

# Healthy Horizons

## A GUIDE TO YOUR HEALTHY LIFE

SUMMER 2015

### New Knees Renew Life and a Love for Dance

“My wife and I just *love* to dance...but we couldn’t for years,” lamented Russell MacDonald, 60, of Sanbornville during a recent interview at Huggins Hospital. “But now, after two knee replacements at Huggins Hospital, I can dance again and I even have a better chance of keeping up with my young grandson!”

Russ had suffered with knee pain for more than a decade. During a baseball game with friends approximately 15 years ago, Russ felt one of his knees “pop” and found himself at Huggins Hospital for arthroscopic surgery. He improved from that injury but later learned he had severe arthritis in both knees that caused worsening pain over the years. Russ finally decided to see Thomas Barton, MD, of Huggins Hospital’s Orthopedic Surgeons. “It was the best decision I’ve ever made in my life,” said Russ. “Dr. Barton was straight with me but was also very kind. We sat a while and talked, and he told me I really needed new knees in order to walk without a cane. I decided to have both knees replaced at Huggins Hospital in the same week.”

Russell MacDonald of Sanbornville

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### Tips about Ticks! Remember: tick season is active until fall

BY THE EMERGENCY DEPARTMENT STAFF AT HUGGINS HOSPITAL



If you find a tick attached to your skin, there is no need to panic. Not all ticks are infected, and studies of infected deer ticks have shown that they begin transmitting Lyme disease an average of 36 to 48 hours after attachment. Therefore, your chances of contracting a disease or virus are greatly reduced if you remove the tick within the first 48 hours (see back cover for how to safely remove a tick).

Tick checks and proper outdoor protection are two of your best lines of defense (see back cover for a step-by-step tick check process). Tick season is active until fall. Simple outdoor protection measures include tucking pants into socks and putting DEET or permethrin insect repellent on your clothes. It is also helpful to clear your yard of clutter and to store any wood in a dry, elevated area.



The four tickborne diseases common in New Hampshire include Lyme disease, anaplasmosis, babesiosis and Powassan virus infection. These diseases are all transmitted by the blacklegged tick (sometimes called a “deer tick”). New Hampshire has the second highest incidence rate of Lyme disease in the United States behind Vermont. The good news is nearly all early-diagnosed Lyme disease cases are easily treated and cured. According to the Centers for Disease Control and Prevention (CDC), approximately 10 to 20% of patients treated for Lyme disease with the recommended course of antibiotics will have lingering symptoms of fatigue, pain, or joint and muscle aches. This condition is called “Post-treatment Lyme Disease Syndrome.”

Check yourself for ticks after any outdoor activity and safely remove any ticks you find (see back cover). If you want to submit the tick to test for possible diseases it might carry, follow the online instructions at [www.tickreport.com](http://www.tickreport.com).

Seek medical attention if the tick is unable to be removed with tweezers, if the bite area becomes infected (red, warm, painful, or has drainage) or a red bulls-eye rash develops. Tell the medical provider when the bite occurred and the area where you most likely came in contact with the tick.

For more information about tickborne diseases in New Hampshire and how to modify your behavior and physical landscape to reduce the risk of tickborne disease, please visit [www.hugginshospital.org](http://www.hugginshospital.org).

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### Alton Family Medicine Opens New Facility

OPEN HOUSE | AUG. 19 (see back cover)

Alton Family Medicine has moved to its new location near the Alton Traffic Circle. With the opening of this beautiful, new facility located at 27 New Durham Road, the group begins a new chapter in its history of providing high-quality, patient and family-focused care for its community. The providers and support staff of Alton Family Medicine are committed to a high standard of responsive and compassionate care for their patients. They bring impressive professional skills, expertise and experience to the entire spectrum of family medicine – from childhood illnesses, annual physicals, medical counseling and preventative care to disease management, weight-loss management, and treatment for depression, anxiety and minor injuries.

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## Message from the President & CEO



Embracing the healthcare industry's shift from a focus on volume to a focus on value, Huggins Hospital is committed to developing and delivering the best possible experience for our patients, visitors and the communities we serve. As a testament to that commitment, we are pleased to announce the opening of our new Alton Family Medicine practice (see story on front page). This state-of-the-art facility will allow us to expand access to care in a comfortable and convenient setting while still providing the high-quality, patient-centered care you have come to know and expect from Huggins. Next, and in keeping with our goal to provide access to high-value specialty care close to home, we are pleased to report that our new wound care and vascular programs, in collaboration with Catholic Medical Center, are off to a very strong start.

Thanks to the dedicated work of our amazing staff and volunteers, Huggins has once again been named a HEALTHSTRONG Hospital by iVantage Health Analytics. A HEALTHSTRONG Hospital is a top performing hospital – measured across 62 different performance metrics including quality, outcomes, patient perspective, affordability and efficiency. In addition, we were named a Top 20 Critical Access Hospital in 2014 and in the top 100 for 2011, 2012, 2013 and 2015. We are proud of these achievements and the recognition that our efforts are making a difference.

