# Healthy Horizons A GUIDE TO YOUR HEALTHY LIFE

SUMMER 2025



Finding Strength Close Wolfeboro, NH | HugginsHospital.org Please e-mail askhuggins@hugginshospital.org or call 603.515.2073 with any questions or feedback. You to Home at Huggins can find an electronic version of Healthy Horizons online

Hospital's Cancer Care & Infusion Center

TINA MAXFIELD'S STORY

n February 2024, Tina Maxfield, of Wolfeboro, received a diagnosis that would change her life: ovarian cancer. The news came at a time when her world was already heavy - her beloved husband, Chip Maxfield, was battling a terminal illness and would be unable to be there with her through treatment.

Tina is pictured with a few of the Huggins Hospital Cancer Care & Infusion Center staff that helped care for her during her journey.

What could have been an overwhelming and isolating experience was made bearable - hopeful, even - thanks to the care she received at Huggins Hospital's new Cancer Care & Infusion Center and the support from her friends and family. "I was very grateful I could drive across town and have Huggins Hospital staff take care of me," Tina shared. "I had so many friends and family that were really supportive, offering to drive me to appointments far away if needed. I was happy to say that I didn't need to go far."

The Cancer Care & Infusion Center opened its doors in April of 2025 to provide expert oncology services in a local and friendly environment. "Being able to receive chemotherapy right here in our community was amazing," said Tina. "The nurses would explain everything they were giving me for chemo and for supportive medications such as nausea treatment. I was so thankful."

at www.hugginshospital.org.

continued on page 2

### President & CEO Jeremy Roberge, CPA



ealthcare continues to be a challenging industry. Huggins Hospital, and hospitals throughout New Hampshire and the nation, have continued to advocate for local, comprehensive, quality care for their communities. Through all the challenges we face, I have never been more proud of the dedicated team here at Huggins Hospital. Their unwavering commitment

to our patients has helped us remain a steady presence you can trust. In this Healthy Horizons magazine, you can learn more about what we've been up to recently.

Today, I'm incredibly happy to share that we've expanded our services to include Cancer Care – bringing chemotherapy treatment closer to home for many families in our area. This is a milestone that reflects both our growth and our vision to be your home for health and wellbeing.

We also recognize the gap left when cardiology services were no longer available in Wolfeboro due to the hardships of the healthcare organization that was providing those services. That's why we're working diligently to establish a cardiology office here at Huggins Hospital. This is a priority we are fully committed to and hope to have up-andrunning as soon as possible.

I hope you enjoy reading more about us in this publication. Thank you for continuing to place your trust in Huggins Hospital. We're honored to care for you and your loved ones.

Sincerely,

Jeremy Roberge, CPA, President & CEO

At the time of finalizing and printing this magazine, we learned of the passing of our Chief of Pediatrics and long-time pediatrician, Dr. Harley Heath. We are grieving along with all of you in our community who were cared for by Dr. Heath throughout the years. Our thoughts are with Dr. Heath's family and friends as we all navigate this loss together.

## What should you do when Joint Pain is interfering with your life?



oint pain can sneak up gradually or strike suddenly, but when it starts interfering with your daily life, it's time to take action. Whether it's difficulty climbing stairs, stiffness in the morning or pain that keeps you from enjoying your favorite activities, Dr. Thomas Varney (pictured left) of Huggins Hospital's Orthopedics in Wolfeboro says you don't have to live with discomfort.

"Joint pain is incredibly common, especially as we age," says Dr. Varney. "But common doesn't mean normal. If pain is limiting your mobility, affecting your sleep or making it hard to care for yourself or others, it's worth getting evaluated."

Dr. Varney recommends starting with simple steps:

- Stay active with low-impact movement like walking or swimming.
- Use ice or heat to manage inflammation and stiffness.
- Over-the-counter medications may help but should be used cautiously and under guidance.

If these strategies aren't enough or you have any concerns, it's time to consult a specialist. At Huggins Hospital's Orthopedics office, patients receive personalized care plans tailored to their lifestyle and goals. "We look at the whole person," Dr. Varney explains. "Not just the joint."

