

Healthy Horizons

A GUIDE TO YOUR HEALTHY LIFE

FALL 2016



A Dozen Ways to Help Survive the Holidays

The whole family is set to gather for the holidays – the brother you talked with maybe twice in the last year, the perfect sister who makes her own pie crust and all the children “energized” on holiday cookies draped in frosting. You love your family and friends but you’re anxious about how to make it truly special. How will you not only survive but actually enjoy the day? Here are a few tips that might help take the stress out of the holiday season:

- 01** Have some non-confrontational technique handy to shut down disagreeable conversations before they get too involved—spill your water glass, tell a lame joke, or bring the pies to the table! It may seem cliché, but remember holidays are truly about enjoying the company of family and friends not about competition or stale disagreements.
- 02** If the turkey gets overcooked and needs a little extra gravy or the rolls are forgotten in the oven and end up more suitable as paperweights than for eating, chalk it up to making memories that will be talked about and laughed over for years to come.
- 03** Don’t plan too much! Plan enough to feel prepared but don’t overdo it. You don’t want to be “over it” before the day even comes.

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Orthopedics at Huggins – Your Local Solution to Joint Pain

Perhaps your left knee hurts when you squat to pick up something off the floor. Or your right hip feels like it will give out when you stand up from sitting for any length of time. Or maybe one of your shoulders has limited range of motion. If joint-related issues have become part of your life, you don’t have to leave your community for help. Therapeutic services and experienced orthopedic surgeons are right here in Wolfeboro at Huggins Hospital.

Many joint problems can be relieved with medication and/or physical therapy before having to resort to surgery. These interventions can minimize pain, restore your independence, and allow you to once again participate in many of the activities you have always enjoyed. When replacement becomes the best choice, you can also get topnotch surgical care with Huggins Hospital’s Orthopedic Surgeons.

Dr. George Costello and Dr. Thomas Rock, both board-certified orthopedic surgeons, combined have done *thousands* of joint replacement surgeries in their careers. Before arriving at Huggins Hospital earlier this year, Dr. Rock had performed over 2,000 knee replacement surgeries. “I truly enjoy seeing my patients get back to normal,” said Dr. Rock. “I’m here to partner with them through their journey and get them back to feeling healthy and well.” Dr. Costello agrees: “One of the highlights of my work is to be there for patients as they improve from limited mobility to living a full and active life.”

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Healthy Horizons is a publication of



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



I am proud and thankful to say I work for Huggins Hospital at a time of great progress, improvement, change and accomplishment. Over

the past year, we have won many national awards proving our exceptional quality and wonderful teamwork. We are in the Top 20 for Quality among all our rural hospital peers nationwide – named in the Top 100 overall. We were named one of the Best and Brightest Companies to Work For in the country by the National Association for Business Resources. We also currently rank 4 out of 5 stars on Medicare’s Hospital Compare website based on scores from our patients – the highest rank among all Critical Access Hospitals within a 45-mile radius of Wolfeboro.

In a step to continue our positive progress, we are moving forward with our affiliation with

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Huggins Hospital named Top 20 Critical Access Hospital for Quality

Huggins Hospital was recently named one of the Top 20 Critical Access Hospitals for QUALITY in the country. The Top 20 Critical Access Hospitals, including Huggins Hospital, scored best among critical access hospitals on iVantage Health Analytics' Hospital Strength Index™.

As Huggins Hospital continues to find ways to improve the health of its patients and community, quality care is at the forefront.

“This quality award is based on performance of timely and effective care measures from Medicare for the inpatient treatment of heart attacks, heart failure, pneumonia and surgical care,” said Huggins Hospital's Chief Medical Officer John Boornazian, MD. “This can only happen through the excellent care and efforts of our medical and nursing staff together with all the employees at Huggins Hospital.”

The Top 20 Critical Access Hospital “winners” for Quality are those hospitals who have achieved success in quality clinical performance. This group was selected from iVantage's Top 100 Critical Access Hospital list, released earlier this year. The rankings were recently announced by the National Rural Health Association.

Huggins Hospital leadership recognizes the continuous work involved in providing such high quality care to the community.

