

Healthy Horizons

A GUIDE TO YOUR HEALTHY LIFE

SPRING 2016

Huggins Hospital Named *one of the* National Best *and* Brightest Companies to Work For in 2015



Alton Family Medicine



Back Bay Rehabilitation

Huggins Hospital has been named one of the Best and Brightest Companies to Work For® in the country by the National Association for Business Resources.

“We are thrilled our employees find Huggins Hospital to be a great place to work,” said Laura Stauss, VP of Human Resources at Huggins Hospital. “We have great teams in all areas of the organization and we care deeply about helping each other as we care for our patients and community. We call ourselves the Huggins Family and we mean it, creating deep connections that help us reach beyond the limits of the technical aspects of healthcare.”

**NATIONAL
BEST AND
BRIGHTEST
COMPANIES
TO WORK FOR
WINNER 2015**

Huggins Hospital ranked far above the median score in their region for the categories of Community Initiatives as well as Communication and Shared Vision. The Community Initiatives category included the extent to which the organization is committed to improving the local community while providing encouragement and time for employees to participate in a meaningful way.

“I am always impressed by the outpouring of support from our employees when asked to participate in community events and initiatives,” said Monika O’Clair, Senior Director of Communication

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Drug overdoses and deaths continue to rise in New Hampshire

How to find information and help

In 2014, more than 300 people in New Hampshire died as a result of drug overdose. In 2015, that number increased to over 400. At Huggins Hospital, the number of patients seeking care in the emergency department for drug overdoses has increased over the past few years. Over the course of 2015, 49 patients were treated in Huggins Hospital’s Emergency Department with a primary complaint or diagnosis of overdose. This number does not include the many patients who were evaluated in the Emergency Department for drug use or withdrawals.

“The ages of our patients we see due to overdose range from teens to elderly,” said Jed Howard, RN, Director of Emergency Services. “There is no specific type of person; we are seeing people from all age groups and all socioeconomic conditions who struggle with drug addiction.”

Huggins Hospital and the Carroll County Coalition for Public Health are working in collaboration with local healthcare agencies, schools and community members to increase awareness of our community’s drug issues and to help find ways to educate, prevent, treat and support those in need.

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Huggins
Hospital

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Please e-mail askhuggins@hugginshospital.org or call 603.515.2088 with any questions or feedback. You can find an electronic version online at www.hugginshospital.org.



Prediabetes: 1 in 3 have it but only 11% know

More than 1 in 3 adults in the U.S. have prediabetes and most don’t know. Are you at risk? Visit Huggins Hospital online to find out your risk score and learn what you can do to prevent or delay diabetes at www.hugginshospital.org/services/diabetes-services.

WHAT IS PREDIABETES?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes by losing a small amount of weight (5 to 7 percent of total body weight) through healthy eating and physical activity.

