

Healthy Horizons

A GUIDE TO YOUR HEALTHY LIFE

SUMMER 2022



"I have regained confidence in my riding and can enjoy my horse again."

Back in the Saddle

She couldn't even sit all the way down in the saddle. After decades of riding and taking care of horses, Cheryl Kimball, of Middleton, was devastated that hip pain was preventing her from doing something she loves.

"It felt like part of my life was missing," said Cheryl. "I wanted to ride but it just wasn't possible. Everything in my hip area just felt locked and painful every time I tried."

Even though she couldn't ride, Cheryl still cared for her horses and gave them the best life possible without the benefits of riding.

After almost three years out of the saddle, Cheryl was determined to find her way back to riding. She had 20-year-old Buggy—whom she has raised since he was just six months old and with whom she has a strong

bond—waiting for her with his typical spunk and energy. She had to get back in the saddle!

She accomplished her goal with the help of Robert Burgess, PhD, a Physical Therapist at Huggins Hospital's Back Bay Rehabilitation who is trained in the Feldenkrais Method®.

Cheryl started seeing Dr. Burgess twice a week. After a couple of weeks, she could already feel the difference. During those sessions, Dr. Burgess performed hands-on Feldenkrais Therapy and gave her daily exercises to do on her own at home. To determine how well the treatment was working toward her goal, Cheryl came up with a weekly test to determine just how much progress she was making.

"Each weekend I would saddle Buggy, climb on, and see how fully I could sit in the saddle," said Cheryl.

After three weeks, her test was showing progress. Two months after starting treatment, she did something she

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Healthy Horizons is a publication of



Wolfeboro, NH | HugginsHospital.org

Please e-mail askhuggins@hugginshospital.org or call 603.515.2073 with any questions or feedback. You can find an electronic version of *Healthy Horizons* online at www.hugginshospital.org.

Celebrating our Employees

The past few years have been a challenge for our Huggins Family. You can read excerpts from written reflections from our employees inside this publication. As we grew stronger through supporting each other, we also took moments to celebrate each other and the dedication we have to our community, our patients and our organization. This year's Hospital Week celebrations included games, a DJ, rides with Molly and Jolly the Trolley, a dunk tank, free food truck goodies and more (see photos for a few snippets of the event). We also implemented a departmental mascot initiative with monthly challenges and other fun. We have always had a strong connection with each other here at Huggins Hospital. This bond has strengthened and we have done our best to focus on quality work and celebrating life in any way we can.



If you know someone who would be a great fit for our Huggins Family, ask them to review our open positions on our website at www.HugginsHospital.org.

INFUSION
CENTER
CAMPAIGN

CRITICAL HEALTH CARE
close to home

HOW YOU CAN HELP

details on page 5

Pandemic Reflections *from our Huggins Family*



Huggins Hospital nurse Maureen Boornazian, RN, caring for a patient with COVID-19

Early this year, we encouraged our Huggins Family to share their thoughts in writing about their experience during the pandemic. Below are a few excerpts. Huggins Hospital plans to compile these reflections in a special book. This book will be offered to our employees to remember this time in their lives and to share for generations to come. If you would like to support the production and/or publication of this book, please reach out to Cheryl Kimball, Huggins Hospital's Manager of Philanthropy, at ckimball@hugginshospital.org. You can also donate using the envelope included in this magazine and mention "Pandemic Reflections Book" in the subject. Thank you!

Reflections from Huggins Purchasing Agent, Alisha Randall:

"Starting a job in healthcare for the first time during a pandemic was not what I expected. I didn't have a clue how important each and every job at the hospital is. [T]here are so many parts to keeping it a well-running machine. I purchase supplies and equipment for the hospital and thought 'it's not a big deal.' After working here no more than a couple weeks, I started noticing that we are all important here. You might not think about the ones who are working around the clock to keep the hospital safe. The ones who fix broken parts/equipment or stay up all night clearing snow. The ones who come in to clean the rooms that [other] people are scared to enter. People like me had to search for hours just to purchase body bags, which were in scarce supply during the pandemic. The people who stood at the doors taking temps and making sure masks were on before entering and being kind to even the grumpiest of people. The ones cooking and serving meals even when they couldn't find the usual ingredients.... I am truly happy to work here and to be a part of this small community and hospital!"

