When Robert M. Parmelee built his stately brick residence on the site of the old Gordon farm in 1915, his plan was to move from Washington, DC and make Peterborough his permanent home. However, with the sudden death of his wife, Alice Elizabeth Parmelee, in February of 1916 at age 41, Parmelee abandoned his plan to move into his new estate. Around the same time period, a group of prominent Peterborough residents had started discussions about the need for a community hospital.

In a letter dated February 25, 1918 to Mrs. George Clement, one of the driving forces behind the new hospital, Parmelee states “There is no other disposition of the property that would content me as this does, and am very desirous that it should be successfully carried through. The building and the land I wish to give in memory of [my wife] Alice for love of whom the house was built. Should anyone make the unlikely proposal to name the hospital after her, please veto it for it is not my wish. The house might be known as the Alice E. Parmelee building, but the hospital should be known by some general designation such as The Peterborough Hospital, being much more likely to receive gifts and bequests under that or a similar name.”

According to George Morison’s History of Peterborough, NH, “Upon hearing of the hospital project, he (Parmelee) most generously offered it with the entire land for hospital purposes, provided a sufficient guarantee fund was raised to insure its continuation for a period of five years. A mass meeting was held in the Town Hall on September 11, 1918.” Morison goes on to say:

Saturday, June 30, 1923 was the Opening Day at the new Peterborough Hospital. Pictured here are the 28 doctors who attended the opening day festivities which included many medical lectures and surgeries. Doctors came from as far away as Boston.

Continued on Page 4
MCH has recently launched Monadnock Healthy Teeth as part of the hospital’s Community Benefits Program.

A community needs assessment conducted in 2000 identified access to proper dental care as a serious concern for many families in the region.

This new free dental health care program, which successfully debuted at Peterborough Elementary School in January, targets children in grades K-3. Dressed as the tooth fairy’s helper on her first visit to introduce the program, dental hygienist, Pam Delahanty shows youngsters the basics in good dental care, such as how to floss and brush their teeth correctly, and talks about nutrition, diet and going to the dentist. The program progresses to include teeth cleaning, one-on-one oral health education, and classroom oral health education. The program also refers children to dentists for advanced dental care and sealant applications when appropriate.

Paid for by an Endowment for Health grant and matching dollars from MCH fundraising activities, the program was modeled after the successful Cheshire Smiles program in Keene. Area dentists were key in helping to organize and coordinate the program, including dentists Greg Perry, David Hedstrom and Peter Cerroni. Dr. Robert Duhaime donates his time to provide dental oversight for the program and performs all of the dental exams in the classroom. The long term goal is that within three years, the Monadnock Healthy Teeth program will reach approximately 2,000 children in the hospital’s primary service area of Dublin, Francestown, Greenfield, Greenville, Hancock, Mason, New Ipswich, Peterborough, Rindge, Sharon, Temple, Antrim and Bennington.

For more information about the Monadnock Healthy Teeth program, contact Sadie Jackson in MCH’s Community Relations office at 924-7191.

Did you know?

In researching our feature cover story on Robert M. Parmelee, we discovered some very interesting facts about the early history of the hospital, so we decided to focus our first Did You Know? column on interesting early hospital trivia. If you would like to share a Did You Know? for a future newsletter, please call Laura Gingras at 924-4666.

- Hospital nurses were “housed” at the hospital until 1936 when they were moved to 25 Pine Street to make room for more patients.
- In 1924 the Women’s Hospital Aid Society of Peterborough was organized to provide a wide range of services for the hospital.
- In a 1933 Annual Report, it was reported that over the hospital’s ten year history, the average amount received from patients was 51% of the total cost of maintenance. Annual philanthropic contributions and the endowment covered the rest.
- The first birth at The Peterborough Hospital was at 3 a.m. Sunday morning, July 1, 1923, attended by Dr. Morse. The Peterborough Transcript reported that the delivery was by “the very dangerous Caesarean operation; mother and child are progressing favorably.”
Over the last seven months, MCH has added six new doctors and three new ARNPs in a variety of specialties. These highly-qualified health care professionals offer outstanding credentials and are conveniently located on the hospital campus. The addition of these new members to the medical staff underscores MCH’s commitment to quality health care and fully addressing the health care needs of the entire community. The new health care providers include:

- Dr. Jenny Civitella, Family Practice
- Dr. Andrew Flewwelling, Internal Medicine
- Dr. Jeffrey Haines, Behavioral Health
- Dr. Gregory Kriebel, Pediatrics
- Mary Murphy, ARNP, Internal Medicine
- Dr. Elizabeth Shea, Pediatrics
- Dr. Paul Willette, Surgery
- Pamela Williams, ARNP, Internal Medicine
- Susanna Woods, ARNP, Behavioral Health

All of these medical professionals are accepting new patients, so give us a call at 924-7191.