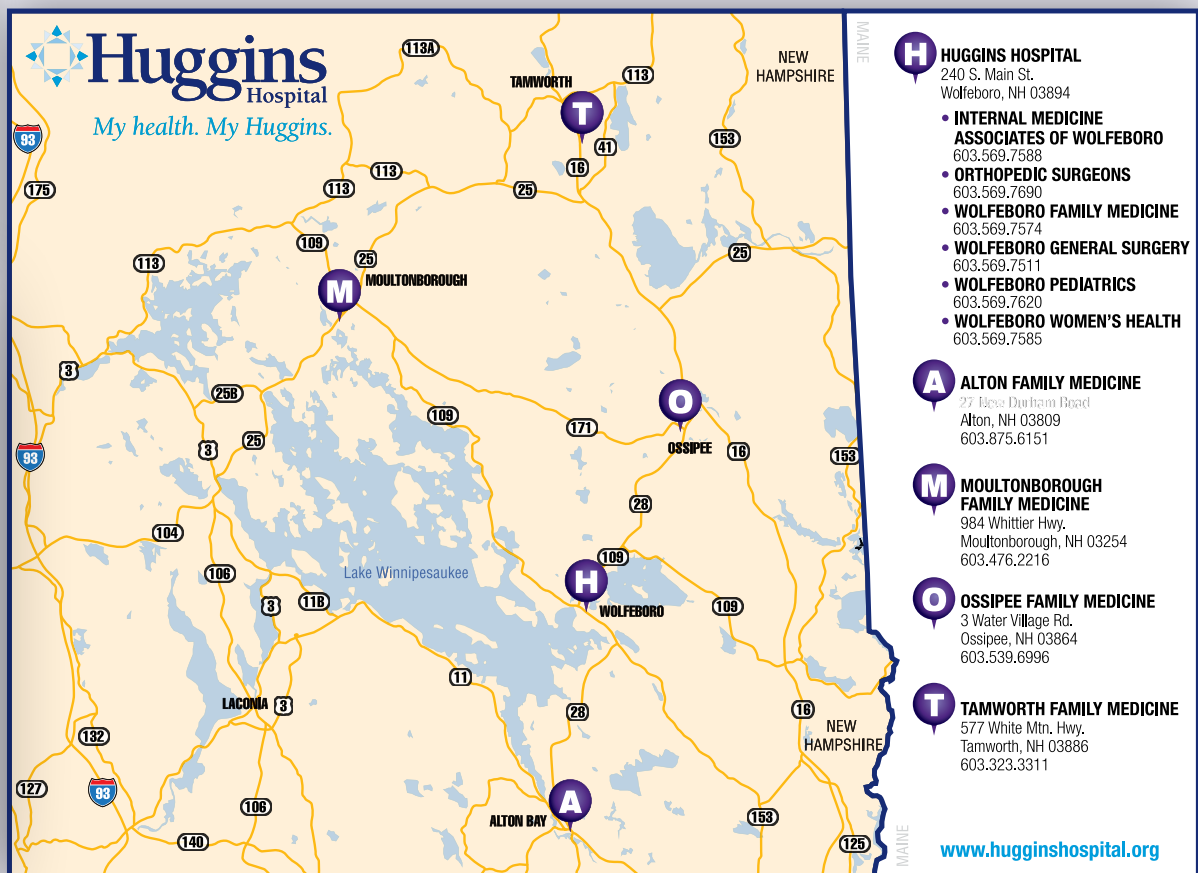
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Dona Varghese, MD, and Hayas Haseer Koya, MD



Huggins Hospital welcomes new Hospitalists to Wolfeboro

Dona Varghese, MD, and Hayas Haseer Koya, MD, joined the staff at Huggins Hospital this past fall as full time Hospitalists. A Hospitalist is a physician who specializes in caring for patients while they are in the hospital. Hospitalists coordinate care between your primary care provider and specialists, monitor your progress, and stay in close contact with you and your family.

Dona Varghese, MD, has a specialty in geriatrics, a focus in healthcare that promotes health by preventing and treating disease and disabilities in older adults. She received her degree from Government Medical College located in Kerala, India. She completed her Internal Medicine Residency and her Geriatrics Fellowship at SUNY Upstate Medical University in Syracuse, New York.

Hayas Haseer Koya, MD, also received his degree from Government Medical College located in Kerala, India. He completed his Internal Medicine Residency at SUNY Upstate Medical University in Syracuse, New York.

Dr. Varghese and Dr. Haseer Koya are married and live in Wolfeboro with their young son. They both enjoy traveling and cooking and Dr. Haseer Koya has a special interest in photography. They are happy to be living in Wolfeboro and are excited to care for the people of the Eastern Lakes Region community.

Huggins Hospital welcomes Dr. Varghese and Dr. Hayas Koya. For more information about the Hospitalist Program at Huggins Hospital, please e-mail askhuggins@hugginshospital.org or call 603.515.2032.

Did You Know?



Timothy Pinard, MD

Huggins Hospital offers gynecology services close to home! Wolfeboro Women's Health, located in the Huggins Hospital Medical Arts Building, partners with women to meet their health care needs throughout life's journey. Timothy Pinard, MD, and his team take the time to listen and understand each patient's specific situation in order to provide the most comprehensive care possible.

"Here at Wolfeboro Women's Health, we actively seek out your participation in your care," said Dr. Pinard. "We will work together to make sure you are comfortable and to keep you well for today and for the years to come."

Wolfeboro Women's Health offers **ANNUAL WELL-WOMAN VISITS** and also provides treatment for:

- Pelvic Pain
- Abnormal/Heavy Bleeding
- Cervical Polyps
- Contraception
- Initial Infertility Testing
- Endometriosis
- Urinary Incontinence
- Sexually Transmitted Diseases
- Pelvic Organ Prolapse
- Menopause
- Ovarian Cysts
- and more!

Wolfeboro Women's Health

WHY ARE WELL-WOMAN VISITS IMPORTANT AND WHEN SHOULD THEY HAPPEN?

Well-Woman Visits are vital to the health care of women because the evaluation allows time to identify any medical problems. It also allows time to discover risk factors for disease, perform preventative screenings and provide counseling for maintaining a healthy lifestyle. The American College of Obstetricians and Gynecologists recommends a Well-Woman Visit and a pelvic examination take place annually for women 21 years of age and older. The College also recommends that the first visit to the gynecologist for screening and preventative services take place between the ages of 13 and 15.

