87th New London Hospital Days Returns To Traditional One-Day Event

Hospital Days Planning Committee members include (from left): Rob Bryant, Lake Sunapee Region Chamber of Commerce; Carolyn Lockhart, New London Rotary; Cecily Markoff, community member; Read Clarke, Clarke’s Hardware; Lynn St. Louis, Community Crafters Show & Sale; Penny Murano, Unleashed, Destination New London; Holly Lansdale, NLH & Parade; and George Edmunds, Post 40 New London American Legion. Planning committee members not shown in photo include: Jennifer Carson, Chad Denning, Naomi Forrestall, Anne Holmes, Thea Lahti, Ted Lockhart, Linda McKenzie, Casey McMorrow, David Seastrand, Angela Tarleton, Mark Vernon, and Marcy Vierzen

The 87th Annual New London Hospital Days will feature some new events as it returns to its original one-day format of games, fun, food and music in August. Family Movie Night on the Green and Battle of the Bands will join the pancake breakfast, craft market, and parade on Saturday, August 6, and the Hospital Days Triathlon on Sunday, August 7. Hospital Days began in 1924 when community volunteers planned a day to engage the community in support of the hospital. For many years, the celebration fell on a weekday and the entire town shut down to participate in events, watch the parade, and enjoy the activities.

Last November, during the planning of this year’s Hospital Days, a group of community stakeholders voiced the concern that the decades-old 4-day event had moved away from the original purpose of community involvement. There were also lengthy discussions about the financial implications of Hospital Days for the hospital, given the many economic challenges faced today by a small community hospital.

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Bruce King, CEO Receives Grassroots Champion Award

On April 12, Bruce King was recognized by the American Hospital Association (AHA) as New Hampshire’s Grassroots Champion at the AHA Annual Membership Meeting in Washington, DC.

This award singles out one hospital leader from each state who, over the previous year, effectively delivered the hospital message to elected officials, helped broaden the base of community support for hospitals and advocated on behalf of patients and hospitals.

“AHA depends upon strong local voices to help tell the story of hospitals as cornerstones of the communities they serve. This award is a small token of appreciation for the hard work and dedication Bruce brings to his role as an advocate for New Hampshire’s hospitals,” said Steve Ahnen, President of the NH Hospital Association.
According to the American Academy of Sleep Medicine, most adults need about seven to eight hours of sleep each night to feel alert and well rested during the day. Are you getting enough sleep each night? Here are the “Seven Signs You Need More Sleep” – how many describe you?

- You are dependent upon an alarm clock.
- You feel drowsy whenever you drive.
- You are attached to the coffee pot all day.
- It is difficult to focus and concentrate.
- You are forgetful.
- You are cranky, snippy and irritable.
- You get sick frequently.

If you feel that you may have a sleep disorder, speak with your primary care provider (PCP). Your PCP can refer you to the NLH Sleep Disorders Center and NLH will work with Upper Valley Neurology Neurosurgery for a sleep consultation. If a sleep study is indicated, you will be called to arrange a night of testing at the NLH Sleep Disorders Center, which is under the medical direction of Donald Ayres, MD. Sleep studies are performed by a sleep lab technician in our two new, comfortable rooms, five nights a week.

A sleep study, called a polysomnography, is a test that records your physical state during various stages of sleep and wakefulness through various sensors attached to your body. The data collected provides information to evaluate a sleep-related health concern. Sensors record the following information: brain waves, heart beat, eye movement, muscle tension, leg movement, airflow breathing, chest and abdominal movement, and blood oxygen level.

Most people sleep surprisingly well in the sleep lab. The electrodes and body sensors used are attached with water-soluble paste or tape and are not painful. Once all the sensors are applied you are able to move without restriction. The sleep lab room is designed more like a hotel room than a hospital room for your comfort. Although you may not sleep as well as in your home bed, any amount of sleep you get will be helpful to the physician in determining a diagnosis and treatment.

Speak to your primary care provider if you believe you may have a sleep disorder. For more information about the Sleep Disorders Center at New London Hospital, call 603-526-5058.

CMO Insights

*Chief Medical Officer, Dr. Gregory Curtis*

**Do you suffer from sleep apnea?**

Have you been told you snore loudly during sleep? Is your sleep cycle disrupted by brief periods of wakefulness associated with gasping or grunting? Do you often feel sleep deprived despite a full night’s rest? Do you have difficulty concentrating or staying awake during the day?

