

Healthy Horizons

A GUIDE TO YOUR HEALTHY LIFE

WINTER 2018

How to Live Safely at Home as We Age



Huggins Hospital Occupational Therapy Assistant Chris Cleary helps Sandi Paczkowski, of Wolfeboro, navigate a kitchen safely using a walker. As we age, it is important to adapt our environment to fit our needs and to continue to evaluate what our needs will be in the future.

Some people prefer to grow older in the comfort of their own home. When doing so, safety is a prime concern. Here are a few tips about how you or your loved one can live safely at home until it is time to evaluate next steps.

START NOW

Consider what your needs may be as you age. Examine your home from a senior's perspective. The difference between your mobility—and your way of thinking—between ages 63 and 82 can be significant. Given what you know about the mobility, strength and energy level of your parents or senior friends, would your current home be suitable for one of them? If not, are there things that could be done to make it suitable for when you are their age? Are issues with stairs or bathrooms fixable or do you need to think about moving to a new home that can better accommodate you as you age?

The same could be said of your loved ones. Is the overall configuration of their house safe? For example, is everything they need on the first floor? Is there a place on the first floor for a laundry area? Making these kinds of changes with the future in mind is easier at a younger age when we tend to be more flexible and adaptable.

SERVICES AVAILABLE

Here at Huggins Hospital, there are several services that can facilitate safe living as we age.

Occupational Therapy

Occupational Therapy (OT) services, according to the American Occupational Therapists Association (AOTA), “help people across the lifespan participate in the things that they want and need to do through the therapeutic use of everyday activities”—i.e., the

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

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



I am proud to once again report that Huggins Hospital continues progressive movement toward a bright future. This past year was our best financial year in the past decade, as you will see in our Annual Report (page 6), and we

anticipate this trend to continue. With our GraniteOne Health affiliation turning one year old, we are positioned for stability and growth. We are thrilled to be bringing new and advanced services to our community starting with telehealth capabilities as mentioned in our front page story about GraniteOne Health.

I am more than happy to announce Huggins Hospital has completed a new strategic planning process in which we included employees from across our organization, Board members, community members and patients. This comprehensive process resulted in new mission and vision statements for Huggins Hospital as well as clear, comprehensive and strategic goals to reach our envisioned future.

OUR NEW VISION: Huggins will be the community's home for health and wellbeing.

OUR NEW MISSION IS: To empower the fulfillment of life through better health.

With a strong Senior Leadership Team and engaged employees, we are ready to face the future with organizational strength and a shared vision. Thank you to everyone in our community for supporting Huggins Hospital – whether that be financially or just by sharing our good news and your experiences. We are excited to grow with you and be a strong community partner.

Jeremy D. Roberge

GraniteOne Health Turns One

GraniteOne Health, an affiliation of Huggins Hospital in Wolfeboro, Catholic Medical Center (CMC) in Manchester and Monadnock Community Hospital in Peterborough, is celebrating its first anniversary! Since coming together in January, 2017, the three hospitals have been working to increase access to high-quality, well-coordinated care across the state.

This year will bring exciting developments for our communities, including telemedicine technology to help increase access to expert care in areas like stroke and neurology.

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How to Live Safely at Home as We Age *continued from cover*

“occupations” of daily life. This can include help recovering from injury and, for older adults, support for physical and cognitive changes. The overall goal is to adapt the environment to fit the needs of the person.

Interventions include:

- Individualized evaluation to determine goals. This could be as general as being able to safely live alone to as specific as improving handwriting after surgery.
- Customized intervention to improve ability to perform daily activities. Something as simple as moving everyday dishware to a lower shelf can make a big difference in daily life.
- Evaluate outcome goals to ensure they are being met and changing the plan when necessary. People can find comfort in knowing someone will be checking the plans made together.

An Occupational Therapist may perform a comprehensive evaluation of a home and make recommendations for adaptive equipment including suggestions such as how to use a cane or where to install railings. OTs then teach the person as well as family members and other caregivers how to utilize the recommended equipment.

A key thing to remember in occupational therapy, says the AOTA, “is that the person being helped is an integral part of the therapy team.” In other words, occupational therapy is not done *to you* but instead is done *with you*. For more information about Huggins Hospital’s Rehabilitation Services, please call Back Bay Rehabilitation at 603.569.7565.

Physical Therapy

Physical Therapy focuses on increasing mobility and function, which also can help lead to a more independent life. Balance disturbances, weakness and vertigo (dizziness) are three conditions that can cause safety issues in the home. Huggins Hospital’s Back Bay Rehabilitation has a computerized balance program that can give baseline feedback as to where the patient’s center of gravity is, how much weight is being put on each foot, etc. This gives the person and their referring provider very useful information to develop a treatment plan.

Huggins’ Back Bay Rehabilitation has Occupational and Physical Therapists ready to help after you receive a referral from your primary care provider. For more information about Huggins Hospital’s Rehabilitation Services, please call Back Bay Rehabilitation at 603.569.7565.



