

Community Matters

News from Monadnock Community Hospital

FALL/WINTER 2011

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New Surgery Department Unveiled at Open House!

New Operating Rooms, Cutting-Edge Technology Part of \$5.5 Million Makeover

FROM THE LATEST technology in the operating room to the lighting and design of the pre and post-operative departments, members of Monadnock Community Hospital's surgical department have played a vital role in designing the recently renovated and expanded surgical wing. So it's no surprise that the staff say the

new surgical wing fills them with pride. "We all had input... from where they put the lights to where the new sterilizer would go. You really feel like it's your building," said Dottie Caldwell, Central Sterile Supply Department.

The aim of the project was to increase the size of the department, as well as add the latest cutting-edge technology

in the operating rooms. The \$5.5 million expansion added 8,000 square feet of new space and an additional 8,000 square feet of renovated space. Believing that the surgical team knows best, MCH turned to the surgeons, nurses and staff in the department to design the new surgical wing. Department head Paul Bohanan, R.N., Ph.D, describes

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Dennis Griffin, Certified Surgical First Assistant and Christine Howe, R.N.



Dr. Ronald Michalak with his daughter Sydney and son Caleb



Steve Nadeau, R.N., First Assistant, Samantha Walker, R.N.



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MCH SURGERY DEPARTMENT FACTS

MCH Surgical Services:

The department specializes in orthopaedics, general surgery, obstetrics/gynecology, podiatry, ophthalmology, ear, nose and throat and urology. Procedures such as pain management and endoscopy are also performed in the operating rooms. More than 15 surgeons perform over 3,000 surgeries each year.

New Surgical Department:

The size of the surgical wing has doubled from 8,000 square feet to 16,000. The four existing 318 square feet operating rooms were renovated and two new 600 square feet operating rooms were added to the department.

Project Cost:

The \$5.5 million renovation and expansion of the surgery department is the second phase of a three phase \$22 million Hospital improvement project. The first phase included a new emergency department, helipad and reconfigured parking lot.

Patient Satisfaction:

From design to completion, the renovation and expansion took two years in which a six month period of intense construction took place in closed off areas of the department. During that time, surgical staff worked closely with the construction team around both planned and emergency surgeries so that no patient would be disturbed by construction activity. Their efforts were successful, according to survey responses patient satisfaction peaked at 97 percent during construction.



Recovery Area

Dr. Terrence McNamara, psychiatrist and pain management specialist



Patricia Reilly, R.N., Christy Harris, R.N., Muriel Henault, R.N.



Pre-Op Room



Dennis Griffin, Certified Surgical First Assistant and Bonnie Van Etten, Surgical Technician



Surgery Department continued from page 1

the process as unique and unprecedented, but says "We felt it very important to get everyone involved."

Instead of a large area separated by curtains, the pre-op and post-op area has been replaced with ten private admitting rooms and six recovery bays. "The patients love it," said Marcia Henry, R.N. "They're just thrilled with it. There is much more privacy."

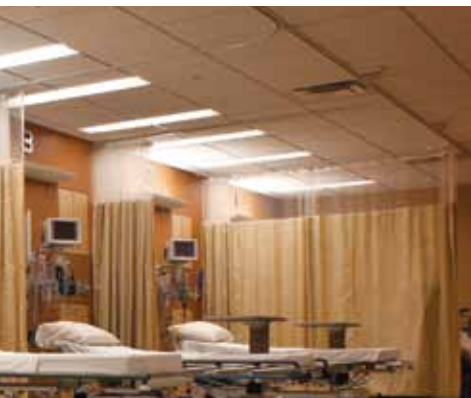
With the guidance of staff, the stark white walls in the pre and post-operative rooms were replaced with warm earth tones. "Aesthetically it's much more appealing," said Samantha Walker, surgical nurse.

For Dennis Griffin, Certified Surgical First Assistant, bringing cutting-edge technology into the operating rooms was imperative. To meet new national

standards that call for 600 to 800 square foot rooms, two new operating rooms were constructed and are larger than the existing four 318-square foot operating rooms.