These are all signs of Obstructive Sleep Apnea (OSA), a serious condition that can affect a person’s ability to safely perform daily activities.

This condition also has long-term health consequences such as hypertension, stroke, cognitive loss, heart disease and abnormal heart rhythms. Those with OSA are more than twice as likely to be involved in motor vehicle collisions.

Risk factors for OSA include increasing age, neck size of 17 inches or more in men and 16 inches or greater in women, obesity, or abnormal jaw, mouth or throat structure. OSA is more common in men but can occur in women as well.

If you feel that you may be experiencing OSA symptoms, your primary care provider can provide a thorough evaluation. Based on this assessment of your health history and examination, and subsequent risk for sleep apnea, your primary care provider can decide whether further investigation is required. A polysomnogram, or sleep study, is the test of choice to evaluate for the possibility of OSA.

*NLH’s Sleep Lab Room is designed for comfort.*
Caring Student Intern Program: A Summer Program for Teens

New London Hospital will be featuring a new program to inspire high school students to pursue higher education in healthcare and to volunteer their time to the hospital. The Caring Student Intern Program will help students learn about healthcare in a safe learning environment. The program runs one afternoon a week for six weeks. Students will have the opportunity to interact with clinicians, understand the rights of patients, and receive CPR training. They will also gain valuable job interview skills and learn about career opportunities in healthcare.

This six-week program will start in July, and the cost is $50 per student. Space is limited.

For more information, please contact the Volunteer Office at 603-526-5133 or email nancy.collins@newlondonhospital.org.

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“While Hospital Days is believed to be a fund-raising event for the hospital,” said NLH Trustee Anne Holmes, “once the hundreds of staff hours and other expenses are considered, the hospital does not raise any funds from this labor-intensive event.”

The stakeholders group proposed returning to the traditional celebration of a one-day event of activities with significantly more community involvement. The Hospital Days planning work group has met several times since November and each meeting generates ideas for the August celebration.

Community Crafters Show & Sale, coordinated by community member Lynn St. Louis, is a traditional Hospital Days event, attracting more than 60 vendors. Local craftspersons, artisans, photographers, and others are invited to reserve a table under the tent for shoppers.

The parade will kick off at 2 pm and proceed down Main Street with floats, antique cars, fire trucks, and several new surprise entrants this year. If you are interested in participating in the parade, please contact holly.lansdale@newlondonhospital.org.

The 28th Annual Triathlon is on Sunday, August 7 and early registration is strongly encouraged as the event was sold out last year. Hundreds of athletes compete in this family-friendly event. Levels of ability range from novice to advanced. The triathlon consists of a .25-mile swim, 11.4-mile bike and 3.1 mile run, all in and around beautiful Little Lake Sunapee. Registration and post-race events are held at the New London Historical Society. Free t-shirts are provided for all pre-registrants. Prizes are awarded in all categories. Volunteers are always welcome!
In Their Own Words

Mary Boutwell’s enthusiastic laughter is infectious – bringing happiness to those around her. It is this humor and her indomitable will that helped get her through a recent physical setback. While mowing her lawn with her grandnephew Skylar on September 3, 2010, the early morning dew on the grass caused Mary to slip and somersault down an embankment. She heard something “crunch” in her neck. EMTs took Mary to NLH. It appeared that she had a fracture of the second cervical vertebrae in her spine. She was transferred to Dartmouth-Hitchcock Medical Center’s (DHMC) Spine Center for treatment. Since the fracture was too close to Mary’s artery to operate, she had to wear a halo brace to prevent her neck and head from moving. Dr. Dilip Sengupta of DHMC’s Spine Center performed Mary’s procedure. “Dr. Sengupta was wonderful, really great! Anytime I needed him, he was there to take care of the situation or give advice,” said Mary. “And we had a lot of laughs together!”

After spending a week at DHMC, Mary was transferred to NLH for a three-week inpatient rehabilitation session. Mary’s determination and positive outlook were so strong that after only four days of climbing stairs, working with balance bars, and re-learning how to do certain tasks in a halo brace, she was able to return home to recuperate. During her recuperation, her husband took care of the household chores and provided emotional support. He even built a special puzzle table to her height so she could do puzzles to pass the time.