A First Responder’s Perspective

Janet Williamson, EMS and Emergency Management Coordinator at Huggins Hospital, has responded to many emergency calls over 30 years in the field. She offers the following tips for a safer home:

- Reduce fall hazards. “Falls are the No. 1 cause for emergency response,” Williamson said. Keep clear paths throughout the house, remove throw rugs and store items within safe reach. While falls can happen to anyone, vision loss, lack of coordination, arthritis and other age-related issues make us more prone to falling as we get older. See “Falls” story below.
- Keep connected. Williamson has treated people who had fallen up to a day earlier but couldn’t make a call. Have a call button, wear it, and call for help. If you have a portable phone, take it with you as you move around the house. Recharge it overnight near your bedside. Check with town offices to see if there is a daily call list as a community service; if so, get yourself or your loved one on it.
- Let police and fire departments know if an elder person in the home is oxygen-dependent so they will know to do a check-in in the event of a power outage.
- Keep smoke and carbon monoxide detector batteries fresh. The fire department can help with replacement.
- Provide an information center in the home for emergency personnel to readily find critical information. For example, post medication lists, advance directives and Do Not Resuscitate (DNR) orders on the refrigerator door.
- Avoid eating spoiled food. Sense-of-smell fades as we age so expiration dates should be checked often to lessen the risk of consumption.
- Sign senior loved ones up for programs such as Meals on Wheels. Not only do programs such as Meals on Wheels provide one nutritious meal a day but Meals on Wheels drivers can be the only person an elder living alone sees all day.
- Keep an entry key in a secure exterior place. In some counties you can tell the dispatch service where that is so it can be communicated to emergency personnel. It not only avoids having to replace a broken window or door, but it also could mean the difference between life and death.
- Last but far from least: Be sure your house number is clearly posted on your house. Emergency vehicles are moving at high speeds, Williamson reminds, and need to be able to locate your house number from a distance.

ADULT DAY PROGRAM

Perhaps you have moved in with an aging family member or that person has come to live in your home. Enhance your loved one’s level of independence and avoid caregiver burnout by enrolling your loved one in Huggins Hospital’s Adult Day Program. A medical model program like the one at Huggins provides a multi-disciplinary team approach consisting of nurses, social workers, registered dietitians and physician-ordered rehabilitation services. Medicaid and some long-term-care insurances will pay for a portion of the program. Thanks to the support of our community, scholarships are available for those in need. For more information about Huggins Hospital’s Adult Day Program call 603.569.7693. If you’d like to support the Adult Day Program or programs at Huggins Hospital that enrich the lives of our community members, please call Cheryl Kimball, Development Officer, at 603.515.2089.

MAKING THE TOUGH DECISION

The time may come when living safely at home is no longer a safe or viable option. This is a difficult decision and may come with some resistance. If the concern is generated by dementia-related problems, it may mean caregivers need to make this decision.

Look for signs to help with this difficult decision before an accident happens:

- Memory loss or dementia can result in safety compromises like forgetting to turn off the stove or forgetting to take critical medications. Don’t wait for something serious to happen; consider these events as red flags.
- Not answering the phone is cause for concern even if you find out your loved one is okay. Communication is key.
- Cognitive decline to the point that someone is no longer able to understand simple instructions (like how to use an alert call button) makes ensuring safety difficult.

Making the decision to move from home is rarely easy. But if you think ahead you can take comfort in knowing that you or your loved one stayed at home as long as was safely possible.

Falls claim 27,000 lives per year

According to the Center for Disease Control and Prevention, every second of every day in the United States an older adult falls, making falls the number one cause of injuries and deaths from injury among older Americans.

“Falls are a life-threatening concern,” said Betsey Newcomb, a Certified Osteoporosis Exercise Specialist at Back Bay Rehabilitation. “We’re here to help people who are at risk.”

More than 27,000 older adults die from falls each year. Newcomb and co-worker Suzanne Matos, MSPT, PT, a Vestibular Physical Therapist, have been giving lectures in the community about falls awareness and prevention as one way Huggins is trying to help the community with this problem. Back Bay Rehabilitation offers Physical Therapy specific to balance awareness and dizziness as well as Walk Tall, an exercise and education program for Osteoporosis, Osteopenia and posture issues.

There are several things that can increase the risk of falls for people as they get older such as low blood pressure, arthritis, decreased feeling in the feet, lack of mobility and mental confusion.

“Exercise will help the body maintain balance, be more responsive to obstacles, optimize posture and decrease pain,” Matos said. “All of these help with balance, which can keep you from falling.”

For more information about falls or assessments to prevent falls, contact Back Bay Rehabilitation at 603.569.7565.

GraniteOne Health Turns One *continued from cover*

Behind the scenes, GraniteOne Health has been working to establish a seamless coordination of care between hospitals. This year, CMC and Huggins Hospital will begin the transition to a single-platform electronic medical record (EMR) system that will be followed by the launch of a new patient portal, FollowMyHealth. These tools will give patients more ways to communicate with their care team and help them be more informed and involved in their care.

Under GraniteOne Health, the three hospitals are maintaining their trusted and dedicated community presence, while collaborating to enhance the services offered in each community. In the last year, we’ve jointly hired physicians and shared an increased number of specialists and hospitalists. This means more access to care during a time when healthcare systems are struggling with nationwide physician shortages.