Today's rapidly changing healthcare landscape will require new relationships to create the necessary clinical integration and economies of scale for success. A key component of our organizational strategy is to pursue strategic alliances that will allow us to improve access to care and efficiency while maintaining a high-quality, cost-effective approach. Over the coming months, you will hear more from us about those efforts.

I offer my sincere thanks to our generous donors, our compassionate staff and volunteers and our dedicated Board of Trustees for your continued support of Huggins Hospital. Your efforts make a significant difference for patients, their families and the communities we serve.

In Good Health,

Michael P. Connelly, FACHE, Huggins Hospital President & Chief Executive Officer

## Thank you!

Huggins Hospital is proud to have been caring for the residents and visitors of the Eastern Lakes Region since 1907. Philanthropy has played an important role in Huggins' history for more than 100 years. Today – thanks especially to those listed here and others – our growing culture of philanthropy sustains and strengthens our vision and our community. There really is no substitute for a community-based, high-quality, critical access hospital. Huggins offers the best of two worlds — the warmth and friendliness of a small town and the technical expertise of modern medicine.

To those who have recently made their first gift to Huggins, welcome. You have joined us in our mission to provide quality health care services and to promote well-being in the communities we serve. To those who continue to support Huggins, your ongoing partnership is greatly appreciated. To you all – what you do matters. Thank you for making a difference.

We have made every effort to recognize all our donors. Please accept our apologies for any oversight that may have led to errors or omissions. Kindly contact Jeff McGuinness, VP of Advancement at 603.569.7560 with any questions or comments.

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Your support of Huggins makes a difference – both for the hospital and for our community. Huggins offers educational programs in nutrition, physical rehabilitation, and cognitive impairment that give practical advice, guidance and support. We also provide year-round, high-quality, cost-effective care to communities throughout the Eastern Lakes Region. Huggins offers donors the opportunity to designate their gifts to the programs that most align with their interest and affinity, as well as the opportunity to support our general mission. As a registered 501c3, Huggins provides donors with a tax deductible receipt as prescribed by the IRS. For more information about philanthropy at Huggins, please contact Jeff McGuinness, VP of Advancement at 603.569.7560 or visit us at [www.hugginshospital.org](http://www.hugginshospital.org).





Huggins Hospital Occupational Therapy Assistant and Activities Coordinator Chris Cleary helps Swing Bed patient Gwendolyn (Penny) Jones of Alton, NH, maneuver around a kitchen with a walker to prepare her for a safe return home.

# Swing Bed Program *offers rehabilitation close to home*

Whether you have had surgery or a stay at another hospital or at Huggins Hospital, if you need more rehabilitation and time to recover before you return home, the Huggins Hospital Swing Bed Program may be the right option for you. More than just a rehabilitation service, Huggins Swing Bed patients have access to all hospital services such as Medical Imaging, Pharmacy, Laboratory and emergency services. Your care team will consist of our highly-trained medical providers, physical and occupational therapists, speech pathologists, nursing staff, registered licensed dietitians, care management and social services for compassionate care close to home.

Consider the Swing Bed option at Huggins Hospital for your rehabilitation or recovery needs after procedures and events such as joint replacements, major surgery, debilitating illness, acute infection or a new ostomy. If outpatient therapy services are needed once you are discharged from the Swing Bed, you may request to continue your therapy at Huggins Hospital or at Back Bay Rehabilitation with the same therapist for excellent continuity of care. Our therapists have many areas of specialty and expertise including Wound Certification, LSVT Big and Loud certifications to help individuals with Parkinson disease, Functional Fitness and Matter of Balance, a falls prevention program.

For more information about Swing Beds at Huggins Hospital, please call Huggins Hospital's Director of Continuum of Care Nancy Wiggins, RN, M.Ed. at 603.569.7506. Huggins Hospital is a Medicare-certified facility. Our short-term, skilled care is covered by most insurances.

## New Knees Renew Life and a Love for Dance *continued from cover*



Thomas Barton, MD, left, and George Costello, MD, of Huggins Hospital's Orthopedic Surgeons office

While Russ's condition was significant enough to warrant bilateral knee replacements, Dr. Barton says surgery is not a decision made lightly. The orthopedic surgeons at Huggins Hospital provide many options for patients with joint pain and disease.

"We don't just send people to surgery because they have pain," said Dr. Barton. "That is not why we're here. We're here to get them better...however is best for them. If we try other options such as physical therapy or injections and those don't work, then we move forward from there. We work with each patient to develop the best plan for their specific situation."

Russ had tried the other options and they helped for a while. Unfortunately, the pain kept coming back. He had physical therapy and enjoyed his time in the pool at Huggins Hospital's Back Bay Rehabilitation on Mill Street in Wolfeboro. He said the Orthopedic Surgeons office helped him navigate his care through every step.

