MOUNT WASHINGTON VALLEY ADULT DAY CENTER BEGINS CONSTRUCTION

With a highly anticipated opening of summer 2019, the Mount Washington Valley Adult Day Center will serve those with memory loss and cognitive and physical limitations. It will provide an array of memory-care services including structured activities, health monitoring, art and music therapy, socialization, and assistance with personal care and bathing.

The MWVADC (rendering below) will be a 14,000 square-foot single-level facility located off Route 302 in Conway, NH. The rolling contoured lot has mountain views to the Moats. The Center will create a homelike experience in a safe environment and includes an outdoor enclosed garden, a common room for group activities and socialization, a kitchen area and several small rooms for those needing a less stimulating environment. The Center will feature fully equipped exercise and examination rooms, a spa with salon and massage fixtures, a quiet library reading room, year-round porch, solarium and dining rooms.

The Center will be operated by Memorial Elder Health Services, a subsidiary of Memorial Hospital, under a 10-year renewable lease agreement with the Betty C. Ketchum Foundation. Guest attendance will be by advance reservation only as proper staffing levels are critical to ensure the best possible experience. The program is anticipated to offer affordable rates and potential financial support. Funding will come from private payments, long-term care insurance, veteran's benefits, Medicaid, State of NH caregiver grants and fundraising efforts.

One does not need a provider referral to attend the Center but advanced enrollment is required. We are not yet accepting enrollments, however contact Memorial Hospital’s Director of Population Health Sue Ruka at 603-356-5461 ext. 2194 for more information.

Please consider a donation to the Mount Washington Valley Adult Day Center to fund care for someone who can not afford it. Go to www.mwvalultdaycenter.org.
WITH GRATITUDE TO OUR MEMORIAL HOSPITAL FOUNDATION DONORS
FISCAL YEAR OCTOBER 1, 2017 TO SEPTEMBER 30, 2018

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Alpine Title Services, Inc.
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Lynne Anderson and Chad Callahan

Gordon Wood & Barbe Browne

Memorial Hospital Foundation, (603) 356-5461 x 2265, www.memorialhospitalnh.org

WITH GRATITUDE TO OUR MEMORIAL HOSPITAL FOUNDATION DONORS
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**BEHAVIORAL HEALTH** - Thanks to you - Behavioral Health services at Memorial Hospital are expanded. Lorinda MacDonald, APRN-PMHNP (right) is now joined by Melissa Kanter, MSN, APRN, PMHNP-BC, helping fulfill a tremendous community need for our patients requiring psychiatric care, medication management and substance abuse treatment.

**SKI HELMETS** - Thanks to you - we make sure ski helmets are available to every child participating in the Eastern Slope Ski Club’s (ESSC) Junior Ski Program regardless of their family’s ability to pay. It’s all part of a helmet safety initiative to ensure the safety of our children. The Roger C. Clapp Memorial Ski Helmet Fund was established by his loved ones. Mr. & Mrs. Phil Davies made a substantial stock donation to fund this initiative.

**BIRTHING CENTER** - Thanks to you - we upgraded perinatal fetal monitoring systems providing the best and most cutting-edge technology for both staff and the patients of the Birthing Center. The purchase of Philips perinatal fetal monitors, a base station, installation and staff training gives clinicians access to data at the point of need, from the patient’s bed, delivery room, central station, nurse lounge and/or provider’s home or office. The monitors enable the staff to send test data electronically to specialists outside the Hospital’s rural catchment area for consultation on high risk pregnancies Obstetricians and pediatricians will have easy access from their offices to the condition of mother and baby in real time.

**ONCOLOGY PATIENT NAVIGATOR** - Thanks to you - an Oncology Patient Navigator program was funded to offer individualized assistance to patients, families, and caregivers to help overcome barriers and facilitate timely access to all aspects of cancer care, close to home. Our donors’ support will help pay for supplies, patient education materials, staff training and other essential resources.
EMERGENCY DEPARTMENT SECURE ROOM - Thanks to you our Emergency Department has a new secure room to improve safety for patients and staff. We have also hired a new security staff. Together we are helping take care of each other by continuing to offer the best healthcare facility in the Mt. Washington Valley.

