New Emergency Services

Expansion Improves Care and Privacy for Patients

On February 15th, Monadnock Community Hospital celebrated the opening of its new Sarah Hogate Bacon Emergency Services Department. The new space more than doubles the size of the ED, a welcome change according to Dr. Craig Lauer, Emergency Department Medical Director. The new space is 8,000 square feet, up from 3,500. MCH sees

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Top left: Pat Johnson, Ted Bacon, & Ellen Carter
Top right: Joe Britton, Lars Traffie, Ted Renna, Dorothy Peterson, Peter Gosline, Pat Johnson, Ted Bacon, Ellen Carter, Mary Jo Allen, Craig Lauer, MD, Jeff Galvin, Cyndy Burgess, Quentin Jones
Bottom: Alex Akerley and Dr. Eric Lasky
Our Mission: We are committed to providing excellence in community healthcare.

EMERGENCY DEPARTMENT TIPS

By definition, emergency department visits can’t be planned, but here are a few things that may help if the need arises.

Don’t be a hero
- About 80 percent of people arrive at an emergency room on their own—not by ambulance. With severe trauma or suspected heart attack, it’s best to go by ambulance. Sophisticated equipment on board helps improve survival rates.

Organize your medical information
- At home, keep a folder that lists your doctors and their phone numbers, insurance information, medications and doses, and any allergies or chronic conditions. Grab this before you go, if possible.
- Always carry a list of your medications and allergies. Consider giving a copy to a family member or friend.
- Consider wearing a medical ID bracelet if you have a chronic condition.

On your way
- If possible, have someone with you in the emergency room to be your advocate and help you remember instructions.
- If you are not arriving by ambulance, have someone call your primary care doctor, who can alert the emergency room to your arrival.

At the hospital
- While being treated, ask questions to be sure you understand.
- Keep track of tests and procedures, even writing notes if possible.

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about 13,000 ED visits annually. “With the economy improving, we expect an increase to 14,000 annually. We’ll be ready,” Lauer said.

Lauer has overseen the transition to the new space, working with MCH employees from all departments.

The expanded space provides patients a greater level of privacy with nine rooms and eleven beds. Each room is “universal” — able to serve patients regardless of illness or trauma. Previously, some rooms were designated for special purposes which could affect wait times.

Two of the new rooms are reached directly by an ambulance-only entrance.

Walk-in patients will now
When Ann Chase experienced stroke-like symptoms last June, she was rushed from her home in Jaffrey Center to the Emergency Department at Monadnock Community Hospital with her husband Bob, former head of surgery at Stanford University Medical Center, by her side. While the Chases had lived in the area for many years and used Monadnock Community Hospital for routine care, this was their first experience in the Emergency Department. A CAT scan was done immediately to determine if it was a stroke caused by blood clots. After confirming it was, and after consulting with Bob, Dr. Nawrocki immediately administered Tissue Plasminogen Activator (tPA), a drug that dissolves blood clots. Bob credits Dr. Nawrocki and the quick action of his emergency team with significantly reducing the long-term effects of the stroke and potential permanent disability.

“When it was determined that Ann’s stroke was caused by a clot, Dr. Nawrocki very carefully explained the options and recommended tPA which is a major advance in the treatment of strokes,” says Bob. “As a doctor, I feel their quick and able care was significant in stopping the stroke and within a matter of days Ann was able to walk.”

Bob says that the care Ann received in the ED and later in the ICU was exceptional and the service was as good as what you find in a much larger hospital. “After our experience, I was thrilled to hear about the campaign to expand the Emergency Department which will make the ED services at MCH that much better,” states Bob. “I feel strongly that if you treasure the idea of having a first-class hospital in your community, you should be generous in your support.”

Quick Response Minimizes Stroke Damage

When minutes counted, the MCH Emergency Department Team acted quickly and efficiently... reducing the negative long-term effects of the stroke.

Stroke Warning Signs

The American Stroke Association offers the following warning signs:

- Numbness or weakness of the face, arm or leg, especially on one side of the body.
- Confusion, trouble speaking or understanding.
- Trouble seeing in one or both eyes.
- Trouble walking, dizziness, loss of balance or coordination.
- Severe headache with no known cause.