“Huggins Hospital is proud to be a Top 20 Critical Access Hospital for Quality out of all the Critical Access Hospitals in the country,” said Huggins Hospital's President & CEO Jeremy Roberge. “We reached this phenomenal achievement through the efforts of our employees and medical staff who have contributed their expertise and dedication to our hospital. Our success as a top hospital in quality means our community can count on us to deliver the high quality services they need now and in the future.”



Huggins Hospital received the Top 20 Quality Award from the National Rural Health Association during a conference in Kansas City, Missouri. Pictured above, on hand to accept the award were Program Manager of Population Health & Quality Improvement Megan Varhegyi, RN, MSN (left), Huggins Trustee Kathy Barnard and VP of Nursing and Clinical Services Susan Dionne, RN, BSN, MS (right).



Play Well, Do Good: Annual Golf Classic Raises Over \$30,000

On a beautiful day in late September, 124 golfers came together at Bald Peak Colony Club to help make a difference in the health of our community. The 29th Annual Huggins Hospital Golf Classic raised over \$30,000 for the Hospital's Community Care Program. In Huggins Hospital's dedication to providing health care to everyone in the community, regardless of their ability to pay or their insurance situation, the Community Care Program was developed to cover the cost of hospital and primary care services for those in need. With the funds raised by the Golf Classic sponsors and players, Huggins Hospital will be able to offer free care to someone who truly needs it. The funds from the Golf Classic could cover as many as 100 pediatrician appointments or over a dozen potentially lifesaving MRI exams.

Thank you to the players and tournament sponsors for their generosity to the community including our major sponsors: Bald Peak Colony Club, ABM Healthcare, BNY Mellon, Catholic Medical Center, Giguere Electric and Leone, McDonnell & Roberts Professional Association. Thank you also to the Huggins Hospital employees who volunteered to ensure the day was a great success while cheering long drives and great putts. To view photographs of the tournament, please visit our Facebook page at www.Facebook.com/HugginsHospital.

Huggins Hospital has already begun planning for the 2017 Golf Classic – our 30th year! For more information or to reserve your spot (space is already limited), visit donate.hugginshospital.org/golf. For general information about how to support the health of the Eastern Lakes Region community through Huggins Hospital, please contact the Development Office at 603.569.7560 or e-mail jmcguinness@hugginshospital.org.



Huggins Hospital Ultrasound Technologists Sue Tudisco, RDMS (left) and Wendy Drew, RDMS, RVT (who have a combined 32 years of experience) are pictured in Medical Imaging's Ultrasound room with Manager of Medical Imaging Andrew Krivitsky, RT(R)(CT).

Huggins Provides More Convenient Hours for Primary Care and Ultrasound

Huggins Hospital is pleased to announce extended hours both for ultrasound appointments in Medical Imaging Services and appointments in several of the hospital's physician practices. As part of the hospital's continuing effort to be here when you need us, these increased hours will offer flexibility around work and school schedules for patients to make more convenient appointments.

Hours for ultrasound appointments in Medical Imaging Services are now 7 AM to 5:30 PM Monday through Thursday, 7 AM to 4:30 PM on Friday, and additional weekend hours from 7 AM to noon on Saturday and Sunday. Ultrasound imaging, also known as sonography, is a safe diagnostic tool that neither utilizes nor emits radiation. Using high-frequency sound waves, ultrasound imaging can view inside internal organs including the abdomen, heart, and eye; detect tumors and blood clots; monitor blood flow and organ function in real time; and guide needle placement for biopsies. Huggins is eager to make it as convenient as possible for patients to get an appointment for this potentially lifesaving imaging method.

Huggins' physician practices in Alton, Ossipee, and Wolfeboro, including Wolfeboro Pediatrics, are also now offering extended hours during the week:

- Alton Family Medicine will be open Monday, Thursday and Friday from 8 AM to 8 PM; Tuesday and Wednesday hours remain 8 AM to 5 PM. The office can be reached at 603.875.6151.
- Ossipee Family Medicine is extending Monday, Tuesday and Wednesday hours—new hours will be Monday and Wednesday 8 AM to 7 PM, Tuesday 8 AM to 8 PM; Thursday and Friday hours are 8 AM to 5 PM. The office can be reached at 603.539.6996.
- Wolfeboro Family Medicine's Monday, Tuesday and Thursday hours are now 7:30 AM to 8 PM with Wednesday and Friday hours remaining 7:30 AM to 5 PM. The office number is 603.569.7574.
- Wolfeboro Pediatrics will now be open Wednesdays 8 AM to 8 PM with their other weekday hours remaining the same: Monday 8 AM to 6 PM, Tuesday 9 AM to 6 PM, Thursday 8:30 AM to 5:30 PM and Friday 8 AM to 5 PM. Their office number is 603.569.7620.

