profit organization offering support and educational three-day retreats for women of all ages and in all stages of breast cancer treatment and recovery. The CfR retreats combine breast cancer education and peer support with the therapeutic sport of fly fishing.



“This retreat was very special in that it felt like we have all been so cooped up for the past year,” says NLH Employee, CfR Volunteer and Alumni, Brenda Gessner. “I can

only imagine how COVID has made cancer patients feel even more isolated, so this was literally a breath of fresh air, an escape from it all.”

The NLH-supported retreat was held at the Barbara C. Harris Center in Greenfield, New Hampshire. Nine volunteers and eleven participants enjoyed a beautiful, sunny weekend that included learning new skills, making new friendships and creating lasting memories. A variety of local Fish and Game organizations participated, with ten River Helpers (Fly Fishermen) donating their time and skills on the final day.

One of the retreat participants said, “It brought more than fishing to our lives. It brought joy and laughter,” while another explained, “...we all shared similar physical challenges but found within ourselves the inspiration and strength to conquer them.”

For more information about Casting for Recovery, visit <https://castingforrecovery.org>. 

Welcoming NEW PROVIDERS

Nadee Siriwardana, APRN

Nadee, a psychiatric nurse practitioner, will provide consultation evaluations as New London Hospital (NLH) joins Dartmouth-Hitchcock (D-H) in utilizing a behavioral health collaborative care model in primary care. She will share her time between NLH and Newport Health Center (NHC) during the week.


Nadee recently returned from the State of Washington, having previously spent five years in the



D-H Department of Psychiatry.

“It really feels like coming home to me as I worked at D-H for a long time,” Nadee explains. “I’m familiar with the community and resources, so I feel I can

step in and help the primary care providers care for their patients.”

For more information about Nadee and other NLH providers, please visit our website. 

Jonathan Waltman, MD, Joins Cardiology Team

New London Hospital’s (NLH) Cardiology providers agree that Jonathan Waltman, MD, cardiologist specialist, is the perfect addition to their team. Splitting his time between Dartmouth-Hitchcock Medical Center (DHMC) and NLH—with two days at NLH each week—Waltman brings more than 35 years of experience and is board certified in Interventional Cardiology and Cardiovascular Disease. Waltman recently came to New Hampshire from Kentucky where he worked for Saint Joseph Hospital in Lexington.

This isn’t Waltman’s first time in the region. In 1991, he completed his cardiology fellowship at DHMC under NLH’s Andrew Torkelson, MD.

“NLH and the community are fortunate to have Jonathan here,” says Torkelson. “Patients will certainly appreciate his experience, but I think they will be more grateful for the respect he shows as he really sets out to know his patients.”

Torkelson has been at NLH for more than 30 years, and in 2019, received the New Hampshire Hospital Association Medical Staff of the Year Award. He is well known for taking a very holistic view of cardiology. Like Waltman, he is dedicated to understanding his patients beyond their physical facts. He learns about their upbringings and how social determinants may contribute to their current state of health.


“What impressed me most about Andrew when I first got to know him was just the way he treated everyone and still does,” says Waltman. “As he engages with his patients



Andrew Torkelson, MD, left,
Jonathan Waltman, MD

and staff, he gives his full attention and provides a sense of ease in some often challenging circumstances.”

Torkelson and Waltman deliver quality care, compassion and deep expertise—an exceptional combination of service for cardiology patients in the NLH region.

For more information about NLH Cardiology and its available diagnostic testing services, including stress testing, stress echocardiograms, transthoracic echocardiograms, holter monitors and nuclear medicine stress testing, visit the NLH website or call 603-526-5162. 

READY, SET, SWING!

Support New London Hospital
BY PLAYING GOLF

Monday, September 20, 2021
Baker Hill Golf Club, Newbury, NH
12:00PM Shotgun Start



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BOOK YOUR NEXT MAMMOGRAPHY APPOINTMENT ONLINE *with myD-H*

You can now book your next mammography appointment through the myD-H portal.

You may also call the Mammography Coordinator at 603-526-5207 for appointments at New London Hospital or Newport Health Center.

To create a myD-H account visit mydh.org or call 603-526-5059.



myD-H

New London Hospital
273 County Road
New London, NH 03257

Non-Profit Organization
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Our Hematology-Oncology Infusion Suite is *Convenient and Accessible*

Our outpatient clinic provides comprehensive medical care to patients who have cancer and blood disorders, and care to individuals with other medical infusion and/or injection needs.

Our team of Oncology-trained nurses strive to ensure that patients are provided compassionate care and the personal attention required to receive the education, resources and support needed to manage their disease and treatment options.

Our board-certified Hematologist/Oncologist is a physician with the Dartmouth-Hitchcock Norris Cotton Cancer Center.



**The Care You Need,
Close to Home**

For more information visit the NLH website

*From left,
Jill Tully, BSN, RN
Michelle Miller, RN, OCN*