Fiber optic cables were built into the walls to provide high definition imagery to the four computer monitors in the new operating rooms. The new set-up allows every member of a surgical team to see what the surgeon sees. And the surgeon can use a monitor in front of him/her to better view the diagnostic imagery.

"The generosity of our community through gifts to the capital campaign made this expansion possible. We were thrilled that so many people came out to support us at the Open House," said Dennis.



Paul Bohanan, R.N., Ph.D., Director,
Perioperative Services

One of the new features that is not seen by patients is the inner supply room, which stores hundreds of surgical devices and machines and thousands of pieces of surgical equipment, explained Bohanan. "We were so condensed before. Now everything is strategically placed in the core." This new feature allows the staff to be more efficient which, along with the increase in space and privacy, new technology, and warm aesthetics, add up to superior care for the patient.

"From day one our focus has been to design a surgical department for the comfort and quality of care for the patients in the Monadnock Region," Bohanan said. 🌐

Close to Home Makes the Difference

"I need to get to Peterborough"

WHEN JEFF OJA tore his Achilles tendon during a game of Ultimate Frisbee in New Boston, ambulance workers wanted to drive him to a hospital in nearby Manchester.

Jeff wouldn't have it though, "I need to get to Peterborough," he told the emergency responders. "I was very adamant about that."

So he drove himself to the Sarah Hogate Bacon Emergency Services building at Monadnock Community Hospital, where the Dublin native, husband and father was greeted by a retired couple volunteering in the waiting room. The volunteers stopped him at the door and brought him a wheelchair. Once inside the emergency department, Jeff was met by the familiar faces of friends while he received care.

The next day, Jeff was on the phone with Dr. Ron Michalak, MCH orthopaedic surgeon, who had instantly received his electronic medical records the day before when Jeff came into the emergency room and had an x-ray. "I didn't have to wait a week or two, which was nice."

Within a week, Jeff was wheeled into an operating room in the Hospital's new surgical department by yet another friend of his. He is now receiving physical therapy at The Bond Wellness Center. Jeff and his wife Rebecca already knew and trusted the care he would receive in the new surgery wing. They first became acquainted with the Hospital's surgical department twelve years ago when their son Trenton, now 16, required surgery on a growth in his ear. Later, their three-year-old daughter



Clockwise: Jeff, Trenton, Gabrielle, Rebecca Oja

Gabrielle, now 8-years-old, needed corrective surgery for an umbilical hernia that never repaired itself. And again in January, Gabrielle made another visit to the surgical department for knee surgery. "I'm the latest of our injured family," Jeff says laughing.

Over the years, Jeff and Rebecca have watched Monadnock Community Hospital progress and expand, yet the Hospital has retained its small community feeling. "Even though the Hospital has grown, so much of it feels small," Rebecca said.

It's not just the friendly faces for Jeff, who was born in the original Hospital building, it's the comprehensive and excellent care provided by skilled medical workers all in one location. "Just knowing I could get it all done here was key. For the Monadnock Region, it's right in our backyard. I think we're all just very fortunate to have the Hospital that we have." 🌐

The Expanding Role of Nurse Practitioners...

Three New Nurse Practitioners Added to MCH Primary Care Practices

IN ORDER TO provide expanded and more accessible primary care services, Monadnock Community Hospital has recently added three new full-time nurse practitioners to its primary care practices. Annette Brooks has joined Monadnock Internists and the practice of Drs. Greg Neilley and Dmitry Tarasevich; Joyce Aliseo will be

minimum master's degree. They must also pass a certification exam, giving them the title of Advanced Practice Registered Nurse (APRN). Also many nurse practitioners have extensive medical practice experience prior to entering graduate school. Their education is grounded in medical and nursing theory, clinical practice, and

a collaborative model where they regularly confer with primary care doctors and specialists when patients have complex illnesses. They refer their patients to doctors if the problem exceeds their educational training and experience. MCH guidelines reinforce this partnership between physicians and nurse practitioners, allowing them



Joyce Aliseo, A.P.R.N., Annette Brooks, A.P.R.N., and Siobhan Benham, A.P.R.N.

working with Dr. Carrie Klannel at the Antrim Medical Group; and Siobhan Benham, a Peterborough native, has joined North Meadow Family Practice and the team of Drs. Scott Jaynes and Annika Brown. All three Nurse Practitioners have extensive backgrounds in primary care medicine.