What makes care at Huggins Hospital unique is the collaborative approach. Wolfeboro Orthopedics works closely with:

- Huggins Hospital's Physical and Occupational Therapy team for strength and mobility
- The Comprehensive Pain Clinic at Huggins Hospital for advanced pain management
- Huggins Hospital's Physiatry (Physical Rehabilitation Medicine) service for holistic recovery

This team-based model ensures that every patient receives well-rounded, coordinated care.

If joint pain is interfering with your life, contact the experts in Huggins Hospital's Orthopedics office by calling 603.569.7690. Relief might be closer than you think.

### New Cancer Care Program continued from cover

important new cancer care service," said Dr. Siddiqui. "The dedication of the staff here and their expertise makes Huggins Hospital an exceptional place for patient care. I look forward to caring for this community."

Huggins Hospital is dedicated to providing local access to expert care. With a devoted team, including Dr. Siddiqui and oncology-trained nursing staff, Huggins Hospital is committed to delivering personalized treatment in a setting patients can trust. Local access to cancer care can help reduce the financial, emotional and mental strain

of long-distance travel for patients and their loved ones who often need to travel for treatment multiple times per week.

"Bringing cancer care to Huggins Hospital is a monumental step forward for our community," said Barry Gendron, DO, MBA, Chief Medical Officer at Huggins Hospital. "Our goal is to provide quality, personalized care, close to home. A diagnosis of cancer can be overwhelming and we want our community members to know they are not alone. We are here to help guide and support them as they navigate the journey."

### Patient Story: Tina Maxfield continued from cover



Pictured is Tina Maxfield ringing the bell in Huggins Hospital's Cancer Care & Infusion Center, signifying the end of her chemotherapy treatment.

"We were happy to be able to care for Tina close to her home so she could rest soon after finishing her treatments," said Elisabeth Costigan, Huggins Hospital Cancer Care & Infusion Center Nurse Practitioner. "Staying in touch with Tina in between her treatments allowed us to provide her guidance with any side effects she may have encountered. It was an honor sharing in the care of Tina with our entire team. We developed a trusting relationship which allowed us to provide her with the utmost care. Tina remained very positive throughout and was an inspiration to all those around her."

Throughout her treatment, Tina told herself she would persevere. "I was determined," Tina said. "It is my intention to keep my positive attitude because I truly believe it will help me heal."

In a poignant twist of fate, Chip passed away the week before Tina rang the bell at Huggins Hospital to mark the end of her chemotherapy. The moment was bittersweet, an emotional crescendo of grief and triumph. "I was so relieved to ring that bell," Tina recalled. "Now I am in the healing process. It takes time and it is difficult to tell how much is the chemo and how much is the grief."

Tina continues to heal, supported by friends, family and the compassionate team at Huggins Hospital. She hopes her story will encourage others to seek care close to home and to lean on the strength of their community. She has offered to be a resource for others who are experiencing cancer diagnoses and treatment. "Huggins Hospital's staff and my friends and family are a big part of the reason I'm able to get through this process," she said. "They were all amazing and I would want people to know they have access to great cancer care at Huggins Hospital."

For more information about Cancer Care at Huggins Hospital, please call 603.569.7597 and read the announcement about the new Cancer Care Program in this magazine.



# Navigating Toward Optimal Health

Pe're pleased to announce the launch of the Compass Campaign, an ambitious fundraising initiative designed to ensure Huggins Hospital continues to provide exceptional healthcare for our community, both today and for generations to come. This comprehensive three-year campaign will support vital initiatives across our hospital, helping us stay at the forefront of local healthcare.

At Huggins Hospital, we are deeply committed to advancing healthcare access and delivering the highest quality of care right here in our community. The Compass Campaign is a testament to this commitment, focusing on key areas that directly impact the health and well-being of our neighbors.

#### The Compass Campaign is set to advance a variety of initiatives:



Enhancing Cancer Care: Our goal is to raise \$1 million for the Cancer Care & Infusion Center. With the opening of oncology services on April 1, 2025, we are now providing critical local care for cancer patients, sparing them the burden of long-distance travel during an already-challenging time. Your support will help fund the latest patient equipment, support expert staff and specialized training and ensure program strength and expansion.



Strengthening Foundational Programs: We're raising \$1 million in unrestricted funding to bolster long-standing programs vital to our community. This includes Huggins Hospital's Community Care Program, which provides healthcare to all regardless of ability to pay, and our Paramedic Intercept Service, offering on-scene advanced medical support at no cost to patients or EMS providers. Your contributions will ensure we can direct resources where they are needed the most.