Reflections from Huggins Education Coordinator, Debbie Simone, RN, MSN:

"The pandemic certainly brought a time I never thought I would experience in my nursing career. It challenged me as a nurse in the later phase of a career I am passionate about. Would I be able to step up and assist as I have always done since 1977? I will never forget starting my first intravenous on a COVID patient and praying that I wouldn't bring the virus home or cause harm to my family... I am so proud to have had the opportunity to witness the strength and resilience of the clinical team at Huggins Hospital over the last two years. It is nothing short of impressive. Their patients have always come first."

Reflections from Huggins Board Member Corrine Smith, RN, BSN, MS, who also supported Huggins Hospital as a per diem nurse in the COVID-19 Vaccine Clinic:

"As a member of the Huggins Hospital Board of Trustees, I was aware of the initiative to stand up a COVID-19 Vaccine Clinic. In January of 2021, I joined a few other retired nurses and began working as a per diem RN in the Vaccine Clinic. Some days those vaccines numbered over 150 a day! I began my nursing career at Huggins Hospital in 1972 and although I spent the second half of that career elsewhere, I have always considered Huggins as my home. Every employee makes you feel welcome and part of what is a very family-oriented environment. My job was relatively easy. My heart goes out to those who have worked on the front lines trying so hard to keep patients alive and never complaining about being tired or putting themselves at risk. This experience will remain very special to me. There is an old saying, 'once a nurse, always a nurse' and that is so true. Thank you, Huggins Hospital, for allowing me to be a nurse again, to work with so many amazing people, to provide a service to our community, and to play a part in the fight against COVID-19."

Reflections from Huggins IT Network Supervisor, Bruce Crossley:

"My friendships that seemed superficial have become more real, more encouraging. I don't know if it's because in the back on my mind the loss of a person is more at the front of my mind. That I want to gain as much wisdom from them as I can, to become a sponge and soak it in before they pass from here. We need to be recipients of that knowledge as well as communicators to pass this on to the next generations. There are things in history that are true and factual from the view of the person penning it as they saw it, but there is always the view of the person who actually went through it. We are going through it now. Will we be better?"

Reflections from Huggins Nurse Practitioner, Jennifer Pinard, APRN:

"Once health care providers were vaccinated, we were able to move toward vaccinating our highest risk community members. Huggins had planning in place to meet this healthcare need, but [at first], vaccine scarcity was a major barrier. On a weekend in January [2021], New Hampshire had found doses that hadn't been distributed and would expire soon. Huggins Hospital and Carroll County Coalition for Public Health had agreed to administer 100 doses the next day. As an on-call provider, they asked if I could help. I sat at my kitchen counter that night coordinating with nursing administration and fellow providers via text, and then started calling some of our highest risk patients to arrange vaccination the following day. The teamwork, the 'can do' attitudes, the palpable desire to protect our community at all costs and to make sure no vaccine was wasted was the epitome of community health. Looking around that day, I felt Huggins had put the word COMMUNITY in community hospital."

Reflections from Huggins Laboratory Aide, Karen Santoro-Nason:

"The COVID-19 virus had started to spread and everyone was becoming worried and scared. Every day we would hear of the thousands and thousands of deaths and people infected with the virus. Because I am a frontline worker, I needed to stay away from my parents and basically everyone. I felt like I had a disease and I was always wearing a mask, sanitizing the hands and keeping my distance. I was not feeling very loved. Actually, I felt really alone."

Reflections from Huggins Physician Assistant, Ellen Dennehy, PA-C:

"Working for Huggins Hospital during the COVID-19 pandemic has been such a blessing. My initial worries for my job, safety, and continuing paycheck have repeatedly been comforted by a strong, confident, management team, especially Jeremy Roberge, our CEO. In other healthcare facilities, providers were financially burdened with the sudden decrease of patient visits. I feel very lucky to be a part of the Huggins Hospital team throughout the past two years."

Reflections from Huggins Patient Access Coordinator, Elizabeth Shelton:

"Working in the Vaccine Clinic as a Registrar was, by far, my most favorite job here at Huggins Hospital. From the very start of the clinic, the patients were SO joyful to be able to get the vaccine and get it locally. Amid the joy was sorrow. I remember checking in a family of four and the mother couldn't stop crying. Her son explained that her son, his brother, had recently died from the virus. We quietly moved her to the head of the line so that the nurse was aware and the family could grieve privately."