Any of the above symptoms may be temporary and last only a few minutes. This may be due to a "mini-stroke" called a transient ischemic attack (TIA). TIAs are extremely important indicators of an impending stroke. Don’t ignore them. If symptoms appear, call 911 to get medical attention immediately.
October 2010 marked the 10-year anniversary of The Bond Wellness Center (TBWC). The celebration, however, began months earlier with events led by a TBWC team, chaired by Carrie Levesque, an Exercise Physiologist and Wellness Coach employed at the TBWC since day one.

Today, the TBWC serves 1,570 members as the region’s only not-for-profit, medically-based fitness and rehabilitation facility, offering cardiac rehab programs as well as physical therapy, fitness equipment, personal trainers, classes, nutrition education and an aquatics program. In 2005, the American Hospital Association recognized TBWC as a Distinguished Achievement Winner.

A feasibility and planning study was conducted in 1998 after MCH leaders recognized the need for such a facility. TBWC opened in 2000 and was supported by a $2.3 million capital campaign.

First among the anniversary events was an “Exercise-a-thon” in September. TBWC members were challenged to log 3,000 hours of exercise over 10 days. With their success, the TBWC donated $1,000 to the American Red Cross Transportation New Hampshire West Chapter and to the Contoocook Valley Transportation Company.

Participants included TBWC members who had completed their first 5K in August. TBWC Manager Dan Levesque organized that event using a program called “Couch to 5K,” designed to encourage members who had never run to train for such an event. After completing the 5K in Manchester, many wanted to move on to another challenge and so TBWC organized a “Bridge to 10K” training series, culminating in the 10K on October 10.

By October 13, it was time to trade sneakers for dancing shoes and fitness clothes for sequined dresses at the official 10-Year Celebration Tent Party. TBWC members and the community were invited to gather under a huge tent in the TBWC parking lot to dance to local band Tattoo, nibble on hors d’oeuvres, and hear a few words from long-time members, employees, supporters and MCH CEO Peter Gosline. Despite chilly temperatures, the tent was full to capacity and dancing continued into the late hours.

For information about membership to The Bond Wellness Center, call 924-4650.
What’s Happening

This is only a partial listing of Monadnock Community Hospital’s Event Calendar. For up-to-date information and a complete events list, visit the MCH website at monadnockhospital.org.

Upcoming Monthly Highlights

June
16 Thu  7 – 8:15 p.m.
Successfully Managing Chronic Pain
Speaker: Dr. Terrence McNamara
The Bond Wellness Center
Conference Room 1
Dr. McNamara is a Board-certified physiatrist and pain management specialist and will talk about chronic pain issues and some of today’s most advanced pain treatments, including medications, trigger point injections, X-ray guided spine injections, nerve blocks and stimulation, ultrasound guided procedures and therapeutic exercise.

20 Mon  6 – 7:15 p.m.
Sleepless in New Hampshire
Speakers: Essy Moverman & Valerie Clark
Main Hospital,
Conference Rooms 1 & 2
Join Pulmonary Rehab Specialist Essy Moverman and Valerie Clark from Home Medical Equipment to learn more about Obstructive Sleep Apnea, potential health consequences, and treatment strategies. There will be a “show and tell” portion to this seminar.

July
11 Mon  5 – 6 p.m.
Helpful Facts & Answers About Joint Replacement Surgery
Speakers: Maria Bemont, Erin Doherty, Cindy Lynch & Karen Langley
Main Hospital,
Conference Rooms 1 & 2
Join a panel of “weight-loss winners” to be prepared for the hike.

August
18 Thu  7 – 8:15 p.m.
Surfing the Urges and Managing Cravings
Speaker: Anne Mellor, Certified Wellness Coach
The Bond Wellness Center,
Conference Room 1
Anne Mellor will explore and guide you through various techniques that will help you to “surf the urge” and discover your power within. Revisit your health plans with new techniques for success.

24 Wed  6 – 7:15 p.m.
Macular Degeneration
Speaker: Dr. Elliott Foley
Main Hospital,
Conference Rooms 1 & 2
The signs and symptoms of Macular Degeneration will be discussed, including its different forms and underlying causative factors. The most recent therapeutic advances and an overview of all current treatments will also be reviewed.

September
15 Thu  7 – 8:15 p.m.
Real Life Weight Loss
Speaker: Carrie Levesque,
Certified Wellness Coach
Parmelee Building,
Conference Room 5
This seminar will focus on practical tools that you can use to create successful weight loss, including healthy recipes and many weight management tips. A panel of “weight-loss winners” will be available to discuss their weight loss and continuing efforts to maintain a healthy lifestyle.