Investing in Our Facilities: The campaign will support renovations to our primary care offices and the Emergency Department. Thanks to generous funding from the J. Willard and Alice S. Marriott Foundation which allowed for the purchase of a new MRI and to build the structure to house it, we will be raising funds for improvements to the imaging waiting/treatment area.



**Investing in Technology:** We plan to purchase state-of-the-art equipment potentially including a surgical robotics system for General Surgery to complement our existing surgical robotic technology in orthopedics.



Building for the Future: The Compass Campaign will plan to add approximately \$1 million through planned gifts to our Endowment Fund, providing long-term stability and sustainability, ensuring Huggins Hospital can continue to offer high-quality, compassionate healthcare for future generations. When you commit a planned gift during this campaign, you'll join our Anchor Society, a special group of donors anchoring the future of healthcare in the region.



Supporting Our Dedicated Employees: Our employees are the heart of Huggins Hospital. The campaign will support our Sunshine Fund, a crisis fund for employees facing unexpected financial hardships (and support a fund to assist staff with the cost of specialty credentialing). This is a win-win-win, benefiting our staff, the hospital and ultimately our patients.

#### **Why Your Support Matters**

Huggins Hospital remains financially strong and proud of our unique status as an independent hospital. When you support The Compass Campaign, you're making an investment in a strong, local, non-profit organization that is dedicated to keeping our community healthy and providing care close to home.

We are excited about the significant impact these initiatives will have and deeply appreciate your consideration in supporting this ambitious campaign. Together, we can ensure Huggins Hospital remains relevant, up-to-date, and continues to serve our community to the utmost.

#### **Have Questions or Ready to Help?**

We are happy to answer any questions you might have about these initiatives or anything else regarding the hospital. Please feel free to reach out to Cheryl Kimball, Manager of Philanthropy, at 603.515.2089 or ckimball@hugginshospital.org.

You can also find more information and ways to donate by visiting our website, or sign up for our monthly philanthropy email newsletter by emailing **philanthropy@hugginshospital.org** to stay updated on the Compass Campaign's progress.

Thank you for your continued support of Huggins Hospital!



This rendering shows the expanded MRI area that includes new handicap parking spots closer to the Main Entrance and a seamless look that blends with what is already in place.

### New Ambient Experience MRI service available early 2026

ig changes are underway at Huggins Hospital's Medical Imaging Department as we begin construction on our MRI Expansion Project — a major investment in access to patient care. This project will relocate our MRI services from the current outdoor trailer to a new, state-of-the-art indoor facility, dramatically improving the MRI experience and access to services.

The new MRI suite will be located inside the hospital and will feature the Philips Ambient Experience, a technology designed to create a calming environment through soothing visuals, sound and lighting. This improvement is especially beneficial for patients who experience anxiety or claustrophobia during imaging procedures.

We are proud to share that the MRI Expansion Project has been generously funded by the J. Willard and Alice S. Marriott Foundation. Their support is instrumental in helping us elevate the quality and accessibility of care we provide to our community.

#### Benefits of the New MRI service:

- Access to MRI services would increase to more than 4 days/week and will not require a leased mobile unit.
- The new Philips Ambient Experience would be available to all patients with their choice of soothing visuals on the walls and ceiling along with calming lighting and sounds.
- New MRI technology reduces movement in the images, lessening the need to retake images.
- · The new MRI will be a hospital-owned service, allowing Huggins Hospital to adapt the service based on the community needs.





The images above show examples of the look and feel of the future Ambient Experience MRI.

The new MRI expansion project is slated to be complete in March of 2026 with the current mobile MRI unit service available until the project is complete.



**√** he DAISY (Diseases Attacking the Immune System) Award is an international recognition program that honors and celebrates the skillful, compassionate care nurses provide every day. The DAISY Foundation was established by the family of J. Patrick Barnes after he died from complications of the auto-immune disease ITP in 1999. During his hospitalization, they deeply appreciated the care and compassion shown to Patrick and his entire family. When he died, they felt compelled to say "thank you" to nurses in a very public way. To learn more, visit **DAISYFoundation.org**.