Reflections from Huggins Vice President of Human Resources, Laura Stauss:

"One of the most rewarding experiences I had at Huggins during this pandemic was in early 2021, when the vaccine became available for 65 and older individuals, or those that were immunocompromised. Of course this covered my loved ones, a husband with cancer and two elderly parents, but the most rewarding day was when I assisted our team with calling Huggins patients that fit into those categories and scheduling them for their vaccinations. There were so many tears of relief, gratitude and emotions on every one of those calls, and I'll never forget how that felt for my family and our community."

As we all know this pandemic is not over, it ebbs and flows and changes constantly. We haven't given up hope. We have grown closer because of this, and I say this of both of my families – my own family and our Huggins Family – whom I love with all my heart."

Reflections from Huggins ED Technician, Kyle Latino, A-EMT:

"As mentally straining as these times are, Huggins truly is a family. This family has kept me sane, and despite being in a pandemic I genuinely look forward to each of my shifts just to be at my family's side ready to help in any way that I can. The love I have for my coworkers in the ER is beyond measure. They have changed me in the best ways possible."

Reflections from Huggins Nurse, Ruth Swenson, RN:

"I had [a] patient who had unfortunately lost his wife to the pandemic just days earlier at Huggins. Our staff had done remarkable things to allow them her final moments together. He had COVID-19 too, but while she had really struggled with her health for a long time, he was healthier at baseline so despite being on the hi-flow oxygen we had good hope that he would recover and be able to erect a bench in honor of his wife and spend time with his family. He would talk to his daughter often on the phone. He spent days in the prone position. Finally, one day he felt well enough to try to get to the chair. I assisted him and he was so grateful to be upright again. My heart broke when five days later he suddenly turned for the worse. I got to meet [his] daughter face-to-face as she went into his room for his final moments. I tried to share with her as much of our conversations through those days as I could remember...because it was I that shared a significant chunk of that time with him, rather than his family."

Reflections from Huggins Chief Nursing Officer, Stacey Savage, RN, MSN, CPEN, CEN, TCRN:

“I experienced death like never before in my career. Watching people become sicker without the touch of their families and loved ones was heart breaking. Watching younger people who were normally healthy, contract the virus and die was devastating. These experiences broke many healthcare workers. It also began to ‘normalize’ grief for us. I know that this will lead to better mental health for our colleagues as we begin to process what this pandemic has done. I hope that we have learned that it is ok to ask for help and support and that it will be there when needed.

So here we are, a couple of years into a pandemic and I am a different person. I approach life very differently. I am more appreciative of life and opportunities. I strive to experience as much as I can. People stood up and were there for our most vulnerable, even when they knew it could kill them. They put their own needs aside and compassion for others became the overwhelming drive. I am a different person because I was able to experience what it was like to be surrounded by true selflessness. How lucky am I?”

Reflections from Huggins ICU Nurse, Nicole Keirstead, RN, CCRN:

“I remember when COVID first hit the country. I remember watching the news every morning wondering when it was going to hit NH. I remember training on how to don and doff PPE and the lump in my throat as I dreaded the day I was going to use it. I remember the butterflies in my stomach as I entered the room of our first COVID positive patient and the fear of the unknown. I’ll never forget the day that we intubated our first COVID patient and how scary it was to be in an isolation room alone trying to stabilize him. I remember looking through the glass and seeing the crowd of employees looking in ready to provide me with anything I needed. I remember the overwhelming sense of support and love from my coworkers... Every patient that loses the fight leaves me heartbroken. My only hope is that the moment when they take their last breath that they are comforted holding my gloved hand...

My connection with every employee at Huggins Hospital has made me strong enough to endure the stress and difficulty of the situation. I consider them to be my family and I appreciate them for all they do!”

BENEFITS TO OUR COMMUNITY

Each year, Huggins Hospital provides millions of dollars in healthcare programs and services that benefit the Eastern Lakes Region community, as well as free and discounted healthcare services to residents who require financial assistance. Huggins Hospital is dedicated to these vital programs that meet the needs of everyone in our community.

