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Thanks a Million!

Laura Gingras,
Vice President of Philanthropy
and Community Relations

The Monadnock Community Hospital campus has been transformed during the past six months and there is no better way to begin this letter than to say, "Thank you for your patience as we grow!" The frequent changes to parking and traffic patterns have been, at times, a challenge to our patients, visitors, and employees. We apologize for the inconvenience you may have experienced. The team from Hutter Construction, a New Ipswich based company, is doing a remarkable job. The work crew is dedicated, hard-working and very pleasant!

We are grateful for our employees' flexibility and concern for our patients during construction. Inside the hospital buildings, the outstanding care our patients receive has gone on uninterrupted. I witness this care every day in my travels through this hospital. The new construction and growth on our campus will support the heart and soul of our hospital - our dedicated employees and volunteers.

Our year-end annual fund appeal will be mailed soon and we hope you will consider making a gift to help support the hospital's operations. The Annual Fund allows us to purchase equipment and to provide care to all in need, regardless of ability to pay.

Your support has built and sustained one of the finest small hospitals in New England. On behalf of our staff and the thousands of people who receive their health care at Monadnock Community Hospital, thank you for your continued confidence and generosity. Please call if we can assist you in any way. I can be reached directly at 603-924-4666 or email Laura.Gingras@mchmail.org.

Thank you for your support.

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- | | |
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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, Vice President of Philanthropy and Community Relations, at 603-924-4666 or e-mail her at Laura.Gingras@mchmail.org

Please visit our website at
www.monadnockhospital.org

Francis Medical Center in Trenton, New Jersey.

Two physician specialists from Cheshire Medical Center in Keene have become members of MCH's Courtesy Staff and are practicing part-time at the hospital. **Dr. S. Murali Krishna**, a board-certified gastroenterologist, has been seeing patients and performing out-patient colonoscopies and endoscopies. Dr. Krishna received his medical degree from Bangalore Medical College and completed his residency in internal medicine at New York Medical College.

Dr. Stephen Hilborn, a board-certified general surgeon, is affiliated with Monadnock Surgical Associates. He graduated from Tufts University School of Medicine and completed his General Surgery Residency at Waterbury Hospital Health Center in Waterbury, Connecticut.

Dr. William Numa has joined MCH's Specialty Services in The Bond Wellness Center where he will consult on plastic and reconstructive surgery. He received his medical degree from the Universidad Javeriana School of Medicine and completed a Residency in Otolaryngology at Tufts-New England Medical Center. He has also completed a Fellowship in Facial Plastics and Reconstructive Surgery at Tufts. ■

over 1.5 million people without a single doctor. All surgery is done by a "field surgeon," a person who undergoes a 3-9-month training program to learn how to do basic life-saving surgery.

Back in Peterborough, the two doctors set the date for their first humanitarian medical mission. They recruited Dr. Joe Lupo, an MCH anesthesiologist, and his wife Mary Jo, a surgical nurse. Dottie Caldwell, head of the surgical sterilization department at MCH, was extremely helpful in locating old surgical equipment and taught the doctors how to sterilize under adverse conditions. In the fall of 2008, they returned to the hospital in Adua to do a wide variety of surgical cases, performing about 50 cases per week.

In the spring of 2009, Dr. Wilson returned to the southern part of the country with eight surgeons and introduced a Misoprostol Program, which is a medicine that prevents post-partum hemorrhaging, a frequent cause of death. One in 19 women die in childbirth in Ethiopia. Through Horizons, a medication



The Wilson Family: Holly, Fletcher, Keenan, Reid and Laramie.

distribution system was established. Dr. Wilson traveled with a guide to approximately 20 villages and met with 70 traditional birth attendants and health extension workers to promote the program. Since the program started, there have been approximately 60 deliveries a month in each of the villages with no maternal deaths and a drastic reduction in blood loss.

Dr. Wilson's most recent mission in late October and early November to the

southern region was again with Dr. Lupo and his wife, Mary Jo, along with a surgeon from Rhode Island and an ENT specialist from Syracuse.