"They notice everything," said Russ. "Some doctors' offices hear you talking and pass you off as soon as they can – but not this place. The people at Huggins Hospital take care of you. They have immense compassion and willingness to truly listen to you."

Russ continued to tell his story and how everyone he met at Huggins Hospital gave him the same high level of care. "They have a really awesome orthopedic office. Dr. Costello [George Costello, MD, of Huggins Hospital's Orthopedic Surgeons] has worked with me and helped as well. The anesthesiologist [Frank Tranfa, MD, of Huggins Hospital Anesthesiology] helped me decide what type of anesthesia would be best for both of my procedures. My nurse on the floor was so amazing that she even visited me on her day off! That meant the world to me! The OT and PT staff were extraordinary, making me do the hard work so I would be ready when I went home."

One of his favorite Huggins Hospital employees he met during his stay was Brenda Carrasco, a housekeeper in Environmental Services (pictured with Russ below). On his way out of the interview at Huggins Hospital, Russ saw Brenda in the hallway and they greeted each other with a hug and big smiles. Even though it had been a few years since Russ's surgeries, they both remembered each other and reminisced about their chats and his time as a patient. Their reunion was a glimpse into the wonderful experience Russ had at Huggins Hospital.

Not only is Russ now walking without a cane, he is also able to dance with his wife again. Seven months after his surgery, Russ and his wife, Joanne, won a dance contest by performing to "The Twist." Russ said the dance contest made him extremely happy because he felt everything was working out in his favor for a change.

For more information about orthopedics, please call the Huggins Hospital Orthopedic Surgeons office at 603.569.7690.

## DID YOU KNOW?

Huggins Hospital Surgical Services provides exceptional quality including a 0% (zero percent) infection rate according to data collected from 2011 – 2014!

## DID YOU KNOW?

Huggins Hospital's Surgical Services provides care for patients needing many types of procedures. These procedures are performed by highly-trained and highly-skilled physicians and physician assistants and supported by dedicated, compassionate nurses and technicians. Listed below are just a few of the procedures performed at Huggins Hospital:

### GENERAL SURGERY

- Appendectomy
- Bowel Resection
- Certain Skin Lesions
- Colonoscopy
- Hemorrhoid removal or repair
- Hernia repair
- Gallbladder Surgery
- Laparoscopic Surgery
- Vasectomy
- . . . and more. . .

### GYNECOLOGICAL SURGERY

- Diagnostic Laparoscopic Surgery
- Endometrial Ablation
- Hysteroscopy
- Hysterectomy
- Tubal Ligation
- . . . and more. . .

### OPHTHALMIC (EYE) SURGERY

- Cataract (IOL) Surgery
- Eyelid Plastic Surgery
- Eye Muscle Surgery
- Glaucoma Surgery
- . . . and more. . .

### ORTHOPEDIC SURGERY

- Achilles Tendon Repair
- ACL Reconstruction
- Carpal Tunnel Release
- Fracture Repair
- Hip Replacement
- Knee Arthroscopy
- Knee Replacement
- Rotator Cuff Repair
- Trauma
- Trigger Finger Release
- Tibial and Femoral Fracture Fixation
- . . . and more. . .

Other surgical procedure specialties performed at Huggins Hospital include Otolaryngology (Ear, Nose and Throat or ENT) and Urology.



(l to r) Director of Surgical Services Helen Baker, RN, CNOR, and nurses Kristi Hardy, RN, and Glenn Mori, RN are part of the team of experts caring for surgical patients at Huggins Hospital.



During a recent visit to Huggins Hospital, Russell MacDonald thanked Environmental Services employee Brenda Carrasco for being so caring when he was a patient.



# Maintain independence and well-being in Huggins Adult Day Program



**H**uggins Hospital's Adult Day Program is here to help you and your loved ones maintain independence and well-being while providing caregivers with needed respite assistance. The Adult Day Program includes a caring team of nursing professionals and volunteers with a mission to enrich and give value to the lives of people suffering from dementia, impairment or social isolation.

We can be your partner in caring for your loved ones. A break from daily responsibilities is important to your continued health and well-being as a caregiver. For your loved one, the Adult Day Program provides a safe and cheerful environment with social interaction that challenges attendees with exercise, conversation, crafts, games, cooking, reading skills and more.

The benefits of the Adult Day Program are numerous and can include a reduced risk of depression due to isolation, improved mental and physical health, improved mood and behavior, and valuable respite for caregivers. For more information about the program and how you or your loved one can get a free one-day trial, e-mail [askhuggins@hugginshospital.org](mailto:askhuggins@hugginshospital.org) or call the Adult Day Program's Jennifer Golini at 603.569.7693.