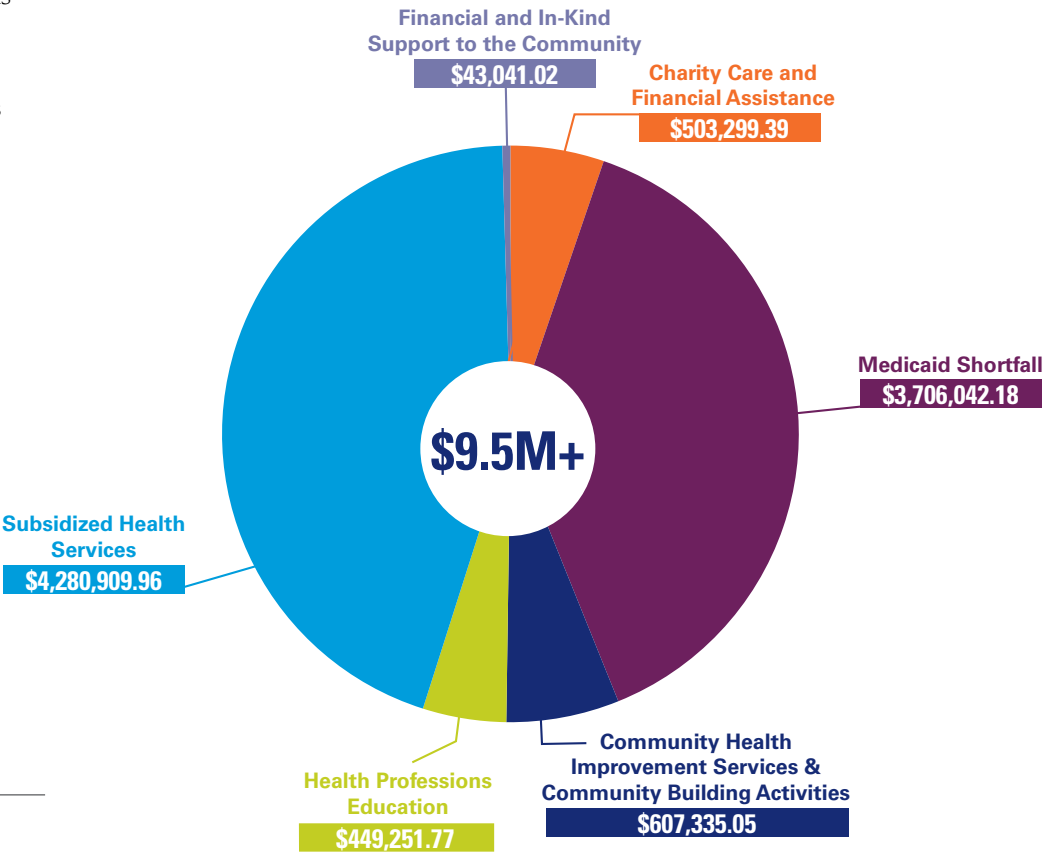
In our Fiscal Year 2021 (October 1, 2020 – September 30, 2021), Huggins Hospital provided over \$9.5 million dollars in support to care for our community in a variety of ways.

Huggins Hospital Community Benefit Services

- Paramedic Intercept Program
- Primary Care Services in Rural Communities
- Free Health Care Services
- Community Health Education
- Financial Assistance Services
- Health Professions Training
- Support to Local Social Service Agencies
- Medications for Emergency Service Organizations
- Rural Workforce Development
- Economic Development

COMMUNITY BENEFIT REPORT: To read our complete 2021 Community Benefit Report, visit HugginsHospital.org. If you have questions or comments about our community benefit activities, please e-mail us at askhuggins@hugginshospital.org.

2021 COMMUNITY BENEFITS = \$9.5 MILLION+



A Message from Huggins Hospital’s President & CEO Jeremy Roberge, CPA

Thank you for learning more about Huggins Hospital and your local healthcare services by reading this recent edition of *Healthy Horizons*. We continue to experience growth and strength in our services, care and operations at Huggins Hospital. As the healthcare landscape continues to change and create difficulties for the survival of local hospitals, Huggins Hospital continues to be proactive and strategic in maintaining the strength we have built over the years. I want to thank all of our Huggins Hospital employees for their dedication to keeping us strong and for providing exceptional quality care and experiences for our community. We have become an even stronger Huggins Family throughout these past few years of the pandemic.

We are proud of our partnerships with our patients, our providers and our community partners that you will read more about in this edition of *Healthy Horizons*. We are passionate about our mission to empower the fulfillment of life through better health and our vision to be the community’s home for health and wellbeing. As always, we thank you for your support of our efforts.

In past *Healthy Horizon* editions, I shared that we were working within GraniteOne Health – along with Catholic Medical Center (CMC) and Monadnock Community Hospital – as we discussed a possible combination with Dartmouth Health. GraniteOne Health and Dartmouth Health were unable to come to an agreement with the state for the combination after a few delays and complex negotiations.

