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## Progress with Purpose: 2025 Annual Report to Our Community

From opening new specialty practices to launching innovative programs like Mobile Integrated Healthcare, this past year has been filled with meaningful milestones.

Discover how your support—and our shared commitment—continues to shape a healthier future for the Monadnock Region. [Explore the full 2025 report.](#)



## Celebrating Dedication & Service

Honoring Years of Commitment and Excellence – Recognizing the hard work and dedication that make our team stronger every day!

April was cause for celebration with the Annual Employee Service Awards event. This yearly tradition brings our team together to recognize staff who have reached significant milestones in their careers at Monadnock Community Hospital.

Incredibly, 30 years of service to MCH was celebrated by three dedicated employees.

This year's awards recognized more than 730 cumulative years of service across all honorees. Thank you to every one of our amazing staff for your lasting commitment to compassion and excellence.



*In the left photo: 30-Year Recipient and MCH accountant Cathy Maki is pictured with Cynthia McGuire, President and CEO; Rochelle Manuel-Sokol, Director of Finance; and Paul Faber, Board of Trustees Chair.*

*In the right photo: 30-Year Recipient Maria Bemont, PT and Coordinator of the Wound Healing Center, is pictured with Cynthia McGuire, President & CEO; Caitlin Blakeslee and Izzy Grace of Monadnock Surgical Associates, Lynne Maloney, Director of Rehabilitation Services, and Paul Faber.*

*Cynthia Ingerson, Laboratory Medical Tech Lead, was also honored with a 30-year award but was not present for the photos.*



## Stronger Every Day: Celebrating Men's Health Month

**In Honor of June being Men's Health Month, Monadnock Community Hospital is pleased to empower men to live healthier, happier lives.**

At Monadnock Community Hospital, we're here to support men of all ages with personalized, community-centered care. From routine check-ups to specialized treatments, we're committed to empowering you to live your healthiest life.

This Men's Health Month, explore the range of services we offer—whether it's preventive care, musculoskeletal health, cancer treatments, nutrition or rehabilitation, we've got you covered. Our expert team is dedicated to ensuring that your health is our top priority.

**Ready to take the next step?** Learn more about how we can support your health journey by visiting **Men's Health Services at Monadnock Community Hospital**





## One Donation, Endless Possibilities: Celebrate World Blood Donor Day!

**This World Blood Donor Day, celebrate the power of giving and the impact of your life-saving donation!**

June 14th marks World Blood Donor Day, a national event dedicated to celebrating and raising awareness about the life-saving gift of blood donation. Every year, millions of people around the world rely on blood donations to survive medical emergencies, surgeries, and chronic health conditions.

**Did you know?** A single donation can save up to three lives—making each drop of blood vital. Why Donate Blood? Blood donations are crucial in maintaining healthy blood supplies and helping those in need. By donating, you're giving someone a chance at life, a chance at hope, and a chance at recovery.

**Ready to make an impact?** If you're eligible to donate, it's easier than ever to give. Just a small commitment of your time can help save lives and strengthen your community.

**Find a blood donation center near you today: [Schedule a Blood, Platelet or Plasma Donation with the American Red Cross](#)**



## Celebrating a Leader in Digestive Health: Dr. Michael Gilbert Awarded as Top Doc

Dr. Michael J. Gilbert of Monadnock Gastroenterology Associates has been named one of New Hampshire's 2025 Top Doctors. His dedication to preventive care and patient education is making a real difference in the lives of those we serve. [Explore Dr. Gilbert's story and impact on our community.](#)



## Take Control of Stress for a Healthier Life

Stress is a natural part of life, but when it becomes overwhelming, it can take a toll on your mental and physical health. The good news? Small, consistent habits can make a big difference

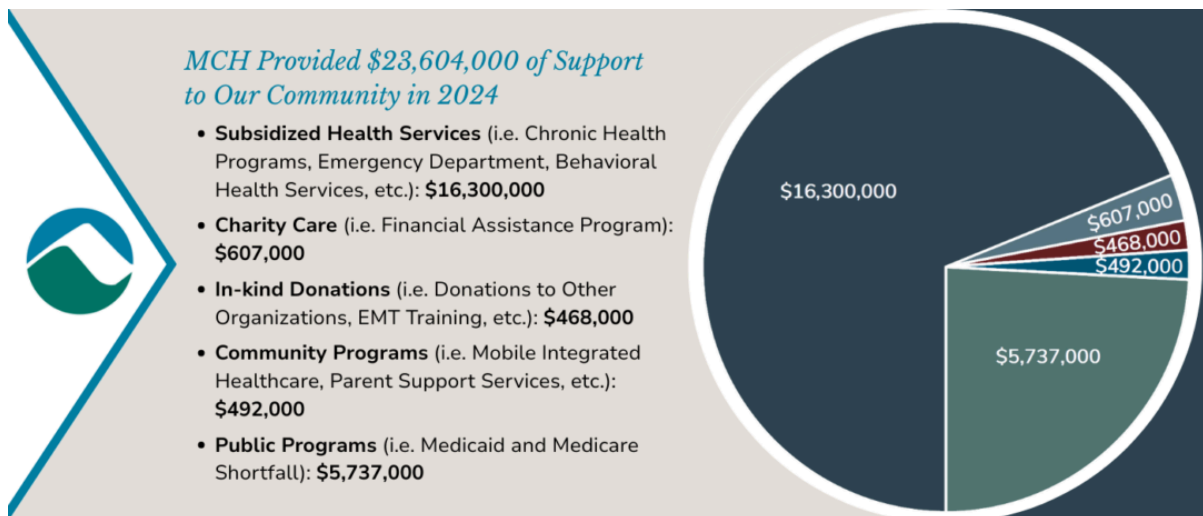
in how you manage stress. Take the first step toward a healthier, more balanced life today! [Read more stress management tips.](#)