## YOUR SUPPORT MATTERS!

Huggins Hospital's Adult Day Program benefits greatly from donors and volunteers. If you are interested in volunteering, please contact Jennifer with the contact information above. If you would like to support the Adult Day Program or programs at Huggins Hospital that enrich the lives of our community members, please call Jeff McGuinness, VP of Advancement, at 603.569.7560 or e-mail at [jmcguinness@hugginshospital.org](mailto:jmcguinness@hugginshospital.org).



Brewster Academy Interact Club recently donated \$225 to the Huggins Hospital Adult Day Program for the wonderful care they provide to the community. Pictured (l to r): Brewster Interact Faculty Advisor Barb Thomas, Wolfeboro Rotary Member Jaime Laurent, Interact Club students Gianna Monziona and Shayla Meehan, and Huggins Hospital Adult Day Program's Jennifer Golini, RN, BSN and Amy Rollins, LNA.

# Speech Pathology – moving beyond impaired or ineffective communication

**T**he Speech Pathology service of Huggins Hospital's Rehabilitation team offers comprehensive diagnostic, therapeutic, and consultative services enabling individuals of all ages to move beyond the frustrations of impaired or ineffective communication. Communication disorders affect a diverse population, regardless of age, education or economic status.

Huggins Hospital works with both children and adults with a variety of communication and swallowing needs and currently provides comprehensive services in the following areas:

- Articulation Disorders
- Fluency Disorders
- Voice Disorders
- Swallowing Disorders
- Pediatric Feeding: Evaluation and Treatment
- Language Delays and Disorders
- Language/Learning Disabilities
- Aphasia due to Stroke, Brain Injury, or Illness
- Cognitive/Communication Disorders
- Augmentative & Alternative Communication (AAC)
- Communication Enhancement and Accent Reduction
- Orofacial Myofunctional Disorders (Tongue Thrust)
- Reading Disabilities
- Written Language Disorders
- Social Pragmatic Disorders
- Autism Spectrum Disorders
- Lee Silverman Voice Therapy LOUD for people with Parkinson's Disease

For more information, please call Back Bay Rehabilitation at 603.569.7565 or e-mail [SpeechTherapy@hugginshospital.org](mailto:SpeechTherapy@hugginshospital.org).

# Huggins Hospital employees out in the community

Huggins Hospital employees are active in the community and participate in many special events and programs including local camps, parades, health education lectures, races and walks, EMS Appreciation Day organized by Huggins, Relay for Life, Bike & Walk to Work Day, and much more!



Huggins Hospital was a sponsor of the Lake Winnepesaukee Relay for Life event and employees showed support for their community and family members touched in any way by cancer during a special lap around the track at The Nick in Wolfeboro.



Huggins Hospital organized an EMS Appreciation Day to thank local emergency medical personnel for all they do. The event included free food and an exciting whiffle ball tournament.



Huggins Hospital employees danced through downtown Wolfeboro on July 4th, handing out ice packs to remind residents and visitors to stay cool during the Wolfeboro Independence Day Parade.