A NEW LIFE PROGRAM - Thanks to you - this program has helped us serve pregnant women and their babies have better outcomes after overcoming addiction. In 2017, Memorial Hospital received a generous grant from NHCF and from numerous local donors to support the New Life prenatal substance abuse treatment program. Memorial Hospital’s New Life program is one of only two programs of its kind in the state of NH, the other being at Dartmouth Hitchcock. Offering such a comprehensive program is difficult and costly for a small rural critical access hospital, but Memorial is committed to treating this vulnerable population in its community.

Certified Nurse Midwife Lauren Hunter began working at Memorial in 2017 and has taken on a critical leadership role for A New Life. She provided the following summary on the impact grants and donations have had on her ability to manage it and how it is working for the mothers, babies and the community:

“This support has made it possible for me to take on a leadership role in this program, which allows me to focus on the needs of these women so we can help them through this very important time in their lives, not only for the women themselves, but for their families as well. It also allows me to spend time educating these women in the program, as well as educating the community on the opiate crisis and the help available. Lastly, it allows me to reach out to other community partners in the project to help people with OUD.”

Thanks to the generosity of our supporters, Lauren has been able to do outreach to police, healthcare and county public health colleagues to help build awareness for the program. She has also done public workshops around substance misuse treatment.
Memorial Hospital Foundation has established the Memorial Hospital Community Fund. Donations made to this fund are restricted for use at Memorial Hospital but are also flexible. The fund can be accessed for the most pressing needs for our community and our hospital as they arise.

There are many other options to support Memorial Hospital programs or the hospital project of your choice. Donations can be made online at www.memorialhospitalnh.org/ways-to-give or by dropping by the Development Office to talk about various options or call Rachel at 603-356-5461 x 2269.

Thank you in advance!

**********

MWV Supports Recovery 2017
Rose Normandin, Head Recovery Coach & Board Treasurer at MWV Supports Recovery; Michelle Ward, Secretary, MWV Supports Recovery; Kathy Bennett, VP Community Relations & Development, Memorial Hospital; Kathleen Mulkern, APRN-CNM, Midwife & Certified Nurse, Memorial Hospital and Janice Spinney, President, MWV Supports Recovery.

Lauren Hunter stated, “Without these funds, we would not be able to provide these women with education regarding addiction, parenting, nutrition, and coping skills, etc. This also allows us to provide the best care to these women in a very individual and personal way during a very vulnerable and important time in their lives.”

Kathleen Bennett, Vice President of Community Relations and Development provided an organizational perspective of the program and its funding: “We are in a very challenging financial environment as a small rural hospital. Several hospitals in our region have stopped providing maternity services all together in the last few years, highlighting the financial challenges of offering them. Overlay that with the opioid crisis and what had been an increasing percentage of pregnant women presenting with substance misuse disorder, and you can understand the need for support to keep these resources available for our community’s mothers and babies. As the program has matured, we’ve realized the need for greater outreach, more clinical leadership and resources for patient education. We couldn’t continue to offer and improve and expand the program without support of our community.”

**********

SOUPS & SONGS

Last year’s MWV Supports Recovery event has a new name - Soups & Songs. Don’t miss this opportunity to support local addiction recovery efforts and Memorial Hospital’s A New Life Prenatal program. Homemade soups and other dinner items are served. An after-dinner concert features Conway folk musicians, Bennett & Perkins.

All concert proceeds benefit MWV Supports Recovery Endeavor House in Center Conway, NH and A New Life. The Endeavor House offers sober housing and recovery services. MWV Supports Recovery also offers a Family Resource Center and is a safe place where recovery development occurs and where individuals will be matched with people offering recovery support services.

Memorial Hospital’s A New Life is a prenatal group program for those recovering from substance misuse disorder. It’s a comprehensive program featuring medication assisted treatment, group counseling and other support services through childbirth giving both mother and child better outcomes. The program is the only one of its kind in the north country and benefits women prenatally and through their first year post-partum.