For more information about health care for women, or to speak with a staff member of Wolfeboro Women's Health, please call 603.569.7585. Wolfeboro Women's Health is located in the Medical Arts Building at Huggins Hospital with convenient access to additional services at the hospital such as the Women's Imaging Center and the Laboratory.

Improve *Your* Heart Health At Huggins Hospital

Did you know that Cardiac Rehabilitation can help you recover from a heart attack and reduce your risk of dying from a future heart attack? Cardiac Rehabilitation at Huggins Hospital is a comprehensive program to provide physical training, education and support for people with heart disease. Under the supervision of the medical director Stephen Fleet, MD, the Nurse Coordinator Judith Orth, RN and our Exercise Specialists Lynn DuPuis and Amy Mocerri, people with heart disease can improve their strength and stamina, learn how to manage their diet, and develop habits to help take control of their health – all while having fun in the process!

The Huggins Hospital Cardiac Rehabilitation “Phase II” telemetry-monitored exercise program is designed based on a participant’s medical diagnosis, initial fitness level and past medical history. Participants’ cardiac rhythms and vital signs are monitored throughout each session to ensure safety and to measure progress. Reports are regularly provided to the participant’s health care team so medications and treatments may be adjusted by a primary care physician (PCP) or cardiologist as needed. Participants also have the opportunity to participate in monthly group nutritional education sessions led by Huggins Hospital Clinical Dietitian Stephanie Swannick, RDN, LD.

Cardiac Rehabilitation can help people recover after a heart attack, a heart procedure such as angioplasty or stent, or heart surgery such as a valve replacement, heart transplant or coronary artery bypass grafting (CABG). It is also helpful for people with coronary artery disease (CAD) and/or stable angina or heart failure (CHF). Additional benefits include:

- reduced risk of dying from a heart attack;
- decreased chest pain (angina) and the need for medicines to treat chest pain;
- a lower chance of having to go back to the hospital or emergency room for a heart problem;
- weight loss;
- reduced resting systolic and diastolic blood pressure;
- increased efficiency of the heart;
- increased serum high density lipoprotein (HDL) cholesterol;
- decreased serum triglycerides;
- reduced insulin needs and improved glucose tolerance;
- reduced stress;
- improved mobility, which can help you stay independent;
- improved overall health, self-confidence and quality of life; and
- increased stamina and endurance, which can help participants return to work or take part in social activities and exercise.

Huggins Hospital Cardiac Rehabilitation sessions are offered Monday, Wednesday and Friday at 9 AM, 11 AM, and again at 1 PM. The program is covered by most insurances including Medicare and requires a physician referral. The referral can be either through a primary care provider or a cardiologist. Patients are encouraged to maintain their exercise regimen after completion of the Phase II program, and an unmonitored “Phase III” maintenance program is available for “Phase II” graduates. If you would like more information about Cardiac Rehabilitation, please call 603.569.7624.



Huggins Hospital Cardiac Rehabilitation patient Dorinda Louise, of Alton, kindly used her creative sewing talents to make and donate fabric pockets for the telemetry monitors patients need to wear during activity at the Hospital.



Huggins Hospital's Cardiac Rehabilitation Coordinator Judith Orth, RN, CCRN, left, with Huggins' VP of Advancement Jeff McGuinness, right, thank Dorinda Louise for her kind donation.

Huggins PATH project *focuses on improving patient experience*

It is true – healthcare can be confusing. Complexities with access to care and insurance coverage can turn even a basic exam or procedure into a stressful situation. Huggins Hospital PATH employees are here to help. As the hospital looks forward to the future of healthcare, it continues to focus efforts on the value provided to all patients.

PATH (Patient Access to Huggins) streamlines registration and scheduling functions to one central location, providing ease of access for patients and allowing more time for hospital and physician office staff to focus on patient care, education and support. The goal is to improve patient experience and satisfaction with a dedicated team of employees to guide each patient through the scheduling process.

When a Huggins patient needs an exam or procedure, a PATH team member will call the patient to schedule. Each patient receives individual attention and guidance for their specific situation, including an estimate of out-of-pocket liability prior to the appointment. PATH will verify each patient’s insurance coverage before providing the estimate. Patients have the opportunity to receive a 30 percent discount for paying that estimate on or before the date of the exam or procedure. This service helps to take the guesswork out of hospital billing and insurance coverage while providing

a financial benefit to all Huggins patients. Huggins Hospital also has a financial assistance program to help patients in need with their financial obligations. This program is available to all patients and the PATH team is happy to assist with the application process.