October
10 Mon  5 – 6 p.m.
Helpful Facts & Answers About Joint Replacement Surgery
Speakers: Maria Bemont, Erin Doherty, Cindy Lynch & Karen Langley
Main Hospital,
Conference Rooms 1 & 2
Join the MCH social workers for a discussion about coping with the uncertainties and challenges when a loved one begins to struggle with physical and/or cognitive changes. They will review both in-home as well as community resources in the Monadnock Region; financial realities; and different levels of care if placement is needed.

20 Thu  7 – 8:15 p.m.
Freedom from Self-Sabotage
Speaker: Carrie Levesque,
Certified Wellness Coach
The Bond Wellness Center,
Conference Room 1
Join Carrie Levesque as she discusses the highlights of how to create space between “the natural you” and the “monster in your mind.” Based on the popular book “Taming Your Gremlin” by Rick Carson) Learn how to become aware when your “self-saboteur” is taking over and the options you have to regain control and continue moving in a positive, healthy direction.

Want to See More?
On-going support groups and class dates are online at monadnockhospital.org.
Tax Saving Opportunity for Donors Aged 70½+

There's good news for individuals aged 70½ or older with individual retirement accounts. You can once again make outright gifts using IRA funds without tax complications. Previously you would have had to report any amount taken from your IRA as taxable income.

This special provision in the IRS code allows you to make gifts now – while you are living and be able to witness the benefits of your generosity. This unique opportunity ends on December 31, 2011.

If you are required to receive minimum distributions from your IRA and you do not need the money for personal use, consider using some of those funds to make a charitable gift to support Monadnock Community Hospital.

It’s Easy!
- You may contribute funds this way if you are 70½ or older.
- You may contribute up to $100,000.
- Your funds are simply transferred directly from your IRA to a charity.
- You may transfer the gifts to one or more public charities.
- Your transfer counts toward your minimum required distributions.
- Your gift generates neither taxable income nor a tax deduction, so even those who do not itemize their tax returns receive the benefit.

How the Extended Law Works
Pat, aged 80, has $450,000 in an IRA and has pledged to give Monadnock Community Hospital $75,000 this year. If Pat transfers $75,000 to us directly from the IRA, she will avoid paying income tax on that amount.

Pat has found an easy way to benefit Monadnock Community Hospital without tax complications. If Pat’s spouse has an IRA and is 70½ or older, he can also give up to $100,000 tax-free to a charity of his choice.

How to Make a Gift
Contact your IRA custodian to transfer your desired gift amount to Monadnock Community Hospital.

The Next Step
It is wise to consult tax professionals and your IRA administrator if you are contemplating gifts under the extended law. Please feel free to contact Laura A. Gingras, CPA at 603-924-4666 or Laura.Gingras@mchmail.org or Sadie Jackson at 603-924-4682 or sadie.jackson@mchmail.org with any questions.

288 Expressions of Monadnock on Display

A total of 114 professional, amateur, and student artists ranging from age five to 84, from 33 towns in six states and Canada, donated their talent and support to the Fifth Mountain Mural, which is now on display in MCH’s new Emergency Department lobby. Members of the public are welcome to view the mural anytime.

The 288 miniature masterpieces make-up the mural-mosaic landscape of Mt. Monadnock. The mural was created to celebrate the future of the Park Theatre in Jaffrey. When the theatre is re-opened after renovation, the mural will be re-installed as a part of the theatre’s permanent exhibit. In the meantime, hospital patients and visitors will enjoy this spectacular creation!

More information on the mural and the artists can be found at theparktheatre.org.
MCH Primary Care Practices…
Investing in Quality Family Care

MCH, like other hospitals throughout the country, faces the constant challenge of recruiting primary care physicians, including family care doctors, internists and pediatricians. Nationally, the demand for primary care physicians is up, but there has been a dramatic drop in doctors choosing to specialize in these areas.

“Today we have over twenty primary care physicians at MCH and our four satellites, but we are always in recruitment mode,” says Barbara Quealy, Group Practice Administrator. She explains that many of the initiatives that MCH are currently working on, such as hiring more nurse practitioners, expanding the Hospitalist Program, and instituting an Electronic Medical Records system, are designed to make primary care practices more efficient while improving the quality of care.

These initiatives are also important in the Hospital’s recruitment efforts.