Since its inception in 1907, Huggins Hospital has led the way in community health care by responding to changes and the needs of the Eastern Lakes Region. For more information about the hospital and its affiliated practices, please visit www.hugginshospital.org.

A Dozen Ways to Help Survive the Holidays *continued from cover*

- 04 If the gathering is at your house, spread out preparation. Start now and do something every day or two: Find the holiday tablecloth and make sure it's washed, pull down the good china from the upper cabinets (or purchase the paper plates), clean the silver while watching your favorite TV drama. Final housecleaning will take precedent the week-of and cooking will take over the day before and day-of; do what you can before the crunch!
- 05 Delegate! If someone asks what they can bring, be prepared with an answer—a pie, high-quality paper napkins, a tin of coffee. They can feel they contributed and you will have one less thing to worry about.
- 06 Try to accommodate others' health issues. Don't stress out over it but having one sugar-free dessert for Aunt Judy with diabetes or two gravy boats, one without salt for your sister's husband with high blood pressure, can make all of your guests feel truly welcome.
- 07 Losses happen in every family—start a tradition of remembering those who are no longer with you. An upbeat “memory moment”—a story about great grandma's cranberry pudding that took five hours to cook but no one liked or grandpa's absence from holiday photos because he was always the photographer—will inform younger people at the table about family traditions and legends.
- 08 Don't forget to get doctor approvals and refill any prescriptions that are running low before traveling for the holidays.
- 09 Help someone else. Whether the gesture is big or small, it's a great time to put your charitable hat on—serve at the homeless shelter, bring a couple bags of dog food to the SPCA or sign up to volunteer at your community hospital!
- 10 Don't postpone medical care until after the holiday season. Health issues don't take a holiday. Besides, you need to be as healthy as possible to get through this busy time of the year!
- 11 Go ahead, indulge a little. Don't torment yourself with a strict dieting regimen during a holiday season that's all about the food. Plan ahead for some additional calories. Plug in time for an extra mile on the treadmill, a little longer-than-normal run or a couple extra laps in the pool.
- 12 Keep your pets safe, especially if the house is full of guests. Skip the stress and trauma of an emergency veterinarian visit by keeping Fido tucked away in your office with his favorite chew toy instead of surfing the counter for turkey carcass and keeping Mittens in the bedroom sleeping in her snug bed instead of enjoying the half-full gravy bowl left out on the table. Put someone in charge of checking on your pets and making sure they are safe so you won't have to spend the last part of your holiday celebration trying to find a pet who snuck out an open door.



DID YOU KNOW?

Huggins Hospital offers 3-D Mammography

Huggins Hospital was the first hospital in the Lakes Region to offer 3-D Mammography for breast cancer screening starting in 2013. Studies show the 3-D screening detects around 40% more invasive breast cancer than traditional mammography! Feel confident in your breast cancer screening. To book your mammogram, please call PATH (Patient Access to Huggins) at 603.569.7547.

Massage Therapy available in more locations

Huggins Hospital's expert Massage Therapists are available to offer massage services at Huggins Hospital's Wolfeboro General Surgery, Wolfeboro Women's Health, Alton Family Medicine and Back Bay Rehabilitation. Arrive early for your office visit and relax with a massage! To book an appointment, please call Back Bay Rehabilitation at 603.569.7565.

NEW AT HUGGINS!

Lung Cancer Screening

Huggins Hospital is now offering Lung Cancer Screening through Low-Dose CT Scans. These scans offer a low-risk, painless screening for past and present smokers to help detect lung cancer early – when there is a better chance for recovery. This service is new at Huggins and more information will be available on www.hugginshospital.org as the service continues to develop. You may also contact your primary care office for more information.