GraniteOne Health’s positive momentum and progress continues to prove that our three organizations are stronger together. To find out more about GraniteOne Health, visit graniteonehealth.org.



Keeping our Community healthy with Drive Thru Flu Shots

Our community was better prepared to battle the flu virus thanks to the more than 300 participants in Huggins Hospital's 2nd annual Drive Thru Flu Shot Clinic.

On Oct. 10 and 12, a team of 30 hospital employees worked alongside six public health volunteers at the Drive Thru Flu Shot Clinic held at the hospital. The group vaccinated 369 community members, an increase from last year when 265 shots were administered.

"We were so excited to be able to offer a convenient and efficient way for people to access the influenza vaccine," said Kimberlee Daley, Huggins Hospital's Vice President of Physician & Diagnostic Services. "I was able to meet parents who have trouble bringing their children with them to physician appointments. With this event, they were able to bring their children for a ride while taking a brief detour. The children were able to stay in the vehicle while mom and/or dad received their vaccine."



The event was created to help community members prepare for the flu season and do their best to keep the whole community healthy. When you live and work with the elderly, the young or those with pre-existing conditions or illnesses, you can help them live a longer healthier life by helping to prevent the flu.

"We saw many community members driving through to get their flu shot because they wanted to make sure they do not carry influenza to someone who may be more vulnerable to the virus," said Monika O'Clair, Huggins Hospital's Vice President of Strategy & Community Relations. "It is nice to know we all live and work in a community dedicated to keeping each other healthy."

The Drive Thru Flu Shot Clinic is one example of services Huggins Hospital provides free to the community. As a non-profit, community hospital, Huggins is dedicated to improving the health of all community members regardless of their ability to pay.

3rd year in a row! Huggins Hospital Named one of the Best and Brightest Companies to Work For in the Nation

For the third year in a row, 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.

"Once again, we are thrilled our employees find Huggins Hospital to be a great place to work," said Laura Stauss, Vice President of Human Resources at Huggins Hospital. "We are dedicated to our employees and, in return, our employees feel passionate about their work and strive to provide exceptional care and customer service. We call ourselves the Huggins Family and we mean it."

As in the previous years, winning companies were assessed by an independent research firm which reviewed a number of key measures relative to other nationally-recognized winners.

"We are very excited to share this news with our community," said Huggins Hospital's President & CEO Jeremy Roberge. "We never stop working to make Huggins Hospital a great place to work and a trusted place to visit when you need care. This all starts with our employees as the essential piece of our success."

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.

Did you Know? Huggins Hospital offers Infusion Services

Infusion Services at Huggins Hospital offers a broad range of treatments including IV therapy, injections and VAD (Vascular Access Device) insertion and maintenance.

Infusion Services cares for patients with various diagnoses and this care is provided close to home. Some of the services include:

- Infusions
 - Daily Antibiotics
 - Medications (ex: Remicade, Reclast, Lanreotide, and much more)
- IV Hydration
- Injections
- VAD Maintenance & Insertion
 - Cathflo
 - Portflush
 - Dressing Change
- PICC/Midline Insertion
- Lab Draw from PICC/VAD
- Therapeutic Phlebotomy
- Transfusions

For more information, and for a full list of services and infusion therapies available, please call Infusion Services at 603.569.7530.

Stacey Heath receives Roy B. Carder Service Excellence Award for 2017

Huggins Hospital Operating Room Clinical Coordinator Stacey Heath, RN, CNOR, is the 2017 recipient of the Huggins Hospital Board of Trustees' 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.

The Huggins Hospital Board of Trustees chose Heath because of her extensive knowledge of daily operations, professional and personal credibility and consistent delivery of the highest quality of patient care. This is the third year the Trustees have recognized an employee with this award.

Heath is respected for her clinical skills and thoughtful, thorough approach with her patients and colleagues. She is detail-oriented and always keeps the patient at the center of any decision she makes. Her steadfast commitment and leadership acumen has helped advance surgical services at the hospital.



Huggins Hospital Board of Trustees Chair John J. Daigneault stands with the 2017 Roy B. Carder Award recipient Stacey Heath, RN, CNOR, along with Huggins' President & CEO Jeremy Roberge and Huggins' Board of Trustee Kathy Barnard.

"I am extremely humbled and honored at the notion of my peers thinking of me as a potential candidate and taking the time to officially nominate me for the award," Heath said. "I feel proud to be among the previous recipients, Debbie Simone and Garry Simons, both who set the bar pretty high when it comes to excellence."