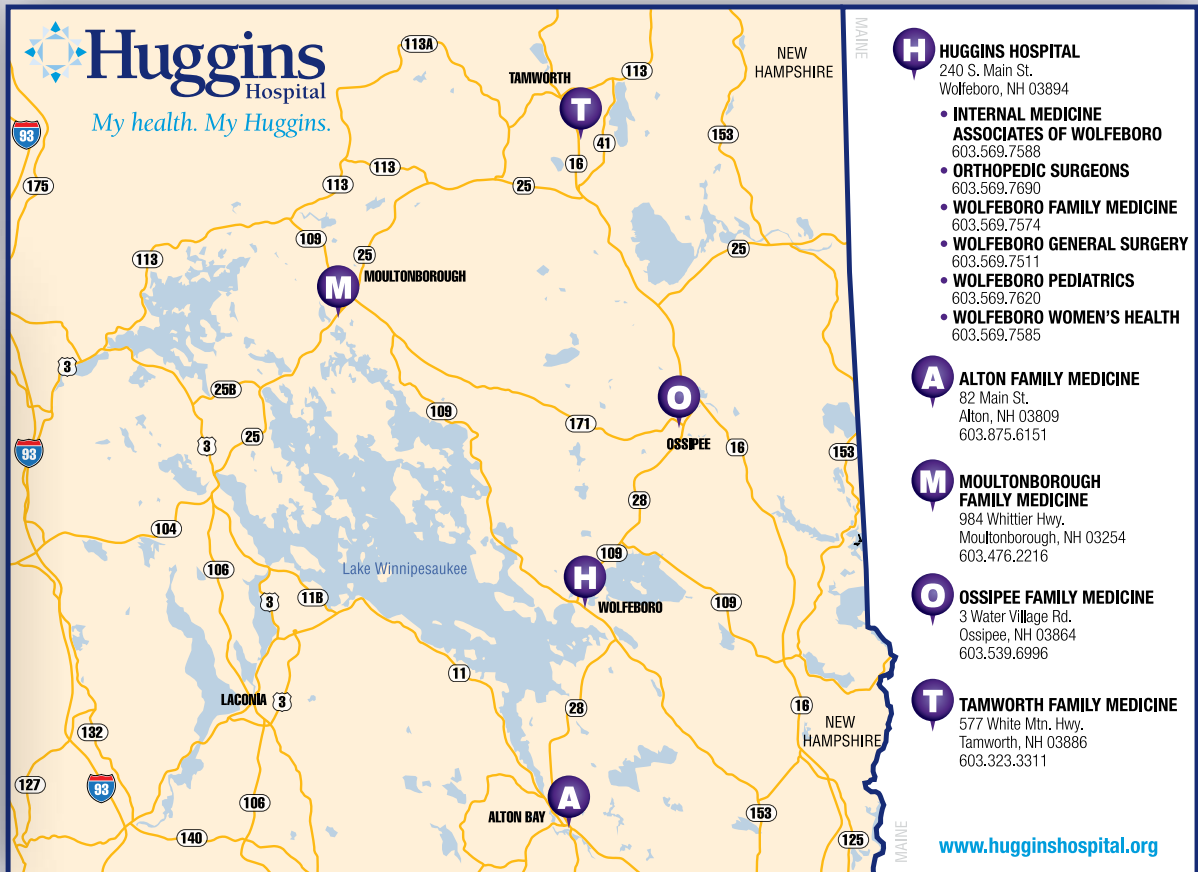


Michael Matos, MD, FAAP, of Huggins Hospital's Wolfeboro Pediatrics, takes a walk with his patients (from left to right) Cassidy, 15, of Ossipee, Mikayla, 14, of Wolfeboro, and Shannon, 15, of New Durham, at Camp Carefree on a sunny day at the end of July. Dr. Matos is the Medical Director for Camp Carefree, an American Diabetes Association summer camp in New Durham for children with diabetes.





William Barton, MD, FACS, left, welcomes Thomas Molano, MD, FACS, to Huggins Hospital's Wolfeboro General Surgery.



## Huggins Hospital welcomes Thomas R. Molano, MD, FACS, to Wolfeboro General Surgery

Dr. Thomas Molano joins William Barton, MD, FACS, at Wolfeboro General Surgery in Huggins Hospital's Medical Arts Center. Dr. Molano received his Medical Degree from Ohio State University College of Medicine. He completed his internship at Baylor College of Medicine in Texas and his residency in surgery at Baylor College of Medicine and Sinai Hospital in Maryland.

Dr. Molano lives in Wolfeboro with his wife and enjoys hiking, kayaking, bicycling and reading. His special interests in surgery include endoscopy, laparoscopic surgery, colonoscopy and thyroidectomy.

To schedule an appointment with Dr. Molano, please call Wolfeboro General Surgery at 603.569.7511.



## Jennifer Tedcastle, PA-C, joins Alton Family Medicine

Jennifer Tedcastle, PA-C, joins Huggins Hospital providers Donald Rose, MD, Rebecca Rose, PA-C, and Judy Cole, APRN, at Alton Family Medicine. Tedcastle is a Nationally Certified Physician Assistant and has been working for Huggins Hospital for the past 5 years. She holds a BA in Biology with a minor in Chemistry from Colby College, ME, and she also completed a Paramedic Program. She continued her education and completed her Master's of Physician Assistant Studies at Notre Dame College/Massachusetts College of Pharmacy. She holds many certifications including Neonatal Resuscitation, Pediatric Advanced and Advanced Cardiovascular Life Support.

For more information about Jennifer Tedcastle, PA-C, or to make an appointment, please call Alton Family Medicine at 603.875.6151 or visit her in person at the Alton Family Medicine Open House event on August 19<sup>th</sup> (see more information on back cover).

## Kristen Dunn, PA-C, joins Moultonborough Family Medicine

Kristen Dunn, PA-C, joins Huggins Hospital physician Julie Furlan, DO, ABIHM, at Moultonborough Family Medicine. Kristen Dunn is a Nationally Certified Physician Assistant. She received her BA in Linguistics and Psychology from Marlboro College in Marlboro, VT and completed her Master's with the University of New England Physician Assistant Program in Biddeford, ME. Kristen Dunn has experience as a Physician Assistant in family practice, internal medicine, neurosurgery and emergency medicine.



Kristen Dunn, PA-C, pictured right, joins Julie Furlan, DO, ABIHM at Huggins Hospital's Moultonborough Family Medicine.

For more information about Kristen Dunn, PA-C, please call Moultonborough Family Medicine at 603.476.2216.



## Brian Irwin, DO, FAAFP, granted Fellowship status with AAFP

Huggins Hospital's Tamworth Family Medicine physician Brian Irwin, DO, FAAFP, was recently granted fellowship status within the American Academy of Family Physicians, a distinction traditionally given to only a few physicians across New Hampshire each year.