We're incredibly proud to share the stories of our nurses who have received this prestigious award over the past year. Below, you'll find a listing of these exceptional caregivers, alongside heartfelt quotes from the patients whose lives they've touched.

If you would like to nominate a Huggins Hospital nurse for a DAISY Award, you can fill out a nomination form in the Main Lobby of the hospital or fill out the form online at: www.daisynomination.org/4271.



**AUGUST 2024** Tammy Guyer, RN, BSN, CEN, Cancer Care & Infusion Center

"She took on solving this problem without me even asking."



**MARCH 2025** Charito Gardiner, RN, RN-BC, MedSurg

"She made sure that everything was done correctly for me and that I always knew what was going on with my situation."



**FEBRUARY 2024** Erika Boucher, RN, Emergency Department

"Her positive attitude and level of care, along with her calm and patient demeanor, took much of the stress out of what could have been a most stressful situation."



**JUNE 2024** Christine Noble, RN, CEN, CPN, TCRN, Emergency Department

"She has a wonderful way with people!"



Roy B. Carder Award Winner Ellen Dennehy, PA-C, DMSc, provider at Wolfeboro Family Medicine and Huggins Hospital's Medical Staff President, pictured here (l to r) with Huggins Hospital President & CEO Jeremy Roberge, Board Chair Corrine Smith and former Huggins Trustee Kathy Barnard.

# 2024 Roy B. Carder Award Winner, *Ellen Dennehy, PA-C, DMSc*

llen Dennehy, a primary care provider at Wolfeboro Family Medicine and Huggins Hospital's Medical Staff President was the recipient of the 2024 Roy B. Carder Service Excellence Award. This prestigious award is presented annually to a Huggins Hospital employee who consistently exemplifies the hospital's values by delivering outstanding service and leading by example.

Ellen was recognized for her commitment to patient care, her advocacy for continuous improvement, and her dedication to fostering a culture of teamwork. We are proud to have her as part of our Huggins Hospital team. The next Roy B. Carder Award winner will be selected this fall.

# Huggins Hospital's **Best of Business Award** Honors Entire Staff

n March of 2025, Huggins Hospital's Senior Leadership Team was proud to accept the award for Best Small Hospital on behalf of the entire Huggins Hospital Family. The Best of Business (BOB) Awards are presented by NH Business Review and celebrate excellence by honoring outstanding companies in NH. This prestigious award highlights Huggins Hospital's dedication to providing exceptional care and service to the community. We are honored to be acknowledged for our commitment to healthcare excellence and look forward to continuing to serve our patients with the highest standards of care.



# Huggins Hospital Pediatrician, Dr. Matos, Receives Best of the Lakes Region Award

beloved primary care provider at Wolfeboro Pediatrics, has been honored with the prestigious Best of the Lakes Region Award! This recognition is a testament to his exceptional dedication and the outstanding care he provides to our community's youngest patients. Congratulations, Dr. Matos, on this well-deserved recognition!

### **CONGRATULATIONS TO OUR NH**

# Top Docs 2025

physicians who make a profound difference every single day. We extend our heartfelt gratitude for their unwavering commitment to our community's health. We are proud to announce that the following Huggins Hospital medical staff members have been recognized by their peers as NH Top Doctors 2025:



Deborah Mueller, MD *Gynecologist* Wolfeboro Women's Health



Timothy Pinard, MD

Gynecologist

Wolfeboro Women's Health



David Reall, MD Primary Care Physician Alton Family Medicine

Each year, New Hampshire Magazine partners with a national research firm to conduct a comprehensive survey process where doctors cast votes for the best in their respective specialties. This peer-driven recognition truly speaks to the high quality of care and expertise our providers bring to Huggins Hospital.

You can learn more about our dedicated medical staff and the comprehensive services we offer by visiting our website at **www.hugginshospital.org**.

# Huggins Hospital's **Paula Cote** Named an **ImageFIRST** Winner!

uggins Hospital's Paula Cote, Medical Assistant in Wolfeboro Pediatrics, has been named a winner in ImageFIRST's 4th Annual HeroesFIRST Contest! This national recognition celebrates healthcare heroes who go above and beyond to positively impact the patient experience.