Endocarditis



By Brian Irwin, DO, FAAFP, of Huggins Hospital's Tamworth Family Medicine

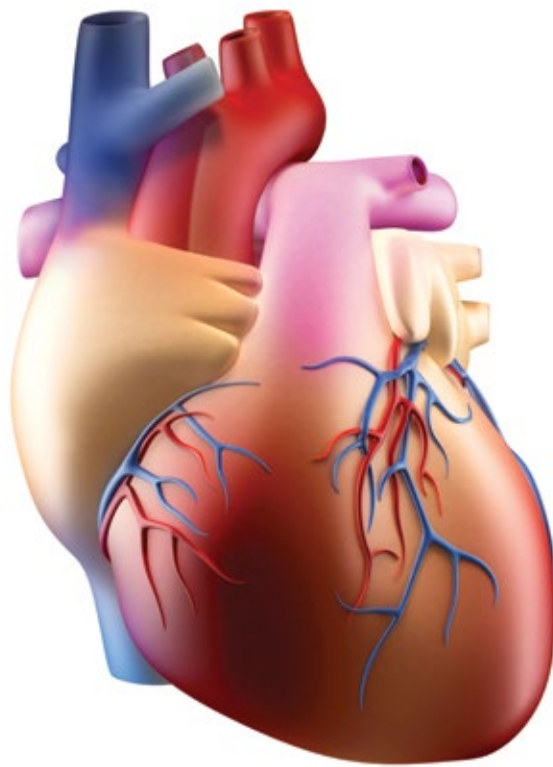
The innermost layer of tissue lining the chambers of the heart is called the endocardium. This smooth substance is what makes up the heart's valves. Despite the fact that these valves are immersed in blood, they have no blood supply of their own. For this reason they have difficulty fighting off infection should it occur.

If the heart's smooth valves become coarse, damaged, or are exposed to large numbers of bacteria (as can happen, for example, in cases of IV drug abuse or from dental procedures when bacteria can enter the bloodstream), they can become infected. This

condition is known as endocarditis. Bacteria can "seed" the valves, resulting in "vegetations"—literally, bacteria-rich colonies of organisms. These vegetations can lead to clotting, strokes, or failure of the heart valve's function. You may have had to take antibiotics prior to dental work in order to prevent this disease after research showed endocarditis that was caused by bacteria commonly found in the human mouth.

The recommendations for pre-treatment with antibiotics before certain dental, gastrointestinal, and genitourinary procedures resulting from guidelines published over 50 years ago by the American Heart Association became a point of confusion for health care providers and dentists. Common conditions like mitral valve prolapse (where this valve responsible for movement of blood from one chamber of the heart to another protrudes back into the prior chamber upon closing) were deemed to place patients at high risk for endocarditis. Dental care as seemingly benign as a cleaning became "procedures" that required pre-medication, waivers, and acceptance of risk for possible death. Now, 10 years since the last revision of these guidelines, the research has shown that perhaps the risk of endocarditis is not nearly as great as we once thought.

The initial studies on endocarditis were daunting. One early study found that the particular strain of strep that was common in many cases of endocarditis could be found, alive, in the bloodstream of 11 percent of patients with poor oral hygiene and in 61 percent of patients who had recently had a dental extraction. However this study, done in 1935, has now been put into perspective by recent, well-controlled



studies that found that although pre-extraction antibiotic use may decrease the incidence of strep in the bloodstream, it had no effect on the incidence of endocarditis. How could that be?

Thanks to modern blood collection techniques, we know that transient, live bacteria can be found in the bloodstream of many patients, whether or not they've had a dental or medical procedure. We also know that this "transient bacteremia" rarely causes any infection and is quickly cleared by the immune system in most cases. In addition, we know that endocarditis is much more likely to occur, even in cases caused by oral bacteria, from random daily activities than from a medical or dental procedure. Chewing gum, flossing, and eating dinner are far more potentially lethal than having a molar pulled.

That's not to say a dental or medical procedure can't cause endocarditis. However a paper published in May 2007 suggested that the risk of developing endocarditis from a dental procedure is around one in 14 million. While this was a statistical estimate and may not be totally accurate, the fact remains that there is an exponentially higher risk of developing an allergic reaction to the prophylactic (preventative) antibiotics than catching endocarditis from a medical or dental procedure. Current data suggests that the risks of pre-treatment outweigh the benefits in most cases.

It is very important to understand that these recommendations do not call for the complete abolition of prophylactic antibiotics. Certainly there are cases of specific heart disease where the risk of endocarditis from any source, including medical and dental procedures, is fairly high. To name a few, those with an artificial heart valve, some (but not all) forms of congenital heart disease, and patients who have heart valve disease after a heart transplant should certainly continue preventative antibiotics as advised by their medical and dental providers. In fact, anyone who has previously been prescribed prophylactic antibiotics should consult the medical provider before abandoning that protocol in the future. While not everyone is off the hook, most of the estimated seven to eight million people with mitral valve prolapse will not require antibiotics prior to their dental or medical procedure.

Dr. Irwin sees patients of all ages at Huggins Hospital's

Tamworth Family Medicine and is the Medical Director of the office's Travel Clinic. Dr. Irwin is a fellow of the American Academy of Family Physicians which 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 is not only an accomplished family and travel physician but also a published freelance writer and photographer. To learn more about Dr. Irwin, please call Tamworth Family Medicine at 603.323.3311.

COLORECTAL SCREENING TEST "FIT" AVAILABLE AT HUGGINS HOSPITAL

FIT is an annual colorectal cancer screening tool available for those age 50-75 with average risk factors. FIT stands for Fecal Immunochemical Test. You should talk with your Primary Care Provider (PCP) to determine if FIT is right for you.

If together you decide yes, your PCP will provide you with a kit. You then follow the simple instructions and return the sample to your PCP office, one of the other Huggins' family practices around the region, or directly to the laboratory at Huggins Hospital in Wolfeboro.