The Degree of Fellow from the American Academy of Family Physicians (AAFP) recognizes physicians who have distinguished themselves among their colleagues and in their communities through their service to family medicine, their advancement of health care, and by their professional development through medical education and research.

Dr. Irwin sees patients of all ages at Tamworth Family Medicine and is the Medical Director of the office's Travel Clinic. Dr. Irwin is not only an accomplished family and travel physician but also a published freelance writer and photographer. He has spent the last decade exploring the world from Mount Washington to Patagonia and publishing his adventures in national and local newspapers, magazines and medical journals.

For more information about Dr. Irwin, please call Tamworth Family Medicine at 603.323.3311.



# Local Beef “Meats” the Need for More Healthy Food Options at Huggins Hospital



Brent O'Blenes of Huggins Hospital's Plant Operations Department



Patients, employees and visitors at Huggins Hospital have more healthy food options thanks to a new partnership with Miles Smith Farm, one of the first joint efforts of its kind in the state. Miles Smith Farm, a 36-acre farm in Loudon, provides Granite State citizens with locally produced, grass-fed beef. Miles Smith Farm works with local farmers from all over New Hampshire, including a Lakes Region farm in Ossipee, to raise healthy cattle and produce high-quality meat.

Huggins Hospital is the first hospital to be part of the Local Food Promotion Program (LFPP). Federal funds for this project were awarded under the Local Food Promotion Program of the Agricultural Marketing Service, U.S. Department of Agriculture. The long-term goal of the program is to support a healthy diet with locally-raised, high-quality meat, free from added hormones or systematic antibiotics while supporting local farmers.

“Huggins has always strived to help keep patients, their families and the community healthy, and we’re delighted to add locally produced meat to our initiatives,” said Kurt Roessler, Huggins Hospital Director of Food and Nutrition. “We hope this new partnership will support good health practices and make a difference in many lives today and in the future.”

## Debra Simone receives Roy B. Carder Service Excellence Award



Huggins Hospital Board of Trustees Timothy Sullivan, Chairman, left, and Cecile Chase, Chair of the Quality and Service Excellence Committee, right, present the Roy B. Carder Service Excellence Award to Huggins Hospital's Debra Simone, RN, BSN.

Huggins Hospital nurse and education coordinator Debra Simone, RN, BSN, is the first recipient of the Huggins Hospital Board of Trustee's Roy B. Carder Service Excellence Award. The award is named in honor of the late Roy B. Carder who dedicated his energy, time and talents as a member of Huggins Hospital's Board of Trustees. The award recognizes an employee who personifies the best of the best, every day.

Roy B. Carder was a Lieutenant Colonel in the British Army during World War II and eventually moved to the U.S. as an executive for Exxon. Carder had a love and dedication for Huggins Hospital that most people would

describe as “contagious.” According to Cecile Chase, Chair of the Quality and Service Excellence Committee of the Huggins Hospital Board of Trustees, “to know Roy was to love him...he was funny and charming.” The Huggins Hospital Board of Trustees chose Debra Simone because she personifies the professionalism, dedication and spirit of the Roy B. Carder Award. “This award recognizes that the strength of Huggins Hospital lies within the competent, dedicated and loyal staff,” said Chase. “Debbie is a vibrant professional, a staunch patient advocate and the bedrock of clinical and staff education at Huggins Hospital.”

Debra has dedicated 34 years to Huggins Hospital so far, continuously educating and empowering others along the way. She was the driving force behind last year's “Staying Alive” CPR flash mob in the Wolfeboro Fourth of July Parade. Debra teaches Huggins employees and community members alike, offering community CPR classes and teaching Advanced Cardiac Life Support to physicians and healthcare providers. She also works as a nursing supervisor and staff nurse by assisting with patient care in the Intensive Care Unit, Emergency Department, Post Anesthesia Care Unit and the Medical/Surgical Unit. She is a New England Organ Bank site facilitator and is a preceptor for University of New Hampshire BSN students. Debra was honored to receive the Roy B. Carder Award and humbly replied “it is a privilege to be a nurse and do what I do each day.”



## GRILLED SALMON WITH STRAWBERRY SALSA

Prepared by Kurt Roessler, Huggins Hospital Director of Food & Nutrition | SERVES 4

### STRAWBERRY SALSA INGREDIENTS:

- 1 pt chopped strawberries
- 1 diced red onion
- 2 tbsp minced garlic
- 1 diced green bell pepper
- 1 tsp chili powder
- 1 tsp ground cumin
- 2 tbsp juice and zest of 1 orange
- 2 tbsp extra virgin olive oil

**Preparation:** Mix all ingredients in a bowl and let sit at least 4 hours (preferably overnight).

### GRILLED SALMON INGREDIENTS:

- 4 salmon fillets (6oz each)
- 4 tbsp extra virgin olive oil
- 2 tbsp lime juice
- strawberry salsa (recipe above)

**Preparation:** Preheat grill to medium heat, leaving one side on medium low heat. Brush salmon with olive oil. Cook on medium heat until grill marks appear on one side. Flip salmon and transfer to medium low heat until it reaches 130 degrees F, about 8-10 minutes. Remove from grill. Drizzle the lime juice on each piece of salmon and top with strawberry salsa.