"It's remarkable that Dr. Wilson, as well as other doctors and staff at MCH, have made this long-term commitment to providing medical aid to the citizens of Ethiopia," says Peter Gosline, CEO. "This unselfish dedication to dealing with the issues of practicing medicine in a third world country and helping those less fortunate is truly inspirational to me and the entire staff at MCH." ■

greatly from the knowledge and experience of the sitting board. "As a Board member, you are introduced to many subjects, including fiscal management, current and future infrastructure requirements, compliance issues and fund-raising," says Bob. With his finance background, Bob became a member of the hospital's Finance Committee. As a member of the Capital Campaign Committee, he assists with hospital fund raising by meeting with donors and keeping them updated about hospital issues such as the current hospital expansion. On the Finance Committee, members work with the hospital's executive team on a variety of fiscal matters.

Bob says that being on the Board of Trustees at MCH is a tremendous privilege.

"MCH is all about providing quality health care to our community, and I enjoy reaching out to people and making every effort to improve their health care experience: our hospital does an outstanding job of doing that," says Bob. His lengthy personal experience with MCH has also given him an important perspective. He grew up in the era when family physicians made house calls, and he can recall when Dr. Lee and Dr. Mason visited their home in Frankestown to provide care to his parents. Bob says that Dr. Chandler and Dr. Wiederhold provided his family with quality medical care for many years before the family moved on to Monadnock OB/GYN Associates, Monadnock Regional Pediatrics, and Peterborough Internal Medicine who have all contributed

so much to his family's medical care.

"Of all of the Boards and committees I've served on, the MCH Board is one of the best," states Bob. "The history book, *A Century of Caring... The Chronicle of Monadnock Community Hospital*, discusses the early formation of the hospital and how so many dedicated and generous people have given so much over the last 100 years to make MCH the great hospital that it is today."

Bob expresses how very much he appreciates working with Peter Gosline, the Hospital's executive team, the physicians and staff and his fellow Board members in today's complex health care environment to continue to achieve the hospital's goal of providing quality health care to all who visit the campus. ■

In This Issue

**Parmelee Road
Now Open!** P. 2

**A Journey to
Ethiopia** P. 2

On the Horizon—
Peter Gosline P. 3

**Behind the Board with
Bob Edwards** P. 3

5 New Doctors P. 4

**The New Kelly Felgar
Meditation Garden
Unveiled** P. 4

Parmelee Society P. 5

Community Spotlight P. 5

Hospital Trustees P. 6

Philanthropy Committee P. 6



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for back issues of the
Benefactor, the latest
MCH news and MORE!
www.monadnockhospital.org

Groundbreaking Celebrated!



Left to right: Michael Wood, M.D., Medical Director; Peter Gosline, CEO; Dorothy Peterson, Campaign Honorary Chair; Ted Renna, M.D., Campaign Co-Chair; Bob Taft, Esq., Campaign Co-Chair; Ted Bacon, Co-Chair of Philanthropy Committee; Craig Lauer, M.D., Medical Staff President; Maryann Harper, Vice Chair, Board of Trustees; John Cronin III, Esq., Chair, Planning Committee; Cyndy Burgess, Chair, Board of Trustees.



Clockwise from left: Katie and Ted Bacon; Peter Gosline, C.E.O.; Craig Lauer, M.D. and Pat Johnson, R.N.;

Marie and Bob Fogg; Bob Grasty, Dorothy and Walter Peterson; Ted Renna, M.D.

On October 15th, MCH celebrated the groundbreaking of the new clinical building. Present were contributors to the Capital Campaign, *Investing in Your Community Health Care*, which has reached \$6.4 million! The goal of the campaign is to raise at least 1/3 of the total project cost of \$22 million. The first floor of the new building will be home to

the Sarah Hogate Bacon Emergency Services Department. The second floor will be used for future expansion and physician offices. A physical expansion of the Surgical Services Department will add two new operating rooms. The Capital Campaign will wrap up in June, 2010. The new building and expansion to surgical services is projected to open in the fall of 2010. ■

Adoption Leads to Humanitarian Medical Missions...