The noninvasive, no-risk FIT does not require any food restrictions or preparation before obtaining a sample. The test does not detect cancer but does detect hidden human blood (i.e., not from a food source) in the stool. Blood in the stool may indicate pre-cancerous polyps or cancer at an early stage when lifesaving treatment is easiest and most effective.

While FIT is a good option for many, colonoscopy remains a very important screening, diagnostic and treatment procedure. Colonoscopy preparation has improved over the years, including lower consumption of colon-cleansing liquids over a shorter time period. A patient is usually under sedation during the colonoscopy and polyps that are found are usually removed immediately. Since colon cancer is slow-growing and removal of suspicious polyps can be done during the procedure, colonoscopies are recommended once every ten years starting at age fifty for average-risk patients.

To learn more about FIT or colonoscopies, please talk with your PCP. If you need to make an appointment with a PCP, please call PATH (Patient Access to Huggins) at 603.569.7669.

LOCAL COALITION HOSTS FORUM FOCUSING ON SUBSTANCE MISUSE

Huggins Hospital, Carroll County Coalition for Public Health and Team Wolfeboro have teamed up to develop a local coalition, Eastern Lakes Region Coalition for Healthy Families, dedicated to supporting families and our communities through the issue of substance misuse.

The problem of substance misuse in our community, the state of NH and throughout our country is large and complex. Lives are being lost and futures are being destroyed. Our youth and families are suffering. Huggins Hospital's recent Community Health Needs Assessment found that substance misuse is the No. 1 health problem on the minds of our community members. Join the Coalition to share how we can work together toward a solution to this problem, starting close to home, focusing on support for youth and families. Come and be part of the solution!

On Monday, November 20th, the coalition hosted a forum for families at the Kingswood Arts Center in Wolfeboro. The event was called Straight Talk: A Call to Action and was developed to energize parents to take action with their children and teens to address the problem of substance misuse. Participants had a chance to hear how our community is addressing the substance misuse problem.

The next event in the Straight Talk series will take place on April 14th. Please see back page for event information.

For more information about how to get involved, visit www.hugginshospital.org/support/ELRCHF or call Huggins Hospital's Senior Philanthropy and Community Health Officer Susan Houghton, Ph.D. at 603.569.7560.



Do You Know About Your Cholesterol?

If you're reading this, you may not have high cholesterol but you are likely at risk. While New Hampshire ranks well in controlling cholesterol, it is important for everyone to know their risk and how to prevent high cholesterol. High cholesterol is one of the major risk factors for heart disease – the number one killer of women and men in the U.S. The higher your blood cholesterol, the greater your risk of developing heart disease or having a heart attack.

HOW TO CONTROL YOUR CHOLESTEROL

Cholesterol is a waxy, fat-like substance the body needs but too much in the blood can build up on the walls of the arteries and lead to heart disease and stroke.

About one in every six adult Americans has high cholesterol. Several factors that are beyond our control and can increase our risk for high cholesterol include age, sex and heredity. Other factors, however, are within our control including diet, weight and exercise.

“We hit all sides of the equation,” said Eric Lewis, MD, Huggins Hospital’s Outpatient Medical Director. “We look to get better weight control, improve exercise, improve diet balance to lower fats and sugars and we can start a high dose medication called a Statin drug (Lipitor, Crestor, Zocor, etc.) if needed. We know we need to guide the patient in the lifestyle they can handle in an attempt to reverse cardiovascular disease.”

The National Center for Chronic Disease Prevention and Health Promotion suggests several ways to maintain a normal cholesterol level.



Eat a healthy diet. A high amount of saturated fat and cholesterol in food that you eat can increase blood cholesterol. Huggins Hospital offers a wide variety of nutrition services provided by Registered Dietitians including diabetes care, weight management and support information for cardiac health issues such as coronary artery disease and hypertension. Dietitians can assist with conditions including Crohn’s disease, gastroesophageal reflux disease (GERD), diverticulitis, irritable bowel syndrome, lactose intolerance, food allergies and more. All of our Dietitians are registered by the American Dietetic Association and licensed by the State of New Hampshire. To enroll in one of our programs or learn more, call 603.569.7577.



Maintain a healthy weight. Being overweight can increase your cholesterol level. Losing weight can help lower your LDL (bad) cholesterol and total cholesterol level, and raise your HDL (good) cholesterol level. Speak to your primary care provider to come up with the right program that works for you.



Exercise regularly. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol. You should try to be physically active for 2 hours and 30 minutes (150 minutes) each week. Back Bay Rehabilitation can help you maintain a healthy lifestyle through the use of its gym facilities or one of its therapy programs. To enroll in one of Back Bay’s programs or to join the gym, call 603.569.7565.



Don’t smoke. The Center for Disease Control and Prevention’s Office on Smoking and Health has an array of information on quitting smoking at <http://www.cdc.gov/tobacco>. Speak with your primary care provider if you are looking for resources to help.

HOW DO WE RANK?

New Hampshire ranked 17th in the country in a study completed by the United Health Foundation in 2016. In New Hampshire, 35.7 percent of adults (who were checked by a health professional) had high cholesterol. That’s up from 26.6 percent in 1996 but down from a couple of years ago. New Hampshire peaked at 39 percent in 2012 and 2013.