Several weeks later, Mary was diagnosed with a bacterial blood infection and once again needed the services of DHMC. She was prescribed a two-week treatment of antibiotics, and was transferred to NLH, where she was under the care of Dr. Stephen Bissah and Dr. Ashwin Swami, both of whom she says were “just fantastic!” During her stay, Mary once again took part in the inpatient rehabilitation program. She shared jokes, laughs, and stories with the nursing and rehabilitation staff, including physical therapist Amanda Slack, Betty Ruggles, RN, and Kathryn Russell, LNA. And every time she walked through the hospital doors, Rick Stewart and Janet Peters from Admissions were always kind and helpful to her.

Today Mary has completely healed and is back to being active and taking part in her normal activities. “I love to help people and take care of them,” she says. “And with the help and laughter from all of these wonderful doctors, therapists, and nurses I too can help and take care of people again!

Tracy Haines Joins NLH Development/Community Relations Team

Welcome to Tracy Haines, the newest member of the Development & Community Relations departments. Tracy joins NLH just in time to coordinate our three large special events—the 6th Grand Gala on June 11, the 8th Annual Golf Invitational at Baker Hill Golf Club on June 27, and Hospital Days on August 6 & 7.

Tracy is a New London resident and brings years of experience in community relations, event management and business development from several years’ employment at Bank of America in Concord and Hanover, followed by Ledyard National Bank in Hanover. Tracy can be reached at 603-526-5265.

Stone Soup Luncheon Presentation

Left to right, Janice Cundey, Dr. Lori Richer, Sue Little. Janice coordinates the Stone Soup presentations and Sue organizes the lunches.

Dr. Lori Richer spoke at a Stone Soup luncheon on March 1 at the First Baptist Church of New London. Dr. Richer’s presentation focused on self-care and “wellness through mind and body,” highlighting the need and ways to manage stress and its physical symptoms. The session concluded with an instructor-led meditation to show participants how to calm their minds and bodies and relieve stress.
Daffodil Days

The Health Occupations Students of America (HOSA) at Sugar River Valley Regional Technical Center in Newport sold 500 daffodils on March 15 to students and staff at Newport Middle High School and members of the community. Money raised by the daffodil sales supports the American Cancer Society’s cancer research, education and services.

From left: Megan Warnick, 11th grade; Jessica Amos, 10th grade; Ashley Belanger, 11th grade. The students are all enrolled in HOSA. Tanya Wilkie, former New London Hospital Board member, is the students’ teacher and HOSA advisor.

New Primary Care Providers Join NLH Team

In May, Mary R. Scott, MSN, APRN will join New London Hospital as a part-time primary care provider in internal medicine. Ms. Scott will also continue as an adjunct assistant professor of nursing at Colby-Sawyer. Most recently, she was an advanced practice nurse at the Norris Cotton Cancer Center at DHMC, providing care for patients as part of DHMC’s Prostate Cancer Disease Management Group, comprehensive Breast Program, and other regional cancer programs.

“I am looking forward to seeing patients at New London Hospital,” she said. “This is a wonderful opportunity to combine my love for patient care and my commitment to teaching and preparing nursing students.”

Since receiving her master of science in nursing/oncology clinical nurse specialist from Massachusetts General Hospital Institute of Health Professions and nurse practitioner certification from the University of New Hampshire, Ms. Scott has worked as an oncology nurse practitioner at Frisbee Memorial Hospital, Alice Peck Day Memorial Hospital, Weeks Memorial Hospital, and Valley Regional Hospital. She was the 2005 recipient of Advanced Practice Nurse of the Year, Excellence in Leadership Award from the Norris Cotton Cancer Center. Ms. Scott is also an experienced presenter at national medical conferences and a contributor to several medical journal articles. She lives in New London.

In June, Arlene C. Halsted, MSN, APRN joins the NLH Internal Medicine Practice as a board-certified adult nurse practitioner. Ms. Halsted has a special interest in counseling and assessing patients with diabetes. She also spent thirteen years as a nursing professor and clinical instructor at River Valley Community College in Claremont, NH, supervising nursing students at the Veterans Administration Medical Center in White River Junction, VT and the Clough Center at NLH.