*This recipe is a good source of Omega-3 Fatty Acids, Fiber, Protein, Vitamin C, and is low in sodium. Enjoy!*

## Huggins Hospital's Jessamy Wood achieves Certified Diabetes Educator status



Huggins Hospital's Jessamy Wood, RDN, LD, CDE, recently achieved Certified Diabetes Educator (CDE) status by successfully completing the Certification Examination for Diabetes Educators. Achieving certification status demonstrates Jessamy's specialized knowledge and dedication to promoting quality of care for people with diabetes. A Certified Diabetes Educator is a health professional who

possesses comprehensive knowledge of and experience in diabetes management, prediabetes, and diabetes prevention.

Jessamy is a Certified Diabetes Educator with Huggins Hospital's Diabetes Education Program which is accredited by the American Association of Diabetes Educators. Huggins Hospital is currently offering a free program called Healthy Living Group for those with prediabetes or at risk of developing diabetes, thanks to a generous grant from the New Hampshire Charitable Foundation. In this free program, participants learn how small changes in lifestyle can help prevent or delay the progression of diabetes.

To learn more about the free Healthy Living Group program or Huggins Hospital's Diabetes Education Program, please call Jessamy Wood, RDN, LD, CDE at 603.569.7549 or e-mail DiabetesEd@hugginshospital.org.

**Huggins offers FREE prediabetes class**



# Community Events

REGISTER ONLINE AT [WWW.HUGGINSEVENTS.ORG](http://WWW.HUGGINSEVENTS.ORG) OR CALL **603.515.2088**.

## OPEN HOUSE: ALTON FAMILY MEDICINE

**DATE:** WEDNESDAY, AUGUST 19TH | 4-6 PM

**LOCATION:** 27 New Durham Rd., Alton, NH *(the NEW Alton Family Medicine location)*

**REGISTER:** [www.HugginsEvents.org](http://www.HugginsEvents.org) or 603.515.2088

*Come to the Alton Family Medicine Open House event to tour the new building near the Alton Traffic Circle and to meet all the providers and office staff. Refreshments will be served and every attendee will have a chance to win a wonderful door prize.*

## VITAMINS AND SUPPLEMENTS: ARE THEY WORTH IT?

**DATE:** WEDNESDAY, AUGUST 26TH | 11 AM

**LOCATION:** Sugar Hill Retirement Community, 83 Rolling Wood Dr., Wolfeboro

**PRESENTED BY:** Julie Furlan, DO, ABIHM of Huggins Hospital's Moultonborough Family Medicine

**REGISTER:** [www.HugginsEvents.org](http://www.HugginsEvents.org) or 603.515.2088

*Vitamins and supplements are widely promoted, but Dr. Furlan, a family physician board certified by the American Board of Integrative Holistic Medicine and the American Osteopathic Board of Family Physicians, will help us understand the evidence behind some of the most commonly used supplements.*

## PROBIOTICS: BACTERIA OVERLOAD!

**DATE:** THURSDAY, AUGUST 27TH | 6 PM

**LOCATION:** Huggins Hospital Medical Arts Education Center

**PRESENTED BY:** Julie Furlan, DO, ABIHM of Huggins Hospital's Moultonborough Family Medicine

**REGISTER:** [www.HugginsEvents.org](http://www.HugginsEvents.org) or 603.515.2088

*You can't walk too far down the aisles of your local grocery store without seeing a product touting its beneficial probiotics. Dr. Furlan, a family physician board certified by the American Board of Integrative Holistic Medicine and the American Osteopathic Board of Family Physicians, will discuss the latest evidence on probiotics and how they influence our health.*

## HEALTHY EATING FOR WEIGHT MANAGEMENT

**DATE:** WEDNESDAY, SEPTEMBER 2ND | 6 PM

**LOCATION:** Huggins Hospital Medical Arts Education Center

**PRESENTED BY:** Huggins Hospital's Registered Dietitian Jessamy Wood, RDN, LD, CDE

**REGISTER:** [www.HugginsEvents.org](http://www.HugginsEvents.org) or 603.515.2088

*Good nutrition helps manage weight and is an important part of a healthy lifestyle. Jessamy Wood, a licensed and registered dietitian at Huggins Hospital, will discuss how to harness the power of food for optimal weight loss or weight gain as well as tips for healthy cooking and healthy snacking.*