“We are continuing down our PATH to creating exceptional patient experience,” said Lora Kent Smith, Director of Revenue Cycle Services at Huggins Hospital. “The PATH team has made great strides to bring many services together in a way that will build an efficient and simplified process for our patients and our staff. The future is exciting with the success we’ve seen so far with this project.”

In the near future, PATH plans to focus more attention on access to primary care visits. This next phase of the project will help patients access care when and where they need it. Patients will have the ability to call PATH and receive help scheduling an appointment at any of the Huggins Hospital primary care offices located in Wolfeboro, Alton, Moultonborough, Tamworth and Ossipee. Each step of the PATH project is focused on enhancing access to care and improving the healthcare experience for the Huggins Hospital community. For more information about PATH, please call 603.569.7547.



Huggins Hospital employees from across multiple departments

and Community Relations at Huggins Hospital. “Our employees are truly dedicated to partnering with the community and Huggins actively encourages those connections.”

Huggins Hospital employees are part of public health initiatives, such as the current drug crisis and other health education priorities, as well as local community groups and boards. Employees also participate in many community engagement events, educating the crowd at the Wolfeboro Independence Day Parade about how to “stay cool” during the hot months and organizing an Ugly Sweater Contest for the town’s Christmas Parade. Huggins Hospital supports local groups such as Meals on Wheels, End 68 Hours of Hunger and Starting Point by volunteering and providing food and space at the hospital.

In addition, Huggins employees support the fundraising initiatives of Huggins Hospital that also improve the health of the community, including the Adult Day Program, Diabetes Services and Community Care – the hospital’s financial assistance program for patients in need.

“Philanthropy is the catalyst that can make our community the healthiest in the state and in the country,” said Jeff McGuinness, VP of Advancement at Huggins Hospital. “It’s always exciting when people – especially Huggins employees – share that vision because their passion, expertise and talent are what make that happen every day. To receive additional support from donors both inside and outside the hospital is equally encouraging and inspiring.”

When being named one of the Best and Brightest Companies to Work For®, Huggins Hospital also ranked far above the median score for Communication and Shared Vision. This category included the level of effective exchange of information from senior leaders to employees and the extent to which employees are given a platform to communicate opinions, ideas, issues and concerns.

“We are open with our employees and encourage a free flow of information across all areas of the organization,” said Huggins Hospital’s Interim President & CEO Jeremy Roberge. “This openness creates a strong culture of caring among our employees that flows through to our patient care. While we have this amazing award of the Best and the Brightest, we will continue to put effort into finding ways to improve our employee satisfaction as we move forward. Our Huggins Family is a priority and we recognize our employees as the essential piece of our success.”

The 2015 winning companies were assessed by an independent research firm which reviewed a number of key measures relative to other nationally recognized winners. The measures included Compensation, Benefits and Employee Solutions; Employee Enrichment, Engagement and Retention; Employee Education and Development; Recruitment, Selection and Orientation; Employee Achievement and Recognition; Communication and Shared Vision; Diversity and Inclusion; Work-Life Balance; Community Initiatives and Strategic Company Performance.

The companies that have been selected to be recognized nationally as a Best and Brightest Company to Work For® were featured in an edition of *Corp! Magazine*. Huggins Hospital will also receive additional recognition as a national winner at an upcoming Best and Brightest Companies to Work For® awards symposium and gala.

For more information about becoming part of the Huggins Family, please contact the hospital’s Human Resources Department at 603.569.7649 or find more information in the career section online at www.hugginshospital.org.



Tamworth Family Medicine



Moultonborough Family Medicine



Ossipee Family Medicine

Drug overdoses and deaths *continued from cover*

WHY ARE WE SEEING AN INCREASE IN DRUG OVERDOSES NOW?