Ms. Halsted received her bachelor of science in nursing from Florida State University, a masters in education focusing on community health promotion from Plymouth State College, and a masters in science, nursing–adult nurse practitioner specialty from Felician College, Lodi, NJ. She is a resident of Sunapee.

Both providers are accepting new patients. Please call 603-526-5309.
Norma and Bill Faccone Challenge Matches Over $70,000 in Annual Fund Support

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.

Their challenge has motivated generous donations from dozens of community supporters, but perhaps none more sincere than the collective donation from the staff members of the Baker Memorial Laboratory. Together, these dedicated hospital employees donated over $1,000 to participate in the challenge (this was on top of their already generous individual donations in support of the Annual Fund this year).

“The Faccone’s generosity was inspiring,” said Cloie Bridgeo, Director of the Baker Memorial Laboratory, “we wanted to do our part!”

To date, the Norma and Bill Faccone Challenge has already matched over $70,000 in donations in support of NLH’s Annual Fund.

For additional information about the Norma and Bill Faccone Challenge, please contact Jeff McDaniel in the Development Office at 603-526-5023.

The Gala will feature a cabaret theme and include an elegant dinner by Rockwell’s at the Inn, live entertainment by New London Playhouse’s Carol Dunne and Tom Ford, and dancing to the six-piece band, A House on Fire.

Special thanks to our generous sponsors as of May 1: Dartmouth Coach (Platinum), Roymal (Gold), Lake Sunapee Bank (Silver), and the Polleys-Tetreault Financial Group of Wells Fargo Advisors (Silver).

For more information, visit www.newlondonhospital.org and click on Events, or call Tracy Haines at 603-526-5265.
Your Philanthropy at Work

Jeffrey L. McDaniel, CFRE
Senior Director of Development

Late last fall, we learned that the 10-year-old Clough Van would no longer pass inspection and was effectively beyond repair. After considerable research, the decision was made to purchase a new GCII – Chevy C3500 handicap accessible van for the William P. Clough Extended Care Center. This van will be specially configured to accommodate eight passengers and four wheelchairs, and will afford many of our Clough residents an opportunity to partake in activities off the hospital grounds, such as attending a picnic, going out to a restaurant for lunch, seeing a show at the local Barn Playhouse, or going on a fall foliage tour. For some of our residents, these outings represent the only times that they are able to venture out of the nursing home. The total purchase price for the new van is $50,000.

After several months of fundraising we had only managed to raise $4,000. A generous friend and benefactor of the hospital heard this and anonymously donated $10,000 with the hope that their gift would inspire others to support this effort, noting that a new van was desperately needed.

To date, our fundraising total stands at just over $41,000.

If you find yourself in a position to support this effort, your generous support will be greatly appreciated. To all those who have already contributed, especially our generous anonymous donor, I thank you on behalf of the hospital and the Clough Center!

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When Terri Bingham and her husband Gordon decided to retire six years ago, they made the move to New London because of its natural beauty and many conveniences. They also liked the close proximity of a community hospital with good doctors. Part of their retirement plan included volunteering in the community. Having served as a candy striper in high school, Terri knew that she wanted to volunteer in a hospital. She came to New London Hospital and has been volunteering at the front desk for more than four years.

Terri is also co-chair of the Front Desk Committee, and she provides training for new hospital front desk volunteers. “Volunteering is the most rewarding endeavor anyone can do and I have met many new people,” says Terri. “Everyone should be a part of the hospital.” She enjoys working with Rick Stewart at the front desk, greeting visitors with a warm smile and helping them find their way around the hospital. For Terri, the camaraderie among the volunteers is a great plus.

Terri’s volunteering does not stop at the hospital. She and her husband currently volunteer for Meals on Wheels and have given their time to the Upper Valley Humane Society. Terri has also volunteered at the New London elementary school. Terri serves as vice president of the Messer Pond Protective Association, is a member of New London’s Citizens Advisory Committee, and is an active volunteer with the KLS Community Food Pantry. She also serves on the Health Ministries Board and the Stewardship Committee of the First Baptist Church, and is co-captain of the church’s American Cancer Society Relay for Life Team (Jeff’s Anglers). She and Gordon are also a Friendship Family for a Vietnamese student at Colby Sawyer College.

With all this activity, she still finds time to volunteer at the hospital. “I’d never give up volunteering at the hospital,” says Terri. “It’s too great a job!