Still, 35.7 percent is below the U.S. average of 36.3 and the Granite State ranks 4th in New England. Vermont (7th nationally) is 1st in New England at 34 percent, Massachusetts (10th nationally) is 2nd in New England with 34.5 percent and Rhode Island (14th nationally) is 3rd in New England at 35.2 percent.

The states with the least favorable results were in the south. Alabama was last with 42 percent of its adults having high cholesterol, Arkansas was second worst at 41.3 and Kentucky rounded out the bottom three with 40.7 percent. The state with the best score was Colorado with 31.5 percent.

GET TESTED

According to the National Heart, Lung and Blood Institute, everyone age 20 and older should have their cholesterol measured at least once every five years. It’s best to have a blood test called a lipoprotein profile done. This is done after fasting 9-to-12 hours and gives information about:

- Total cholesterol
- LDL (bad) cholesterol - the main source of cholesterol buildup and blockage in the arteries
- HDL (good) cholesterol - helps keep cholesterol from building up in the arteries
- Triglycerides - another form of fat in your blood

Find out more by speaking with your primary care provider. If you would like to make an appointment with a primary care provider, please call PATH (Patient Access to Huggins) at 603.569.7669.



SPANISH CHICKEN AND SHRIMP

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

4 boneless, skinless chicken breasts*
1 pound (21-25) shrimp, peeled and deveined*
3 Tbsp olive oil
1 medium Spanish onion, thinly sliced
1 red bell pepper, thinly sliced
1 green bell pepper, thinly sliced
¼ cup green olives with pimento, sliced in half
¼ cup Kalamata olives, sliced in half
1 small tomato, diced
½ cup chicken stock, sodium-free
2 Tbsp garlic, minced
2 Tbsp parsley
1 Tbsp crushed red pepper
1 tsp sea salt
1 tsp black pepper
¼ cup lemon juice
Pasta—your favorite

Preparation: Heat olive oil in large sauté pan over medium high heat. Brown chicken breasts for 4 to 5 minutes per side and remove from pan. Add onions and peppers to pan and cook 5 to 6 minutes until softened. Add chicken stock and garlic to the pan and bring to a boil. Add olives, tomatoes, parsley, red pepper, salt, pepper and lemon juice to pan. Reduce heat to a simmer and return chicken to pan, cook 8 to 10 minutes until chicken reaches an internal temperature of 165 degrees. Add shrimp and cook 4 to 5 minutes until shrimp is cooked. Serve over your favorite pasta.

**Huggins Hospital recommends using chicken raised without the use of routine antibiotics and wild-caught domestic shrimp.*

A Moment in History at Huggins

Former Huggins Hospital employee Mary Nason holds a certificate in appreciation for her 10-plus years of working at the hospital from 1955 to 1965. During her time at Huggins she worked alongside Dr. Ralph Adams, a pioneering surgeon who was nationally known for his work in reducing hospital-acquired staph infections.



Mary is pictured with Huggins Hospital General Surgeon William Barton, MD, holding a vintage photograph of Dr. Adams and his team, which included Mary.

Huggins Hospital has recently initiated a project to publish a book on the history

of the hospital. Those with stories, photos or memorabilia are encouraged to contact Cheryl Kimball at 603.515.2089 or e-mail ckimball@hugginshospital.org.

Thank you to our Donors from Fiscal Year 20

Huggins Hospital is grateful for the support from our community. Thank you to the following donors who gave to Huggins Hospital in the hospital's Fiscal Year 2017 (October 1, 2016 to September 30, 2017) in the form of cash, goods or services, support through attendance at our fundraising events, or a donation in honor of a special person, each and every donation of any amount is a gift toward the health of our community. For more information, contact Development Officer Cheryl Kimball at 603.515.2089 or at ckimball@hugginshospital.org.

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30, 2017). Whether an individual, a corporation, an in-kind gift of
 nity. If you have any questions about the list below, please contact

FY 2017 Annual Report Financials and 2018 Leadership

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- Jeremy Roberge, CPA
President & CEO
- John S. Boornazian, MD
Chief Medical Officer
- Kimberlee Daley, RN, CCRN
Vice President of Physician & Diagnostic Services
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- Laura Stauss, PHR
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- Patrick Brown, BS, BA
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- Henry Isaacson
Senior Director of Finance
- Donn Pushor
Senior Director of Facilities & Support Services

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- Alex Walker, Esquire
- George Walker, Esquire
- Allan Bailey, *Associate Trustee*
- Gregory Eldridge, *Associate Trustee*
- Brad Hayes, *Associate Trustee*

Summary of Patient Services	FY 17
Hospital Discharges (Acute)	722
Inpatient Days (Acute)	2,537
Inpatient Days (Swing)	2,014
Average Length of Stay (Acute)	3.5
Surgical Procedures	1,378
Lab Tests	151,988
Rehabilitation Services	45,526
Radiology Exams	21,226
Emergency Room Visits	10,818
Physician Practice Visits	58,468