A nurse practitioner (NP) is a registered nurse who has completed advanced education and training in the diagnosis and management of common medical conditions, including chronic illness. NP’s work along side MCH community physicians and provide a comprehensive scope of services, while improving access in all practices. They are valued members of the patient care and wellness team.

The Hospitalists at MCH specialize in the care of hospitalized patients. They coordinate with primary care physicians and manage treatment plans from admission to discharge.

MCH has been working towards the goal of a full Electronic Medical Record (EMR) system that will “go live” in January 2012. An EMR system automates and simplifies the patient record documentation, storage and retrieval process. By ensuring swift patient record documentation at the point-of-care, the EMR provides instant retrieval of patient notes, medication lists and vital documents. With complete and immediate access to patient records, providers are able to offer better, faster, more personalized care, raising the level of both medical care and personal attention.

“Because we are a community hospital, one of our core strengths is our primary care teams,” says Peter Gosline, CEO. “We feel it’s critical to make investments in these initiatives to support these practices, so that they can deliver the absolute best patient care.”

For a complete list of MCH Primary Care Physicians, see page 8.

Dr. Dmitry Tarasevich Joins Monadnock Internists

“Dr. Tarasevich is a tremendous addition to the practice. His expertise in general internal medicine will help us to provide primary and preventative care, and treat most general medical conditions both in the office, as well as hospitalized patients.”

Dr. Greg Neilley, Monadnock Internists

In June 2010, Dr. Tarasevich completed a Residency in Internal Medicine with the Hospital of Saint Raphael, Yale University Affiliate, located in New Haven, CT. Prior to that, he received his general medical degree in Kazan, Russia, and completed his residency training in Urology before relocating to the US.

Dr. Tarasevich also has a strong personal interest in humanitarian relief. While in Russia, he coordinated an international charity project which helped find foster homes for orphans with disabilities and helped them receive specialized care.

“I strongly believe in helping others lead a healthy lifestyle,” reports Dr. Tarasevich. “People need care when they’re ill, but many people are also interested in improving their overall well-being which contributes to their staying healthy. I enjoy helping my patients reach their best possible health.”

To make an appointment today, call 924-4671.
Welcome to the first issue of Community Matters, a new quarterly newsletter to be distributed to our many supporters and friends. Our goal is to keep you updated on the exciting things happening at MCH, as well as the Hospital’s involvement in the community. Over the last couple of years, we have witnessed amazing changes at MCH, especially with the expansion of our Emergency and Surgical Services Departments. In this issue you will read about our new Sarah Hogate Bacon Emergency Services Department and how it will better serve our emergency care patients. As a community hospital, one of our strengths is primary care medicine and we hope you will find our update on current initiatives to strengthen our primary care practices informative. These and other stories will give you an inside view of MCH and its mission to work towards a healthier community.

Thank you for your advocacy and support of our community Hospital.

Peter Gosline, CEO

Primary Care Practices

The following primary care practices are accepting new patients.

Monadnock Community Hospital, Peterborough
454 Old Street Road
Monadnock Family Care, 924-4664
Richard P. Frechette, M.D.
Fay J. Migotsky, M.D.
Jennifer M. Civitella, M.D.

Antrim Medical Group
Carrie B. Klonel, D.O.

Monadnock Regional Pediatrics, 924-7101
Jeffrey J. Boxer, M.D.
James Hurley, M.D.
Lara K. Scheinblum, M.D.
Suzanne M. Schoel, M.D.
Adela de Vera, M.D.
Gregory T. Kriebel, M.D.

Peterborough Internal Medicine, 924-4680
Lora McClintock, M.D.
Lucas Shippee, D.O.
Nancy Lynch, A.P.R.N.

Rindge Family Practice, 899-9563
31 Sonja Drive, Suite 2, Rindge
Elizabeth E. Cooley, M.D.

Jaffrey Family Medicine, 532-8775
Monadnock Plaza
82 Peterborough Street, Jaffrey
James D. Potter, M.D.
Lisa S. Ramey, M.D.
Marc A. Winiecki, D.O.
Stephen Klonel, D.O.

New Ipswich Family Medicine, 878-1092
821 Turnpike Road, New Ipswich
John J. Haley, M.D.
Meg Kelly, A.P.R.N.

Satellite Offices
Antrim Medical Group, 588-4200
12 Elm Street, Antrim
Carrie B. Klonel, D.O.

Find a physician at monadnockhospital.com