MCH's first certified nurse practitioner joined the hospital in 1992 when the role of a nurse practitioner was relatively new in the world of medicine. This advanced nursing degree was developed in the 1960's as a result of a nationwide doctor shortage, especially in rural areas.

Nurse practitioners are registered nurses who have attained advanced experience and education, including a

an overall understanding of disease processes. MCH is fortunate to have eight nurse practitioners affiliated with the hospital and its satellite offices in Antrim, Jaffrey, New Ipswich, and here in Peterborough at North Meadow Family Health.

Nurse practitioners can see patients of all ages. Their focus on individualized care, wellness and patient education creates a strong dynamic partnership with physicians. The nurse practitioner is trained to diagnose, treat and monitor both acute and chronic problems. They can prescribe medications, order tests and coordinate referrals throughout the health care community.

Nurse practitioners at MCH follow

an innovative, integrated and flexible approach to health care delivery in partnership with other health care providers.

Dr. Greg Neilley, at Monadnock Internist at MCH explains "While physicians receive intensive training in recognizing and treating 'worst case' scenarios with their patients, nurse practitioners are highly trained in nursing and primary care issues. They play a vital role in prevention, wellness and patient education."

For more information about the primary care practices at MCH, please call 924-7191. 📞

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

2012 January

19 Thur 7 – 8:15 p.m.

Technology and Fitness
Speaker: Anna Rogers, B.S.,
Certified Personal Trainer
The Bond Wellness Center,
Conference Room 1

Are you committed to making wellness changes in this New Year? If the answer is "Yes" then you cannot afford to miss this talk with Anna Rogers, certified Personal Trainer and self-proclaimed lover of mobile technology. Learn how your mobile device can serve as your 24/7 wellness assistant. Come learn about Anna's favorite applications and services that are literally at your fingertips, and see how you can use them to improve your health.

23 Mon 6 – 7:15 p.m.

Non-Surgical Options for Spine Pain
Speaker: Dr. Terrence McNamara
Main Hospital, Conference Rooms 1 & 2

Back and neck pain are very common conditions. Dr. McNamara, a Board-certified physiatrist and pain management specialist, will talk about the common causes of spine pain and some of today's most advanced non-surgical treatment options.

February

16 Thur 7 – 8:15 p.m.

Daoyin Qigong for Health and Wellness
Speaker: Suzanne Capizzano,
PTA, B.S.Ed, Certified 3rd Duan of the Daoyin System,
Beijing Sports University, China
The Bond Wellness Center,
Conference Room 1

Please join Suzanne Capizzano as she explains Daoyin Qigong and shares the many benefits this gentle exercise has for your health and well-being. Daoyin Qigong is a comprehensive system of gentle exercises involving breath control, the stimulation of key acupressure points in the body and mental development. The system promotes health in all the major organs through improving circulation and strengthening bones. Daoyin Qigong exercises are suitable for people of all ages and physical conditions. Suzanne is Certified 3rd Duan of the Daoyin System from Beijing Sports University in China and teaches classes at The Bond Wellness Center.

20 Mon 6 – 7:15 p.m.

The Heart of a Woman
Speaker: Barbara Dalrymple,
RN, BS
Main Hospital, Conference Rooms 1 & 2

While statistics are startling,

the fact is that 80 percent of cardiac events in women could be prevented. Although you lack the power to change some risk factors—such as family history or age—there are some key heart disease prevention steps you can take. Hear how heart healthy choices such as regular exercise, eating a healthy diet and smoking cessation can significantly reduce your risk for heart disease. Join Barbara Dalrymple, RN and MCH Cardiac Rehabilitation Program Director, in learning how to take care of your heart in "The Heart of a Woman."