This event is planned for Friday, January 4th, 2019 at 7 p.m. Tickets will be available online.
The mission of Memorial Hospital Volunteers is to support the healthcare needs of the Mount Washington Valley Community. Volunteers are dedicated to the support of the hospital and the healthcare services it provides by their time and talent. Volunteers are a valuable asset to Memorial Hospital. Our volunteers have varied and interesting lives and career backgrounds but above all they share a desire to serve their community through their service to the hospital. In the past year volunteers have donated over 500 hours of service. Volunteers operate the Suncatcher Gift Shop, located in the Main Lobby. The Shop proceeds support hospital programs and services. Recent gifts to the hospital include cognitive development equipment, programs for Merriman House and scholarships for staff and area students. For information on how you can become a volunteer at Memorial Hospital please contact Peter Waugh, Volunteer Coordinator, at 603-356-5461 ext. 2291 or pwaugh@memorialhospitalnh.org.

We are very grateful to all our volunteers:

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Patient & Family Advisory Council Volunteers:

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Population Health Volunteers:

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<td>Meg Phillips</td>
<td>Julie Sargent</td>
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THE GROUNDBREAKING

Breaking ground with hospital, Ketchum Foundation, contractor and design representatives handling shovel duties.

Sue Ruka, Memorial Hospital’s Director of Population Health

The community came out to celebrate the groundbreaking of the new Mount Washington Valley Adult Day Center

Memorial Hospital Trustees-Corinne Ray, Ed Kelly, Bayard Kennett, Laura Jawitz, Scott McKinnon, Mary DeVeau & Michelle O’Donnell

Opening June 2019! Visit www.mwvaldcenter.org

Thanks to the Betty C. Ketchum Foundation
MEMORIAL HOSPITAL - EMPLOYEE GIVING

Dr. Rachel Hamilton - Donor
Dr. Hamilton was voted “Best Doctor.”

Dr. Ernesto Rodriguez - Donor
Dr. Rodriguez specializes in Family Medicine.

Dr. Mark Munro - Donor
Facilities Management

Dr. Angus Badger - Donor
Dr. Badger visits the family of Bill Tanner at a memorial dedication for Bill. Bill worked in the Facilities Management Dept. for 42 years and passed in April 2017. As colleague Fred Apt said, “Bill loved working on the grounds, was here every day and was as reliable as they come. You could count on him.” Bill passed quietly at Merriman House on April 1, 2017.

In honor of Bill’s work and commitment, fellow employees raised funds to purchase picnic benches for an outdoor dining area in his honor and to establish a fund to support the gardens and grounds at Memorial Hospital in Bill's name.

Dr. Bob Tilney donated the first $500 to establish the fund. In Dr. Tilney’s words, “Bill was an institution.”

It is with our deepest gratitude that we thank the following Memorial Hospital medical staff and employees for their personal contributions:

Becky Adams
Lisette M. Belhumeur
Kathleen Bennett
Dianna Bennington
Linda Berg
Lucinda Beth Bergeron
Matthew C. Bishop
Sandy L. Brugg
Amy E. Burns

Lawrence Carbonaro
Michelle J. Chick
Deborah Chute
Kristina Collins
Cheyenne Cooper
Kristi Couture
Rachel Andrews Damon
Zach Dehay
Annette Desouza
Matt Dunn, DO & Kristen Dunn, PA
Kimberly Farrington
Charles Felton, MD
Justine Fierman
Emma Flaherty
Paul Gagne
Connie Gagnon
Natalie Garibay
Ethnee Garner
Corinna Gilkey
Christine Glinski
Kimberly Goodwin, MD
Robin C. Grady
Karen Greenlaw
Danielle Hamalainen
Brittany Hamilton
Rachel Hamilton, DO
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Charisse Hirschfeld
Lauren Hunter, CNM
Martha Jackson
Leanna Jefferson
Michael G. Kapinos
Patty Keane
Martin Kelly PA-C
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Joseph LaRue
Susan M. Laufer
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Ray Rabideau, MD
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Nancy Rupp

Theresa M. Ruppert
Jolie Sandora
Melanie Slateme
Dianna Tullar
Mary Vigeant, APRN
Angelica Von Becker
Linda Waldron
Doug Walkoth
Darrin Walsh
Peter Waugh
Lisa Wilkes
Sarah Williams
Vickie Woitko
Marina Zolotayko