Dr. Fletcher Wilson Committed to Aiding Citizens of Ethiopia

When Dr. Fletcher Wilson, Director of Monadnock OB/GYN, and his wife, Hollis, made a decision to adopt a young child from Ethiopia, it would signify a life-changing event in his life both professionally and personally. The Wilsons have two young boys, but decided they wanted to adopt a baby girl who was beyond diapers. They approached Wide Horizons for Children (WHFC) in Waltham, Massachusetts and were soon on their way to Ethiopia to meet their new daughter.

As the youngest of nine children, Laramie was given to the state after her mother died and her family had little means to feed her. At just over two years old, she weighed only 17 pounds. Six months later Laramie had doubled her weight and grown five inches. Five million children in Ethiopia are orphans and more than one-third of children under the age of five are malnourished. The Wilsons traveled to Kembata where Laramie was born and were able to meet her family.

"Hollis and I cried as her family sang songs of luck," says Dr. Wilson. "We asked if we could give money to support the family, but were told that once a family gives up a child for adoption, they aren't able to receive money for fear of enticing other families to sell their children."

Wanting to express his gratitude to the WHFC, Dr. Wilson contacted the organization's administrator in Ethiopia. He was asked if he would travel to the country to help with their humanitarian medical programs that involved

touring both the northern and southern regions of the country to develop a comprehensive plan to improve health care. The long-term goal is to build hospitals and health clinics; help with infrastructure; and set-up medical missions. He enlisted the help of Dr. Stephan Coffman, a surgeon at MCH, who had done multiple medical missions throughout the developing world.

In the southern region, where Wide Horizons had built a clinic and was contemplating building a hospital, Fletcher and Stephan toured the area known as Sidama with the president of that region. What they witnessed and learned was astounding. Approximately 95% of women give birth in their huts with the assistance of a

"traditional birth attendant" who has no formal training or education. If a woman needs a c-section, she would have to walk up to 30 miles to a hospital. The hospitals and clinics are overwhelmed with throngs of patients. Because of a severe shortage of doctors, there is one doctor for 230,000 people, far less than the World Health Organization standard for developing countries of one per 10,000.

Both doctors found the north was even more economically depressed than the south. They toured the hospitals in Axum and Adua in the Tigray region. The Adua hospital was built in 1928 to serve 10,000 people. In 2008, despite having no renovations or additions, it served

Continued on Page 6



Dr. Fletcher Wilson, MCH anesthesiologist Dr. Joe Lupo, Dr. Stephan Coffman, and a surgical nurse performing a C-section in Adua, Ethiopia.

**EXPANSION
PROJECT
UPDATE**

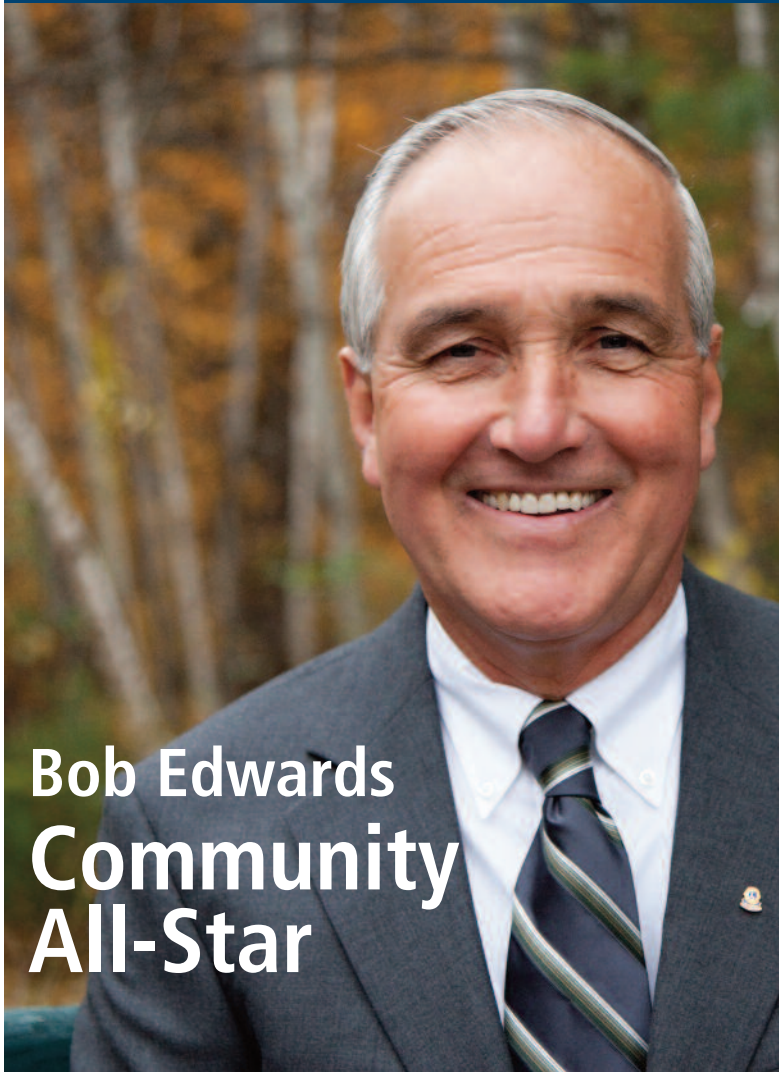
Parmelee Road Opens!