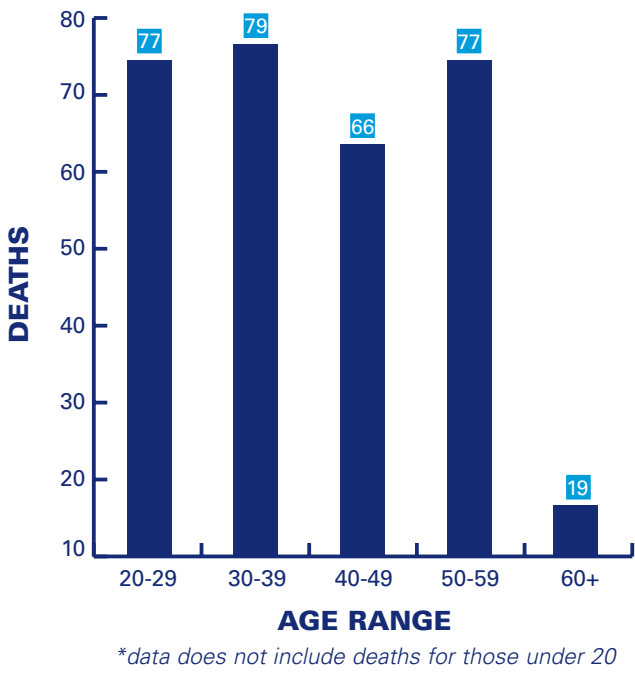
A major factor contributing to the drug deaths and overdoses in our area is the introduction of street fentanyl, a synthetic opiate analgesic similar to morphine but much more potent, mixed with heroin. Those who take this combination may not know how much fentanyl they are using and this can result in an overdose or even death. Heroin and fentanyl are also cheap and accessible.

WHY ARE DRUGS SUCH AS HEROIN AND FENTANYL SO ADDICTIVE?

Opiates and opioids are highly addictive because they impact the brain’s reward, motivation and memory systems. This impact changes the way the brain functions, increasing the need to use the drugs in order to relieve serious symptoms and cravings. As a result of the impact to brain functioning, you may have seen a shift in dialogue in the community and in the news that connects the experience of addiction to a chronic illness.

IS THIS CONCERN MOSTLY FOR THOSE IN THEIR TEENS AND 20S?

No. Data from the NH Medical Examiner’s office, and shared by NH’s Department of Health & Human Services, shows the 2014 deaths of NH residents from overdose were across many age groups and only dipping in numbers once reaching the 60+ age range:



HELP IS AVAILABLE AND RECOVERY IS POSSIBLE

Visit www.nhtreatment.org or call 211 to find an outpatient counselor for an assessment and to find community and family support groups. Naloxone, an overdose reversal medication, is available to anyone concerned about someone’s overdose risk. Visit www.anyoneanytimenh.org for a list of community health centers with free naloxone kits. REMINDER: always call 911 immediately even if you plan to administer naloxone.

DEFINITION OF TERMS:

NALOXONE: An antidote that can block the effects of opioids and opiates and reverse an overdose, providing a window of opportunity to save a life. The antidote is temporary and calling 911 is essential if you find someone you suspect may have overdosed.

OPIATE: Opiates are pain-relieving medications derived from the opium poppy plant (ex: morphine, codeine, heroin, opium).

OPIOID: Opioids are synthetic or partly-synthetic pain medications manufactured to work similar to opiates (ex: methadone, oxycodone, and fentanyl).



BARLEY “RISOTTO” WITH SPRING VEGETABLES AND TOMATO SALAD

Prepared by Huggins Hospital’s Director of Food & Nutrition Kurt Roessler

FOR THE BARLEY

- 1 cup pearl barley
- 4 cups vegetable stock
- 1 tsp salt

Preparation: Bring vegetable stock to a boil. Add salt and barley and cook for 35-40 minutes until barley is tender. Strain and cool.

FOR THE RISOTTO

- 3Tbsp extra virgin olive oil
- 1 medium Spanish onion, diced
- 2Tbsp chopped garlic
- 1 bunch kale, julienne
- 3 carrots, shredded
- ½ cup spring peas
- ½ cup vegetable stock
- 3Tbsp fresh basil, julienne
- Barley
- Salt and pepper to taste

Preparation: Heat oil in a sauté pan over medium high heat. Add onion and sauté until soft. Add garlic and cook for 1 minute. Add carrots, peas and basil and sauté another minute. Add vegetable stock and bring to a boil. Reduce heat to a simmer and add kale and barley. Cook 5-7 minutes until most of the liquid has evaporated. Add salt and pepper to taste.

FOR THE ASPARAGUS

- 1 bunch thin asparagus
- 3Tbsp extra virgin olive oil

Preparation: Preheat oven to 350 degrees. Toss asparagus in olive oil and place in an oven safe pan. Cook 8 minutes.

FOR THE TOMATO SALAD

- ½ pound vine ripe tomatoes, cut in half
- ½ cup extra virgin olive oil
- 2Tbsp red wine vinegar
- 3Tbsp basil, julienne

Preparation: Wisk together oil, vinegar and basil in bowl. Add tomatoes and marinate for 1 hour.

Final Steps: Place risotto on plate. Top with roasted asparagus. Place tomato salad on plate. Enjoy!