With 19 years of experience, Paula has dedicated her life to helping young patients navigate their health challenges. Her unwavering commitment to patients, her kindness and down-to-earth personality truly exemplifies the spirit of this award. Paula was selected from over 470 nominations nationwide, with the public casting votes for the most inspiring finalists.



## CEO Jeremy Roberge Honored as a Top Critical Access Hospital Leader

uggins Hospital's President & CEO, Jeremy Roberge, has been named to the prestigious list of "90 Critical Access Hospital CEOs to Know in 2024" by Becker's Hospital Review. This recognition highlights his exceptional leadership in healthcare.

# A focus on... community

### Robotics in Action: Huggins Hospital Hosts Local Students for Demonstration



🕇 his past winter, Huggins Hospital had the pleasure of hosting the Brewster Academy and Kingswood Middle School robotics teams for an exciting demonstration of our state-of-the-art Mako Robotic-Arm Assisted Surgery system.

Led by Huggins Hospital orthopedic surgeon Thomas Varney, MD (pictured left), the students gained an exclusive look at this advanced technology. They even had the thrilling opportunity to try out the Mako robot firsthand!

Dr. Varney and other members of the team in Huggins Hospital's Wolfeboro Orthopedics are specially trained in using the Mako system,

which helps to minimize soft tissue damage and provides a highly personalized surgical experience. This technology allows for extreme precision, tailoring each procedure to a patient's unique anatomy.

It was an inspiring experience for the students, offering them a glimpse into the cutting-edge technology used in modern healthcare and the innovative ways robotics are making a difference in patient care.



## Strengthening **Emergency** Response: Huggins Hospital Partners with Local EMS for **Advanced Training**



uggins Hospital is dedicated to strengthening emergency medical services in our community. We regularly collaborate with local EMS agencies to provide advanced training opportunities.

These essential sessions utilize our sophisticated simulation mannequin. This allows EMS personnel and hospital staff to practice high-acuity scenarios and refine critical decisionmaking and practical skills in a realistic, hands-on environment.

By supporting these ongoing training initiatives, Huggins Hospital helps to enhance the readiness and effectiveness of our emergency responders, ultimately improving patient outcomes across our region. We're proud to partner with these dedicated professionals who serve our community so well.

### **Sharing Information at Community Events**

uggins Hospital staff shared information at multiple events in our communities including The Ossipee United Round Table's Community Connection Event at the Ossipee Town Hall, the Senior Health & Fitness Day Fair at Pop Whalen Ice & Arts Center in Wolfeboro and the Wolfeboro Farmers Market. We enjoyed getting to meet our community members at these events. We hope to see you at future events!



Wolfeboro Farmers Market

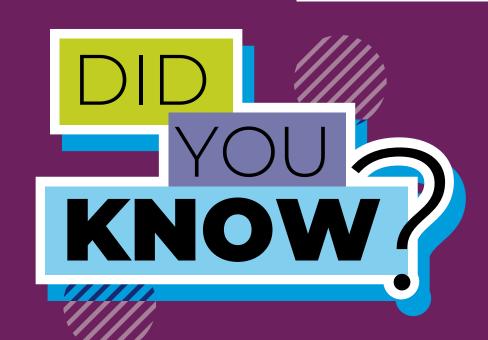


Senior Health & Fitness Day

Huggins Hospital has a Surgical Readiness
Program to help patients feel confident and prepared for surgery. The program provides patients with all the information and support they need, working closely with their surgical, anesthesia and primary care providers.

Huggins Hospital provides robotic-assisted surgery for some of our orthopedic procedures for hips and knees, resulting in less invasive procedures and faster recovery time for our patients.

Huggins Hospital's Cancer Care service is now open, providing chemotherapy to our community members so they can receive expert care close to home (see our stories on the front page).



Our Emergency Department can triage all levels of need, safely and quickly stabilizing those who may need to be transferred to another facility.



Huggins Hospital's primary care services has a wide geographic range, covering Alton to Tamworth, Ossipee to Moultonborough and providing care to all the surrounding communities.



Huggins Hospital has a Social Service Coordinator who can help connect community members to services outside of the typical healthcare service when they are in need. These services include veteran resources, housing, transportation, etc. For more information, call Huggins Hospital's Social Service office at 603.569.7561.