Balance Sheet

Current Assets	18,269,209
Long-Term Assets	105,465,338
Total Assets	123,734,547
Current Liabilities	27,546,289
Long-Term Liabilities	27,192,202
Total Liabilities	54,738,491

Net Assets	68,996,056
Total Liabilities & Net Assets	123,734,547

Statement of Operations

Net Patient Service Revenue	51,937,607
Other Operating Revenue	5,494,835
Total Revenue	57,432,442

Expenses

Salaries & Wages	28,602,095
Supplies & Other	22,652,833
Depreciation	4,729,077
Interest	1,269,682
Total Expenses	57,253,687

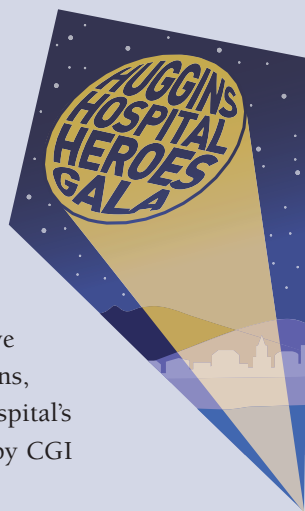
Operating Income	178,755
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Non-Operating Gain	6,774,469
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Increase in net Assets	6,953,224
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Heroes Gala Funds Emergency Services and Honors Local Heroes

Huggins Hospital raised nearly \$40,000 during the 2017 Heroes Gala held July 13th aboard the M/S Mount Washington. The event honored local first responders and raised funds for Huggins Hospital's emergency services and Paramedic Intercept Program. Money was raised through live and silent auctions, raffles and donations, including \$4,000 from the Huggins Hospital's Board of Trustees which was matched by CGI Business Solutions. The main



sponsors of the Huggins Hospital Heroes Gala were CGI Business Solutions, Anthem BlueCross BlueShield of NH and Meredith Village Savings Bank. The evening was also sponsored by Genesis Wolfeboro Bay Center; Rath, Young and Pignatelli; Catholic Medical Center; Stratasan; GreenPages; Delta Dental; Stewart's Ambulance and MassMutual.

SAVE THE DATE: 2018 HEROES GALA July 12th

30th Annual Golf Classic supports Financial Assistance for patients

This year, Huggins Hospital celebrated its 30th year of the Annual Golf Classic and raised over \$26,000 for the hospital's Community Care Program. Over the past 30 years, the Classic has raised hundreds of thousands of dollars to ensure everyone has access to health care regardless of their ability to pay. The 2017 sponsors included Bald Peak Colony Club, BNY Mellon, Catholic Medical Center, CGI Business Solutions, Citizens Bank, DiGiorgio Associates, Interstate Electrical Services, Berry Dunn, Brookside Entertainment Systems, W.B. Mason, Berkshire Bank, MicroFab, Helms & Company, Robert Half, Sprague Energy, ABM and Winthrop Resources.

Thank you to WMUR meteorologist Kevin Skarupa for playing and helping to raise funds for the cause.



SAVE THE DATE: 2018 GOLF CLASSIC September 27th

To learn more about how to support Huggins Hospital, visit the hospital's website at www.hugginshospital.org or call Development Officer Cheryl Kimball at 603.515.2089.

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- New England Patriots Charitable Foundation
- New Hampshire Boat Museum
- New Hampshire Farm Museum
- Sanel Auto Parts
- Sap House Meadery
- SkyDive New England
- Sugar Hill Retirement Community
- Tri-City Subaru
- Unique Ambiance Hair Salon
- Vintage Kitchens
- Winnepesaukee Winery

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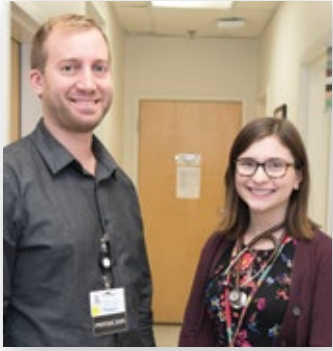
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Welcome to the Newest Members of Huggins' Medical Staff

Jamison Costello, DO and Jerrica C. Moore, PA-C joined Wolfeboro Family Medicine



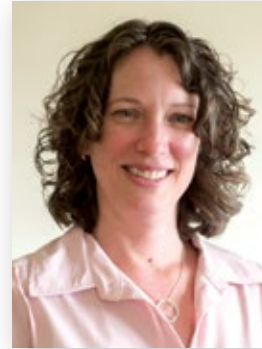
In 2017, Jamison Costello, DO, and Jerrica C. Moore, PA-C, both joined the staff at Huggins Hospital in Wolfeboro Family Medicine.

Jamison Costello, DO, is a Wolfeboro native and proud to serve his community. He studied biomedical engineering at Rensselaer Polytechnic Institute and earned his medical degree from the University of New England College of Osteopathic Medicine. Dr. Costello enjoys wakeboarding, life on the lake and spending time with friends and family.

Jerrica C. Moore, PA-C, received her Master of Science in Physician Assistant Studies from the Massachusetts College of Pharmacy & Health Sciences. Her interest lies in preventing disease through healthy lifestyle choices. She's a big fan of "Game of Thrones," concerts, kayaking and movies. Jerrica currently resides on the Seacoast with her husband as well as her three pugs, Hercules, Ruth and Shelly.