Hemochromatosis

BRIAN IRWIN, DO, FAAFP



When we breathe in oxygen, our red blood cells “fill” with dissolved gas and move it around our bloodstream via a molecule inside the blood cells called hemoglobin. Iron is an important component of hemoglobin. But more iron is not necessarily better.

There are a handful of iron-overload diseases, but the most common one is “hemochromatosis” which affects one out of every 200-500 people making it the most common genetically transmitted disease in the country. A genetic mutation occurs in these patients where the gene that helps regulate the absorption and storage of iron is deranged.

Iron is stored in various tissues in our bodies for use in generation of hemoglobin. A complex interaction takes place between the storage complex, known as ferritin, and the transport complex, known as transferrin. When too much ferritin becomes saturated, the iron/ferritin complexes deposit in the body's tissues in such great amounts that those tissues are damaged.

The most commonly affected organ is the liver. When iron deposits damage the liver a significant amount of inflammation leads to the formation of scar tissue and replacement of the normal cells with fat and scar tissue, a condition referred to as cirrhosis. Likewise, iron can deposit in the muscle of the heart, leading to weakening of the heart muscle, a condition known as congestive heart failure. Yet another possibly afflicted organ is the pancreas, which when damaged is no longer able to generate normal levels of insulin, resulting in diabetes.

The symptoms of hemochromatosis—joint pain, fatigue, weight loss, and abdominal pain—are often a result of the failing organs that were impacted by excessive iron.

Hemochromatosis is diagnosed by taking a history of family genetic disorders, a physical exam looking for signs (like bronzing of the skin), and confirmatory lab testing. Elevated ferritin level is in no way the definitive test but does warrant genetic evaluation to look for gene mutations.

The good news is that hemochromatosis is fairly treatable. Iron is literally removed from your body by removing a part of your blood supply, a process called therapeutic phlebotomy. A diet lower in iron can help delay the need for phlebotomy.

Because hemochromatosis is usually hereditary, the offspring and siblings of affected persons should talk with their PCP and consider being screened for this common genetic disease.

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 or to book an appointment, please call Tamworth Family Medicine at 603.323.3311.

Thank You, Sarah!

Sarah Griffin of Lynnfield, MA dropped by Huggins Hospital for a special visit this summer to donate teddy bears for Emergency Room patients who may feel anxious. Sarah is a Lynnfield Middle School student and a Cadette Girl Scout.

Thank you, Sarah, for your kind heart and for thinking of our patients.





Dr. George Costello (left), Dr. Thomas Rock and Tim O’Brien, PA-C (right) outside the Huggins Hospital Orthopedic Surgeons office located in Suite H of the hospital’s Medical Arts Center in Wolfeboro

The Huggins orthopedics team also includes certified Physician Assistant Tim O’Brien who holds a degree in Sports Medicine, is an Athletic Trainer and an avid triathlete and winter-sports enthusiast. “I give the patient my full attention and use my experience to help them heal and find ways to improve their life.”

Dr. Costello, Dr. Rock and Tim O’Brien are ready to help you regain the life you had before being sidelined by joint pain.

While successful surgical intervention is of prime importance when it is appropriate, Huggins Orthopedics doesn’t just focus on the actual surgery—they are with you every step of the way. A comprehensive knee replacement program (the most common joint surgery in active adults living at home) is being formalized. You not only receive expert surgery but also get help with preparation before surgery and with full recovery afterward. This holistic approach could include: minor alterations to your home environment, ensuring appropriate pain management, and setting you up for speedy recovery with temporary aids like a walker, cane, or bathtub grab bars, for example. An Occupational Therapist and Physical Therapist from Huggins’ Back Bay Rehabilitation are on your team right from the start. Back Bay has also hired additional resources including another massage therapist. They are dedicated to your improvement and recovery.

With all of this expertise right in your backyard, why wait to get back to your pain-free active life? Make an appointment with the Huggins Hospital Orthopedic Surgeons office today at 603.569.7690.