March

15 Thur 7 – 8:15 p.m.

Management of Chronic and Progressive Swallowing Problems: Age-related Changes, Caregiver Role, Respiratory Health
Speaker: Michael Johnson,
MS, CCC-SLP, Clinical Leader, Speech-Language Pathology
The Bond Wellness Center,
Conference Room 1

Declining swallow function can compromise both nutrition and respiratory health. Mike Johnson will discuss normal age-related changes in swallowing and disordered patterns associated with chronic and progressive conditions including

stroke, dementia, Parkinson's disease, MS, ALS, and neck cancer. He will also discuss the caregiver role in ongoing assessment. Adjustments to food textures and feeding techniques for safe oral nutrition will be included in the discussion. The importance of oral hygiene in prevention of aspiration pneumonia will also be addressed.

19 Mon 6 – 7:15 p.m.

Your Medical Records Have Gone Hi-Tech! What to Expect at MCH
Bonnie Fecowicz, RN, Nursing Director of APU/ICU
Main Hospital, Conference Rooms 1 & 2

Electronic Medical Records (EMR) offers healthcare institutions and their patients safety, efficiency and convenience. On November 15, 2011, Monadnock Community Hospital started the process of going to a full EMR system. Join Bonnie Fecowicz, RN and Nursing Director of the APU and ICU at MCH as she discusses what it means for MCH to have EMR; what you can expect in your next patient visit; and the many benefits to you in both the short and long-term. Bonnie will also discuss some temporary inconveniences you may experience, as well as answer any questions or concerns you have regarding Electronic Medical Records.

Want to See More?

On-going support groups and class dates are online at monadnockhospital.org.

See the Complete Calendar at monadnockhospital.org

Planning Ahead... The Importance of a Will

YOUR WILL IS A VERY IMPORTANT document that reflects your values and your priorities. Your Will makes a big statement about who you are. For most people, family and community are a top priority. Are you hoping to help your grandchildren or great grandchildren pay for a college education? Would you like to leave money to your children? Has charitable giving been an important part of your life? You can accomplish all of these things by creating a thoughtful Will. You can honor important people and charities by including them in your Will by leaving a dollar amount or percentage of your estate. It's not a surprise that

most people make their largest charitable gifts in the form of a bequest. A bequest can be changed by you at any point during your life to reflect changes in your priorities. Hundreds of gifts through bequests have been left to Monadnock Community Hospital, helping us to provide essential health care services to everyone in our region. **Please consider including MCH in your Will or estate plans. If you have included the Hospital in your plans, please let us know and we'll be honored to include you in our Parmelee Society!** Please call Laura Gingras at 924-4666 or Sadie Jackson at 924-4682 for more information. 🐾

Love of People Led to a Full Life of Volunteering

IF YOU HAPPEN TO MAKE a visit to the Sarah Hogate Bacon Emergency Services Department at Monadnock Community Hospital on a Wednesday afternoon, there's a good chance you will meet resident spitfire and waiting room volunteer Kay Ryan.

Kay has been volunteering in the emergency waiting room for years. The new and larger waiting room in the Emergency Services Department, which opened earlier this year, enhances the role of the volunteers who work three-hour morning or afternoon shifts greeting people and streamlining the registration process for patients coming into the emergency department.

Kay's desire to volunteer in a medical setting was awakened as a young child growing up in the 1940s in Newton Centre, Massachusetts by her father, who volunteered at the Peabody Home for Crippled Children. Later, as a teenager, she spent three summers volunteering at the home, spending hours with the children each day. Then, as a young adult, she worked as a receptionist in the local hospital.

Kay and her husband Richard retired 20 years ago and built a home in Harrisville on land her grandfather bought in the 1800's. The land was a summer retreat for her family and is now her home as well as the home for her younger brother David, who owns a sheep farm down the road from her. For Kay, retirement has meant working on her brother's farm, sometimes assisting with the birthing of lambs, a job much gorier than anything she's seen so far as a volunteer in the waiting room, she says. "When you say emergency room, people think it's gory, but it's not."