## Strengthening Health, Together

At Monadnock Community Hospital, being a not-for-profit organization means every dollar goes back into caring for our community. In 2024, we invested more than \$23.6 million in programs and services that reached far beyond hospital walls—from emergency care and behavioral health to parenting classes, financial assistance, and Mobile Integrated Healthcare.

These efforts reflect our deep commitment to the health priorities identified by you—our community—through the Community Health Needs Assessment. Because when we come together, we create lasting impact. [Explore how we're helping our region thrive.](#)





## Free Health and Wellness Seminar

### Ready to Rally: Injury Prevention for Racquet Sport Enthusiasts

Love pickleball, tennis, or squash? Don't let injuries sideline you this season.

**Join us on Tuesday, June 17 at 5:30 PM** for a free seminar at the Bond Wellness Center (lower level). MCH Rehabilitation experts will demonstrate warm-ups, strength and flexibility drills, and recovery techniques to help you play safely and stay in the game longer.

*Note:* This is not a swing mechanics or skills clinic. It's a seminar focused on general injury prevention strategies for racquet sports.

Space is limited—register today! Visit [MCH.EventBrite.com](https://mch.eventbrite.com)

[Register Now](#)

## Seminar Video

Missed latest seminar? No problem. **We have you covered! Visit the [MCH YouTube channel](#) to watch today!**

**Be sure to subscribe so you never miss an upload!**





YOUR COMMUNITY.	YOUR HOSPITAL.	YOUR CAREER.
		
 <p data-bbox="932 701 1349 747"><i>a position just for you</i></p>		
<p data-bbox="297 814 649 968">JOIN OUR TEAM and reach new heights at Monadnock Community Hospital.</p>	<p data-bbox="753 800 870 821">VIEW JOBS</p> 	 <p data-bbox="1029 911 1292 953">Your life. Your health. <i>Your Hospital.</i> A Not-for-Profit Hospital</p> <p data-bbox="1008 953 1313 987"><a href="https://monadnockcareers.org">MonadnockCareers.org</a></p>

## We're Hiring!

**Join our team in the heart of the Monadnock region!** We're currently hiring nurses, support staff, and more! Enjoy competitive compensation, robust benefits and be part of a welcoming, community-focused not-for-profit organization making a difference in the communities we serve.

Visit [MonadnockCareers.org](https://monadnockcareers.org) to learn more and make a difference close to home!



## MCH Blog - Your MCH Connection

- [Progress with Purpose: 2025 Community Report](#)
- [Effective Stress Management Techniques to Improve Well-Being](#)
- [Heartfelt Stories – Partners in Progress, Healing with Purpose](#)
- [Heartfelt Stories – Don’s Journey of Hope: A Story of Resilience and Collaborative Care](#)
- [Heartfelt Stories – Care on Wheels: Mobile Integrated Healthcare is Changing Lives](#)
- [Your Hospital: May 2025](#)
- [In the News: MCH Hosts Training Course for More Than 30 Local First-Responders](#)
- [Uncommon Care, Close to Home: The Unger-Clark Story](#)
- [Key Statistics 2024](#)
- [Financial Statement 2024](#)
- [Enhancing our Clinical Offerings](#)
- [Thank You to Our Employees, Volunteers, Donors, and Community](#)
- [Identifying Needs, Driving Action: Our 2024 Community Health Needs Assessment](#)
- [CEO’s Message 2025 from Cynthia K McGuire](#)
- [Community Benefits 2025: Strengthening Health, Together](#)
- [In the News: Osteoporosis: Understanding Risk Factors and Prevention Strategies](#)
- [Experience EVOLVE: A New Art Exhibition at the Healing Arts Gallery](#)
- [Injury Prevention for Racquet Sport Enthusiasts: Free Seminar at MCH](#)
- [Video: Understanding & Managing Lymphedema Seminar with MCH](#)



## Get the Latest Updates

Please join us on our other platforms:





## Your Donations Make a Difference



**Monadnock Community Hospital is a not-for-profit hospital proudly serving our community since 1923.**

Your donations allow us to develop a generous financial assistance program, state-of-the-art equipment, community benefits, improved patient experiences, and new programs and services. [Learn more and donate now.](#)



**Your Hospital** is published by Monadnock Community Hospital. Visit [MonadnockHospital.org](https://monadnockhospital.org) for more information.

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