We have learned a lot through this process and through our experiences with the pandemic. Huggins Hospital is a very strong organization – both culturally and operationally – and we will continue to be strong. We are not deterred by this decision and remain committed to our communities. We are in a good place and have a bright future ahead.

Jeremy D. Roberge
Jeremy Roberge, CPA
President & CEO

Orthopedic Excellence Lives Here

We know hip and knee pain can get in the way of your favorite activities. Huggins Hospital has assembled a team of orthopedic experts to provide surgical and nonsurgical treatments, as well as comprehensive occupational and physical therapy. Whether you're managing a skiing injury or a chronic condition like osteoarthritis, the joint specialists and orthopedic surgeons at Huggins Hospital can help you find relief.



Jeremy Hogan, MD, FAAOS, left, and Kyle Przekaza, PA-C are two of the newest members of our Orthopedic Surgeons team at Huggins Hospital. See other members of the team below.

Take the First Step Toward Relief

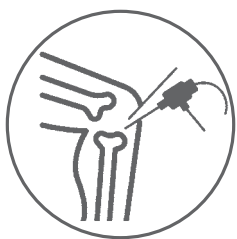
Don't let hip and knee pain hold you back. The orthopedic specialists at Huggins Hospital offer sophisticated solutions so you can return to your favorite activities. Schedule an appointment today here:

care.hugginshospital.org/ortho-appointment

Our services include:



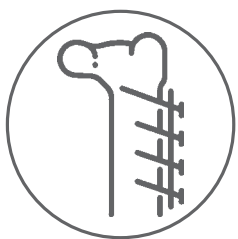
Mako Robotic-Arm Assisted Surgery



Arthroscopy



Hip and Knee Replacement



Fracture Repairs



Rehabilitation and Therapy



Sports Medicine

Smart Robotics for Hip and Knee Replacement



Dr. Hogan

Accuracy is key during a delicate hip or knee replacement. That's why Huggins Hospital offers the Mako SmartRobotics System.

Jeremy Hogan, MD, FAAOS, at Huggins Hospital's Orthopedic Surgeons of Wolfeboro, specializes in partial and total knee and hip replacement surgery through Mako Robotic-Arm Assisted joint surgery. This advanced technology takes CT scans of each patient's anatomy prior to surgery, and Dr. Hogan uses these images during the procedure to precisely place new joints and limit damage to surrounding tissue.

Orthopedic Expertise for Busy Homebodies and Weekend Warriors

Huggins Hospital's orthopedic experts know firsthand that life is better when you're out there enjoying it. Our team is ready to help with any major or minor orthopedic issue, whether you strained a muscle doing weekend chores or fractured a bone while out on the lake.



George "Skip" Costello, MD, FAAOS
Waterskier. Surgeon.



Timothy O'Brien, MPH, PA-C
Triathlete. Outdoor enthusiast.
Physician assistant.



Kyle Przekaza, PA-C
Golfer. Skier. Surfer. Physician assistant.

For more information, please visit HugginsHospital.org or call our Orthopedic Surgeons office at 603.569.7690.

Campaign Underway for *New Infusion Center* at Huggins Hospital

A capital campaign is underway to fund at least half the cost of construction for a dedicated Infusion Center in an older part of the building at Huggins Hospital. The early donations for the campaign have raised approximately \$250,000 toward the project, projected to cost more than \$2,000,000. Our goal is to raise \$1,000,000 through our campaign.

Medications delivered intravenously (called “infusion”) can take a few hours or all day. With close to 2,000 treatments per year, Infusion Services at Huggins Hospital allows our community members to avoid adding a long drive to an already-exhausting experience.

Linda Gallup was prescribed an infused medication to treat rheumatoid arthritis by her provider at a hospital in Boston. She would make sure to get that treatment before she and her husband, Michael, came from Boston to their seasonal home on Lake Winnepesaukee. Then, a few years ago, she read in *Healthy Horizons* that Huggins Hospital has an Infusion Services department. Now Linda just needs to drive to Huggins Hospital from her home on Lake Winnepesaukee for her treatments.

“You don’t have to have a doctor at Huggins to use their infusion service,” she wants people to know. “The referral was seamless.”

Since she started utilizing the service, Linda has seen Infusion Services change locations within the hospital to accommodate growth. “It will be so great to have a dedicated space,” she says.

Linda and Michael, a Huggins Hospital trustee, were among the first to donate to the \$1,000,000 million Infusion Center campaign. They hope you will join them.