Thank you for your patience during our construction! Phase I of the hospitals expansion will be complete this fall and will achieve several important objectives for MCH. The campus has been re-oriented and a new main entrance has been created. The main entrance is off the new connector road which was completed this fall. Public safety and access on campus will be improved by a perimeter road. The new generator building is complete and houses MCH's three emergency generators. The campus is now ready for the construction of a new clinical building.

MCH's \$22 million building expansion plan will focus on high growth areas of the hospital, including Surgical Services, Emergency Department, Maternity, and Physician Practices. Future expansion is also planned for other hospital services. Fiscal responsibility is a guiding light of this project.

For nearly one hundred years, MCH has been the beneficiary of the strong community and financial support essential for its growth. A major Capital Campaign, *Investing in Your Community Health Care*, was launched in the fall of 2007 with a goal of raising at least one-third of the total project costs. The campaign has had

extraordinary results and, to date, over \$6.4 million has been pledged by generous contributors. Dr. Ted Renna and Attorney Bob Taft are Campaign Co-Chairs and Dorothy Peterson is serving as Honorary Chair. The public phase of the Campaign was kicked-off in October 2008. The Community Gifts division of the Campaign is chaired by Maryann Harper, Hospital Trustee and President of West Rindge Builders. The success of this Capital Campaign will allow MCH to complete this major expansion and continue to provide top quality medical services to the community for generations to come. ■



Bob Edwards
Community
All-Star

Bob Edwards jokes that although his family moved from Quincy, Massachusetts to Franconstown when he was eight years old, he's still not considered a native of the area. But native or not, there are few people in the Monadnock Region who have done more in service for their communities than Bob.

After graduating from Peterborough High School in 1962, Bob served in the U.S. Army until 1965. He graduated from Leicester Junior College (now Becker College) in Worcester, Massachusetts in 1967. He then returned to the Monadnock Region where he has enjoyed a forty-year career in banking starting with the former Peterborough Savings Bank and currently as Commercial Lending Officer/Vice President at Ocean Bank in Keene.

Bob's parents instilled in him the importance of caring and helping others. He is especially proud of his 35-year membership in the Lions Club and the services it provides to the local community and beyond. Bob serves as Secretary/Treasurer of the Contoocook Housing Trust (an affordable housing non-profit). He is past Chairman of the Greater Peterborough Chamber of Commerce and was named Business Leader of the Year in 2008. In Antrim, where he resides with his wife Sarah and their twin boys, he is a member of the town's TIF Committee; a trustee of Antrim's Trust Funds; a trustee and treasurer of Maplewood Cemetery; and trust fund manager of the First Presbyterian Church.

When Bob joined the MCH Board in May of 2008, he benefitted

Continued on Page 6

Caregivers. Individually, we are each unique. We have come together from many different backgrounds and from all walks of life. We approach life from the perspective of wanting to help others and we share a sense of satisfaction when we do. At MCH, our team of dedicated employees represents a wide range of educational accomplishments and personal life experiences. Some have traveled from around the globe to work here, while others have called the Monadnock Region "home" their entire lives. Increasingly, we represent a very diverse group. And yet, as a team of caregivers, we share the common goal of providing excellent health care to the community in which we live. Our partnership with our community makes the picture complete. Your advocacy, your volunteerism, and your gifts of financial support help sustain the wonderful work done here every day and inspire us to reach out in unique ways to others in need.