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

Catholic Medical Center (CMC) in Manchester and Monadnock Community Hospital in Peterborough. Together we will form GraniteOne Health, a new health system created to support all three hospitals in building on their already strong clinical affiliations and to leverage their resources to build economies of scale. Under GraniteOne Health, each hospital will be able to increase scale and scope while maintaining a strong local and community focus. GraniteOne Health will ensure strategic direction and initiatives for the affiliated system while the individual hospitals will maintain their local boards, identity, assets and liabilities. In early November 2016, the Director of Charitable Trusts Unit of the Office of the Attorney General completed his review and determined the proposed affiliation meets the requirements of state law. We are excited to move forward. Through this affiliation, we will draw on each other’s resources to continue improving quality while focusing on the specific health needs of our local communities. This will be an excellent partnership that will benefit the Eastern Lakes Region. GraniteOne Health is set to be formalized by January of 2017.

Thank you to all of our community partners who worked with us on our latest Community Health Needs Assessment. From our successful Community Health Summit event earlier this year where many community and healthcare organizations came together to discuss issues in our area, we have developed our 2016 report with comprehensive information about the health needs in our community and how we plan to address those needs. Please take a few moments to view this information on our website in our “About Us” section.

I would also like to thank those of you who attended our recent Drive Thru Flu Shot Clinics (see story on page 7). We had a wonderful time meeting all of you and providing such a fun and convenient service. We will continue to find ways to be more involved in your journey to optimal health. We’re here for you.

Jeremy Roberge, CPA
President & CEO of Huggins Hospital



CRANBERRY POT ROAST

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

- 5-pound bottom round of beef*
- 2 Spanish onions, chopped
- 1 pound carrots, diced
- 1 pound celery, diced
- 2Tbsp chopped garlic
- 3Tbsp fresh rosemary
- 8 cups beef stock
- 32 fl ounces cranberry juice
- ¼ cup Worcestershire sauce
- 10 ounces sundried cranberries
- 2Tbsp black pepper

Preparation: Preheat oven to 300 degrees. Sear beef on all sides in a stock pot on medium heat on the stovetop. Remove beef to deep roasting pan. Sauté onions, carrots and celery in the same stock pot until soft. Add garlic and rosemary and cook for 1 minute. Add half the cranberry juice to deglaze pan. Add Worcestershire sauce and black pepper. Pour over beef with remaining cranberry juice and beef stock. Cover tightly and place in preheated oven for 3-4 hours. (Beef should be very tender.) Remove beef from pan and place on a cutting board to rest.

FOR GRAVY: Pour liquid from roasting pan into large stock pot and bring to a boil on stovetop. Using an immersion blender, puree liquid until smooth. Add sundried cranberries and season to taste.

Serving: Slice beef against the grain and serve with gravy.

**We recommend purchasing locally raised meats from farms that do not use routine antibiotics.*



Welcome to the Newest Members of Huggins' Medical Staff

Huggins Hospital welcomes new Hospitalists

Richard Moore, MD, and Deborah Scott, MD, have joined the medical staff at Huggins Hospital 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.



RICHARD MOORE, MD

Dr. Moore earned his Doctor of Medicine degree from Wayne State University School of Medicine in Detroit, MI and completed his residency in Internal Medicine at Roger Williams Medical Center in Providence, RI. Dr. Moore works at Huggins Hospital as well as Catholic Medical Center in Manchester, NH.



DEBORAH SCOTT, MD, FACP

Dr. Scott earned her Doctor of Medicine degree from George Washington University School of Medicine and Health Sciences in Washington, DC. She completed her internship and residency at Dartmouth-Hitchcock Medical Center in Lebanon, NH. Dr. Scott is certified by the American Board of Internal Medicine and is a Fellow of the American College of Physicians.

For more information about the Hospitalist Program at Huggins Hospital, please e-mail askhuggins@hugginshospital.org or call 603.515.2032.

Wolfeboro Family Medicine welcomes Ellen Jessop, ANP



Ellen Jessop, ANP, joined Eric Lewis, MD, and Susan Thievon, APRN at Huggins Hospital's Wolfeboro Family Medicine earlier this year.

Jessop earned her Adult Nurse Practitioner degree from the University of Illinois in Chicago, IL. She earned her Nursing Doctorate degree from Case Western Reserve University in Cleveland, OH. She is certified as an Adult Nurse Practitioner by the American Nurses Credentialing Center.