If you would like to learn more about remaining naming opportunities within the Infusion Center, please contact Cheryl Kimball, Manager of Philanthropy, at 603.515.2089 or ckimball@hugginshospital.org.

Please use the enclosed envelope to donate today to the Huggins Hospital Infusion Center Campaign.



Michael and Linda Gallup have donated to Huggins Hospital’s new Infusion Center after personal experience with the convenience of having infusion services in Wolfeboro.

“As an infusion patient at Huggins for the last five years, I have found the convenience and the caring staff to be outstanding. My doctors are in Boston, where I live half the year. Despite that, it is seamless to arrange my treatments here.”

– L I N D A G A L L U P

H U G G I N S H O S P I T A L I S D O I N G I T A G A I N

Making sure our community has the health care they need available

C L O S E T O H O M E

UNUSED SPACE IN THE
OLD HOSPITAL WING



RENOVATION



STATE-OF-THE-ART INFUSION CENTER

Huggins Hospital constantly strives to meet the challenge of the changing healthcare needs of our community. Our plans are to renovate existing unused space in the hospital to create a state-of-the-art Infusion Center. This new space will allow medical personnel to provide the highest level of care to infusion patients and their families in a comfortable, modern environment specifically designed for this purpose.

Our long-term goal for our new Infusion Center is to integrate chemotherapy and oncology treatment, which will require an oncologist,

in addition to our established medical infusion services. Cancer is the second leading cause of death in NH and those requiring treatment, sometimes daily and for hours at a time, need to travel long distances for those treatments. Oncology services close to home will have a major impact on the quality of life for our community members needing chemotherapy to save their lives.

The future looks bright for Huggins Hospital patients who need infusion services of any kind!

Huggins Hospital *Pediatrician, Dr. Matos*, Receives *Patriots Foundation MVP Award*

For the past 25 years, the Kraft family and the New England Patriots Foundation have been recognizing volunteers for going above and beyond to give back to their communities through the Myra Kraft Community MVP Awards program.

Michael Matos, MD, FAAP, of Huggins Hospital's Wolfeboro Pediatrics office, was recognized as one of this year's honorees for his volunteer work as medical director at Camp Carefree, an overnight summer camp for youth with type 1 diabetes. The award was accompanied by a \$10,000 donation for the American Diabetes Association.

Camp Carefree is an overnight summer camp in New Durham, NH, for youth with type 1 diabetes. For more than a decade, Dr. Matos has taught over 100 campers each year how to count carbs and calculate their insulin levels based on what they eat and how much they exercise. Dr. Matos takes two weeks of vacation time each year to volunteer at the camp.

"Type 1 diabetes is a lonely disease, affecting about one out of every 500 people in our country," said Dr. Matos. "Although that's pretty common, many of these children are the only ones at their schools who have type 1 diabetes. Camp allows them the opportunity to know that they're not alone. That is why I volunteer at diabetes camp each year."

On Wednesday, June 8, 26 volunteers gathered at Gillette Stadium to be recognized for their contributions and given the Myra Kraft Community MVP Awards. In total, \$275,000 in donations were distributed to the nonprofits represented by each volunteer.

"Of all the community initiatives we support through the Patriots Foundation, this was always Myra's favorite and I am proud that we continue to honor her legacy of volunteerism by recognizing the amazing work of dozens of volunteers each year," said Patriots Chairman and CEO Robert Kraft. "She loved meeting all of the honorees and hearing their heartwarming stories of volunteerism. There are so many people doing great things in our communities. It restores all faith in humanity. We enjoyed reviewing this year's applications and selecting the 26 dedicated individuals that are helping to make the world a better place."

Gillette, a longtime supporter of the New England Patriots and a cornerstone partner of the Patriots Foundation, served as the presenting sponsor for this year's program. On hand to congratulate the award winners were Robert Kraft, Josh Kraft – President of Kraft Family Philanthropies, Andre Tippett – Pro Football Hall of Famer and Patriots Executive Director of Community Affairs and John Claughton – VP of Grooming, North America, for Proctor & Gamble.

"This program has always been my family's favorite charitable initiative," said Josh Kraft. "Each year, we read hundreds of heartfelt stories of volunteerism and we are



Procter & Gamble's VP of Grooming, North America, John Claughton (far left), Patriots Chairman and CEO Robert Kraft and Patriots and Pro Football Hall of Famer Andre Tippett congratulate Huggins Hospital Pediatrician, Michael Matos, MD, for being selected as a 2022 Myra Kraft Community MVP Award winner. (photo courtesy of Eric J. Adler/New England Patriots)

honored to celebrate those who go above and beyond to help others. We were excited to partner with our good friends at Gillette for this year's program and appreciate their shared commitment to building stronger New England communities."