Monadnock Healthy Teeth to Toes is a good example of the care we deliver to the community. This program reaches over 2000 area children and exemplifies a holistic approach to well-being by focusing on healthy eating, daily physical activity, and good oral hygiene.

Great partnerships involve trust and understanding. This year, we are particularly thankful for our community's patience throughout our building process. The current phase of our building project is scheduled for completion in the fall of 2010. Our campus has evolved tremendously this past year as anyone who has recently visited can attest. Signs, rotaries, a new road... they are all part of the larger plan that will soon provide better access and parking support for the new facilities that will soon emerge. We understand that while change is exciting, it can also be confusing. Please bear with us during this time as we see the campus take shape and construction come to successful completion by the end of 2010.

As an organization, we understand the importance of being accountable for the resources entrusted to us. This year, we have seen significant success in reducing our overall costs through our 'Lean' initiative. This initiative helped us improve our fiscal health by nearly one million dollars in an organization-wide effort that also improved our overall quality and efficiency. All of these provided ongoing learning opportunities that will continue to 'pay dividends' in the future. I am grateful for your confidence and trust in Monadnock Community Hospital. Your support is helping us turn our vision into reality.

Sincerely,

Peter L. Gosline
President and CEO

MCH Medical Staff Adds Five New Doctors

This past summer and fall MCH welcomed five new doctors to its team of family practitioners and specialty physicians. **Dr. Marc Winiiecki** recently joined Jaffrey Family Medicine as a primary

care physician. Dr. Winiiecki received his medical degree from the University of New England College of Osteopathic Medicine and completed his Internship and Residency at Maine Dartmouth Family Practice in Augusta,

Maine. **Dr. Nikesh Patel** has joined the Peterborough Internal Medicine practice as an Internist. Dr. Patel received his medical degree from the University of Baroda Medical College in India and completed his Residency at Saint

Continued on Page 6



Dr. Stephen Hilborn, Monadnock Surgical Associates



Dr. S. Murali Krishna, a board-certified gastroenterologist



Dr. Marc Winiiecki, Jaffrey Family Medicine



Dr. Nikesh Patel, Peterborough Internal Medicine



Dr. William Numa, Specialty Services at The Bond Wellness Center

Kelly Felgar Meditation Garden Enhanced and Re-dedicated at MCH

On October 21st Monadnock Community Hospital staff members, representatives of the Peterborough Garden Club, family members, and friends gathered for the re-dedication of the “*Kelly Felgar Meditation Garden*” at Monadnock Community Hospital.

Originally planted in 1994 as a memorial to the daughter of Amy and Al Felgar, who were associated with the hospital at that time, the garden was a gift from Felgar friends and was installed with help from the Peterborough Garden Club. This past summer, with funds from a bequest from the estate of Mary Cormack, long-time member and former President of the Garden Club, the garden was enhanced with an emphasis on creating a quiet sanctuary for hospital visitors and staff while retaining much of the original garden.

The Garden Club selected Peterborough resident and garden designer, Maude Odgers of *The Artful Gardener*, along with Mark Hudson of Westmoreland, to create the new landscape design. Odgers and the Garden Club Committee worked closely with the hospital to complete the final design.

“Maude has created a garden of understated and quiet year-around beauty,” states Louise Fredericks, Garden Club representative. “This is the result of considerable time spent in the garden absorbing its atmosphere and developing a planting scheme that best reflects the wishes of the principals.”

Maude Odgers, the Mary Cormack bequest, and the garden club will continue to provide maintenance of the garden. New signage in the hospital will direct visitors to the site. ■



Back row, l to r: Audrey White, Gretchen Judd, Marcia Osborn, Holly Macy (President of the Garden Club), and Maude Odgers; front row, l to r: Al Felgar, Louise Fredericks and Amy Felgar.