Prediabetes *continued from cover*

WHO IS AT RISK FOR PREDIABETES AND TYPE 2 DIABETES?

You are more likely to develop prediabetes and type 2 diabetes if you:

- are 45 years of age or older
- are overweight
- get little or no physical activity
- have someone in your family that has type 2 diabetes
- have high blood pressure or take medication for high blood pressure
- had diabetes while pregnant or gave birth to a baby weighing more than 9 pounds

HOW CAN WE PREVENT OR DELAY THE ONSET OF TYPE 2 DIABETES?

There are multiple ways to prevent or delay the onset of type 2 diabetes – the two most prominent being healthy eating and exercise. While those steps sound easy enough, they are more easily said than done. Huggins Hospital understands that struggle and is one of only a few locations in New Hampshire to offer the CDC’s National Diabetes Prevention Program (see right for more information about Huggins Hospital’s *Healthy Living Group*).

HUGGINS HOSPITAL OFFERS *HEALTHY LIVING GROUP* FOR COMMUNITY MEMBERS WITH PREDIABETES

Huggins Hospital offers the CDC’s National Prevention Program through its *Healthy Living Group*. The National Diabetes Prevention Program is proven to prevent or delay the onset of type 2 diabetes. *Healthy Living Group* empowers participants to take control of their health and well-being. The sessions include education about how to incorporate healthier eating and moderate exercise as well as problem-solving, stress-reduction and coping skills. *Healthy Living Group* participants meet as a group and get one-on-one support to make these important changes to their daily lives. For more information about *Healthy Living Group*, attend an informational session on Tuesday, April 12th at 5:30 PM in Huggins Hospital’s Medical Arts Education Center (see back page for registration information), call Jessamy Wood, RDN, LD, CDE, at 603.569.7549 or e-mail DiabetesEd@hugginshospital.org.



Healthy Living Group empowers participants to take control of their health and well-being.



Huggins Hospital *and* Catholic Medical Center *Moving Forward With Affiliation Discussions*

Sharing a common commitment to providing high quality and value-based care for the benefit of their communities, Catholic Medical Center and Huggins Hospital have decided to move forward with discussions on an affiliation agreement. The Boards of both organizations have approved the signing of a non-binding Letter of Intent to pursue an affiliation in a way that could result in a more integrated healthcare system to serve their respective communities.

“The decision to pursue a closer affiliation is a natural next step in building upon the long and successful clinical relationship between CMC and Huggins,” said Dr. Joseph Pepe, President & CEO of Catholic Medical Center. “By more collaboratively utilizing our collective resources and expertise, we could improve in every measurable area of quality, cost and access to care.”

“CMC and Huggins Hospital have been working together for many years to improve access to cardiology and vascular care for the residents and visitors in the Huggins Hospital communities,” said Jeremy Roberge, Interim President & CEO of Huggins Hospital. “We are excited to take the next step to ensure we are keeping quality healthcare close to home.”

CMC and Huggins will continue to explore ways to better serve their patients. Both organizations remain steadfast in their commitment to continuing to bend the healthcare cost curve while improving clinical outcomes, overall patient experience and the health of their communities.

“The Letter of Intent proposes a structure which would permit CMC and Huggins to each operate in the same way that they have been operating,” explains Dr. Pepe. “Huggins would continue operating as a secular, non-profit community hospital, and CMC would continue operating as a Catholic, non-profit acute healthcare system. The goal is to come together with a New Hampshire based affiliation that would benefit both

communities and build on the success Huggins and CMC have already experienced together, while maintaining our respective charitable missions, values and traditions.”

Huggins Hospital and CMC are currently working on a mutual due diligence process and the next steps include the negotiation of a definitive agreement, the final approval from the hospital boards and, with respect to CMC, the approval of the Roman Catholic Bishop of Manchester, as well as state and federal regulatory approval. Monadnock Community Hospital, a Critical Access Hospital in Peterborough, NH, is also in the process of affiliation discussions and mutual due diligence with CMC. Throughout this process, there will be numerous opportunities for comment by the general public and stakeholders of all hospitals involved. The organizations are working diligently to complete this process by the beginning of next year.

ABOUT CMC: CMC is 330-bed acute care hospital located in Manchester, New Hampshire with 2500 employees and over 700 physicians, specialists and other providers working together to serve the health care needs of patients in Manchester and throughout New Hampshire. CMC is home to the nationally recognized New England Heart & Vascular Institute and is a Truven Analytics “Top 50 in the Nation” Cardiovascular Hospital. CMC was also named the 2015 Healthcare Business of the Year by Business NH Magazine.