Dear Friends,

The hospital is very pleased to launch this new quarterly newsletter to be distributed to our many supporters and friends. The goal of this newsletter is to keep you updated on the many exciting things that are happening at MCH, as well as to inform you about our involvement in the greater Monadnock region. We also plan to offer our readers useful health-related information, profiles on our staff and weave a little hospital history into the mix.

As I begin my seventh year as CEO of the hospital, I’m able to reflect back on the considerable growth and changes we have experienced. But what I’m most proud of is the important connection that we have with our community and the patients and families served by our wonderful staff. MCH has continuously created new programs to better meet the needs of our community. Through our Community Benefits Program, MCH gives back $2 million in health-related services. Programs such as Monadnock Healthy Teeth, the Medication Bridge program, and our Financial Grant program are all examples of initiatives that make affordable, quality health care available for all of our citizens. Programs like these are all possible because of the tremendous support we receive from individuals like you. I believe a community hospital is a direct reflection of the community it serves, and... here in the Monadnock Region, we have one of the finest and best supported small hospitals in New England!

I hope you enjoy reading The Benefactor and gain a greater understanding of just how important your support is to the hospital.

With sincere gratitude for all you do,

Peter Gosline
Making a Difference—Bob Taft Continues Volunteer Tradition

When Bob Taft joined the law firm of Ken Brighton Sr. in Peterborough in 1958, he remembers there were only three lawyers, one “eye man”, three dentists, and just a few doctors practicing in Peterborough. Forty-six years later there are well over 100 full and part-time doctors, dentists, and just a few doctors practicing in Peterborough. Forty-six years later there are well over 100 full and part-time doctor specialists at MCH alone!

Recently named to a three-year term on the MCH Board of Trustees, Bob Taft is no stranger to the hospital. His father, James Chamberlian Taft, was a hospital Board member in the 1940’s, and according to Taft he was the person instrumental in changing the name from The Peterborough Hospital to Monadnock Community Hospital. Taft attended Peterborough High School and graduated from Vermont Academy in 1948 and received his undergraduate degree from Tufts University in 1952. From 1952-1955 he served in Korea as a First Lieutenant in the Army Corp of Engineers. In 1958 he received his law degree from Boston University.

Over the years, Taft has been on many local Boards and committees, but feels strongly that MCH is one of the best Boards that he has ever been associated with and also one of the most demanding. Taft is on the Governance Committee which is responsible for selecting new trustees and making sure the bylaws are up-to-date and is also co-chairman of the Philanthropy Committee. He’s extremely impressed with his fellow Board members (three are doctors), and thinks the hospital administrator and his administrative staff are of the highest caliber.

“MCH is a huge asset to the community with it's first-rate medical staff, state-of-the-art technology and beautiful new campus,” says Taft. “The hospital adds tremendously to the quality of life in the Monadnock region in every way, and I’m proud to be closely associated with such a fine institution.”

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Plan Ahead for Healthy Travel

Is unconventional travel in your near future? If you are planning to travel to a third world country or a tropical island outside of the Caribbean, you should plan on visiting a travel clinic and seeing a qualified Travel Medicine Specialist. In addition to having license to administer immunizations, these physicians offer travelers a wealth of knowledge on making healthy.

Continued on page 6
The Robert M. Parmelee Society recognizes those individuals who have chosen to support the hospital’s mission through their Estate Plans or a Charitable Bequest in their Will.

Creating a bequest supports community healthcare in the Monadnock Region today and tomorrow. A bequest offers you a simple way to support a critical part of our community. A bequest, whatever the size, demonstrates that you feel that the financial health of MCH is key to the overall health of our community.

Parmelee Society Members are recognized at our Annual Spring Luncheon and are prominently included on our plaque located in the main lobby of the hospital. A bequest of any size entitles you to join this special group of friends of the hospital.

Over the years, Charitable Bequests have accounted for a significant portion of the gifts received by MCH.

A bequest to MCH can be made by creating a new Will or by adding a simple codicil to your present Will.

To receive more information about establishing a Charitable Bequest, please call Laura Gingras at 924-4666.

The Benefactor is published four times a year by Monadnock Community Hospital, Office of Philanthropy and Community Relations, 452 Old Street Rd., Peterborough, NH 03458.

If you would like to have an issue sent to a friend, or have an interesting article or an idea for a story, please call Laura Gingras, CPA, Director of Philanthropy and Community Relations, at 603-924-4666 or email to her at Laura.Gingras@mch.crhc.org

Please visit our website at www.monadnockhospital.org

Thanks a Million!

Laura Gingras, Director of Philanthropy and Community Relations

We have launched our first issue of the Benefactor. The newsletter was born out of a desire to communicate important information about the hospital to you on a regular basis. As a frequent or first time donor, your support has been instrumental in making MCH an outstanding regional hospital. We want to show you how your support is making a difference and the best way to do that is to tell you about exciting new developments at MCH.