She also enjoys breeding sheep dogs, and mornings working out and chatting with friends at The Bond Wellness Center. Her love of people brought her back into volunteerism at Monadnock Community Hospital, she says. "I like to help out others. I always have." 🐾



Kay Ryan

Children Are Their Passion

Boxer Family Dedicated to Children in the Monadnock Region

ANYONE WHO HAS LIVED in the Monadnock Region for any length of time has probably seen the license plate on a truck that reads TOTDOC. Dr. Jeff Boxer is the driver and is a founder of one of New Hampshire's most popular pediatric practices. Monadnock Regional Pediatrics can be traced back to 1971 when Dr. Owen Mathewson opened Monadnock Community Hospital's first pediatric office and was joined by Dr. Robert Grassi in the same year.

Eight years later, after graduating from SUNY Upstate Medical Center and completing his residency at Wilmington Medical Center, Dr. Boxer, his wife, Wendy, and their two-year old daughter, Elisha, moved to Peterborough and the two doctors formed the Boxer & Grassi practice. "We fell in love with Peterborough and Bob and Claire Grassi," says Dr. Boxer.

As the practice continued to grow, Dr. Jean Rosenthal became the third pediatrician in the office in 1986. In 1992 the office was moved to its current location in the Medical Arts Building and re-named Monadnock Regional Pediatrics. In that same year, Dr. Mathewson joined the practice. Today, in addition to Dr. Boxer, there are five pediatricians working in the practice treating approximately 9,000 patients, with many families coming from as far away as Keene, Hillsborough and Amherst.

Many of the children that Dr. Boxer sees today are the children of former patients like the family of Al and Kathie Traffie of New Ipswich. "Dr. Boxer has been a huge part of our family ever since he arrived at MCH," says Al. "He not only took care of our children, but he has been the pediatrician for our 33 grandchildren and 1 great grandchild. My wife and I have only words of praise for him and feel blessed that we have known him and blessed that he has treated our children and grandchildren."

Dr. Charles Seigel, who has worked with Dr. Boxer since he arrived at MCH, says

"Dr. Boxer is the finest pediatrician I've ever worked with. He represents the very best you can get in a dedicated physician."

Like her husband, Wendy is also passionate about children. About 20 years ago, she and Dave Blanchette started The Place to Go, a nonprofit organization to benefit children. Today, Wendy and program director Kathy Mottau run Kids Together, TPTG's free after school program is in the basement of the Monadnock Country Club. The program serves children who are in grades three through eight. The focus of the

Their three children, Leo, Milo and Lyla, were all delivered at MCH. She has established a pediatric speech therapy practice in Peterborough called Magnificent Kids. Treating a wide variety of speech disorders in children, she offers a unique approach to therapy. "I have a small gym set up in part of my office where kids can play," says Elisha. "You can often get better results from young children when they are moving or given sensory input."

The Boxer's second child, Matt, was born at MCH in 1980. Today, after receiving his Ph.D. in organic chemistry from



Elisha (holding Lyla), Mike, Leo, Wendy (holding Milo), and Jeff

program is community service, physical and creative activities, and simply having fun. The program is all-inclusive and they currently have some physically disabled and autistic children. Volunteers from the local community and Franklin Pierce University help assist with the program.

Dr. Boxer's daughter Elisha graduated from ConVal in 1995 and did her undergraduate and graduate work in speech language pathology at Northwestern University and today is a licensed pediatric speech-language pathologist. Six years ago, after practicing in Illinois and the Philippines, Elisha and her husband, Mike Magnifico, returned to New Hampshire.

the University of Chicago, he works for the National Institutes of Health where he's doing research to treat cancer and diseases such as galactosemia, a rare inherited condition in children. He lives in Maryland with his wife, Alison and their daughter, Sasha.

"The contributions that Jeff and Wendy, and now Elisha, have made to the health and educational well-being of children in the Monadnock Region are monumental," states Peter Gosline, CEO. "They have positively affected the lives of thousands of children and their quiet, compassionate dedication has made our community a much better place to live." 🌱

Delivering Solutions

OVER THE PAST several years, a variety of exciting changes have occurred on the MCH campus. Most recently is the expansion of the Hospital's Surgical Department, which now offers the most advanced and convenient surgical care to residents of the Monadnock Region. Currently we perform over 3,000 surgeries per year at MCH. This expansion will enable us to keep up with the expected increase in surgical demands, so fewer residents will need to travel elsewhere to have their procedures performed. Reading our feature story in this newsletter you will learn more about this exciting new expansion and what it will mean for you and your family. As your community health care provider, we are constantly identifying new and changing health care needs and delivering innovative solutions. In addition, we are featuring stories of several very important people who have devoted their lives to helping others. We are so fortunate to be the recipient of their service to others here in the Monadnock Region.