"As a long-time witness of the great and positive impact the Kraft family has had on the New England community, Gillette could not be more proud to share in honoring Myra's legacy as the presenting sponsor of the Myra Kraft MVP Awards," said John Claughton. "Joined by the same drive to be a force for good for the communities we serve, Gillette looks forward to supporting all the honorees and volunteers that continue the work Myra so passionately championed."

The 2022, Myra Kraft Community MVP winners range from 15 to 85 years old and represent every New England state. The selected nonprofits provide support for many causes, including education, domestic violence prevention, healthcare, homelessness, mentoring and military support.

The Kraft family and the New England Patriots Foundation received more than 250 applications this year from nonprofit organizations looking to recognize their outstanding volunteers.

Back in the *Saddle* *continued from cover*

hadn't done in quite a while—she took Buggy for a short ride through the woods. She still felt some discomfort but could sit deeply enough in her saddle to once again feel safe and confident on her horse.

"It was so exciting," said Cheryl. "I was just beaming when I got back and told my husband I had ridden Buggy through the woods. This is a horse I love and an activity I love! Although I enjoy taking care of horses, it was great to finally have fun riding again." Cheryl got back to short rides a few times a week, something she was grateful to be able to do during pandemic-related restrictions.

The Feldenkrais Method® is a type of movement therapy that proponents state can repair impaired connections between the brain and body, benefiting the quality of body movement and improving wellbeing. The Feldenkrais Guild of North America says the Feldenkrais Method allows people to rediscover their innate capacity for graceful, efficient movement.

"Feldenkrais is never palliative," says Dr. Burgess, "rather it is always cumulative. The patient learns to get a handle for themselves on what is required to move and act with power and without pain."

In a session, a Feldenkrais practitioner directs attention to inefficient or strained movement patterns and attempts to teach new patterns using gentle, slow, repeated movements. Slow repetition is believed to be necessary to impart a new habit and allow it to begin to feel normal. These movements may be passive (performed by the practitioner on the patient's body) or active (performed by the patient).

"I had experience with Feldenkrais Therapy many years ago," said Cheryl. "I was so excited to find a practitioner locally. How you move impacts everything you do. I spent so many years learning good horsemanship and all of a sudden I couldn't even ride a horse. Now I have regained confidence in my seat and can enjoy riding my horse again."

Feldenkrais is just one of the many services Huggins Hospital's Back Bay Rehabilitation has to offer at its locations in Wolfeboro, Alton, Tamworth and Moultonborough. The therapists can assist in many ways with physical therapy, occupational therapy, massage therapy, pain management, sports medicine and other specialty techniques.

For more information about Back Bay Rehabilitation, visit www.hugginshospital.org, call 603.569.7565 or e-mail BackBay@hugginshospital.org.



Cheryl And Buggy

A focus on... community

**NEW
LOCATION**

Constitution Park
off Route 25
Center Ossipee

**FREE
DRIVE THRU
FLU SHOTS**

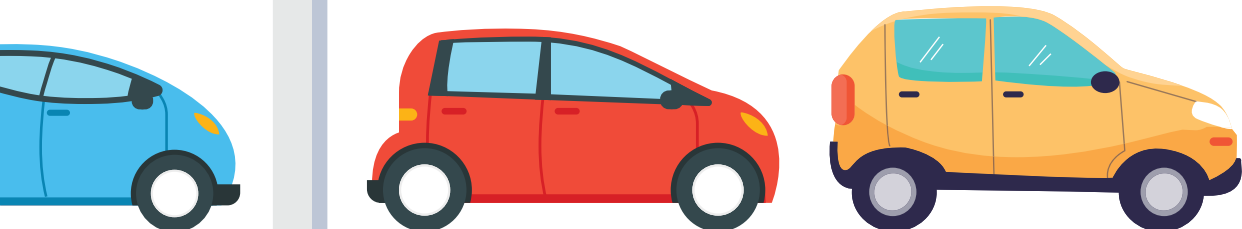
**OCT 12
2 – 6 PM**

**Huggins
Hospital**

Roll down your window,
and roll up your sleeves. Just
drive up and let Huggins staff
administer your flu shot
as you stay in your car!