If you would like to join one of Huggins Hospital's primary care offices, please call PATH (Patient Access to Huggins) at 603.569.7669. Our PATH Specialists are dedicated to helping you have a seamless healthcare experience.

Ellen Dennehy, PA-C joined Ossipee Family Medicine and Alton Family Medicine



In 2017, Ellen M. Dennehy, PA-C, joined the staff at Huggins Hospital and is splitting her time between Ossipee Family Medicine and Alton Family Medicine.

Dennehy received her Master of Science in Physician Assistant Studies from the Massachusetts College of Pharmacy & Health Sciences. She also has a Bachelor of Science in Biomedical Photographic Communications from the Rochester Institute of Technology in Rochester, NY. Working in family medicine and urgent care for more than 10 years, she enjoys caring for generations of families.

Dennehy, who has vacationed in the Lakes Region since she was a child, moved to the area to be closer to family. When not working at the outpatient practices, she enjoys hiking and kayaking with her husband and has a personal interest in nature photography.

Michael P. Giovan, MD, FAAOS, joins Huggins Hospital



Huggins Hospital welcomes Michael P. Giovan, MD, FAAOS, as the newest member to their Orthopedic Surgeons office.

Dr. Giovan is certified by the American Board of Orthopaedic Surgery and a

Fellow of the American Academy of Orthopaedic Surgeons. He is well known in the area for his work in Plymouth, NH, where he was on staff at the Plymouth Orthopedics and Sports Medicine Clinic from 2008 to 2015. He spent the last two years at Tulsa Bone and Joints Associates in Bartlesville, OK.

A native of California, Dr. Giovan earned his Bachelor's Degree in Molecular and Cell Biology with Genetic emphasis from the University of California, Berkley. He then received his Medical Degree from the George Washington University School of Medicine, which led to an internship and residency at Maricopa Medical Center Orthopaedic Training Program in Phoenix.

After his residency, Dr. Giovan continued his education with a Shoulder and Sports Medicine Fellowship at The Core Institute in Sun City West, AZ.

One area Dr. Giovan will focus on at Huggins is Sports Medicine, where he has an extensive background working with athletes of all skill levels. In the past, Dr. Giovan served as the head team physician at Plymouth State University and was also involved with the care of athletes at The Holderness School, New Hampton School and Waterville Valley Academy.

Dr. Giovan is a pioneer in the field of Sports Medicine who is always looking out for cutting-edge procedures and technology that can benefit his patients. He looks forward to serving the Huggins community. For more information, contact Huggins Hospital's Orthopedic Surgeons at 603.569.7690.

Community Events

APR 5

WOLFEBORO PEDIATRICS OPEN HOUSE

THURSDAY, APRIL 5TH 5 PM - 7:30 PM

LOCATION: Wolfeboro Pediatrics at Huggins Hospital.

Join us for an open house at Wolfeboro Pediatrics at Huggins Hospital to showcase its new waiting room. The event will feature activities such as painting, tours and safety and health demonstrations. **FIND MORE INFORMATION**

OR REGISTER ONLINE: www.HugginsEvents.org or on our Facebook page.



APR 14

STRAIGHT TALK: BE PREPARED

SATURDAY, APRIL 14TH 9 AM - 1 PM

LOCATION: Medical Arts Education Center at Huggins Hospital. The second Straight Talk forum presented by the Eastern Lakes Region Coalition for Healthy Families will focus on helping families respond to a substance misuse crisis. There will be professionals on hand to provide Narcan and CPR training as well as many other resources for the community to utilize.

FIND MORE INFORMATION OR REGISTER ONLINE: www.HugginsEvents.org or on our Facebook page.

APR 26

STOP THE BLEED TRAINING

THURSDAY, APRIL 26TH 5 PM - 6 PM

LOCATION: Medical Arts Education Center at Huggins Hospital. Stop the Bleed is a one-hour training to teach what everyone should know to stop bleeding after an injury. This training can help community members save a life if ever in an emergency situation. The event is run by Huggins Hospital's EMS & Emergency Management Coordinator Janet Williamson. **FIND MORE INFORMATION**

OR REGISTER ONLINE: www.HugginsEvents.org or on our Facebook page.

JUL 12

SAVE THE DATE! HUGGINS HOSPITAL'S HEROES GALA

THURSDAY, JULY 12TH

LOCATION: Aboard the M/S Mount Washington. This annual event honors local first responders and raises funds for Huggins Hospital's Emergency Services and Paramedic Intercept Program. Watch for more information soon to find out ways to support this event or purchase tickets. See story on [page 7](#) for more information and contact information.



Moultonborough Family Medicine is growing!

We now offer Physical Therapy, Massage Therapy, Lab and X-ray services on-site along with our Primary Care services! Extended hours in Primary Care services coming soon!

For more information about Huggins Hospital's Moultonborough Family Medicine, please call 603.476.2216. For more information or to make an appointment for Physical Therapy or Massage Therapy, please call Back Bay Rehabilitation at 603.569.7565. Moultonborough Family Medicine is located at 984 Whittier Highway (Rt 25).