## DIABETES: TAKE CONTROL

**DATE:** WEDNESDAY, SEPTEMBER 16TH | 11 AM

**LOCATION:** Sugar Hill Retirement Community, 83 Rolling Wood Dr., Wolfeboro

**PRESENTED BY:** Huggins Hospital's Certified Diabetes Educator Jessamy Wood, RDN, LD, CDE

**REGISTER:** [www.HugginsEvents.org](http://www.HugginsEvents.org) or 603.515.2088

*By making a few lifestyle modifications, people diagnosed with diabetes can significantly improve their health. Jessamy Wood, a certified diabetes educator at Huggins Hospital, will discuss how to set goals and change behaviors that lead to better health and lifestyle.*

## HUGGINS COMMUNITY HEALTH FAIR

**DATE:** TUESDAY, SEPTEMBER 22ND | 3-6 PM

**LOCATION:** Huggins Hospital Medical Arts Education Center

**PRESENTED BY:** Huggins Hospital

**REGISTER:** [www.HugginsEvents.org](http://www.HugginsEvents.org) or 603.515.2088

*Huggins Hospital employees will offer health information and health screenings FREE to the community during the Huggins Community Health Fair. Community members of all ages are welcome to attend. All attendees will receive a free gift and will be entered into a free raffle for many other fun giveaways.*

## DIZZINESS AND VERTIGO

**DATE:** WEDNESDAY, OCTOBER 7TH | 6 PM

**LOCATION:** Huggins Hospital Medical Arts Education Center

**PRESENTED BY:** Huggins Hospital Physical Therapist Suzanne Matos, MSPT

**REGISTER:** [www.HugginsEvents.org](http://www.HugginsEvents.org) or 603.515.2088

*Dizziness can mean different things to different people – spinning, light-headed, fuzzy-headed, off-balance, etc. Huggins Hospital's Suzanne Matos, MSPT, Vestibular Physical Therapist, will explain dizziness and vertigo as well as treatment options to help alleviate the symptoms.*

## WALK TALL 6-WEEK PROGRAM

**DATE: STARTS** TUESDAY, OCTOBER 13TH

**LOCATION:** Huggins Back Bay Rehabilitation, 90 Mill St., Wolfeboro

**PRESENTED BY:** Huggins Hospital Occupational Therapist Betsey Newcomb

**REGISTER:** e-mail [BackBay@hugginshospital.org](mailto:BackBay@hugginshospital.org) or call 603.569.7565

*The 6-week Walk Tall program includes education and a safe and effective progression of gentle exercises to improve posture, decrease back pain, improve balance, and increase safe functional movement through daily life activities. The program is taught by Huggins Hospital's Betsey Newcomb, OT, who is a Certified Osteoporosis Exercise Specialist with over 30 years of clinical experience.*

## Tips about Ticks! *continued from cover*

### TICK CHECKS

Check yourself for ticks after any outdoor activity. *Check for ticks from the bottom up! You will need a private location and a mirror.*

### STEP 1 – CLOTHES ON

With your clothes on, start at the legs, checking the ankles and moving up the body. Since ticks do not jump, they are likely to be on the lower half of your body during your tick check. Check under the top part of your socks and under any thick leg hair. Check the backside of your knees and around the waist of your pants then move on to the arms.

### STEP 2 – VISIBLE SKIN

Check any visible area of skin before undressing for the next steps.

### STEP 3 – CLOTHES OFF

Undress. Start again with the tick check from the bottom up. Check everywhere, including the inside of the thighs and a thorough check of the pubic region for both men and women. Ticks are fond of warm areas so be sure to pay special attention to those areas. Check the armpits, back and neck. Check behind your ears and through your hair, especially close to the hairline.

### STEP 4 – DON'T FORGET THE HARD-TO-SEE SPOTS

Use a mirror to view the hard-to-see spots between the buttocks and underside of the groin as well as your back.

### STEP 5 – CHECK AGAIN

Check again in the shower while soaping your body and do another tick check in a couple days for any ticks you may have missed.

### TICK REMOVAL

If you do find a tick, grasp it with tweezers as close to the skin as possible, pull firmly and straight up. Do not use alcohol, vaseline or a burnt match, or other agents to remove the tick. The tick releases a cement-like secretion to stay attached to the skin, so those techniques do not work properly. These agents can actually agitate the tick to release more potentially infectious saliva into the wound.

After removing the tick, wash your hands and bite area with soap and water, betadine or alcohol. If you are unable to remove the mouthparts easily with tweezers, leave it alone and let the skin heal.

Dispose of a live tick by submerging it in alcohol, placing it in a sealed bag or container, wrapping it tightly in tape or flushing it down the toilet. Never crush a tick with your fingers.

## Alton Family Medicine Opens New Facility *continued from cover*

In addition, Alton Family Medicine is equipped to provide on-site laboratory services and medical imaging (x-ray), DOT physicals, massage and physical therapy. Existing patients also have the convenience of booking same-day appointments when needed.

For more information, please join Alton Family Medicine during their Open House event on Wednesday, August 19th from 4 – 6 PM (see more above), visit [www.hugginshospital.org](http://www.hugginshospital.org), or call Alton Family Medicine at 603.875.6151.