ABOUT HUGGINS HOSPITAL: Huggins Hospital is a 25-bed Critical Access Hospital located in Wolfeboro, New Hampshire with 400 employees, serving 30,000 year-round residents and approximately 120,000 seasonal residents in and around the Eastern Lakes Region. Huggins is recognized as a HEALTHSTRONG Hospital and has been named a Top 100 Critical Access Hospital for the past five years by iVantage Health Analytics. Huggins was also recently named a National Best and Brightest Company to Work For 2015 (see story on front page).

Huggins Paramedics *receive a commendation from Governor Hassan*

Huggins Hospital’s Will Riley and Janet Williamson were recently recognized by Governor Maggie Hassan for their response to the fatal motor vehicle accident involving Secret Service Agents in Wakefield this past December. In the official commendation document, Gov. Hassan said she does “hereby commend the Huggins Hospital Paramedics for its ability, professionalism, dedication, and compassion to our society and join all Granite Staters in recognizing the invaluable contributions of New Hampshire’s first responders.” Will and Janet were recognized as part of the Huggins Hospital Intercept Program along with Wakefield Fire and Rescue, Wakefield Police Department, Ossipee Corner Fire and Rescue, Ossipee Police Department, Milton Fire and Rescue, North Conway Ambulance Service, Carroll County Sherriff’s Office and the New Hampshire State Police.

Through the Huggins Hospital Paramedic Intercept Program, a Huggins paramedic is available to respond from the hospital either with an ambulance service to a patient’s home, to the scene of motor vehicle accident or to intercept (meet up with) any ambulance already enroute to the hospital. The paramedic will jump into the ambulance bringing equipment and assisting the ambulance crew in treating the patient. Occasionally, the paramedics from the Intercept Program will be the first on the scene before the ambulance arrives. They will then provide immediate medical attention and travel with the patient to the hospital. Nationwide, there are few paramedics in most rural areas. This program makes it possible for our rural communities to have more access to the highest level of emergency medical care outside of the hospital.



Huggins Hospital's Will Riley and Janet Williamson

If you are interested in supporting programs like the Paramedic Intercept Program at Huggins Hospital, please contact our Development Office at 603.569.7560.

Thank you to our Donors from Fiscal Year 2015

Huggins Hospital is grateful for the passionate and generous philanthropy that are vibrant throughout our community. Philanthropy has been vital to Huggins for more than a century – and philanthropy is just as essential to our success today. On behalf of all at Huggins, thank you for making a difference for our patients and employees. We are especially appreciative of our new donors (*) and of those who have given for three (+) and five (++) consecutive years. Our leadership donors (those who have made gifts of \$1,000 or more) are recognized at a summer reception. Every effort has been made to accurately recognize all who made a gift to Huggins Hospital between October 1, 2014 and September 30, 2015. Occasionally, and despite our best efforts it is possible that we may have erred. In this event, or if you require a receipt for your donation, please contact Jeff McGuinness at 603.569.7560.

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Dr. and Mrs. Stephen J. Fleet ++
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Funspot
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Mr. and Mrs. Alfred J. Gengras, III
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Giguere Electric, Inc. ++
Mr. and Mrs. Bradford Gile
Gilford Home Center *
Kirk Gilmore and John Agostine
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Greenpages Technology Solutions *
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 Marion Broderick Hamm +
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Howie Knight
Mr. and Mrs. Frederick J. Kollmorgen ++
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Marcy Loubier *
Mr. and Mrs. Corey MacDonald *
Mr. and Mrs. Les MacLeod
Mrs. Eva J. Madden *
 in memory of Robert Lockhart
Mr. Douglas R. Magee, Jr. *
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Tim and Elaine Mann *
The WG & JB Manson
 Charitable Trust +
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NCM Management *
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Mr. and Mrs. Stephen H. Perry *
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 Dr. Deborah Riester *
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RJC Industries
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Mr. William Saunders ++
Col. Donald F. Schlegel ++
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Mrs. Mary C. Williams *
Winxnet, Inc. *
Mr. and Mrs. Irwin Wood
WS Dennison Cabinets, Inc. *
Mr. and Mrs. Christopher S. Wyles *
Ms. Marcia Zaidan *
Mr. John A. Zanchi *





A focus on... community

As a non-profit community hospital, we are proud to offer the best of two worlds—the warmth and friendliness of a small town and the technical expertise of modern medicine. We are dedicated to providing quality healthcare services and promoting well-being in the communities we serve.