Wolfeboro Family Medicine is located at Huggins Hospital in the Medical Arts Building. For more information about Ellen Jessop, ANP, or to make an appointment, please call Wolfeboro Family Medicine at 603.569.7574.

Moultonborough Family Medicine welcomes Melissa Bourque, FNP-BC



Melissa Bourque, FNP-BC, joins Julie Furlan, DO, ABIHM, at Huggins Hospital's Moultonborough Family Medicine office.

Bourque earned her Family Nurse Practitioner degree from Walden University in Minneapolis, MN and holds nursing degrees from both Becker College in Worcester, MA and the University of New Hampshire in Durham, NH. She is certified as a Family Nurse Practitioner from the American Nurses Credentialing Center.

Moultonborough Family Medicine is located at 984 Whittier Highway in Moultonborough. For more information about Melissa Bourque, FNP-BC, or to make an appointment, please call Moultonborough Family Medicine at 603.476.2216.

Huggins Orthopedic Surgeons office welcomes Thomas Rock, MD, and Tim O'Brien, PA-C



THOMAS ROCK, MD, FAAOS

Thomas Rock, MD, FAAOS, joins George Costello, MD, and Timothy O'Brien, PA-C, at Huggins Hospital's Orthopedic Surgeons office in Wolfeboro.

Dr. Rock earned his medical degree from Dartmouth Medical School. He completed Surgery and Orthopedic Residencies at Yale-New Haven Hospital. Dr. Rock has performed surgery in New Hampshire for over 30 years, with many years of commitment to the Lakes Region area. He joins Huggins Hospital with a passion for helping people get the best out of life.

Dr. Rock is certified by the National Board of Medical Examiners and the American Board of Orthopedic Surgeons. He is also a Fellow of the American Board of Orthopedic Surgeons and of the American Medical Association, New Hampshire State Orthopedic Society, Eastern Orthopedic Association and Northeast Medical Association (NEMA).



TIM O'BRIEN, MPH, PA-C

Tim O'Brien, MPH, PA-C, joins George Costello, MD, and Thomas Rock, MD, at Huggins Hospital's Orthopedic Surgeons office in Wolfeboro.

O'Brien earned his degree in Physician Assistant Studies and his Master of Public Health degree from Nova Southeastern University in Florida. He also holds a degree in Sports Medicine from Keene State College. He has been certified as a Physician's Assistant since 2002 and was a Certified Athletic Trainer for 20 years.

O'Brien is an avid triathlete and a winter-sports enthusiast with over 12 years of experience in orthopedic surgery. He also has experience in vascular surgery and sports medicine.

Huggins Hospital's Orthopedic Surgeons office is located at Huggins Hospital in the Medical Arts Building. For more information or to request an appointment with Dr. Rock or Tim O'Brien, PA-C, please call Huggins Hospital's Orthopedic Surgeons at 603.569.7690.