Enter the Drive Thru from
Long Sands Road off
Route 25 in Center
Ossipee. Follow the signs!

*Drive Thru flu shots
are for age 12+.*



Wolfeboro Independence Day Parade

We had a great time seeing everyone!



Ossipee Family Medicine *Expansion*



Ossipee Family Medicine, located at 3 Water Village Road in Ossipee, recently held an open house event to allow community members to tour the 1560 sq ft addition and many improvements to the facility. The new addition includes an improved front entrance, new waiting area, registration, x-ray and much more. The open house event included special treats from local food truck Dueling Chefs Smoke-n-Grille and meet-and-greets with the Ossipee Family Medicine team.

Boy Scouts *Award*

Our Senior Leadership Team was happy to accept an award on behalf of our Huggins Family. To honor our service, sacrifice and courage throughout the pandemic, the Daniel Webster Council, Boy Scouts of America, has recognized all NH Hospitals with the Distinguished Industry Award. Thank you for this recognition!



Pictured is Daniel Webster Council Director of Development Bianka Cullen (center) presenting the award. The Huggins Senior Leadership Team members are each holding a box of goodies that also came with the award!

Chamber *Award*



Recently, the Wolfeboro Area Chamber of Commerce presented an award to everyone at Huggins Hospital for their extraordinary service and diligent efforts during the COVID-19 Pandemic. Pictured, left to right, are the Chamber's Board President Lynne Palmer, Huggins President & CEO Jeremy Roberge, and Chamber's Executive Director Mary DeVries.

THERE'S NO PLACE LIKE

Huggins



Need a new primary care or specialty provider? We cover a wide area from Tamworth to Moultonborough to Alton, and in between. If you need a specialty service, check with us first. When you need care, the right choice may be right next door. Listed below are our primary and specialty care providers who can help you get the services you need. You can also find more services on our website at www.HugginsHospital.org/Services.



Alton Family Medicine

27 New Durham Rd.(near Alton Traffic Circle) | 603.875.6151

Jennifer Tedcastle, PA-C
Tuesday Renner, MD
David Reall, MD

Ellen Dennehy, PA-C
Amanda Fucci, APRN

Wolfeboro Pediatrics

240 South Main St., Wolfeboro, NH (located in Huggins Hospital)
603.569.7620

Michael Matos, MD, FAAP
Deborah Stone, PNP-C, PMHCS

Harley Heath, MD
Kimberly DeVyllder, PNP-C

Moultonborough Family Medicine

984 Whittier Hwy, Moultonborough, NH | 603.476.2216

Julie Furlan, DO, ABIHM
Suzanne Evans, FNP-BC

Melissa Bourque, FNP-BC

Ossipee Family Medicine

3 Water Village Rd., Ossipee NH | 603.539.6996

Anita Lawrence, PA-C
Audrey Wehmeyer, PA-C

Kyle Murray, MD

Tamworth Family Medicine

577 White Mountain Hwy, NH | 603.323.3311

Brian Irwin, DO, FAAFP

James Cubeddu, PA-C

Internal Medicine Associates of Wolfeboro

240 South Main St., Wolfeboro, NH (located in Huggins Hospital)
603.569.7588

Stephen Fleet, MD
Brittany Horrigan, PA-C
Jonathan Polak, MD

Charles H. Hiles, Jr., MD
Jennifer Pinard, APRN

Wolfeboro Family Medicine

240 South Main St., Wolfeboro, NH (located in Huggins Hospital)
603.569.7574

Eric C. Lewis, MD

Jamison Costello, DO



Wolfeboro Pediatrics is dedicated to keeping your family healthy. With us, you have access to care when your child has a serious illness or injury, behavioral and mental health care with a Pediatric Mental Health Specialist, as well as physicals, asthma care and pediatric endocrine consultations. You also have 24/7 access to our on-call pediatricians. We hope to welcome you to our Huggins Family today!

For more information or to schedule an appointment, please call 603.569.7620.



Specialty care providers also located in the hospital:

Orthopedic Surgeons | 603.569.7690

George Costello, MD, FAAOS
Jeremy Hogan, MD, FAAOS
Timothy O'Brien, PA-C
Kyle A. Przekaza, PA-C

Wolfeboro General Surgery | 603.569.7511

William Barton, MD, FACS
Brent Richardson, MD

Wolfeboro Women's Health | 603.569.7585

Timothy Pinard, MD
Deborah Mueller, MD