Lawrence Carbonaro - Donor
Director-Outpatient Specialty Services
MEMORIAL HOSPITAL - GOLF TOURNAMENT RAISES $47,000

Proceeds will support the hospital’s Community Health for a Lifetime programs which include falls prevention classes, advance care directives outreach, exercise classes, diabetes prevention classes, in-school initiatives on nutrition, movement and less computer screen-time for children, and more. Many thanks to The Coleman Companies, our presenting sponsor. A complete list of our 2018 Golf Tournament sponsors and supporters can be found at www.memorialhospitalnh.org/golf.

For more information on our Annual Golf Tournament scheduled for Thursday, July 18, 2019 contact Melody Nester at (603) 356-5461 x 2264, mnester@memorialhospitalnh.org.
The Jim Soroka Water Safety Fund is up and running. Created by loving friends and family to memorialize Jim, local builder and elite athlete who passed in 2016. Jim was an Ironman triathlete and was in training at the time of his death. Passionate about health and fitness, Jim loved water sports, was an avid surfer, competitive swimmer, biker and runner. He believed everyone should be safe in and around the water. The Jim Soroka Fund at Memorial Hospital has set up funding for community benefit for water safety education, swimming instruction and related efforts in the Mt Washington Valley.

The Laura Foundation for Autism and Epilepsy, a Mount Washington Valley based non-profit, was recently the recipient of funding through the Jim Siroka Water Safety Fund. This allowed for swim lessons at no cost to children and teens on the autism spectrum who cannot swim or who cannot swim well enough to be safe.

To apply, please contact Ethnee Garner at egarner@memorialhospitalnh.org. To make a donation to the fund, please contact Rachel Andrews Damon at rdamon@memorialhospitalnh.org.

Roy was a beloved member of the Memorial Hospital community, working in Facilities Management. He was an outdoor enthusiast his whole life, but he loved fishing most of all. For medical reasons he was unable to participate in swim lessons as a child, and didn't know how to swim. On May 7, 2010, he took his canoe to go fishing on Pea Porridge Pond in Madison where he drowned.

After his death, his friends and co-workers from Memorial Hospital formed RENEWS to educate and prevent further needless deaths from water related accidents.

"His positive attitude and kindness made him popular not only with hospital staff, but among everyone who knew him. Roy’s easy-going and cheerful attitude kept close friends in the facilities department smiling. He was always willing to jump in a situation and help out whenever needed," shared Mary Vigeant, APRN, a nurse practitioner at Memorial’s Emergency Department.

Drowning deaths are a concern that impact so many, especially in an area that enjoys its water activities as much as Mount Washington Valley. The Centers for Disease Control reports that ten people die from drowning every day. Of these, two are children aged 14 or younger. In 2014, it was the fifth leading cause of unintentional injury death for people of all ages. About half of all drowning incidents occur in natural water settings such as lakes, rivers, or oceans. Research has shown that participation in formal swimming lessons reduces the risk of drowning among children aged 1-4 years. Additionally in 88% of boating deaths caused by drowning, the victim was not wearing a life jacket. RENEWS hopes to improve these statistics locally through their support.

More can be found at www.memorialhospitalnh.org/renews including instructions for applying for aid, and information on how to donate to RENEWS. All donations to RENEWS will continue to be used only for local programs and services related to water safety.
Memorial Hospital Employees:  
T-Matt Dunn, DO, since 2014;  
H-Stephen Harper, LPN, since 2000;  
A-Leona Cloutier, APRN, Family Practice & Oncology, since 1995;  
N-Charisse Hirschfeld, APRN, since 1990;  
K-Alexandria Feck, LNA Birthing Center, since 2014;  
Y-Carol Edmunds, RN, since 1967;  
O-Steve Evans, Facilities Management, since 2008;  
U-Scott Nichols-Rano, Talent Acquisition Partner/HR Coordinator, since 2013;  
!-Becky Adams, Executive Assistant & Medical Staff Liaison, since 1998