Ossipee Family Medicine welcomes Monica Tombasco, FNP-BC, CRNA

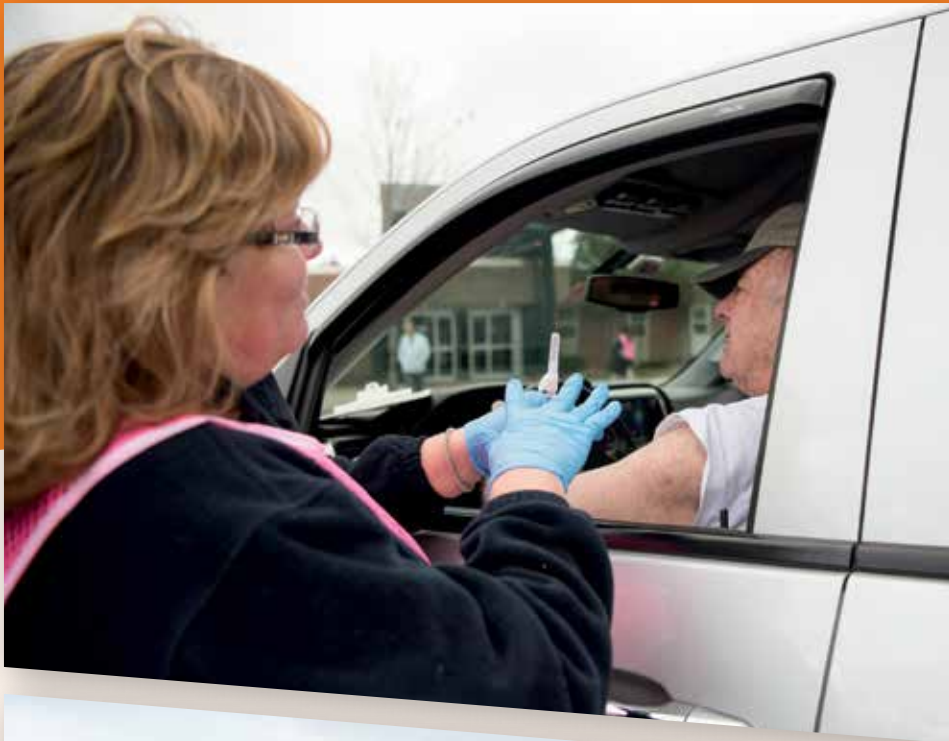


Monica Tombasco, MS, MSNA, FNP-BC, CRNA, joins Anita Lawrence, PA-C, at Huggins Hospital's Ossipee Family Medicine office. Tombasco has worked in Huggins Hospital's Emergency Department for almost a decade and is also a Certified Registered Nurse Anesthetist, providing anesthesia for both inpatient and outpatient settings at Catholic Medical Center in Manchester, NH.

Tombasco earned her Adult Nurse Practitioner degree from the University of Philadelphia in PA and her Family Nurse Practitioner degree from Simmons College in Boston, MA. She earned her Nurse Anesthesia degree from the University of New England in Portland, ME. Tombasco is a Certified Registered Advanced Practice Nurse and Family Nurse Practitioner through the American Nurses Credentialing Center and a Certified Registered Nurse Anesthetist through the American Association of Nurse Anesthetists.

Ossipee Family Medicine is located at 3 Water Village Road, Ossipee, NH. For more information about Monica Tombasco, MS, MSNA, FNP-BC, CRNA, or to make an appointment, please call the Ossipee Family Medicine office at 603.539.6996.

Huggins Drive Thru Flu Shot Clinic Success



Huggins Hospital urged community members to roll down their windows and roll up their sleeves, and that is exactly what 270 participants did during the hospital's free Drive Thru Flu Shot Clinic in October. Huggins Hospital offered a new and convenient way for adults to receive their flu shots this year by administering the flu shots directly through participants' car windows at stations set up outside the hospital.

Community members expressed their gratitude for the convenience of the Drive Thru with some noting they would not have been able to receive the flu shot otherwise. Participants included mothers and fathers who were able to keep their children and pets in the car while getting the vaccine. One mother said she hadn't received the flu shot in many years because she could not afford it and it was a challenge to bring her children to her medical appointments. This event offered her the opportunity to get care for herself while keeping her children safe and happy in the vehicle with her. Other participants included people with mobility issues and many others who simply enjoy convenience and trying something new.

"We were thrilled to see so many community members drive through to visit us and get their flu shots," said Kim Daley, Vice President of Physician Services at Huggins Hospital. "It was heartwarming to know this event helped many people who struggle to get their flu shot each year. We were all smiling, laughing and having a great time while providing important preventative care to our community."

Huggins Hospital employees, along with volunteers from Carroll County Coalition for Public Health, worked together to provide the flu shots featuring the Quadrivalent vaccine to help minimize the impact of contagious strains of the flu virus. The Quadrivalent vaccination provides the most widespread coverage available. The Centers for Disease Control (CDC) indicates that flu vaccines cause antibodies to develop about two weeks after the vaccine is administered. The antibodies offer protection against the viruses in the vaccine. Each year, the vaccine is designed to protect people against the viruses predicted to be the most common for that season.

Flu shots are still available by appointment at all Huggins Hospital Primary Care locations throughout the flu season. For more information about Huggins Primary Care, visit www.HugginsHospital.org or call 603.515.2032.