Visit our NEW website: hugginshospital.org | 603.569.7500

Community Events

APR 07 **COMMUNICATING INDEPENDENTLY WITH DEMENTIA**
THURSDAY, APRIL 7TH AT 5:30 PM

LOCATION: Huggins Hospital's Medical Arts Education Center
Speech-Language Pathologist Fran Bodkin, MA, CCC-SLP, will discuss how speech-language pathologists can help those with dementia use strategies to preserve communication and cognitive function for as long as possible.

REGISTER: www.HugginsEvents.org or call 603.515.2088

APR 12 **HEALTHY LIVING GROUP INFORMATIONAL SESSION**
TUESDAY, APRIL 12TH AT 5:30 PM

LOCATION: Huggins Hospital's Medical Arts Education Center
Jessamy Wood, RDN, LD, CDE, will discuss the upcoming Healthy Living Group, a program that empowers participants to take control of their health and well-being. Healthy Living Group is a CDC National Diabetes Prevention Program proven to prevent or delay the onset of type 2 diabetes.

REGISTER: www.HugginsEvents.org or call 603.569.7549

APR 14 **NINE TO NINETY**
THURSDAY, APRIL 14TH

LOCATION: Huggins Hospital's Medical Arts Education Center
Central NH VNA & Hospice and Huggins Hospital will host a showing of the film *Nine to Ninety*, a story of a family's decisions about where and how to live as they age, in celebration of National Healthcare Decisions Day.

REGISTER: www.HugginsEvents.org or call 603.515.2088

APR 26 **DEGENERATIVE DISC DISEASE**
TUESDAY, APRIL 26TH AT 5:30 PM

LOCATION: Huggins Hospital's Medical Arts Education Center | Robert Burgess, PT, PhD, a Physical Therapist at Huggins Hospital's Back Bay Rehabilitation, will discuss Degenerative Disc Disease. He will explain who gets it, what it is and what you can do about it. Come learn about how to have a more healthy back!

REGISTER: www.HugginsEvents.org or call 603.515.2088

MAY 26 **COMMUNITY HEALTH SUMMIT**
THURSDAY, MAY 26TH FROM 8:30 AM – 12:30 PM

LOCATION: Wolfeboro Town Hall | See more information on this page.

JUNE 18 **HUGGINS GOES GATSBY**
SATURDAY, JUNE 18TH FROM 6 – 10 PM

LOCATION: Lakeside at Brewster Academy

An evening to support Huggins Hospital while enjoying the fun and extravagance of the *Gatsby* era

SEPT 29 **29TH ANNUAL HUGGINS HOSPITAL GOLF CLASSIC**
THURSDAY, SEPTEMBER 29TH

LOCATION: Bald Peak Colony Club, Melvin Village, NH | If you are interested in sponsorship opportunities, please contact Huggins Hospital's Development Office at 603.569.7560.

Community Health Summit Thursday, May 26 *A Focus on Community*

At Huggins Hospital, we are dedicated to making our communities healthier. To guide our efforts, we are conducting a Community Health Needs Assessment and a Community Health Summit. A community stakeholder survey has been completed and included feedback from physicians and health care professionals, public health coalition and council members, community resource groups, care transition teams, schools and more. In the coming months, Huggins Hospital will analyze public health and demographic data and will survey community members for more information about their health needs. The results of this extensive research will be placed in a final report scheduled to be released later this year.

To ensure the results of the assessment are used to improve our community's health, Huggins Hospital is hosting a Community Health Summit. The Summit will help to identify opportunities to improve the long-term health of our community. The Summit will include your fellow citizens, members of our local health agencies, community leaders, medical staff members and employees of Huggins Hospital. If you are interested in attending our Community Health Summit on Thursday, May 26th from 8:30 AM – 12:30 PM at the Wolfeboro Town Hall, please contact Huggins Hospital Communication & Community Relations at 603.515.2088 or AskHuggins@hugginshospital.org.

You can help us SHAPE THE FUTURE of Huggins Hospital

If you or a family member is interested in improving the patient experience, we'd like you to be part of our Patient and Family Advisory Council. We are looking for members who have had a recent experience at Huggins Hospital, either as a patient or a family member of a patient.

As a member, you will:

- Advise Huggins Hospital leadership and staff from the patient/family point-of-view.
- Provide feedback on policies, procedures, programs, facilities and the patient care process.
- Promote collaboration among patients, families and health care professionals.

To learn more about opportunities, expectations and meeting times, please call Huggins Hospital's Communication & Community Relations Department at 603.569.7692 or e-mail AskHuggins@hugginshospital.org.