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

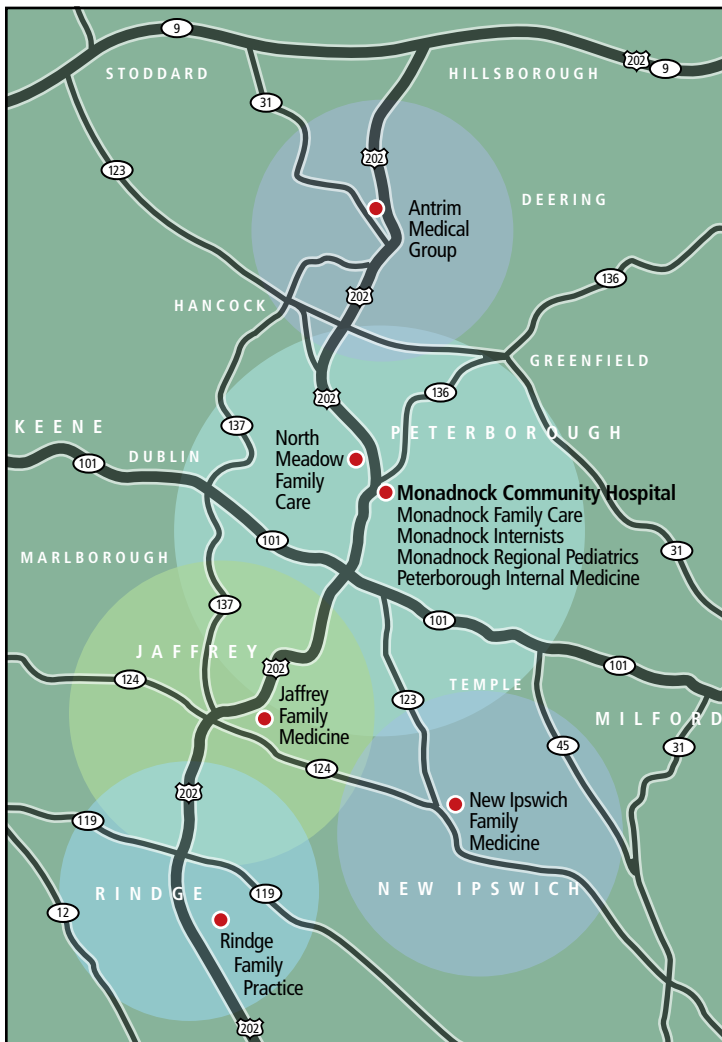
Peter Gosline, CEO



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Primary Care Practices

The following primary care practices are accepting new patients.

Monadnock Community Hospital

Peterborough
454 Old Street Rd.

Monadnock Family Care,

924-4664
Richard P. Frechette, M.D.
Jennifer M. Civitella, M.D.

Monadnock Internists,

924-4671
Gregory S. Neilley, M.D. FACP
Dmitry Tarasevich, M.D.
Lynne Stone, A.P.R.N.
Annette Brooks, A.P.R.N.

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.

Satellite Offices

Antrim Medical Group,
588-4200
12 Elm St., Antrim
Carrie B. Klonel, D.O.
Joyce Aliseo, A.P.R.N.

Jaffrey Family Medicine,

532-8775
Monadnock Plaza
82 Peterborough St., 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 Rd., New Ipswich
John J. Haley, M.D.
Meg Kelly, A.P.R.N.

North Meadow Family Care,

924-8200
154 Hancock Rd., Peterborough
Scott Jaynes, M.D.
Annika Brown, M.D.
Siobhan Benham, A.P.R.N.

Rindge Family Practice,

899-9563
31 Sonja Dr., Suite 2, Rindge
Elizabeth E. Cooley, M.D.
Fay J. Migotsky, M.D.

Find a physician at monadnockhospital.com