### **BENEFITS TO OUR COMMUNITY**

ach 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 2024 (October 1, 2023 – September 30, 2024), Huggins Hospital provided over \$10 million 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

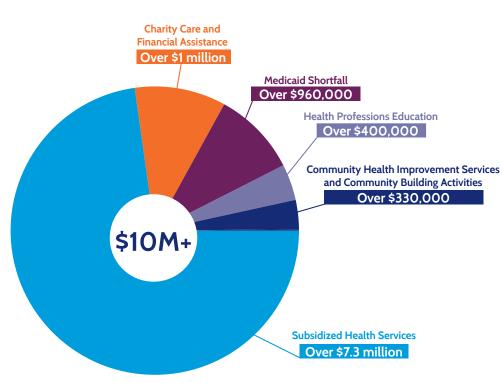
Support to Local Social Service Agencies

Medications for Emergency Service Organizations

Rural Workforce Development

**Economic Development** 

### 2024 COMMUNITY BENEFITS = **OVER \$10 MILLION**



## Welcome to Huggins Hospital's Newest Providers

### Since September of 2024, we've welcomed the following new Medical Staff members:



PETER CONGELOSI, MD Wolfeboro General Surgery Joined Huggins Hospital on 9/10/2024

For more information about Dr. Congelosi, or to make an appointment, please call Wolfeboro General Surgery at 603.569.7511.



KINGSON WOO. MD Ossipee Family Medicine Joined Huggins Hospital on 11/1/2024

For more information about Dr. Woo, or to make an appointment, please call Ossipee Family Medicine at 603.539.6996.



**MORGAN MACAIONE, PA-C** Moultonborough Family Medicine

Joined Huggins Hospital on 1/2/2025

For more information about Morgan, or to make an appointment, please call Moultonborough Family Medicine at 603.476.2216.



**ELISABETH COSTIGAN, APRN Huggins Hospital Cancer Care** & Infusion Center Joined Huggins Hospital on 2/7/2025

For more information about Elisabeth or Huggins Hospital's Cancer Care & Infusion Center, please call 603.569.7597.



**AHMAD DANIYAL (DAN)** SIDDIQUI, MD

**Huggins Hospital Cancer Care** & Infusion Center Joined Huggins Hospital on 4/7/2025

For more information about Dr. Siddiqui or Huggins Hospital's Cancer Care & Infusion Center, please call 603.569.7597.



KIMBERLY LEHMANN, APRN Wolfeboro Family Medicine

Joined Huggins Hospital on 5/21/2025

For more information about Kim, or to make an appointment, please call Wolfeboro Family Medicine at 603.569.7574.



**ELIZABETH MCGRATH, APRN** Huggins Hospital Cancer Care & Infusion Center Joined Huggins Hospital on 8/11/2025

For more information about Elizabeth or Huggins Hospital's Cancer Care & Infusion Center,

please call 603.569.7597.



SAMUEL RATERINK, MD Hospitalist Medicine Joined Huggins Hospital on 8/25/2025

Dr. Raterink specializes in the care of hospitalized patients, managing their acute needs while they are in the hospital.



**KAYLYN KIRK. DO** 

**Internal Medicine Associates** of Wolfeboro

Joined Huggins Hospital on 9/15/25

For more information about Dr. Kirk, or to make an appointment, please call Internal Medicine Associates of Wolfeboro at 603.569.7588.



TAHER GULAMHUSEIN, MD Wolfeboro General Surgery Joined Huggins Hospital on 9/2/2025

For more information about Dr. Gulamhusein, or to make an appointment, please call Wolfeboro General Surgery at 603.569.7511.



Joining us soon!



VLASTA ZDRNJA, MD Internal Medicine Associates of Wolfeboro Joining Huggins Hospital in November

For more information about Dr. Zdrnja, or to make an appointment, please call Internal Medicine Associates of Wolfeboro at 603.569.7588.

NOT PICTURED:

**BRIANNA TURNER, PA-C** 

Alton Family Medicine and Wolfeboro Family Medicine Joining Huggins Hospital in October



# DRIVE THRU FLU SHOTS

**SATURDAY, OCT 18 | 10 AM - 2 PM** 

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 at Christian Ridge Road next to Huggins Hospital and follow the signs.

> > Drive Thru flu shots are for ages 12+.