Community Events

JAN

HUGGINS HOSPITAL HEALTHY LIVING GROUP NATIONAL DIABETES PREVENTION PROGRAM

ONGOING SERIES (CALL OR E-MAIL FOR DATES AND TIMES)

LOCATION: Huggins Hospital Medical Arts Education Center

The Healthy Living Group is a CDC National Diabetes Prevention Program that empowers participants to take control of their health and well-being and is proven to prevent or delay the onset of Type 2 diabetes. FREE to those who qualify.

REGISTER: Call Huggins Certified Diabetes Educator Jessamy Wood, RDN, LD, CDE at 603.569.7549 or e-mail DiabetesEd@hugginshospital.org.

DEC

03

HEARTSAVER® CPR SATURDAY, DECEMBER 3RD 8AM-NOON

LOCATION: Huggins Hospital

Huggins Hospital Education Coordinator Debra Simone, RN, BSN, teaches basic CPR, open to all for a \$30 fee.

REGISTER: Call 569.7500 x7379 or e-mail dsimone@hugginshospital.org.

DEC

03

COCOA WITH SANTA SATURDAY, DECEMBER 3RD 9:30-11:30

LOCATION: Huggins Hospital Café

Join Santa at Huggins Hospital for cocoa and treats! The event is free and includes professional photos and activities!

JAN

10

WHAT HAPPENED TO NATURAL CAUSES? TUESDAY, JANUARY 10TH 6 PM

LOCATION: Huggins Hospital Medical Arts Education Center

How did we get to the point of needing Advance Directives? Retired physician Marianne Jackson discusses the fascinating history of death and dying through the twentieth century and how cultural changes and scientific advancements led to the need for legal instruments that ensure individual end-of-life wishes are met.

REGISTER: Go to www.HugginsEvents.org or call 603.515.2089.



Cocoa with SANTA

Join Santa at Huggins Hospital for cocoa and treats!

When: Sat., Dec. 3rd from 9:30 - 11:30 AM

Where: Huggins Hospital Café



This event is free and includes professional photos and activities!



Huggins
Hospital

Thank You for Street Fair Fun

Each year, thousands of people converge onto Brewster Field in Wolfeboro for the annual Hospital Aid Street Fair. On the first Friday and Saturday of August, the Hospital & Community Aid Association volunteers, along with community volunteers and Huggins Hospital staff, greeted visitors with smiles while selling food, clothes, books, housewares, sporting equipment and more. The proceeds from the event fund medical equipment for patient care at Huggins Hospital. In 2015, thanks to the Association's tireless dedication, funding helped to purchase a neo-natal respirator, three anesthesia medication carts, equipment for physical therapy treatments, and portable ventilators for patients moving from the Emergency Department to the Intensive Care Unit. Huggins Hospital is greatly appreciative of the Hospital & Community Aid Association, and all who support the Street Fair, for their ongoing support.

Although the Street Fair takes place over just one Friday and Saturday a year, it is a year-round endeavor. Hospital & Community Aid Association volunteers spend countless hours throughout the year collecting and sorting through generous donations of slightly used items such as clothing, decorations, white elephant and books. The Association also plans barn sales in the autumn and spring at the Association's collection centers. For more information about how to donate items, please call the Hospital & Community Aid Association, Inc. at 569-6630.

Improving the Health and Safety of Our Community

“My goal,” says Huggins Hospital Education Coordinator Debra Simone, RN, BSN, “is for everyone in Wolfeboro to be CPR certified!” To that end, Heartsaver® Basic CPR courses are offered regularly at the hospital in Wolfeboro.

Simone also travels to schools around the region teaching CPR and AED (Automated External Defibrillator) to personnel; AED devices are now required in all schools. CPR and AED training and/or basic first aid classes are also available to employers in our community. “We can go to the employer's site,” says Simone, “or employees can come to the hospital.”

Non-Huggins employees needing healthcare provider basic life support training (BLS), advanced cardiac life support (ACLS), and/or pediatric advanced life support (PALS) can also get their training at Huggins Hospital.

For more information about when classes are offered or to set up classes or training, call Debra Simone at 569.7500 x7379 or e-mail her at dsimone@hugginshospital.org.