For example, we will be introducing you to new staff and will highlight some of our current professionals and their areas of specialty. We will feature articles on the ever changing world of keeping fit and staying healthy, including features on the services we have upgraded and the incredible new diagnostics that we offer. The important thing for you to understand is that your generosity is making this hospital the very best it can be in providing top-notch, community-based health care for the Monadnock region.

I’m proud to report the MCH family celebrated the success of our capital campaign in 2003. The Campaign for a Healthy Tomorrow raised over $2.35 million! That’s a record. “Thank you” each and every one of you who made a contribution to this effort!

Generous support from the community has been our key to success since 1923 when our doors first opened. I’m sure after you read our feature story on the launch of The Peterborough Hospital, you’ll fully realize just how far we’ve come over the last 81 years. Our goals for philanthropy this year include increasing our membership to the Parmelee Society; building our endowment funds; and supporting capital growth at the hospital. Our annual fund has exceeded $300,000 this year – because of you!

I really hope you enjoy reading The Benefactor and become more informed about how your support has made a difference. What better way to say thank you than to spend the time to stay in touch and keep you informed about what we are doing. If there are topics you would like to know more about, please do call me. I can be reached directly at 603-924-4666 or email me at Laura.Gingras@mch.crhc.org. I’d love to hear from you and, with your help, ensure that this is a newsletter that you enjoy reading cover to cover.

Thank you for your support.

Laura A. Gingras

PS: Our next issue is scheduled for this fall.
Easing the Cost of Prescriptions

Started in October 2002, MCH's Medication Bridge Program provides reduced or no cost prescription medications to patients with chronic medical conditions in the Monadnock Region who are underinsured or uninsured. Many of these patients are suffering from diseases like diabetes, hypertension, asthma and depression. According to Tori Perham, Program Coordinator, 575 people have been enrolled in the program since its inception and they have ordered more than $1,357,000 in medications. In most cases, a doctor or nurse practitioner refers patients to Perham's program and, according to Perham, these patients span a wide range of ages. To be eligible, patients must provide financial information; be a patient of a primary care provider affiliated with MCH; and fall within the program’s income requirements. Once qualified, Perham is able to order the patient’s prescriptions which are typically for a three month period. Using a special software program, prescriptions are then automatically re-ordered.

The Medication Bridge Program is part of MCH’s larger Community Benefits Program which provides over $2,000,000 a year in free or reduced-fee services and programs to the Monadnock community. From day one, it has been part of the MCH mission to provide the health services needed by all, regardless of ability to pay. For more information about the Medication Bridge Program, call Tori at 924-4699, ext. 4093.

Dr. Richard Frechette, M.D. is a Travel Medicine Specialist at Monadnock Community Hospital. When visiting a travel clinic, Dr. Frechette suggests providing the following information to the physician: a complete itinerary; living accommodations; food sources; and planned or possible activities. The itinerary should also include each country to be visited and the regions you plan to visit. These distinctions are important because immunization requirements can vary from region to region.

In addition to living conditions and food sources, certain activities can put travelers at risk for serious diseases, says Dr. Frechette. For instance, travelers engaging in research projects or humanitarian aid could be exposed to many diseases like black plague, which comes from fleas or small mammals and rodents. A travel clinic can even offer you sound advice on airlines to avoid and how to judge the safety of public ground transportation, says Frechette.

The best time to visit a travel clinic is about four weeks before a trip, since many vaccinations take that long to become effective. To schedule a travel clinic appointment with Dr. Frechette, call Monadnock Family Care at 924-4664.

500 Attend New Ipswich Family Medicine Open House

To celebrate its recent move and the addition of a physical therapy clinic, New Ipswich Family Medicine hosted a highly successful open house and cookout on Saturday June 12. More than 500 adults and children attended the family-oriented event, which featured a free barbeque, educational games, medical screenings and tours of the new offices. In addition, The New Ipswich Fire Department treated children and adults to close-up tours of an ambulance and four fire and rescue trucks.

The expanded medical facility now provides greater New Ipswich residents with access to local physical therapy services in addition to family medical care. By working one-on-one with a physical therapist using state-of-the-art equipment and manual therapy, patients will be able to help improve their strength and range of motion due to health issues such as acute or chronic pain, surgery, or sports injury.

We’d like to send special thanks to Paul Somero, Al Traffie, Trishia Sikkila and all their family and friends who worked tirelessly to create a wonderful cookout experience for everyone, as well as all of our staff whose time and energy made this event a complete success.

Dates to Remember
September 9th MCH Community Advisory Committee Annual Meeting
September 10th MCH Annual Golf Tournament
September 25th Community Open House at MCH from 11 a.m. to 2 p.m.

For a complete listing of events, please visit our website at www.monadnockhospital.org

Healthy Travel Continued from page 4 choices and staying safe. During a typical visit to a travel clinic, patients receive about a half-hour of advice and instruction specific to their travel plans.

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